

**Chafee Advisory Group Meeting  
December 15, 2022  
Minutes**

**In Attendance:** Hailey D'Elia, Tyhesha White, David Rosen, Mary Coogan, Kelly Nestor, Janel Winter, Alice Foulkes-Garcia, Stacy Reh, Jonathan Marsh, Niambi London, Safa Simmons, Chelsea Sutphin, Ifeanyi Pole

**Absent:** Randi Mandelbaum, Suzanne Kreie, Dan Rhoton, Steven Kairys, Tosca Blandford-Bynoe, Yolanda Allen, Konniesha Moulton

- I. Welcome & Introductions
  - Mindfulness Exercise
    - i. Attendees introduced themselves and shared their favorite holiday and/or winter traditions.
    - ii. Alice led a guided visualization exercise.
- II. June Meeting minutes approval
  - CAG members did not share any edits to the June 9, 2022 Minutes.
- III. Supporting Youth and Young Adult with Mental Health Needs - Stacy Reh and Chelsea Sutphin
  - Stacy Reh-NJ DCF Children's System of Care (CSOC)
    - i. CSOC is Wraparound
      - CSOC wraps services around youth and families; it connects them to informal supports.
    - ii. CSOC is Strength-Based
      - CSOC's support is based on the needs, desires, and goals of the youth and families.
    - iii. CSOC is successful in keeping youth in their homes and in their communities.
    - iv. SAMHSA funded System of Care expansion grant from September 30, 2015- September 30, 2019
      - A statewide initiative incorporating 6 Core Strategies (6CS) and the Nurtured Heart Approach (NHA). This grant rolled out over four years and in five phases/strategies:
        1. Addressing organizational change
        2. Looking at data to inform practice
        3. Youth and family voice
        4. Sensory and regulation tools
        5. Debriefing in the event of an incident

- v. CSOC applied NHA in communities for youth, families, and staff.
  - vi. CSOC's out-of-home providers had the opportunity to learn 6CS and apply it within their programs.
  - vii. CSOC received a second consecutive SAMHA grant; this grant will end in September 30, 2023 and will address how CSOC can engage adults and how CSOC can make impacted change in school districts?
    - o CSOC is developing support for the interagency coordinating councils; there are 21 councils in every NJ county.
    - o CSOC is creating three state funded "Regional Practice Specialist" positions to focus on sustainability.
  - viii. CSOC offers the 6-hour NHA training every other month.
  - ix. The NHA's 3 Stands
    1. Absolutely No! Refuse to energize negativity
      - a. \*Our connection is the ultimate prize
    2. Absolutely Yes! Super energize success through Active, Experiential, Proactive & Creative Recognitions
    3. Absolutely Clear! Set clear, consistent limits and consequences in an unenergized way...there is power in clarity and resets
  - x. In 2020 CSOC transitioned to a virtual platform for trainings and youth/family engagement.
    - o Challenges:
      - a. Being cognizant to address ways of supporting the providers and clients.
  - xi. CSOC has trained over 34,000 people in NHA.
  - xii. Stacy discussed and compared the five core strategies of the ACES Action Plan and the Promising Path to Success 2.
  - xiii. Stacy discussed NHA lens and language supports SBC (Solution Based Casework) Focus
  - xiv. CSOC developed a one-year pilot with the NJ Department of Education to take the NHA into 50 schools with the DREAMS Project that launched in August 2021.
  - xv. CSOC's initiative on Zero Suicide in partnership with the Educational Development Center (EDC)
    - o The EDC brings training to the providers to development service plans.
  - xvi. CSOC leads Learning Communities
    - o CSOC's Learning Communities allow people to come back together, learn from each other, and obtain resources.
- Chelsea S.-NJ CP&POAS
    - i. NJ Suicide Prevention Recourses
      - o NJ Youth Suicide Prevention Advisory Council
        - a. The council examines the needs of youth and families on the issues of mental health, suicide, and resources.
      - o The Lifeline and 988
        - a. The emergency Suicide Prevention Hotline number was shortened to 988.

- Prevent Suicide NJ
  - a. Prevent Suicide NJ (PSNJ) is the Garden State’s most comprehensive resource for suicide prevention. PSNJ is a resource hub for NJ residents.
- The Trevor Project
  - a. Provides information and support to LGBTQ youth 24/7, all year round.
  - b. <https://www.thetrevorproject.org/get-help/>
- Reportingonsuicide.org
- Collaborative Assessment and Management of Suicidality (CAMS)
- Substance Abuse and Mental Health Administration – Resources for families coping with mental health and substance use disorders

IV. Data Presentation – Jonathan Marsh

- i. It is important to incorporate youth, family, and providers’ voice in DCF’s work.
- ii. Discussed DCF’s 2020-2024 NYTD Data Sharing Plan.
  - Provide ongoing information and data analysis of available NYTD data that can then be shared with the Statewide Chafee Advisory Group and other stakeholders ongoing.
  - Post NYTD data on DCF and NJ Youth Resource Spot websites. Share NYTD data and information with the Youth Advisory Network and Statewide Youth Council.
  - Incorporate NYTD data into all presentations and training.
  - Include NYTD data in DCF Continuous Quality Improvement activities/presentations when possible.
- iii. Discussed the reduction of youth in foster care.
- iv. Shared data highlights of DCF’s NYTD Cohort 3.
  - Adolescent parenthood increased substantively between baseline and the second follow up.
  - Incarceration remained relatively stable. Homelessness and substance use treatment decreased.
  - Over 90% of youth reported having a connection to a supportive adult that they can go to for advice or guidance when there is a decision to make or a problem to solve, or for companionship when celebrating personal achievements.
  - More than 50% of youth were employed either full time or part time by the age of 21.
  - Of all independent living services, financial assistance was the most common service that youth received between 17 21 years old.
- v. Discussed DCF’s use of its data from the NYTD survey to enhance programmatic strategies, inspire practices that will further support the youth served, and guide our daily decision-making.
  - Lifeset Program - This program addresses connecting youth to permanent supportive housing to address and prevent homelessness.

- i. DCF is using NYTD findings to compare LifeSet youth outcomes to the prevalence of risk and protective factors that are identified among youth exiting foster care, more broadly.
- EnlightenMENT, DCF's Peer 2 Peer Mentoring Program: This program addresses youths' connection to peer mentoring. DCF launched this peer mentoring program in December 2022.
  - i. Children's Aid and Family Services (Essex, Middlesex, and Union)
  - ii. Children's Home Society (Mercer, Monmouth, and Ocean)
  - iii. Oaks Integrated Services (Atlantic, Burlington, and Cumberland)
- NYTD data is being used to target DCF efforts more strategically and identify areas for strengthening.
- NYTD in Action: DCF is using NYTD to target youth who are at risk of experiencing homelessness and adolescent parenthood.

## V. Closing

- 2023 CAG Meeting Dates
  - i. March 9<sup>th</sup>
  - ii. [June 8<sup>th</sup>](#)
  - iii. [September 14<sup>th</sup>](#)
  - iv. December 14<sup>th</sup>
    - March and December 2023 meetings will be virtual via Zoom.
    - [June and September 2023 meetings will be in person at DCF's Professional Center in New Brunswick.](#)
- Volunteer for Agency Spotlight
  - i. This agenda item was not discussed.
- Announcements, resources, etc.
  - i. This agenda item was not discussed.

*All ideas reflected are not endorsed by the agency.*