



PCE
Planting Seeds Of Change

PCE PRESS NEWSLETTER

August 2020

PCE Urges You to Keep it Going...

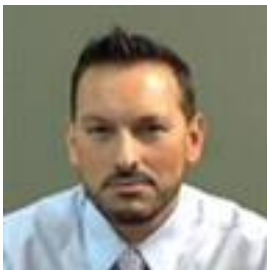
On June 19th, 2020 PCE recognized JUNETEENTH, also known as Freedom Day, that commemorates when slavery officially ended in the United States. In honor of this day and in recognition of the recent events that have deeply impacted our nation, PCE officially launched a Cultural Competence and Diversity Committee. Amongst many of the goals, it includes the support and pursuit of social justice, the education of staff and our community as well as political knowledge and awareness.



Challenge: What steps will YOU take to commit to anti-racist behaviors and actions?

Below are some great starting points and Black Lives Matter resources to get you started:

- [NJAMHAA](#) – Resources on race and behavioral health including resources on how to discuss racism and violence with children
- [NJ LEEP](#) – Mental Health Resources dedicated to serving the Black Community
- [NEWARK PUBLIC LIBRARY](#) – Various resources for adults and children, including a Black Lives Matter Instructional Library, a [Black Lives Matter Book List](#) for adults, and [Black Live Matter eBooks and audio books](#)
- [NASW](#) – Black Lives Matter Trainings and Publications
- [NETFLIX](#) – A list of shows on Netflix of Black Lives Matter Collection of Movies, TV Shows and Documentaries
- [ARTS ED NEWARK](#) – Resources on mental health, talking to children and more



Victor Alvarez MSW, LCSW
Executive Director

A Word from our Executive Director

Partnership for Children of Essex (PCE) has been providing Care Management services to the Essex County community for the past 16 years. Through the use of the Wraparound Model of Care, we have been able to help over 10,000 families. Thus far, 2020 has been the most challenging year to date as the Coronavirus (COVID-19) has presented our organization with new challenges. We have seen firsthand the impact that COVID-19 has had on the youth and families we serve, as well as the impact it's had on our staff. Some of us, myself included, have lost family members and friends to this dreadful virus. As a social services organization, we knew early on that we needed to adjust how we delivered services to our community to ensure that anyone who needed our help would receive it. We never closed our doors because we knew that now, more than ever, our youth and families needed our support. Since March 2020, we have followed CDC and state health guidelines to ensure that our staff are educated on safety protocols and we have provided the necessary personal protective equipment (PPE) to ensure the safety of our staff and families. We have implemented telehealth options to ensure that all youth and families have remained connected and, as telehealth was new to

many of our families, we've assisted youth and families in addressing their technology needs. We've developed a comprehensive safety plan to gradually return to our office space and began to conduct face to face visits in the community as long as all safety protocols were met. Our goal at PCE is to continue to assist youth and families in need as we navigate the months ahead.

I thank all our dedicated staff for their resolve and commitment to our youth and families despite the personal challenges they themselves face. I am proud of the help that our staff have provided to some of our most vulnerable families; helping families build a positive outlook on their future by focusing on their strengths and helping them overcoming the challenges presented by mental health and behavioral health needs. But the real heroes of our success stories are the children and families who, despite the challenges they face, find the will and resilience to fight through tough battles in order to improve the quality of their lives and children's lives. Regardless of the challenges that come our way and the uncertainty that COVID-19 continues to present our community, PCE will remain steadfast in our commitment to helping the youth and families in Essex County.

New Jersey Must Ensure Critical Behavioral Health Services are Maintained and Expanded!

The pandemic has had a devastating impact on the lives of many people and now more than ever mental health and behavioral health resources are essential. Unfortunately many resources and programs are at risk of losing funding. The New Jersey Association of Mental Health and Addiction Agencies (NJAMHAA) has posted a petition to support all of these programs which are integral to preserving the Children's System of Care. The petition urges the New Jersey Legislature, Governor Murphy, the Department of Human Services and the Department of Children and Families to maintain and expand community-based behavioral health services in the Fiscal Year 2021 budget that begins on October 1st. It is important to support all of these efforts.

Please join PCE in signing this petition. Also encourage the families you work with to share their voice and also sign the petition. Their voice is often the one that is heard.

Sign the Petition

Save the Date!

Be sure to join PCE for our first ever:

Virtual School and Community Resource Fair!

September 23, 2020
6pm-8pm

You won't want to miss this! Free Prizes and giveaways!! More information to follow - check out our social media pages to stay up to date!

Please Join
Partnership for Children of
Essex
in our 1st
Virtual School and
Community Resource
Fair

IT'S
BACK TO SCHOOL
TIME!!!

Save the Date

Wednesday: September 23, 2020
6pm-8pm

FREE PRIZES
and
GIVEAWAYS
But you have to
be in it to win it!

BE IN THE KNOW
of useful resources
in the Essex County
Community

All are welcome to attend!

Follow us on
f & i
for updates!

"Life Through Your Eyes"

In order to honor Children's Mental Health Awareness Month back in May, PCE youth submitted artwork to showcase life through their eyes. Below are just a few of the amazing pieces of artwork submitted! Check out the video on our Facebook page to see the all the pieces by our extremely talented youth!

[View the Art Show Video](#)



Resilience Through Adversity - A Story of Success

When we first met Kelvin in 2018, he was living with a relative in an environment where he feared his safety, following the death of his mother. At that time, Kelvin was struggling with expressing his feelings and worries, keeping himself motivated to do the right thing, and often having difficulty with impulsive behaviors and acceptance of authority. He was initially very reluctant to work with his Partnership for Children of Essex (PCE) Care Manager, feeling hopeless that he would not live until the end of the year.

Over time, his Care Manager never gave up attempts to engage Kelvin and improve his thoughts about his life by always highlighting the most positive attributes that she saw in him. Together, with his established Child and Family Team (CFT), Kelvin was able to establish short term goals for himself with the hopes of gaining longer term successes. His Care Manager was able to link him to community-based services that included an in-home therapist who he established a great rapport with. Each time his CFT would meet, they noticed that Kelvin would talk more and more about his future and the things that he would like to accomplish which included finishing school. Kelvin would also share that he enjoyed his therapy sessions and that he felt the therapist was helping him to become a better man. Kelvin was beginning to change. He started showing emotional growth, building coping skills, becoming an independent young adult, and finding the motivation and positive thinking he needed to improve in other areas of his life.

At the beginning of 2019, Kelvin's Care Manager worked diligently to get him enrolled in an educational program to meet his needs and allow him to continue his education. He was deeply impacted by the loss of his mother and was saddened that she would not see him achieve this important and meaningful milestone. Today, Kelvin has been able to reframe his mother's passing and feels her as a spiritual support who helps motivate him to achieve his goals. His Care Manager along with the rest of his formal and informal supports celebrated with Kelvin as he graduated and received his High School Diploma this past June!

Currently, Kelvin lives in a supportive environment where he feels safe and is preparing for adult life by working on his independent living skills such as self-care, financial budgeting and job skills. He has transitioned from intense therapy to a more self-directed outpatient level of care and is learning to manage his own medical and mental health care. On July 1, 2020, Kelvin met all his treatment goals, and “graduated” from PCE services. At his transition meeting, Kelvin told his team that he is happy with his life, proud of what he has accomplished, and expressed his gratitude for their help as well as the services that he received along the way to where he is now.

PCE remains proud of our Care Managers and their commitment to improving the lives of our youth. Congratulations Kelvin, for achieving your goals and your will to succeed!

HAS YOUR CHILD BEEN STRUGGLING AT HOME, IN SCHOOL, OR IN THE COMMUNITY
IN ANY OF THE FOLLOWING AREAS:

- EMOTIONAL/BEHAVIORAL HEALTH NEEDS
- DEVELOPMENTAL/INTELLECTUAL DISABILITIES
- SUBSTANCE USE/ABUSE
- HIGH RISK BEHAVIORS

**PCE PROVIDES CARE COORDINATION AND COMMUNITY BASED SERVICES
TO ADDRESS THE NEEDS OF YOUR CHILD BETWEEN THE AGES OF 5-21**

Visit us at www.pcenj.org or call 973-323-3000

Press option 5 to speak to a PCE representative

For immediate crisis assistance, contact PerformCare at 1-877-652-7624



Visit our Website

**Looking for a resource in Essex County? Providers - are you listed on
Resource Net? Is your listing up to date? Check out:**

