



Meeting Agenda Monday, Oct 2, 2023
5:30 PM

I. WELCOME

Attendance

Jennifer Zimmermann

Jennifer Charnow

Marissa Watters

Aly Petaccia

Christine Pollinger

Andrea D

Mason Herzog

Simon Sherfer

Ashley Morolla

Robin Wanner

Joanna KAtz

Christie Rossig

Detective Dan Kristan- RVPD

D. Chinnici

Ronnie Silver

Jackson Cianciulli

Jamie Arlia

Kaitlyn Verde

Simon Sherfer

Rose Velli

Michelle Gaeta

Wendy Sefick

Elizabeth McIntyre

II. Law Enforcement Updates

Police updates

River Vale- Dan Kristan- Happy to be included in all Valley activities and events.
Touch a Truck event at the end of the month.

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Juvenile Front- make sure to reinforce that anything via cell phone/social media is permanent- this is where the most issues are happening.

Woodcliff Lake- Detective Simon Sherfer

PBA Food Truck Festive October 15 at Tice's Corner

Fraud and Scam seminar held by Division of Consumer Affairs- 10/10 at 6:30.

Social Media- kids are not being responsible and not getting that once it's out there it's out there. Increase in HIB across all platforms; Youtube, Instagram, etc.

Students have no outlet- Parents need to have passwords, monitor what their child are doing and sharing. Stay vigilant.

Montvale- Sergeant Brian Lamendola

Brian started 3rd annual Junior Police Academy for 7th and 8th graders for Montvale Residents. 16 recruits got a VIP tour of MetLife Stadium and talk to State Troopers, etc.

A former Montvale resident unexpectedly passed away recently; counseling and support available.

Montvale has not seen as much social media issues as other towns are reporting.

After a football game at SJR; property damage done

Hillsdale -

IV. PVRSD Representatives

Student Climate Report

Kaitlyn Verde- Pasack Hills

School year started off with spirit week 9/5-9/8. Seniors won after 4 long years, but spirit was high among all grades. Sports and athletics have been supported and successful. Athlete of the week is recognized weekly across the sports.

2 dozen representatives held a club fair on 9/18 and BTSN on 9/21 to share information about clubs and fundraisers to both students and staff.

This morning student volunteers of PH Cares handed out stickers to launch the week of Respect, and at lunch a poster was available to sign to rally for Red Ribbon Week.

Out of the Darkness Walk will take place on 10/15 at Saddle River County Park.

PH Cares accepting donations and would like to encourage participants.

Mason Herzog- Pascack Valley

Incredible start to the school year. PV has been buzzing with energy and enthusiasm. Fall sports are in full swing, with high PV Spirit.

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Valley Cup starts Friday. Students are looking forward to another great school year!

Pascack Valley High School

AP Alison Petaccia- PV's Week of Respect and Positive School Climate was kicked off this week by Tim Shumaker on Healthy Decision Making and Character Education. Tim then stayed and spoke to staff about signs and symptoms of Drug use, and new findings and impact of vaping on the body.

Next month the BC Prosecutors office will speak with 10 + 12 grade will speak about the dangers of fentanyl.

PV Pals is a new club to connect upperclassman with incoming students (Freshman and Transfer)

Seeing uptick in Student Conflict in various capacities. Working on conflict resolution meetings. Staff also being mobilized more to monitor unstructured areas and times.

SAC Christie Rossig

Ms. Petaccia and Mason have covered a lot of PV Happenings.

Our Minds Matter planning to do sidewalk chalk to share positive messages.

Interest meeting will be held after and start the year off.

In response to several losses in the community, a grief training was held and looking to turnkey to staff members how grief affects us in everyday life. Signs and symptoms of what to look for and how to handle to share with students and faculty.

Pascack Hills High School -

AP Christine Pollinger

Freshman orientation was successful- scavenger hunt was a great start to the year. Red Ribbon Week/Week of Respect is in full swing and students are excited to share this message.

HIBs have begun as students have become comfortable with each other.

SAC Jennifer Zimmermann

Signs of suicide will be presented in October and November to health classes.

The Healing Space will speak to freshman regarding social media safety,

Juniors to alternatives to domestic violence and abuse.

Planned Parenthood, Alumni and Recovery will also be joining Health Classes.

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Michelle Gaeta, PH Math Teacher
PH Cares Co-Advisor.

Gaining members for Out of the Darkness Walk, fundraising opportunities are available. Selling a Broncos Strong shirt.

Random Acts of Kindness, Social Media posts with motivational messages and positive affirmations and kindness.

Noticing that seniors have been realizing that there is differentiation in the college application process.

Students are bonding in the halls and throughout the school .

PVRSD Middle Schools

Jackson Cianciulli- WCLMS

One Assembly- John Paul Gonzalez- Being “All in” in everything you do.

Tim Shumaker coming to the school on Thursday- making right decisions, character education, especially pertaining to social media and cyber bullying.

One cyber bullying incident thus far this year.

Week of Respect- assembly, shouting out students who are being recognized for good student behavior.

Rose Veilli- Dorchester Elementary School

Students so far so good. For the week of respect, teachers are teaching HIB lessons

Overall, the year is off to a good start.

Beth McIntyre- Student Government Speech writing is underway.

Debbie Chinicci Holdrum Middle School

Deep in Respect Week, sharing HIB Lessons. Student Council is sponsoring a Food Drive.

Doing Month of Respect

V. COMMUNITY AND PROVIDER CORNER

Andrea D, Families Anonymous

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This is Andrea DeSciора from Families Anonymous. If anyone is interested in information please feel free to contact me at 201-873-6570

12 Step Fellowship, meet every Wednesday up in Mahwah.

Anyone from communities dealing with family members who struggle with addiction and/or mental illness. Meetings are 7:30-9:00 PM.

Guest Speakers are always welcome.

Care Plus

Ashley Morolla, LPC

Please reach out with any questions or to schedule a Power in Presence in your school Thank you! Ashley Morolla, MA, LPC, ACS Director Center for Trauma Services 201-797-2660 ext5 690

Jamie Arlia

Refunded for Power In Presence Group, Free EMDR groups for youth that reside in Bergen County. Free in Fair Lawn Location 1-time intervention with activity sheet and scripted protocol to teach students coping strategies; will also come out at school.

5 year Center for Trauma Services grant starts today. We will continue to create a more trauma informed space in Care Plus; training inhouse and training community members.

Children's Mobile Response Services- saw a dip in August/September but more calls are reported since school year has started.

Traumatic Loss Coalition- meetings 1x month with drills. Can response to schools and communities if thereis a loss that effects youth. Schools can make the request.

Partnered with Children's Aide and Family Services + West Bergen Mental Health, CBH Care, and Vantage Mental Health to provide NJ4S to provide Tier 1, 2, 3, leveled interventions to schools.

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Hills Valley Coalition

POWER IN PRESENCE WORKSHOP

Through the Power in Presence Workshop we aim provide immediate intervention to Youth, and decrease distress as a result of recent or past stressful events. Our goal is to strengthen resiliency and hope with in each person.

Our Method

Using an evidenced based practice called EMDR or Eye Movement Desensitization and Reprocessing, the Power in Presence workshop uses a compassionate technique to work through the impact that difficult events can sometimes have on our minds and body.

Who will Benefit?

- Youth ages 5-18
- Youth that have experienced distressing events which are now negatively impacting their lives
- Family members will be offered the opportunity to participate in the group with the Youth's consent

What to expect

- Youth are taught grounding techniques and stress reduction skills
- Youth will reduce internal discomfort related to the difficult event
- Additional coordination, linkage and support provided to all families
- Spanish speaking clinicians available as needed

For more information please contact
Ashley Morolla, MA, LPC, ACS, CCTP
201-797-2660 ext 5690 ashleym@careplusnj.org



Robin Waner - Center for Alcohol and Drug Resources.
Town Hall Meeting on Vaping Partnered with Municipal Alliance of Bergenfield on 10/19.



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Wendy Sefick - Suicide Prevention Coordinator for Bergen County

Talk Saves lives- Speakers can come to school or schools can share with students themselves program about Self-Care, Anxiety, Depression, Difference between having a bad day and when mental health rises to need help. County provides lots of services for mental health for youth.

Second Floor provided.

wsefcik@co.bergen.nj.us

VI. Upcoming Events

Tomorrow, please join us in the Pascack Hills Media Center to welcome Dr. Cutter. Register [here](#):

**The Teenage Rollercoaster:
Navigating the Ups and Downs Utilizing
Data Driven Methods**

**October 3, 5:30 pm
PHHS Media Center**

Please join us as we welcome Dr. Christopher Cutter, one of the world's foremost behavioral healthcare researchers and clinicians in the fields of psychotherapy development, behavioral medicine, and addiction medicine in urban and rural environments. Dr. Cutter will discuss data driven methods that have been proven through years of research in the field.

Turnbridge
Dr. Christopher Cutter is the Chief of Adolescent Psychology at Turnbridge and an Assistant Professor at Yale School of Medicine Child Study Center

Please register below:

SCAN ME

Hills Valley Coalition

Join us on Wednesday, October 18:

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PHHS PFA Parent Academy Presents: Tips & Techniques for your Teen's Mental Health ***A three-part series to help better understand your options***

Session 1 : Cognitive Behavioral Approaches to Mental Health

Speaker Tanvi Mathew, MS, LPC

December 5th, 2023 @7pm PHHS Media Center

Learn concrete behavioral tools we can use at home with our children to help them cope with a series of mental health issues.

Session 2 : Holistic Approaches to Mental Health

Speakers Dr. Kelly Blundy, Dr. Nicole Anderson and Karen Overguard

January 9, 2024 @7pm PHHS Media Center:

True well-being, requires considering all aspects of our health. During this session we will explore three key areas of holistic mental health: nutrition, gut health, and mindfulness.

Session 3 : Medication Options for You and Your Child

Date to be announced @7pm PHHS Media Center

This session will focus on medication treatment options.

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Together, we will dispel the myths and lose the “stigma” surrounding the use of psychiatric medications.

It will tie together what we’ve learned in the previous sessions about cognitive behavioral and holistic treatments and open the door to explore the many medication options available today.

VII. What to look forward to in 2023-2024!

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