

# Newsletter

FALL 2024 / VOLUME 28

Quarterly News & Updates

WARREN HUNTERDON SOMERSET  
**TRI COUNTY**  
Care Management Organization



*"Keeping Families Strong"*



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## From the Desk of... James Parauda CEO



### Family First



At Tri County Care Management Organization (TCCMO), we serve youth and families, and keeping family at the center of our work is a crucial aspect of our agency. We believe youth have the potential to thrive when surrounded by a caring family and a supportive community. Our core values outline family and community as the heart of our services.

We are aligned with the proverb, "It takes a village to raise a child."

The structure of the school year helps families establish a good routine. We rely on families to do many things throughout the year to ensure that children are learning and growing in the right environment. Parents, caregivers, and their supports ensure that kids get on the bus, attend after-school activities, complete homework, and manage many other daily responsibilities. Because we believe in the value of family, I encourage you to take time to find family activities during any downtime in your schedule. Enjoying time together, even before the bustling holiday season starts, can help reset family values of love and support while providing a relaxed atmosphere to enjoy one another. It may be difficult to find things to do, but I assure you there are plenty of family activities for all ages in your community. You can pick apples or pumpkins, take a historic train ride, or do some arts and crafts together. Whatever your interests or abilities, there is something in New Jersey for you.

To help you get started, I've included several links that will help you find options for things to do both locally and throughout the state. With the holiday season right around the corner, I know you will be spending time with extended family. These resources may also give you ideas for larger family trips. I hope you enjoy the autumn and holiday season with your family.



<https://www.explorehunterdonnj.com/>



<https://hunterdoncountyalive.com/events>



<https://explorewarren.org/categories/attractions>



<https://www.belikebuddy.com/newjersey>



[https://www.yelp.com/search?cflt=kids\\_activities&find\\_loc=Somerset+County%2C+NJ](https://www.yelp.com/search?cflt=kids_activities&find_loc=Somerset+County%2C+NJ)



# Youth Success Story

There is so much to say about Isaiah that can't be fully captured in 120 words.

Isaiah had a rough start in life and wanted something better for himself. With support from his foster parents, he worked hard in school while working and engaging in extracurricular activities like drama club.

Isaiah acts, sings, and aspires to be on Broadway or in the movies.

He is very bright, and currently attends Montclair State University.

His care manager Jannelia Morris described him as someone who is selfless and always looking to cheer others up, sometimes to his own detriment.

Fortunately, Isaiah had an in-home therapist, Shalisa Hannah, who taught him about taking care of himself like he takes care of others.

Jannelia believes that someday "we're going to see his name up in lights."

We at TCCMO are some of Isaiah's biggest fans!



# Community Corner



This year TCCMO had their very first back-to-school giveaway event all thanks to the collaboration of Americold District #6 East Region, United Way of Northern NJ, and the Commission on the Status of Women.

They made a significant impact by donating essential school supplies that were distributed to 177 TCCMO-enrolled youth.

All three of these agencies' commitment to community service played a key role in this event, being a HUGE success for the families we serve.

Their contribution helped bridge the gaps and foster equal opportunities for education.

Their collaborative efforts not only equipped these young learners, but also reinforced the community's dedication to their success.



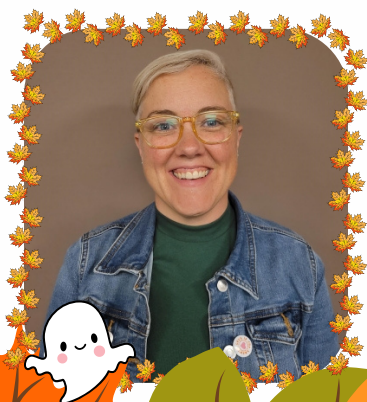
# Getting to Know TCCMO

# Advocacy Corner



Featured in this edition is Joanna Gaydos,  
Clinical Consultant for TCCMO.

Joanna consults directly with the Department of Child Protection & Permanency (DCP&P) in our catchment areas of Somerset, Hunterdon, and Warren counties. She has now been with us for a year. Prior to that, she worked in an Out of Home Treatment setting, which provided her with the experience of working with Care Management Organizations and DCP&P workers in the Children's System of Care. Joanna is part of the Operations Department in the agency. DCP&P Case Workers and Supervisors do not always know about the mental health challenges that their families face or the services that are available for them. If the family is enrolled with TCCMO, Joanna is able to assist DCP&P Case Workers with connecting to the family's Care Manager, and ultimately working as a team to accomplish the family's goals. Teamwork makes the dream work!



TCCMO began its partnership with Demystifying Diversity almost two years ago, with Daralyse Lyons and Zack James delivering impactful training on race, gender, and equity. Their expertise has guided us in revising our policies to align with our mission and vision, ensuring clarity and purpose. They continue to consult with us, providing valuable insights to help us progress as an antiracist organization.

Link: [Demystifying Diversity](#)

Additionally, Tri County CMO introduced the Impactful Series, consisting of four films addressing topics like cyberbullying, race, social media, and anxiety. This series aims to normalize taboo conversations and has helped us build connections with local high schools, Youth Corp, and long-term partners such as the Family Support Organization.

Link: [Impactful](#)

On August 23rd, TCCMO employees took their first Race & Gender Equity-sponsored field trip to the Newark Museum of Art, where they participated in a guided tour of the Arts of Global Asia exhibit, exploring and learning about the diverse artistic perspectives and time periods.

LINK: [Newark Museum of Art](#)





# Pride in Partnership

TCCMO attended THIRTY Back to School Nights across all three of our counties. Our goal was to ensure students, caregivers, teachers, school administrators, and counselors know that TCCMO is here to support them from the beginning of the school year to the end. Parents, caregivers, and students stopped by our table to talk, gather information, and understand how to make a referral. It is important for parents and caregivers to know where to turn when their child is experiencing mental health, emotional and/or behavioral health challenges. Signs that your child may benefit from CMO services are significant decline in academic performance, school suspensions or detentions, or lack of interest in attending school. TCCMO staff provided the school counselors with information on how to assist parents and caregivers with taking the first step to receive help by calling PerformCare.

BACK TO SCHOOL



HHS B2S Night




NPHS B2S Night

# Growing Greatness



The Nurtured Heart Approach® is a relational method that emphasizes recognizing “what’s going right” and building the Inner Wealth™ of children through authentic recognitions. At TCCMO, we’ve been training caregivers, parents, educators, and providers in this approach for six years. Occasionally, trainers hear doubts like “this won’t work with my child” or “this won’t work in our school.” We firmly believe in the approach’s effectiveness. It has been successfully used in residential treatment centers and behavioral schools to foster greatness in “intense” children, leading to notable reductions in seclusion and restraints. Relationships are key to this approach. At TCCMO, we offer small group and individual training for parents upon request. For more information, visit [Nurtured Heart Institute / Nurtured Heart Approach training](#) or talk to your care manager about implementing it.



# FYI

## Suicide Prevention Month

Suicide Prevention Awareness Month, observed every September, aims to raise awareness about mental health complexities and highlight the importance of seeking help. This month serves as a reminder that mental health struggles are common and should be openly addressed. It offers a chance to educate people about warning signs of suicide, promote available resources, and build a supportive community where individuals feel safe discussing their mental health. For more information, see the resources provided below.

Link: [NAMI\\_SuicidePreventionMonth\\_Toolkit\\_2024.pdf](#)

## National Bullying Prevention Month

In October, National Bullying Prevention Month focuses on the impact of bullying and promotes kindness and inclusion. This month highlights the harmful effects of various forms of bullying—emotional, physical, and cyber. It encourages schools, parents, and students to take proactive steps to create safer environments where everyone feels respected and valued. Check the resources below for more details.

Link: [Bullying Help | STOMP Out Bullying™ HelpChat Crisis Line](#)

Also in October, ADHD Awareness Month seeks to enhance understanding and reduce stigma surrounding Attention-Deficit/Hyperactivity Disorder (ADHD).

This observance provides an opportunity to educate the public about the challenges faced by those with ADHD and to promote supportive environments that offer appropriate accommodations and interventions.

For further information, see the resources linked below.

Link: [ADDA Virtual Peer Support Groups for Adults with ADHD](#)





# Events held by TCCMO



WANT A BETTER CONNECTION  
WITH YOUR KID?

THEN CHECK THIS OUT

## Nurtured Heart Approach

THE NURTURED HEART APPROACH IS AN ESSENTIAL SET OF STRATEGIES FOR TRANSFORMING THE MOST INTENSE CHILDREN:

- TRANSFORMING THE WAY CHILDREN PERCEIVE THEMSELVES, THEIR CAREGIVERS, AND THE WORLD AROUND THEM
- TEACHING CHILDREN THEY WILL RECEIVE RECOGNITION THROUGH POSITIVE BEHAVIORS
- SEEING INTENSITY TO BE A POWERFUL QUALITY THAT, IF DEVELOPED CORRECTLY, CAN DRIVE CHILDREN TO AMAZING ACHIEVEMENTS

THIS WILL BE CONDUCTED VIRTUALLY TWICE A MONTH

EVERY 2ND TUESDAY OF THE MONTH FROM 6PM-8:30PM  
AND  
EVERY 3RD WEDNESDAY OF THE MONTH FROM 10:30AM-1PM

CONTACT JANET HREHOWESIK TO SIGN UP  
(908)255-5697 OR JHREHOWESIK@TRICOUNTYCMO.ORG

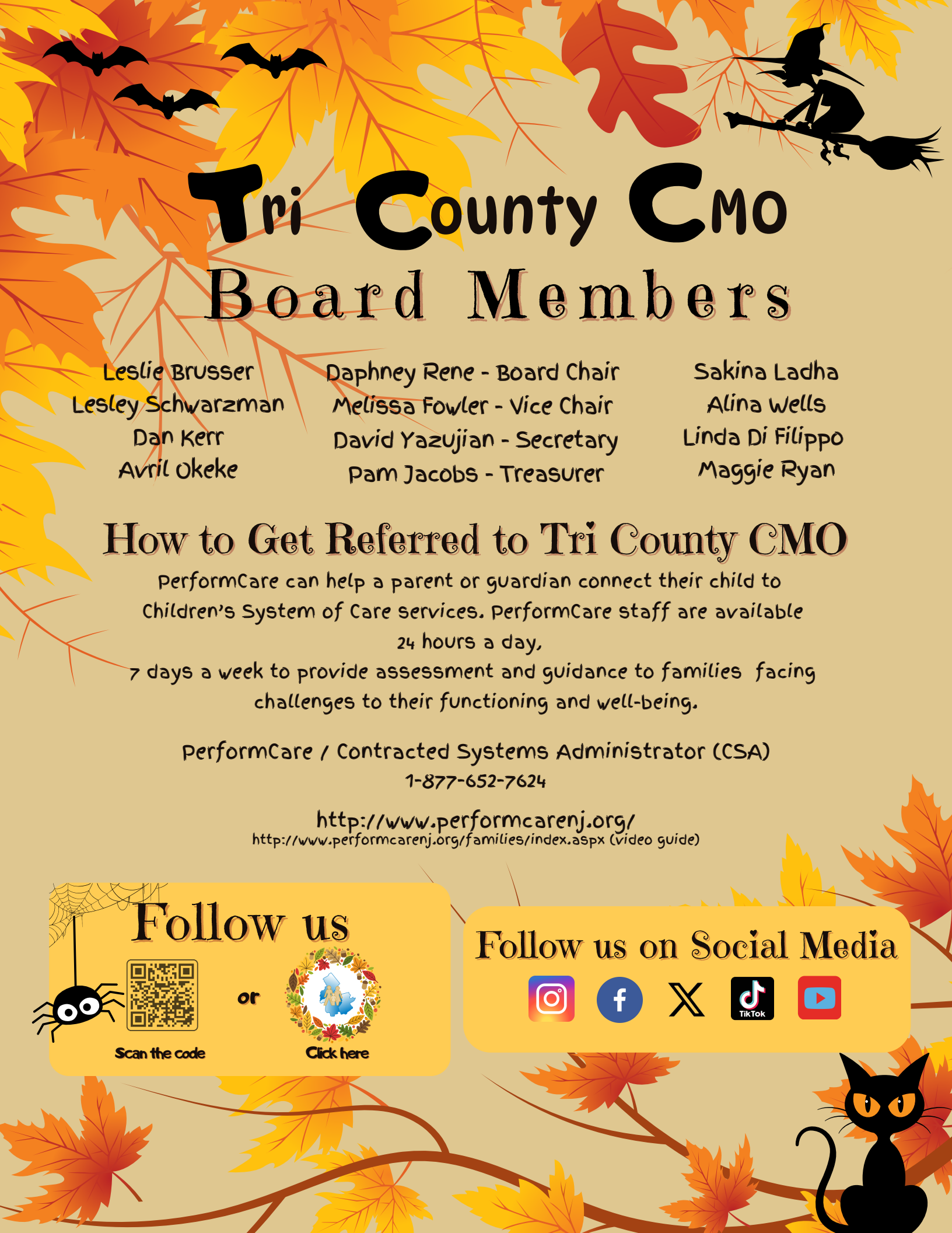


## Ready to make a big impact?

Partner with us to fundraise for Tri County CMO families  
—email Deja Amos today! [damos@tricountycmo.org](mailto:damos@tricountycmo.org)

Or click the button below to **DONATE** directly from  
our Website!





# Tri County CMO Board Members

Leslie Brusser  
Lesley Schwarzman  
Dan Kerr  
Avril Okeke

Daphney Rene - Board Chair  
Melissa Fowler - Vice Chair  
David Yazujian - Secretary  
Pam Jacobs - Treasurer

Sakina Ladha  
Alina Wells  
Linda Di Filippo  
Maggie Ryan

## How to Get Referred to Tri County CMO

PerformCare can help a parent or guardian connect their child to Children's System of Care services. PerformCare staff are available 24 hours a day,

7 days a week to provide assessment and guidance to families facing challenges to their functioning and well-being.

PerformCare / Contracted Systems Administrator (CSA)  
1-877-652-7624

<http://www.performcarenj.org/>  
<http://www.performcarenj.org/families/index.aspx> (video guide)



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