

RECOVER REBUILD RESTORE



In the aftermath of Superstorm Sandy, the Department of Children and Families (DCF) is here to help through the long recovery ahead; filling service gaps as other early response and recovery funding is beginning to be exhausted. With a goal of keeping families strong, preventing the potential negative impacts of the disaster on children and families, and providing swift support and intervention, DCF is expanding or creating additional services for the individuals we serve.

School and Community Based Psychosocial Interventions Turning the Tides for Children and Families (TTT)

TTT offers **free programs** in schools, after-school programs, summer camps and community locations for children, families and schools impacted by Super Storm Sandy in :

- Northern Region: Bergen, Essex, Hudson, Middlesex, and Union
- Southern Region: Atlantic, Cape May, Cumberland, Monmouth, and Ocean

Programs tailored to participant's needs through individual, family and group skill building sessions for youth and adults and in-service trainings for school personnel and youth-serving community program staff. Programs are offered throughout the following with links to additional community resources as needed.

- **Classroom/Cultural/Community-Based Intervention Program (CBI)**
 - An intervention program for students in grades K-12
 - Uses music, movement, silent story-telling and other techniques
 - Correlate to Common Core Standards
- **Skills for Psychological Recovery (SPR)**
 - A skill building approach for teens, adults and families
- **Sources of Strength**
 - Peer leader program for youth in middle and high schools and community based programs
 - Breaks down "codes of silence" and encourages youth to seek adult help when in crisis
- **More Than Sand: Preventing Teen Suicide**
 - A suicide prevention awareness program for youth-serving individuals in schools and community programs.

Contact information:

Northern Region	Bergen, Essex, Hudson, Middlesex, and Union	Rutgers, University Behavioral Health Care	732.235.2897 turningthetides@ubhc.rutgers.edu
Southern Region	Atlantic, Cape May, Cumberland, Monmouth, and Ocean	Barnabas Health Institute for Prevention	732.942.5783 theinstitute@barnabashealth.org



As we know from previous natural disasters, a family's ability to cope is often stretched to its limit as they try to recover. The Department of Children and Families is making every effort to ensure that Sandy-impacted families have access to adequate social services. For more information or to gain expedient access:

1-855-INFO-DCF (1-855-463-6323)
(general information about DCF's programs and services)

DCF's Children's System of Care at 1-877-652-7624
(services for children and teens with emotional and behavioral health care challenges)

New Jersey Domestic Violence Hotline 1-800-572-SAFE (7233)
(individuals needing immediate assistance and access to domestic violence services)

New Jersey Coalition Against Sexual Assault (NJCASA) Hotline 1-800-601-7200