



Building on the Strengths of Families

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NEWSLETTER

July– September 2009

Positive Parenting with a Plan



"Congratulations"

Family Support Organization of Essex County's goal is to empower parents and caregivers to take control of their lives by building on their strengths and supporting them where needed. We introduced FAMILY RULES "Positive Parenting with a Plan" mid-summer 2007. "Positive Parenting with a Plan: FAMILY Rules" is the fastest growing parenting program in the USA. It is a research-based parenting program that really works well, there are a couple reasons why: (1) it was formed on the "Battlefield of Parental Warfare" with input from real living, breathing moms, dads, and kids; (2) it is philosophically based in the "Hierarchy Model", it supports "parental authority" in the home; and (3) This parenting program targets the entire "family system" for change – not just the child (ren). Everyone is required to improve on changing their attitudes and behaviors in a positive direction. Everyone wins with "Positive Parenting with a Plan."

Finally, it works because it takes "good old fashioned parenting" and puts it together in a new and improved package, minus corporal punishment, and provides order and structure in the home for parenting which is the chemotherapy needed to eliminate the dysfunctional cancer homes. We encourage public and private agencies to work together to strengthen families with the goal of keeping children safe and healthy in their homes and communities.

As parents/caregivers our primary responsibility is to "prepare our kids for the REAL WORLD, which is ordered, structured, and requires a healthy respect for authority. FAMILY Rules will help in increasing compliance and decreasing inappropriate behaviors for most individuals.

We offered a six week parenting program to help families set goals and make choices. "What makes our organization unique is that our family (peer) partners have overcome many of the challenges the families we serve are facing.

Our culturally competent staff works with families to identify their strengths and build on them to address their needs and goals.



These same peer partners facilitated the Positive parenting with a plan program and work with the families at critical times such as when a child is entering a hospital, appearing in court, meeting with school personnel and service providers or child-study team.

Families who successfully completed the workshop series were completely committed because they firmly believed that this new approach would be much more effective than the "Contracts" and countless punishment methods. FAMILY RULES can help to significantly reduce the level of frustration and hopelessness for the entire family. So, if you are tired of doing the same thing and getting the same results, you are a perfect candidate for next sessions beginning September 15, 2009.

"Building on the Strengths of Families"



Senator Ron Rice Honored "Advocate for Children and Families"

Family Support Organization of Essex County honored Senator Rice as part of Children's Mental Health Awareness Day Celebration May 8, 2009. The B.F. Johnson Community Center of Metropolitan Baptist Church in Newark was the location of our annual event to bring awareness to the community in which we serve about mental health issues. Senator Ron Rice received our honor for his tireless dedication in advocating for families. Throughout his many years of service to the community, from Newark City Council to Deputy Mayor and now as Senator, Ron L. Rice has been a champion in the fight for children and families to have a better quality of life. One of the many bills Senator Rice has sponsored, S52, permanently disqualifies certain persons convicted of child endangerment from working with children. His goal of keeping children safe in their community supports the mission of our child behavioral health system of care to keep children safe, at home in their community and attending school.

The other highlight of the evening was the premiere of the Youth Partnership movie "Listen to Me". All that were in attendance had the opportunity to hear their stories of life, triumph and their pursuit of happiness. Listen to Me was from the voice of youth regarding their experiences with mental health challenges, involvement in the system of care and how even their family members could benefit if they would just "LISTEN".

The youth were celebrated for their hard work and dedication to strengthening the Youth Voice. Youth Partnership of Essex County joined forces with University Behavioral Health Center in delivering trainings at Cumberland Community College, Brookdale Community College and Caldwell College on "Understanding the Hip-Hop Culture and Effectively Engaging Youth". There were professionals that worked with youth in many different arenas who attended this training. They benefitted from hearing from the youth's perspective how to tear down the barriers of communication that we face when dealing with youth issues.

Senator Ron L. Rice has supported Youth Partnership of Essex County and encouraged the youth to, "Continue to let your voice be heard. This is the beginning of change. Many of the decision makers in Trenton should have the privilege of seeing this movie and better understanding what our youth are dealing with day to day" stated Senator Ron L. Rice after receiving his award.



"I believe the children are our future. They must be empowered to speak up and create change."



Jacquelyn Oliver
Youth Director



Senator Rice has advocated to keep families in their homes during tough economic crisis and has fought hard to make the streets of Essex County safer.

"We've walked a mile in your shoes"

FAMILY PARTNERS



Lossie Smalls-Webb



Diane DeMarzo



Jacqueline Faison
Family Engagement Specialist



Yanisse Oliveras



Sheran Price



Emerala Culley



Asia McMillan



Sharon Joyner

Our Family Partners have first hand knowledge of navigating systems of care as advocates. This is where the uniqueness in our agency lies. During face to face in home visits, they empower parents and caregivers to become advocates for their families. They are resourceful and understanding because they have walked a mile in the same shoes of the Families we serve. Family Support Organization of Essex County applaud them for the work that they do "Building on the Strengths of Families".



Calendar of Events



AUGUST

Tues Aug. 4th New Family Orientation FSOEC/PCE
 Tues. Aug. 4th,, 11th, 18th PARENTS ANONYMOUS
 Tues. Aug. 25th Mental Health Players

SEPTEMBER

Tues. 1st 15th 29th PARENTS ANONYMOUS
 Tues. 1st New Family Orientation FSOEC/PCE
 Tues. 15th 22nd 29th Family Rules- Positive Parenting with a Plan
 Tues. 22nd Preventing Parent Burnout

OCTOBER

Tues. 6th 13th 20th PARENTS ANONYMOUS
 Tues. 6th 13th 20th Family Rules- Positive Parenting with a Plan
 Tues. 27th Your Child's Rights in Special Education



A new school year is approaching and you and your child need to be prepared for change. Individualized Education Plans (IEP) should be updated and following the child even if you have to give the child a copy to keep in their book bag to make sure their new teacher has current information. There's no escaping the fact that the first day of school can be crazy. New kids wander around in circles. Lockers won't open. The school nurse needs your medical records. You forgot your gym shorts. Freshmen are running in all directions, looking for their homerooms. Here are some tips for relieving first day chaos.

MAKING THE FIRST DAY EASIER

- Remind your child that she is not the only student who is a bit uneasy about the first day of school. Teachers know that students are anxious and will make an extra effort to make sure everyone feels as comfortable as possible.
- Point out the positive aspects of starting school: It will be fun. She'll see old friends and meet new ones. Refresh her positive memories about previous years, when she may have returned home after the first day with high spirits because she had a good time.
- Find another child in the neighborhood with whom your youngster can walk to school or ride with on the bus.
- If you feel it is appropriate, drive your child (or walk with her) to school and pick her up on the first day.

BACKPACK SAFETY

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the your child's body weight.
- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.
- Consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, and they may be difficult to roll in snow

* Article content received from



What can you do ?



- **Instructors**
- **Support group facilitators**
- **Teachers**
- **Arts instructors**
- **Chaperones**
- **Parent Mentors**
- **College Students can volunteer to fulfill community service requirements**
- **Retired Professionals are also urged to volunteer their services**

Warm Line...

Help is just a phone call away!

We are here to listen! Our caring staff is here to answer your questions and provide information about resources.

Monday through Friday 9 a.m. to 5 p.m.

973-395-1441



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