



# NJ4S COMPASS OCEAN COUNTY

## TIER 1-2-3 MENU OF SERVICES

**FOR MORE INFORMATION, PLEASE CONTACT US**

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**[PREFERREDBEHAVIORAL.ORG/NJ4SCOMPASS](https://PREFERREDBEHAVIORAL.ORG/NJ4SCOMPASS)**



# Preferred Behavioral Health Group

Serving The Community For 45 Years....



**Our Mission:** To change lives and save lives across the state of New Jersey.

**Vision:** To be a center of excellence that focuses on innovative and integrated health through compassionate care.

**Values:** Compassion, quality, and belonging through innovative, integrated care.

**Promise:** To remain rooted in our mission through a trauma-informed culture.

**NJ4S COMPASS:** The NJ4S concept was created and released by the Department of Children and Families (DCF) under the Office of Family Support services with the intention to give New Jersey students and their caregivers increased, and more efficient access to safe spaces and support to build connections through prevention and mental health resources, in order to meet their needs, contributing to a positive school climate and improved overall well-being. NJ4S is locally known as NJ4S COMPASS in Ocean and Monmouth Counties, and is overseen by Preferred Behavioral Health Group.

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**STAY CONNECTED**

**INSTAGRAM: @NJ4S\_PBHG\_OCEAN**

**FACEBOOK: NJ4S COMPASS OCEAN COUNTY**

**TWITTER: @NJ4S\_PBHG\_OCEAN**





# YOUR JOURNEY TO WELLNESS & PREVENTION *Starts Here*



## About NJ4S COMPASS

New Jersey Statewide Student Support Services, a new statewide initiative from the Department of Children and Families (DCF), was designed to enhance access for schools to provide FREE prevention and mental wellness services for students, staff, parents and caregivers.

NJ4S COMPASS, a program of Preferred Behavioral Health Group, serves public and charter school students and families of Monmouth and Ocean Counties.

## OUR SERVICES

**Tier 1:** Serves Pre-K to Grade 12. This includes activities such as curriculum efforts, workshops, webinars, assemblies, and training. **Tier 2:** Serves Grades 6 through 12. This includes evidence-based, targeted prevention interventions, typically delivered in small groups. **Tier 3:** Serves Grades 6 through 12. This includes assessment and brief individualized clinical interventions in-person or via telehealth.

## HOW CAN MY SCHOOL ACCESS NJ4S SERVICES?

For Tier 1 services, schools can contact us directly to schedule their event. For Tier 2 and 3 services, a school representative can submit an application through Salesforce (Connex). To sign up for Salesforce, contact us today!

### Hours of operation:

**7:30am - 4:30pm (Monday-Friday)**

**Evening/Weekend program hours by request.**



- Bullying & Violence Prevention
- Mental Wellness
- Suicide Prevention

- Sexual Health & Pregnancy Prevention
- Substance Use Prevention

NJ4S is a **hub and spoke model** network of social, emotional, and mental well-being supports for students and their families.

For more information, Please call or visit

**732.961.4354**

 [preferredbehavioral.org](https://preferredbehavioral.org)

Or scan the QR code





# TIER 1 SERVICES

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## HOW TO GET STARTED

- Identify students to be served and review menu of services for topic information
- Determine if parental consent is required by school administration



## MENU OF SERVICES



## GET CONNECTED

- Submit Tier 1 Services Application
- Coordinate and schedule a virtual meeting with a supervisor if needed



## APPLICATION



## COORDINATE YOUR SERVICES

- Confirm session location, dates, times, and selected topics.
- Verify access to Wi-Fi, audio, and video for consultants.
- Accept calendar invitations to connect with Compass team

## SESSION DATES

- Notify front office staff of Compass staff arrival
- Complete the School Staff Satisfaction Survey after completed presentation



## STAFF SURVEY





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## Elementary School Services

### The Happy Habits Club

**Audience:** Grades K-2

**Program Area of Focus:** Life Skills and Social Emotional Learning

**Description:** This program focuses on social and emotional learning by teaching students about random acts of kindness and emotional intelligence. The session integrates mental wellness principles through storytelling and interesting activities.

**Setting and Schedule:** 30 minute classroom or assembly sessions

### Healthy Habits

**Audience:** Grade 3-5

**Program Area of Focus:** Life Skills and Mental Wellness

**Description:** This program is designed to foster mindfulness and awareness regarding the various elements we consume in our daily lives, including media, food, and personal habits. It emphasizes the importance of being conscious of our choices and how they impact our well-being.

**Setting and Schedule:** 45 minute classroom or assembly session

### Navigating the Digital World: Digital Citizenship

**Audience:** Grade 3-5

**Program Area of Focus:** Mental Wellness

**Description:** This program offers presentations on cybersafety, cyberbullying, and managing digital footprints. Each session educates participants on online safety, the impacts of cyberbullying, and effective online identity management. Attendees will gain valuable insights through engaging materials and interactive discussions.

**Setting and Schedule:** 45 minute classroom or assembly session



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## Elementary School Services

### Stress Reduction Techniques

**Audience:** Grade K-12

**Program Area of Focus:** Mental Wellness

**Description:** This presentation seeks to equip students with techniques and strategies to manage stress effectively and enhance their overall well-being.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions

### Conflict Resolution: Navigating Conflict for Growth and Resilient Relationships

**Audience:** Grade K-12

**Program Area of Focus:** Social Emotional Learning and Bullying Prevention

**Description:** Through this presentation, students will learn what conflict is, different ways individuals react to conflict, and how they can resolve conflict in healthy ways.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions

### Be The Change: Put An End to School Violence and Bullying

**Audience:** Grade K-12

**Program Area of Focus:** Social Emotional Learning and Bullying Prevention

**Description:** This presentation teaches students how to prevent, react, and reduce bullying/violence in schools. The presentation is based off Pacer.org National Bullying Prevention Center and highlights empowerment.. Students will be shown the facets of a bully and the tools they need to learn, react, and grow through this experience.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions



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## Elementary School Services

### Celebrating Diversity: Embracing Acceptance and Respect

**Audience:** Grade K-12

**Program Area of Focus:** Mental Wellness and Social Emotional Learning

**Description:** This engaging presentation is designed to ignite curiosity and promote understanding among young minds. Through interactive discussions, multimedia content, and inclusive activities, students will embark on a journey that highlights the beauty of our differences and the strength found in unity. Participants will explore diverse cultures and foster empathy through engaging exercises. By the end, students will not only grasp the importance of diversity, but will also be empowered to contribute to a more inclusive and respectful community.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions

### Mindfulness: Calm in the Self and the Classroom

**Audience:** Grade K-5

**Program Area of Focus:** Mental Wellness

**Description:** Through this presentation, students will learn what mindfulness is & different ways they can practice mindfulness in their everyday lives. The session will guide students in developing skills to enhance their focus, manage stress, and cultivate a sense of calm. By incorporating fun and age-appropriate techniques such as mindful breathing and guided imagery, students will discover tools to remain present and attentive in various situations. Engaging stories and hands-on activities will encourage them to reflect on their emotions and build resilience. By the end of the session, students will have a toolkit of mindfulness practices to help them navigate their daily experiences with greater awareness and self-compassion.

**Setting and Schedule:** 30 minute classroom or assembly sessions



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## Elementary School Services

### Can too Much Screen Time Harm You

**Audience:** Grade 5-12

**Program Area of Focus:** Mental Wellness

**Description:** This presentation teaches students how screen time may impact their physical and emotional well-being. It also encourages students to think critically about the short- and long-term health effects of screen time and how they can reduce their screen time.

**Setting and Schedule:** 45 minute classroom or assembly sessions

### Gizmo for Mental Health

**Audience:** Grade K-3

**Program Area of Focus:** Mental Wellness and Social Emotional Learning

**Description:** Gizmo, the invaluable therapy dog, plays a pivotal role in providing emotional support and comfort to students within the school environment, particularly those navigating through complex emotions like sadness, anger, or anxiety. Gizmo serves as a non-judgmental and empathetic listener, creating a safe space for students to express their feelings openly.

**Setting and Schedule:** 30 minute classroom or assembly sessions

### Empowering Education

**Audience:** Grade K-12

**Program Area of Focus:** Mental Wellness and Social Emotional Learning

**Description:** Consider this a way to “customize” your school needs by requesting a presentation on a variety of topics to meet your SEL mandates, including: mindfulness, conflict resolution, gratitude, brain development, growth mindset, decision making, apologizing, goal-setting, diversity, mindful eating habits, time-management, and bullying. Each topic is 1 session.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions



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## Elementary School Services

### Decision Making

**Audience:** Grade K-12

**Program Area of Focus:** Mental Wellness and Social Emotional Learning

**Description:** This engaging presentation aims to empower children with the knowledge and skills needed for effective decision-making. By fostering critical thinking and self-awareness, this program prepares students to handle everyday challenges on a positive and healthy way.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions

### ABCs of Emotions

**Audience:** Grade K-2

**Program Area of Focus:** Social Emotional Learning

**Description:** This presentation is geared towards Pre-K to K. The presentation helps students explore their emotions and feelings by connecting them with the alphabet for easier understanding. To get them more engaged and further develop their vocabulary while connecting emotions/feelings to new words, through rhyme and relatable emojis. The conclusion of the presentation connects with the color spots to enable future visits and connections for students.

**Setting and Schedule:** 30 minute classroom or assembly sessions

### Building Relationships

**Audience:** Grade K-5

**Program Area of Focus:** Social Emotional Learning and Bullying Prevention

**Description:** This presentation is designed to enhance students' social-emotional learning by focusing on building skills essential for developing healthy friendships and relationships. Each session aims to equip students with practical tools and techniques to foster positive interactions, and manage conflicts, ultimately contributing to a more supportive and inclusive school environment.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions





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## Elementary School Services

### Citizenship

**Audience:** Grade K-5

**Program Area of Focus:** Mental Wellness and Social Emotional Learning

**Description:** This program is designed to help individuals explore their identity within their environment and understand the importance of self-representation in their community. By the end of the program, participants will have a deeper understanding of how to navigate their surroundings while positively impacting their community.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions

### Friendship and Kindness

**Audience:** Grade K-3

**Program Area of Focus:** Social Emotional Learning

**Description:** In this session, we will explore what it means to be a good friend and share simple ways to show kindness to others. Through stories, activities, and interactive discussions, students will learn valuable lessons about empathy, support, and how small acts of kindness can make a big difference in their friendships.

**Setting and Schedule:** 30 minute classroom or assembly sessions

### Generosity

**Audience:** Grade K-5

**Program Area of Focus:** Social Emotional Learning

**Description:** This presentation explores the profound positive impact of sharing and giving to others. It highlights how acts of generosity not only benefit recipients but also enrich the lives of those who give. We will delve into the psychological and social benefits of altruism, illustrating how simple acts of kindness can foster a sense of community, improve mental well-being, and promote a culture of empathy.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions





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## Elementary School Services

### Goal Setting

**Audience:** Grade K-5

**Program Area of Focus:** Mental Wellness and Social Emotional Learning

**Description:** This presentation explores effective strategies for setting and achieving your goals while emphasizing healthy approaches to success. The session will cover techniques for maintaining motivation, overcoming obstacles, and ensuring a balanced approach to goal attainment.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions

### Gratitude

**Audience:** Grade K-5

**Program Area of Focus:** Social Emotional Learning

**Description:** This presentation focuses on the themes of gratitude and giving to others. It explores the profound impact that expressing appreciation and acts of kindness can have on individuals and communities. Participants will learn about the importance of recognizing the contributions of others and how small acts of giving can foster a culture of generosity and connection.

**Setting and Schedule:** 30 minute classroom or assembly sessions

### Forgiveness

**Audience:** Grade K-5

**Program Area of Focus:** Social Emotional Learning and Bullying Prevention

**Description:** This presentation delves into the essential skills of conflict resolution, emphasizing the importance of effective communication and understanding in resolving disagreements. It also highlights the roles of apologizing and accountability in fostering healthy relationships, encouraging participants to take responsibility for their actions and learn from conflicts.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions



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## Elementary School Services

### Growth Mindset

**Audience:** Grade K-5

**Program Area of Focus:** Mental Wellness and Social Emotional Learning

**Description:** This presentation explores the importance of cultivating a positive mindset and recognizing your potential for growth. Participants will learn effective strategies to harness their inner strength and motivation, empowering them to reach their personal goals.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions

### I-Statements

**Audience:** Grade K-5

**Program Area of Focus:** Social Emotional Learning and Bullying Prevention

**Description:** This presentation is designed to help participants articulate their emotions effectively by utilizing I-statements. It focuses on the importance of expressing feelings in a clear and constructive manner, empowering individuals to communicate their experiences without blame.

**Setting and Schedule:** 30 minute classroom or assembly sessions

### Self Esteem

**Audience:** Grade 2-5

**Program Area of Focus:** Social Emotional Learning

**Description:** This presentation focuses on developing healthy self-esteem by exploring its importance in personal growth and well-being. Participants will engage in interactive discussions and activities aimed at identifying factors that contribute to self-worth. The program will provide practical strategies to foster a positive self-image and build resilience against negative influences.

**Setting and Schedule:** 45 minute classroom or assembly sessions



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## Elementary School Services

### Coping Skills

**Audience:** Grade K-5

**Program Area of Focus:** Mental Wellness and Social Emotional Learning

**Description:** This presentation explores effective strategies for managing stress and resolving conflicts in a healthy manner. Participants will learn practical techniques to navigate challenging situations, enhance problem-solving skills, and promote emotional well-being.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions

### Transitions: Future Forward

**Audience:** Grade 5, 8, and 12

**Program Area of Focus:** Social Emotional Learning and Life Skills

**Description:** This program is designed to empower students as they prepare to transition into the next stage of their lives or education. By fostering confidence and resilience, this program aims to equip students with the tools they need to successfully embrace new challenges and opportunities in their lives.

**Setting and Schedule:** 45 minute classroom or assembly sessions

### Healthy Goodbyes

**Audience:** Grade 5

**Program Area of Focus:** Mental Wellness and Life Skills

**Description:** This program is about a heartfelt presentation on gracefully saying goodbye to places and people. Discover how to cherish memories while embracing new possibilities. Learn meaningful ways to say goodbye and celebrate the journey ahead.

**Setting and Schedule:** 45 minute classroom or assembly sessions



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## Elementary School Services

### Integrity

**Audience:** Grade K-5

**Program Area of Focus:** Mental Wellness and Social Emotional Learning

**Description:** This program is designed to teach students about character development, self-awareness, and fostering positive values and outlooks. Participants will gain insights into understanding themselves better, building a strong moral foundation, and cultivating a constructive mindset to navigate life's challenges with integrity.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions

### Self-Awareness

**Audience:** Grade K-5

**Program Area of Focus:** Social Emotional Learning

**Description:** This program is designed to assist students in exploring and understanding their personal preferences, identifying likes and dislikes, and developing skills in emotional regulation.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions

### Strengths and Weaknesses

**Audience:** Grades K-5

**Program Area of Focus:** Mental Wellness and Social Emotional Learning

**Description:** This program is about a heartfelt presentation on gracefully saying goodbye to places and people. Discover how to cherish memories while embracing new possibilities. Learn meaningful ways to say goodbye and celebrate the journey ahead.

**Setting and Schedule:** 45 minute classroom or assembly sessions



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## Elementary School Services

### Digital Citizenship

**Audience:** Grade 3-5

**Program Area of Focus:** Mental Wellness and Social Emotional Learning

**Description:** This program offers a series of presentations focused on cybersafety, cyberbullying, and managing your digital footprint. Each session is designed to educate participants on best practices for staying safe online, understanding the implications of cyberbullying, and effectively managing their online presence. Through engaging content and interactive discussions, attendees will gain valuable insights into navigating the digital world responsibly.

**Setting and Schedule:** Multiple 30 - 45 minute classroom or assembly sessions

### Diversity and Respect

**Audience:** Grade K-12

**Program Area of Focus:** Social Emotional Learning and Bullying Prevention

**Description:** This program focuses on embracing differences and fostering mutual respect among individuals. By highlighting the importance of valuing each person's unique qualities and encouraging self-respect, it aims to create a positive and inclusive school environment where everyone feels welcomed and valued.

**Setting and Schedule:** 30 - 45 minute classroom or assembly sessions

### Is your School in need of something specific?



With sufficient preparation time, our prevention consultants can develop tailored presentations for your students. Does your school focus on monthly themes or pillars? We can align our plans to complement them! Share with us the specific mental wellness education your students require, and we will strive to deliver the support they need!

**For specific requests contact:** [DSeegert@PreferredBehavioral.org](mailto:DSeegert@PreferredBehavioral.org)



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## Middle and High School Services

### Stress Reduction Techniques

**Audience:** Grades 6-12

**Program Area of Focus:** Mental Wellness

**Description:** This meticulously crafted PowerPoint presentation is tailored for both group and classroom settings seeks to equip students with techniques and strategies to manage stress effectively and enhance their overall well-being.

**Setting and Schedule:** 45 minute classroom or assembly sessions

### Be The Change!

**Audience:** Grade 6-12

**Program Area of Focus:** Bullying Prevention

**Description:** This well-designed PowerPoint presentation for both classroom and group settings aims to educate and empower individuals to protect themselves from online harassment and promote a safe and respectful digital environment.

**Setting and Schedule:** 45 minute classroom or assembly session

### Cannabis: The Facts You Need To Know

**Audience:** Grade 6-12

**Program Area of Focus:** Substance Use Prevention

**Description:** This well-designed PowerPoint presentation, suitable for both classroom and group settings, aims to support students in making wise choices regarding cannabis use and cannabis-related health risks. By providing evidence-based information and fostering open discussions, the presentation encourages informed decision-making, empowering students to navigate the complexities surrounding cannabis use with knowledge and mindfulness.

**Setting and Schedule:** 45 minute classroom or assembly session





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## Middle and High School Services

### Can too Much Screen Time Harm You?

**Audience:** Grades 6-12

**Program Area of Focus:** Mental Wellness

**Description:** One time power point presentation to teach students how screen time may impact their physical and emotional well-being. It also encourage them to think critically about the short- and long-term health effects, and how they can reduce their screen time.

**Setting and Schedule:** 45 minute classroom or assembly sessions

### It's Real: Teens and Mental Health

**Audience:** Grade 6-12 (Separate versions for Middle and High School students)

**Program Area of Focus:** Suicide Prevention

**Description:** One Time presentation for a group setting up to 50 students. This persentation designed to raise awareness about mental health issues commonly experienced by students, and is intended to be used as part of a school's educational program to encourage help-seeking.

**Setting and Schedule:** 45 minute classroom or assembly session

### Mind Matters: The Body's Response to Different Drugs

**Audience:** Grade 6-12

**Program Area of Focus:** Substance Use Prevention

**Description:** One time presentation for group setting. Designed to provide insights into how various drugs affect the body and mind, promoting awareness and informed decision-making, this engaging presentation encourages a comprehensive understanding of the consequences associated with substance use.

**Setting and Schedule:** 45 minute classroom or assembly session





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## Middle and High School Services

### Don't Get Vaped In

**Audience:** Grades 6-12

**Program Area of Focus:** Substance Use Prevention

**Description:** A comprehensive, multi strategy approach created by Tobacco Free for a Healthy NJ (TFHNJ) . This presentation provides strategies to engage youth in tobacco prevention and assist schools and communities in responding effectively using educational and supportive approaches.

**Setting and Schedule:** 45 minute classroom or assembly sessions

### On The Right Track

**Audience:** Grade 6-12 (Separate versions for Middle and High School students)

**Program Area of Focus:** Mental Wellness

**Description:** This presentation equips students with skills to maximize success potential. Participants explore personal processes, discover the impact of self-beliefs on success, and learn to create a supportive belief system. Topics include intentional living, motivation styles, and future planning, providing a roadmap for participants' journey ahead.

**Setting and Schedule:** 45 minute classroom or assembly session

### Hocus Focus: The M.A.G.I.C. of Mindfulness

**Audience:** Grade 6-12

**Program Area of Focus:** Mental Wellness

**Description:** Mindfulness is a powerful state of being that allows students to experience all the feelings and sensations of the present moment. Like magic, it expands the mind to interpret reality in different ways; ways that may not be easily explained. This seminar has been designed to enable students to focus and control their thoughts and their emotions to relieve stress, understand the difference between perceptions and reality and how to create their best lives. Topics to be discussed include creating affirmations, the power of gratitude and techniques for intentional living.

**Setting and Schedule:** 45 minute classroom or assembly session



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## Middle and High School Services

### Peaceful Solutions: Building Skills for Conflict Resolution

**Audience:** Grades 6-12

**Program Area of Focus:** Bullying Prevention

**Description:** This interactive presentation helps students understand the root causes of conflict and equips them with practical strategies to resolve disagreements in a respectful and constructive way. Through real-life scenarios, role-playing, and group discussions, students will learn how to communicate effectively, manage emotions, and find peaceful solutions that build stronger relationships. Perfect for promoting a positive school climate and encouraging responsible decision-making.

**Setting and Schedule:** 45-60 minute classroom or assembly sessions

### Celebrating Diversity Embracing Acceptance and Respect

**Audience:** Grade 6-12

**Program Area of Focus:** Bullying Prevention

**Description:** This engaging and thoughtful presentation encourages students to celebrate the unique cultures, backgrounds, and identities that make up their school community. Through interactive activities and open discussions, students will explore the value of diversity, the importance of acceptance, and how respect for others builds stronger, more inclusive environments. The goal is to inspire empathy, break down stereotypes, and empower students to be positive agents of change in their schools and beyond.

**Setting and Schedule:** 45 - 60 minute classroom or assembly session

### Decisions Matter: Making Smart Choices for a Better Future

**Audience:** Grade 6-12

**Program Area of Focus:** Mental Wellness

**Description:** This empowering presentation helps students recognize the impact of their daily choices and equips them with tools to make thoughtful, responsible decisions. Through engaging discussions and real-life examples, students will learn how to evaluate consequences, set goals, and resist peer pressure. By developing critical thinking and self-awareness, they'll be better prepared to navigate challenges and make choices that support their personal success and well-being.

**Setting and Schedule:** 45-60 minute classroom or assembly session



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## Middle and High School Services

### Confidence Starts Within: Building Strong Self-Esteem

**Audience:** Grades 6-12

**Program Area of Focus:** Mental Wellness

**Description:** This inspiring presentation helps students understand the importance of self-esteem and how it influences their thoughts, behaviors, and relationships. Through interactive activities and reflection, students will explore what shapes their self-image, learn to challenge negative self-talk, and discover strategies to build confidence and self-respect. The goal is to empower students to recognize their worth, embrace their strengths, and develop a positive mindset that supports their growth and success.

**Setting and Schedule:** 45 minute classroom or assembly sessions

### New Beginnings: Navigating the Transition to High School

**Audience:** Grade 8

**Program Area of Focus:** Mental Wellness

**Description:** This supportive and engaging presentation is designed to help students prepare for the exciting transition from middle school to high school. Students will learn what to expect academically, socially, and emotionally, and gain practical tips for staying organized, building healthy relationships, and getting involved. With a focus on confidence-building and goal-setting, this session helps ease fears, answer common questions, and empower students to start high school with a positive mindset and a plan for success.

**Setting and Schedule:** 45-60 minute classroom or assembly session

### Transitions to the Real World

**Audience:** Grade 12

**Program Area of Focus:** Mental Wellness

**Description:** This practical and inspiring presentation guides 12th-grade students as they prepare to transition from high school to the "real world." Covering essential life skills such as financial literacy, time management, goal-setting, and decision-making, students will gain tools to navigate college, careers, and independent living with confidence. Through real-life scenarios and interactive discussions, this session empowers students to take responsibility for their futures and embrace new opportunities with resilience and self-awareness.

**Setting and Schedule:** 45 minute classroom or assembly session



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## Middle and High School Services

### Escape the Vape: Making Healthy Choices

**Audience:** Grades 6-8

**Program Area of Focus:** Substance Use Prevention

**Description:** This eye-opening presentation educates students about the risks and realities of vaping and nicotine addiction. Through engaging facts, personal stories, and interactive activities, students will learn how vaping affects their health, how to resist peer pressure, and strategies to make healthy, smoke-free choices. The goal is to empower students to take control of their well-being and confidently say no to vaping for a healthier future.

**Setting and Schedule:** 45 minute classroom or assembly sessions

### Mindful Relationships: Building Strong and Healthy Connections

**Audience:** Grade 9-12

**Program Area of Focus:** Sex Education

**Description:** This interactive presentation helps students explore what it means to create and maintain positive, respectful relationships with friends, family, and peers. Through mindfulness exercises, communication skills, and self-awareness activities, students will learn how to manage emotions, listen actively, set healthy boundaries, and resolve conflicts peacefully. The session encourages thoughtful, caring connections that promote trust and understanding in all types of relationships.

**Setting and Schedule:** 45-60 minute classroom or assembly session

### Is your School in need of something specific?



With sufficient preparation time, our prevention consultants can develop tailored presentations for your students. Does your school focus on monthly themes or pillars? We can align our plans to complement them! Share with us the specific mental wellness education your students require, and we will strive to deliver the support they need!

**For specific requests contact:** [DSeegert@PreferredBehavioral.org](mailto:DSeegert@PreferredBehavioral.org)



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## Adult Services

### Talk Saves Lives

**Audience:** Available for adults

**Program Area of Focus:** Suicide Prevention

**Description:** This AFSP education presentation offers valuable insights on suicide prevention and empowers participants to take action in their communities, fostering a collective commitment to mental health and well-being.

**Setting and Schedule:** 60 minute group setting of up to 50 participants

### Nurtured Heart Approach

**Audience:** Available for adults

**Program Area of Focus:** Mental Wellness

**Description:** This program provides parents and caregivers with a powerful set of strategies designed specifically to turn challenging children around to a new pattern of success. With a focus on positive reinforcement, communication techniques, and individualized support, this program empowers parents and caregivers to cultivate a nurturing environment that promotes the child's overall development and well-being.

**Setting and Schedule:** 60 minute group session

### Interact with Impact

**Audience:** Available for adults

**Program Area of Focus:** Mental Wellness

**Description:** Communication extends beyond mere words, involving the subconscious interpretation of language and various cues. Join us as we explore the fascinating realm of Neuro-Linguistic Programming (NLP), a cutting-edge meta-technology that decodes the brain's response to language. Participants will delve into establishing rapport, discovering diverse communication modalities, and understanding brain dominance styles. This session promises to elevate your communication skills, providing valuable insights into connecting not only with others but also with yourself.

**Setting and Schedule:** 60 minute group session



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## Adult Services

### Forward Motion: Grow Through What You Go Through

**Audience:** Available for adults

**Program Area of Focus:** Mental Wellness

**Description:** This workshop is designed to assist parents in navigating changes in their lives and the lives of their children. Topics to be discussed include embracing change, finding balance, developing resilience, and dealing with inner resistance.

**Setting and Schedule:** 60 minute group session

### Through the Eyes of the Child

**Audience:** Available for adults

**Program Area of Focus:** Mental Wellness

**Description:** This presentation is designed for parents interested in helping their kids develop coping skills and resilience strategies. Participants will be provided with practical guidance and learn how to foster a supportive environment for their children's emotional well-being.

**Setting and Schedule:** 60 minute group session

### COMPASS Academy

**Audience:** Available for adults, including caregivers, educators, and mental health professionals

**Program Area of Focus:** Mental Wellness & Substance Use Prevention

**Description:** Experts from Partnership to End Addiction present webinars on topics related to prevention, substance use, and mental well-being. For a calendar of upcoming workshops and to watch recordings of previous webinars, please visit our Events page at <https://www.preferredbehavioral.org/compass-events/>

**Setting and Schedule:** 60-minute webinars delivered virtually via Zoom





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## Adult Services

### The Mindful Parent

**Audience:** Available for staff development and caregivers

**Program Area of Focus:** Parent Self-Care, Wellness, & Skill Building

**Description:** During this workshop, caregivers and/or educators will be provided with helpful tools that support children to confidently navigate their emotions and daily lives in school, sports, and family.

**Setting and Schedule:** 60 or 120 minute workshop for up to 40 participants

### Self-Regulation & De-Escalation

**Audience:** Available for staff development and caregivers

**Program Area of Focus:** Mental Wellness & Bullying Prevention

**Description:** During this workshop, caregivers and/or educators will be provided with a holistic approach to help understand their inner self through internal and external awareness. Through regulating activities, participants will explore mindful eating, aromatherapy, breathing exercises, mind distraction, body scans, and much more.

**Setting and Schedule:** 60 or 120 minute workshop for up to 40 participants

### Stress Reduction

**Audience:** Available for caregivers and educators

**Program Area of Focus:** Mental Wellness

**Description:** During this presentation, attendees will learn about using a holistic approach to help naturally navigate through daily tensions. Through meditations and breathing exercises, participants will create a figurative holistic "tool box" to use to improve emotional well-being.

**Setting and Schedule:** 60 minute workshop for up to 40 participants





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## Adult Services

### More than Sad

**Audience:** Available for caregivers and educators

**Program Area of Focus:** Suicide Prevention

**Description:** This AFSP education presentation offers valuable insights on suicide prevention and empowers participants to act in their communities to foster a collective commitment to mental health and well-being.

**Setting and Schedule:** 90 minute group session

### Understanding Mindfulness

**Audience:** Available for teens, caregivers, and educators

**Program Area of Focus:** Mental Wellness

**Description:** This presentation is designed to educate teens and adults on the life-changing difference mindfulness can have. Participants will learn basic regulation tools to naturally navigate through daily stressors.

**Setting and Schedule:** 60 minute session for up to 40 participants

### Self Worth

**Audience:** Available for teens, caregivers, and educators

**Program Area of Focus:** Mental Wellness

**Description:** During this presentation, attendees will learn about using a holistic approach to help naturally navigate through daily tensions. Through meditations and breathing exercises, participants will create a figurative holistic "tool box" to use to improve emotional well-being.

**Setting and Schedule:** 60 minute session for up to 40 participants



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## Adult Services

### Mindful Relationships

**Audience:** Available for teens, caregivers, and educators

**Program Area of Focus:** Mental Wellness

**Description:** During this presentation, attendees will learn how to deepen relationships with others. Topics to be discussed include cultivating deep listening and mindful speaking to enhance inclusivity, diversity, and validation of personal views.

**Setting and Schedule:** 60 minute session for up to 40 participants

### A Classroom That Embraces Social & Emotional Learning

**Audience:** Available for staff developers and caregivers

**Program Area of Focus:** Social Emotional Learning

**Description:** During this workshop, educators and/or caregivers will learn how to easily incorporate Social Emotional Learning into the classroom. Attendees will gain an understanding of the power of mindful living, computer apps, body regulation, emotional awareness with "Calm Down" strategies, breathing exercises, and behavior management within the classroom.

**Setting and Schedule:** 60 or 120 minute workshop for up to 40 attendees

### Forward Motion: Impacting the World One Student at a Time

**Audience:** Available for staff development

**Program Area of Focus:** Mental Wellness

**Description:** The rapid advances in technology and the evolution of awareness and entitlement have caused a tsunami of change in perceptions and attitudes of our culture and society. These changes have significantly impacted our schools and the responsibilities of educators and school counselors to continue to influence the lives of their students in positive ways while dealing with the stressors associated with the multitude of challenges they face on a daily basis. Topics to be discussed include identifying motivational strategies, developing non-verbal communication skills, and utilizing mindfulness techniques.

**Setting and Schedule:** 60 minute session in a group setting



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## Staff Development

### Mental Wellness in the Classroom: Identifying the Needs of Our Students and Applying Strategies Needed for Success

**Audience:** Available for staff development

**Program Area of Focus:** Mental Wellness

**Description:** During this professional development training, school personnel will learn the importance of understanding mental health and how it can affect the students' abilities to learn and cope in the classroom. The presenter will discuss Anxiety, Depression, Oppositional Defiant Disorder, ADHD, Self-injury, and Suicidal Ideations. Participants will learn classroom strategies, discuss the use of support staff, and be provided with outside resources.

**Setting and Schedule:** 60-90 minute session delivered in school

### Childhood Anxiety: What We Need to Know in the Classroom

**Audience:** Available for staff development

**Program Area of Focus:** Social Emotional Learning

**Description:** During this workshop, educators and/or caregivers will learn how to easily incorporate Social Emotional Learning into the classroom. Attendees will gain an understanding of the power of mindful living, computer apps, body regulation, emotional awareness with "Calm Down" strategies, breathing exercises, and behavior management within the classroom.

**Setting and Schedule:** 60 or 120 minute workshop for up to 40 attendees

### Using Social Emotional Learning to Help Our Students Cope During Difficult Times

**Audience:** Available for staff development

**Program Area of Focus:** Social Emotional Learning

**Description:** During this professional development training, school personnel will become familiar with daily SEL strategies that can help students in the classroom. Staff will learn about the CASEL framework. Topics covered in this session include recognizing which areas different lessons/ activities help grow in the students, the importance of mindfulness, the positive effects of implementing mindfulness throughout the day, and how combining SEL and mindfulness can help improve classroom environment.

**Setting and Schedule:** 60-90 minute session delivered in school



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## Staff Development

### LGBTQ 101 Understanding Sexuality

**Audience:** Available for staff development in partnership with Garden State Equality

**Program Area of Focus:** Sexuality and Sexual Health

**Description:** This module helps participants understand the basics of sexuality. Participants will learn about the terms "lesbian", "gay", "bisexual", "transgender", "non-binary", and "heterosexual", among others, as well as how these categories are "defined". The workshop begins by explaining the basic stages of sexual development regarding the general physical, cognitive, and emotional milestones people undergo as they mature. It also details the four different components that make up sexuality: chromosomal sex, gender identity, gender expression, and sexual orientation.

**Setting and Schedule:** 90-120 minute session delivered in a group setting

### LGBTQ+ 201

**Audience:** Available for staff development in partnership with Garden State Equality

**Program Area of Focus:** Sexuality and Sexual Health

**Description:** This module introduces participants to overlooked sexual identities and orientations such as "Asexual", "Sapiosexual", and "Demisexual". This workshop will focus on the science of gender identity, usage of pronouns, and the impact of heteronormativity and cis-normativity on the LGBTQ+ community. Participants will gain an understanding of laws and legislation that protect the LGBTQ+ community. This workshop also includes directions on the best practices in being an ally and creating inclusive environments.

**Setting and Schedule:** 60 minute session in a group setting

### How to be an Ally 101

**Audience:** Available for staff development in partnership with Garden State Equality

**Program Area of Focus:** Bullying Prevention & Sexuality and Sexual Health

**Description:** This module briefly reviews LGBTQ 101 terminology. The workshop begins by explaining the foundations of what an Ally is. Participants are introduced to statistics about the LGBTQ Community and the disadvantages the community face. It continues to go in-depth on how you can better cultivate safe spaces as an Ally and how that looks for showing up for communities that are not your own.

**Setting and Schedule:** 90-120 minute session delivered in a group setting



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## Staff Development

### Implicit Bias/ Unconscious Bias

**Audience:** Available for staff development in partnership with Garden State Equality

**Program Area of Focus:** Bullying Prevention & Sexuality and Sexual Health

**Description:** This module focuses on the difference between diversity and inclusion by unpacking the roots of bias that manifest consciously and unconsciously in decisions and behaviors. Participants will also explore the concept of a single story and how having a single story impacts how we interact with those we serve.

**Setting and Schedule:** 90-120 minute session delivered in a group setting

### The Cycle of Prejudice

**Audience:** Available for staff development in partnership with Garden State Equality

**Program Area of Focus:** Bullying Prevention & Sexuality and Sexual Health

**Description:** This module moves participants through various stages of prejudice from conditioning to life-threatening acts targeted toward multiple marginalized groups. Participants will explore their own experience with prejudice and the impact it has had on their lives.

**Setting and Schedule:** 60 minute session in a group setting

### Anti-Bullying Workshop

**Audience:** Available for staff development in partnership with Garden State Equality

**Program Area of Focus:** Bullying Prevention

**Description:** The increasing spike of suicides among LGBTQ+ teens, tweens, and young adults necessitates conversations about the harmful and potentially deadly effects of bullying, especially in its 21st-century incarnation of "cyberbullying". This workshop provides youth-serving personnel with an overview of bullying, its forms, causes, and the emotional, mental, and physical health implications for sexual minority youth. It concludes with strategies on how to create a supportive environment for all youth.

**Setting and Schedule:** 60-120 minute session delivered in a group setting



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## Staff Development

### Transgender and Non-Binary Identities 101

**Audience:** Available for staff development in partnership with Garden State Equality

**Program Area of Focus:** Sexuality and Sexual Health

**Description:** This module focuses specifically on transgender and gender non-conforming individuals. Participants will learn the terminology surrounding transgender identities, and will also become acquainted with the challenges faced by transgender and gender non-conforming individuals in various settings. Participants will learn strategies to help create inclusive and affirming spaces for transgender and gender-creative individuals.

**Setting and Schedule:** 90-120 minute session delivered in a group setting

### Identities and Intersectionality

**Audience:** Available for staff development in partnership with Garden State Equality

**Program Area of Focus:** Sexuality and Sexual Health

**Description:** This module focuses on cultural competency and helps organizations improve their services for the LGBTQ+ community (and other minority groups). It addresses the impact of privilege and power when accessing and receiving services. The workshop also includes multiple intersecting identities and intersectionality at play in the personal and professional realms, and how they impact the quality of services provided. It concludes with strategies on how to create safe, inclusive spaces for marginalized populations.

**Setting and Schedule:** 90-120 minute session in a group setting

### In need of something specific?



With sufficient preparation time, our prevention consultants can develop tailored presentations for parents or staff. Share with us the specific education needed and we will strive to deliver the support they need!

**For specific requests contact:** [DSeegert@PreferredBehavioral.org](mailto:DSeegert@PreferredBehavioral.org)





# TIER 2 SERVICES

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## ● ● ● HOW TO GET STARTED

- Identify a list of students to participate in the program
- Determine location, date, and time for group sessions



## ● ● ● GET CONNECTED

- Assign a school staff member as a point of contact to address scheduling conflicts or emergencies.
- Complete the Tier 2 Services Request application in Salesforce.



## ● ● ● COORDINATE YOUR SERVICES

- Schedule a virtual meetings with Compass team as needed
- Inform teachers of student participation to ensure students are excused during class time for sessions.
- Inform parents or guardians about their child's participation and obtain written consent.



## ● ● ● SESSION DATES

- Use the same room for all sessions to create a sense of routine and stability for students
- Allocate 45–60 minutes per session to allow for in-depth discussions and activities.
- Complete Post-Service Feedback Survey.



## TIER 2 SERVICES

### *Too Good for Violence (TGFV)*



#### What the Program Offers

- Evidence-based curriculum
- Ten sessions for Middle and High School students, lasting one hour each
- Students learn to navigate social situations, build healthy relationships, resolve conflicts, and address bullying
- Program helps students foster self-awareness and social awareness, understand others' emotions, communicate effectively, and learn to make positive choices

#### Sessions

- Set to Win
- The Decision is Yours
- Understanding Me
- Say It With Style
- The Right Connection
- Addiction Notice
- A Toxic Waste
- Al K. Hol: Effects of Alcohol Use on the Brain and the Body
- The Real Deal
- A Drug is a Drug

Preferred Behavioral Health Group's COMPASS program serves Ocean and Monmouth Counties under the umbrella of New Jersey Statewide Student Support Services (NJ4S), and was designed to enhance access for students to free prevention and mental wellness services. NJ4S is a statewide initiative from the New Jersey Department of Children and Families (DCF).

For more information, please call or visit

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# Aggression Replacement Training (ART)



## What the Program Offers

This is an evidence-based program designed to support challenging youth in middle and high schools. ART focuses on three core components: Social Skills Training, Anger Control Training, and Moral Reasoning. The program helps participants respond non-aggressively to anger, rethink anger-provoking situations, and fosters a greater sense of fairness, justice, and empathy toward the needs and rights of others.



## Sessions

The program lasts for 10 weeks and features group training sessions in the following three essential areas:

- Social Skills Training
- Anger Management Training
- Moral Reasoning

Participants will benefit by:

- Learning to respond to anger without aggression
- Reevaluating situations that trigger anger
- Developing a deeper sense of fairness, justice, and empathy for the needs and rights of others.



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## TIER 2 SERVICES

### *Too Good for Drugs (TGFD)*



#### What the Program Offers

- Evidence-based curriculum
- Ten sessions for Middle and High School students, lasting one hour each
- Focuses on skills development to reduce the risk factors associated with alcohol, tobacco, and other drug (ATOD) use and enhance protective factors
- Teaches skills such as making healthy choices, building positive relationships, developing self-efficacy, effective communication, and resisting peer pressure



#### Sessions

- The Architect: Setting Reachable Goals
- iDecide: Making Responsible Decisions
- Calibrating Sensors: Identifying & Managing Emotions
- Press Send: Effective Communication
- Friend Request: Bonding & Relationships
- Server Not Responding: Effects of Alcohol Use
- The Social Hacker: Effects of Nicotine Use
- Blunt Truth: Effects of THC & Marijuana Use
- Not What the Doctor Ordered: Street, RX, & OTC Drugs
- The Operating System: Understanding Risk



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## TIER 2 SERVICES

### *Project Towards No Drug Abuse (TND)*



#### What the Program Offers

- Evidence-based curriculum
- 12 small group sessions for High School students, lasting 45 minutes
- Program focuses on three factors that predict tobacco, alcohol, and other drug use, violence-related behaviors, and other problem behaviors among youth, including: Motivation Factors, Skills, and Decision- Making



#### Sessions

- Introduction to Project TND and Communication Skills
- Stereotyping Myths and Denial
- Chemical Dependency
- Talk Show Stress, wellness, and Goals
- Tobacco Basketball and Cessation Self-Control
- Marijuana Panel
- Thought and Behavior Loops
- Perspectives
- Decision Making and Commitment



#### Interested in this service?

Submit an application in Salesforce (Connex). For additional information on becoming a Salesforce (Connex) user, contact us.

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## TIER 2 SERVICES

### *The Smart Talk: Cannabis Prevention & Awareness Curriculum*



### What the Program Offers

- A 5-lesson curriculum by Stanford REACH Lab educates youth on cannabis use.
- Features engaging lessons with activities, quizzes, and worksheets for interactive learning.
- Aims to change attitudes, improve refusal skills, and reduce stress related to cannabis.
- Follow-up Discussion Guides encourage open conversations between youth and trusted adults.
- Designed for diverse youth, particularly those at higher risk.

### Sessions

- Aims to change adolescents' attitudes and misconceptions about cannabis through engaging activities and resources.
- Improves refusal skills against marketing and social media influences via interactive quizzes and worksheets for informed decision-making.
- Tackles mental health issues like stress and depression by enhancing coping skills and promoting emotional safety, ultimately reducing cannabis use intentions.

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## TIER 2 SERVICES

### *Teen Intervene*



#### What the Program Offers

- Evidence-based curriculum
- 3-4 sessions for students, ages 12-19, and caregivers, lasting 60 minutes each
- Teens who have experienced mild to moderate problems associated with alcohol or drug use work one-to-one with a counselor to identify and change their choices and behaviors
- Caregivers are invited to join the third session
- Optional fourth session to address tobacco and vaping
- Can be used as an alternative to suspension

#### Sessions

- Introduction: Understand the purpose of brief intervention
- Learn new skills that promote healthier behaviors
- Parent/Guardian Session
- Optional Tobacco and Vaping Session



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## TIER 2 SERVICES

# THE POWER PROGRAM

POSITIVE OUTCOMES WITH EMOTION REGULATION



### What the Program Offers

- Positive Outcomes with Emotion Regulation
- Evidence-based curriculum
- 8 classroom sessions for Middle and High School students, lasting 45 minutes each
- Designed to promote emotion regulation skills
- Can be used as an alternative to suspension and HIB offenses

### Sessions

- Introduction
- Recognizing and Labeling Emotions
- Relaxation and Behavioral Activation
- Understanding and Observing Thoughts
- Catch-Check-Choose, Part 1
- Catch-Check-Choose, Part 2
- Planning for Success
- Review and graduation

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## TIER 2 SERVICES

### *Rainbows for All Children*



#### What the Program Offers

- Evidence-based curriculum
- 12 sessions for Middle and High School Students, lasting 60 minutes each
- Parent support program for adults also provided
- Grief program that helps youth navigate various types of grief, including those stemming from death, divorce, incarceration, abandonment, and more
- Program's five core elements of crisis intervention include:  
Calming/Mindfulness, Self-Efficacy, Connectedness, Hope, and Sense of Safety

#### Sessions

- Self: One of a Kind
- Feelings: Inside Out
- Divorce/Death/Loss: Why My Family
- Divorce/Death/Loss: Making the Pieces Fit
- Anger and Hurts: Blowup and Letdowns
- Facing Fears and Worries
- We are Family
- Belonging: Where Do I Fit
- Step Family: A New Life for My Family
- Acceptance: Ending and Beginning
- Coping Tools: Weathering the Storms
- Helping Others: Reaching Out

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## TIER 2 SERVICES

### *WhyTry Program*



#### What the Program Offers

- Research-informed curriculum grounded in resilience and social-emotional learning. Shown to be effective in reducing school absenteeism
- Flexible implementation (typically 10–12 sessions, about 45–60 minutes each) for middle and high school students
- Focuses on improving motivation, engagement, and school success while reducing risk factors for truancy and dropout
- Uses visual metaphors, music, stories, and activities to teach life skills in an accessible way
- Builds protective factors such as resilience, problem-solving, self-regulation, and positive relationships

#### Sessions

- Reality Ride: Choices and consequences
- Tearing Off Your Labels: Resilience and self-worth
- Defense Mechanisms: Recognizing unhealthy coping strategies
- Climbing Out: Overcoming challenges
- Desire, Time, Effort: The pathway to achievement
- Lift the Weight: Stress management
- Getting Plugged In: Building support systems and positive connections
- Jumping Hurdles: Perseverance and problem-solving
- The Wall: Boundaries and self-control
- The Motivation Formula: Finding purpose and drive

Interested in this service?

Submit an application in Salesforce (Connex). For additional information on becoming a Salesforce (Connex) user, contact us.

For more information, please call or visit

**732.961.4354**



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## TIER 2 SERVICES

# Safe Dates



### What the Program Offers

- Evidence-based curriculum
- 10 classroom sessions for Middle and High School students, lasting 50 minutes each
- Designed to modify attitudes and behaviors associated with dating abuse predictors
- Explores the impact of technology and social media on teen dating
- Curriculum places a strong emphasis on the need to stop dating abuse and family violence

### Sessions

- Defining Caring Relationships
- Define Dating Abuse
- Why Do People Abuse?
- Preventing Sexual Dating Abuse
- Overcoming Gender Stereotypes
- How to Help Friends
- Helping Friends
- How We Feel, How We Deal
- Equal Power through Communication
- Reviewing the Safe Dates Program



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## TIER 2 SERVICES

### *Reducing the Risk (RTR)*



#### What the Program Offers

- Evidence-based curriculum
- 16 small group sessions for High School students, lasting 45 minutes each
- Curriculum designed to help delay the initiation of sex or increase the use of protection against pregnancy and STI/HIV
- Program addresses skills such as risk assessment, communication, decision making, planning, refusal strategies, and delay tactics
- Delivered in partnership with PBHG and LivWell Healthcare



#### Sessions

- Abstinence, Sex & Protection
- Abstinence: Not Having Sex
- Refusals
- Using Refusal Skills
- Delay Tactics
- Avoiding High-Risk Situations
- Getting and Using Protection, Part 1 & 2
- Skills Integration 1, 2 & 3
- Preventing HIV and other STIs
- HIV Risk Behaviors
- Implementing Protection from STI and Pregnancy
- Sticking with Abstinence and Protection
- Skills Integration 4



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## TIER 2 SERVICES

### *The Girls Circle Program*



#### What the Program Offers

- Structured support group for girls and youth identifying with female development, ages 9-18.
- Integrates relational theory, resiliency practices, and skills training.
- Designed to enhance positive connections, personal and collective strengths, and competence.
- Features 12 interactive workshop sessions.



#### Sessions

- Aims to counteract social and interpersonal forces that hinder growth and development.
- Promotes an emotionally safe environment for developing caring relationships.
- Encourages participants to use their authentic voices.



Preferred Behavioral Health Group's COMPASS program serves Ocean and Monmouth Counties under the umbrella of New Jersey Statewide Student Support Services (NJ4S), and was designed to enhance access for students to free prevention and mental wellness services. NJ4S is a statewide initiative from the New Jersey Department of Children and Families (DCF).

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## TIER 2 SERVICES

### *The Council for Boys and Young Men*



#### What the Program Offers

- Strengths-based group approach to promote safe and healthy development for boys and young men.
- Focuses on developing healthy and diverse masculine identities.
- Aims to cultivate respectful leaders and connected allies in communities.
- Inclusive program for all boys and young men ages 9-18, including LGBTQ+ youth.
- Comprises 10-20 interactive workshop sessions.



#### Sessions

- Build healthy self-esteem and identities in boys and young men through interactive workshops promoting self-reflection.
- Foster acceptance of diversity in an inclusive environment for all, including LGBTQ+ youth.
- Encourage respectful leadership and allyship by empowering boys to communicate and support peers in overcoming challenges.



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## TIER 2 SERVICES

### *Botvin LifeSkills Training (LST)*



#### What the Program Offers

- Evidence-based curriculum
- 10-15 classroom sessions for High School Students, lasting 45 minutes each
- Uses a variety of teaching methods to prevent substance use and develop social and self-management skills
- Supports the reduction of violence and other high-risk behaviors



#### Sessions

- The Value of Health
- Decision-Making for Health
- Risk-Taking and Substance Abuse
- The Media and Health
- Managing Stress, Anger, and Other Emotions
- Family Communication
- Healthy Relationships



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## TIER 2 SERVICES

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- Supports the reduction of violence and other high-risk behaviors

#### Sessions

- Introduction
- Self-Image and Self-Improvement
- Making Decisions
- Myths and Realities
- Smoking and Biofeedback
- Alcohol: Myths and Realities
- Marijuana: Myths and Realities
- Advertising
- Violence and the Media
- Coping with Anxiety
- Coping with Anger
- Communication Skills
- Social Skills
- Assertiveness
- Resolving Conflict



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# TIER 3 SERVICES

**COMPASS**  
NJ4S SUPPORTING MONMOUTH & OCEAN COUNTIES

**PREFERRED**  
BEHAVIORAL HEALTH GROUP  
An Oaks Integrated Care Affiliate

## CONSENT

Schools must obtain parental consent for students (under age 16) to participate in Tier 3 NJ4S services prior to completing an application. As per New Jersey State Keystone Law, any student age 16+ may self-consent to participate in NJ4S services, so in these cases school staff can have the student sign a self-consent. *(Individual school districts may use their discretion for participation as they see fit with their own policies.)*

## CONTACT INFORMATION

For seamless communication and coordination of services, COMPASS requests that school staff provide us with the necessary contact information, including direct phone numbers and email addresses for key personnel such as the school principal, vice principal, and designated school counselor or liaison, as well as youth and parents/caretakers that can be helpful with the student's case.

## STAFF COLLABORATION

School administrators or other support staff should notify teachers and other faculty of NJ4S services and the importance of students attending all scheduled sessions by being excused from class with pass. It is imperative to have school staff available (but not present) at the time of intakes, in case an emergency arises. Please inform us of the best times and methods to reach key staff members to facilitate this communication.

## INFORMING YOUTH OF SERVICES PROVIDED

Students must be advised of the referral made on their behalf to NJ4S before the initial intake. It is best practice for the school to inform the youth of the name of clinician, date and time of their scheduled intake session, and the reason for their referral to our services. On the day of the initial intake, a trusted adult staff member should provide a warm hand-off to an NJ4S COMPASS clinician.

## CONFIDENTIAL SPACE

To maintain the confidentiality and privacy of our students, it is crucial that we have access to a dedicated, private space for counseling sessions. This space should be free from interruptions and located in a discreet area to protect the students' anonymity.

## BUILDING ACCESS

Front office school staff should be notified of COMPASS staff's weekly schedule in the building so there are no delays in entry upon arrival.





# SUBMITTING APPLICATIONS VIA *Salesforce*



## Salesforce (Connex)

Salesforce (Connex) enables schools to submit applications for individual and group services for students, caregivers, and school faculty.

- Used by NJ4S hubs to receive and process program applications, communicate with faculty, manage program sessions, share information on upcoming events, and create reports regarding program utilization.
- You can have up to 8 users per school to submit applications for Tier 2 and 3 services.
- To apply for Tier 1 services, please contact us at 732.961.4354.
- Superintendents and principals can become district users to monitor their school progress.

## Salesforce Access

Fill out DCF's NJ4S User Contact Survey by scanning the barcode or by visiting <https://www.surveymonkey.com/r/NJ4Susercontacts> to request Salesforce access.

For help with Salesforce registration, please email the Salesforce help desk for school users: [njspirithelpdesk@dcf.nj.gov](mailto:njspirithelpdesk@dcf.nj.gov)



New Jersey Statewide Student Support Services (NJ4S), a statewide initiative from the Department of Children and Families (DCF), was designed to enhance access for schools to provide FREE prevention and mental wellness services for students, staff, parents and caregivers. COMPASS is a local program serving Ocean and Monmouth Counties under the umbrella of NJ4S.

## Stay Connected

Instagram: @NJ4S\_PBHG\_Ocean  
Facebook: NJ4S Compass Ocean County  
Twitter: @NJ4S\_PBHG\_Ocean

For more information, please call or visit

# 732.961.4354



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# YOUR JOURNEY TO HOPE AND HEALING *Starts Here*



*Hope. Heal. Thrive.*

- **Our Mission** - To change lives and save lives across the state of New Jersey.
- **Our Vision** - To be the first choice for individuals, families, communities, and organizations in need of care.
- **Our Values** - Compassion, quality, and belonging through innovative, integrated care.
- **Our Promise** - To remain rooted in our mission through a trauma-informed culture.

We offer a full spectrum of mental health and substance use programs through every age and stage of life.

- **Children & Family Services**
- **Adult Mental Health Services**
- **Senior Services**

- **Teen & Young Adult Services**
- **Adult Substance Use Services**

For more information, please visit

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