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## **The Center for Prevention and Youth Development (CPYD):**

**CPYD** provides community-based prevention and intervention programs aimed at promoting mental health and emotional and social well being among at-risk children and adolescents.

- **Intensive In-Community** provides individual therapy and behavioral support for children with emotional, behavioral, and mental-health related issues.
- **Kids Cope** (Support group) helps children and adolescents who have a family member with mental illness to learn social and coping skills through age-related activities such as art, role playing and peer discussion. Other groups offered in the schools include anger management, social skills and grief support.
- **Project Stepping Up** is a transitional program for youth “aging out” of the child welfare system. Services include clinical case management, short-term individual and group counseling, and independent life skills training.
- **School-Based Counseling** for middle and high school students is provided in several schools. Youth Development Specialists are on-site providing support and counseling to students who are experiencing social and emotional difficulties.

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## **Our Mission:**

The **MISSION** of the Mental Health Association of Essex County, Inc. is to promote mental health, to improve the care and treatment of individuals with mental illness, and to remove the stigma associated with emotional and mental disorders. We, as a community organization, accomplish our mission through advocacy, education, prevention, treatment and service.

## **For More Information:**

For more information about the **Project EASY program** of the Center for Prevention and Youth Development, or any other program of the Mental Health Association of Essex County, Inc. please contact us below:

*Marvin Gorsky, LCSW, BCD*  
Senior Director of Children, Counseling, &  
Family Services  
(973) 509-9777, ext. 112

*Diane Travers, LCSW, CTS*  
Clinical Coordinator  
(973) 509-9777, ext. 121

*Chanda Fields, M.ED*  
Employment Specialist  
(973) 509-9777, ext. 117



## **The Center for Prevention and Youth Development**

# **Project E.A.S.Y.**

**Employment**

**Assistance and  
Support for  
Youth**



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Mental Health Association of Essex County  
33 South Fullerton Avenue  
Montclair, NJ. 07042  
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## **What is Project EASY?**

A project that offers employment assistance and support for behaviorally and emotionally challenged youth ages 14-21. Project E.A.S.Y. is designed to educate youth and help them to become employable. Youth participate in a five week program that includes: vocational assessment, job research, resume writing, completion of sample job applications, interview etiquette, and finally assistance with getting the desired job.

Project E.A.S.Y. has an Employment Specialist that works with participants individually or in a group format on a weekly to bi-weekly basis. Youth are taken through a thorough vocational preparation course and are expected to be active participants in acquiring a job.

## **How does it work?**

Upon the completion of the five-week vocational preparation course, youth will be encouraged to apply to three companies per week using a log sheet to keep track of the companies with whom the youth has requested work.

The overall goal of Project E.A.S.Y. is to help teenage youth and their families to obtain and sustain employment. Project services are comprehensive and designed to be individually tailored and customized to meet the special needs, interests and capabilities of each person seeking assistance. It is anticipated that Project E.A.S.Y. participants will secure employment within several months.

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## **What happens when youth obtain a job?**

Once a job is obtained, the Employment Specialist continues to provide support for the youth and his/her employer. The Employment Specialist will arrange meetings with the supervisor or manager to discuss the progress of the youth's work performance on a monthly basis. Also on-site observations will be done monthly by the Employment Specialist to ensure that the youth is meeting the expectations of the company and that appropriate behavior is being exhibited.

Youth are encouraged to contact the Employment Specialist with any concerns or advice so that the working relationship between the employer and employee remain productive.

## **To Make a Referral:**

To make a referral to Project E.A.S.Y., call Chanda Fields, at the MHAEC (973) 509-9777, ext. 117.

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