

**MISSION STATEMENT:**

The mission of the Center for Prevention and Youth Development is to promote mental health, nurture competence and cultivate social well-being among youth and adolescents in an attempt to prevent serious emotional, behavioral and social disorders.

The Center for Prevention and Youth Development provides community-based prevention and intervention programs designed to address issues that children and adolescents may encounter as a result of having a family member with a mental illness. In addition, programs are also developed for those children and adolescents who may experience emotional, as well as behavioral difficulties as a result of experiencing stressful environmental factors.

The fundamental principal throughout all of the Center's initiatives is to deliver direct service programs which focus on prevention, education, support and referral services to children, adolescents and their families.

The Center also provides indirect services on behalf of participants. Through mutual partnerships with family members, school officials and related social service agencies, the Center uses advocacy, education, research and community collaboration to reach its goals.

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**Collaborating Sponsors:**  
**East Orange Community Development  
Block Grant**  
**Schering Plough Foundation**  
**Livingston Board of Education**  
**Township of Livingston**  
**Montclair Public Schools' Health and  
Wellness Initiative**  
**Turrell Foundation**  
**United Way of North Essex**  
**United Way of Essex and West Hudson**



# Center for Prevention and Youth Development



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### **Livingston Family Partners Program**

The goal of the **Livingston Family Partners** program is to provide comprehensive, accessible and confidential family support for families and children with mental illness, behavioral or emotional problems residing in Livingston. A Youth Development Specialist provides supportive individual or family counseling, psycho-education and advocacy on behalf of the child and family members. Families are provided with referrals and linked to other community resources. Services are free and can be provided through home based or office visitations. Evening appointments are available.

### **Kids Cope Groups**

Kids Cope Groups are a variety of different groups implemented in local schools or in the agency targeted to children ages 6 through 17. These groups serve children who need support to better manage their anger, improve their social skills, or self-esteem. Classroom teachers, guidance counselors, social workers, school administrators, as well as parents, can refer any child whose behavioral or emotional issues have impaired their sense of well-being, self-esteem, or academic performance.

Specialized Kids Cope groups are also provided for children and adolescents whose lives have been impacted by a family member's mental illness, or emotional problems.

All Kids Cope groups are designed to provide peer support, age appropriate information, coping and problems solving skills. All groups are facilitated by Youth Development Specialists and are free.

### **Parent Cope**

**Parent Cope** is a support group for parents or guardians of children experiencing emotional or behavioral problems. Parent Cope group provides family members an opportunity to meet other parents and along with our professional staff, receive support and guidance as well as information about childhood disorders, treatment options and community mental health resources.

### **School-Based Counseling for Youth**

The school-based counseling program serves as a link between the mental health and educational systems. Youth Development Specialists provide assessment and supportive counseling services at high schools in East Orange and middle schools in Montclair. Counseling is provided to adolescents who are affected by a multitude of familial and/or environmental factors that can inhibit educational advancements. Indirect supportive and consultative services are provided to parents, teachers and guidance staff

### **Mental Health Counseling for Youth and their Families**

Supportive counseling is available for families and children struggling with mental illness, behavioral or emotional problems. Families throughout Essex County can access community resources learn new coping skills and improve family communication. Services are free and evening appointments are available.

### **Livingston Youth and Community Services Program (LYCS)**

LYCS is a community-based program that implements wellness and prevention programs in all Livingston schools. The LYCS program serves students from the third grade through high school. Through a combination of creative, structured academic and recreational activities, students are taught substance abuse prevention, character education, conflict resolution, and peer leadership skills.

### **Community Education Programs**

In conjunction with other MHAEC programs, a variety of mental health topics are offered through workshops, seminars and/or training sessions open to the public. These programs can be presented in local schools, faith based organizations, or in any of the MHAEC offices in Montclair, East Orange, or Irvington. Presentations can focus on a variety of topics such as depression, grief, bullying and teasing, school violence, trauma and understanding ADHD.

**For more information on any of the above programs or services please call**

**The Center for Prevention and Youth Development of the MHAEC at 973-509-9777**