



FSOBC NEWS

0-108 29TH STREET, FAIR LAWN, NJ 07410

Fall 2009

The Family Support Organization of Bergen County (FSOBC) is a family-run, county-based organization that provides direct family-to-family peer support, education and advocacy to family members of children with emotional and behavioral challenges. We are here for you. Give us a call!

Adult Supervision available for children/youth while parents/caregivers participate in support group and FSOBC program

PROGRAMS SPONSORED BY THE FSOBC-NO COST TO ATTEND

PerformCare is the new CSA for the NJ System of Care!

The Division of Child Behavioral Health Services (DCBHS) has announced that Perform Care is now the Contracted Systems Administrator (CSA) for the New Jersey System of Care. (The CSA was previously managed by Value Options.)

Referrals to the DCBHS System of Care are made by contacting the CSA using the same toll free number 1-877-652-7624.

Please contact the FSOBC for any additional information about the System of Care for New Jersey, 201-796-6209 x102

A resource to help you begin a positive school year for your youth!

National PTA, <http://www.pta.org>

Gain information about how you can be involved in your children's education!!

Suggested Tip: 'Try to attend parent-teacher nights; talk to school personnel about you child's strengths and challenges and find out how you can best help your child.'

From the Life Care Guide

FSOBC Support Groups

Wednesday Support Groups at the FSOBC

Through sharing experiences you may find options or discover approaches that may help in coping with your situation.

Talking with and listening to others in similar circumstances can be just what you need to get through a tough time.

Every Wednesday, 7:00-8:30PM

Light Supper at 6:30PM on 3rd Wednesdays:

September 16, October 21st, November 18th, December 16th

Support Group begins at 7pm

Grandparents Raising Grandchildren

Monthly Support Group in Englewood, 10-11:30AM,

4th Tuesdays: September 22nd, October 27th, November 24th,

December 22nd

For further information call 201-796-6209 x 102



FSOBC Educational Series

Monday, September 21, 7:00-8:30PM,

Prevent School Truancy and Promote a Positive School Experience

Presenter: Sheila Steinbach, LPC

Jewish Family Service of Bergen and North Hudson

Monday, October 5, 7:00-8:30PM,

Find out about the Educational Representation Project (legal advice and representation regarding education issues to low-income residents of Bergen, Hudson and Passaic Counties.

Advise and/or represent parents, grandparents, other caretakers who are involved with DYFS because of abuse or neglect accusations against them.

Presenters: Rehana Rasool, ESQ & Mary O'Brien, ESQ

Northeast New Jersey Legal Services

Monday, November 9, 7:00-8:30PM

Increase Communication with Your Adolescent

Presenter: Joan Badin, Ph.D.

Bergen County Department of Human Services

The FSOBC is a component of the New Jersey Department of Children and Families Division of Child Behavioral Health Services

**Wednesday, September 16th at 7 pm CIACC Family
Advisory Committee (FAC) at the FSOBC**

The Children's Interagency Coordinating Council was established in 1992 by the New Jersey Department of Human Services, County CIACC's advise county government and the New Jersey Department of Children and Families about local needs. The CIACC serves as the mechanism for a responsive, accessible, and integrated system of care for children ages 0 to 18 who are challenged by an emotional and/or behavioral diagnosis, and their families, and for young adults ages 18-21 who are moving to the adult system.

Register for the next meeting and let your voice be heard:

call 201-796-6209 x102

Light Supper served at 6:30pm

Adult Supervision available

Complimentary workshop on

'Psychopharmacology in the School Setting'

(The medication students are most frequently on, what are they for and what are the most common side effects)

Friday, October 2nd, 12:30-3:00PM

Presented by Sage Day at Mahwah and New Alliance Academy

For further information, call 201-818-8873 by September 25th

NJ Family Care, September 24 at 10AM

Representatives will be available at:

Bergen County Department of Health Service

327 E. Ridgewood Avenue, Paramus

Room 208

Family Care is a federal and state funded health insurance program created to help New Jersey's uninsured children and certain low-income parents and guardians to have affordable health coverage'.

For more information about NJ Family Care: www.NJFamilyCare.org

Walk for Wellness

Mental Health Association in New Jersey Annual Walk for Wellness

Date: October 11, 2009

Johnson Park, Piscataway, NJ

Call Bob Martin, Director of Development

973-571-4100

Please join the FSOBC in
welcoming

James Hyland as the Youth Partnership Coach.

Youth Partnership of Bergen County

Attention Bergen County Youth (Ages 14-20) - This is your opportunity to promote mental health awareness by participating in leadership training, community service projects as well as educational and cultural events. For more information and a meeting schedule, please contact James at

(201) 796-6209 x 112 or at ypfsobc@covad.net

Warm Line

The FSOBC offers telephone support to family members, caregivers and to those that reach out from the Bergen County community that need support with resources.

VOLUNTEERS ARE NEEDED

Can you lend support to the FSOBC? Your voice is needed!

Call 201-796-6209, 102

Upcoming Dates

Coping 101

Your wisdom ...is in your Choices

Wednesday, September 23, 9:30-12:30pm

Attend a free seminar at Bergen Community College
400 Paramus Road, Paramus, NJ

Anna Maria Ciccone Theatre

For students and their parents to gain additional knowledge on topics: relationships, rejection and redefining normal

A special guest speaker and resources!

For questions to call or email Lori Novak Carafello, Assistant Director, Wellness Center wellness@bergen.edu, 201-612-5320

For further information about the Wellness Center

Log onto www.Bergen.edu/wellnesscenter