

PROGRAMS FOR EMOTIONAL and BEHAVIORAL WELLBEING Catalog



jcsbalt.org/prevention



PREVENTION and WELLNESS EDUCATION

Jewish COMMUNITY SERVICES

LIVE and ON-DEMAND PROGRAMS FOR EMOTIONAL and BEHAVIORAL WELL-BEING

In recent years, there has been an escalating mental health crisis. Rates of depression, anxiety, suicidality, substance misuse, and violence have risen dramatically. While schools and organizations recognize how important it is to help our youth build the skills to navigate life's challenges, it is often difficult to integrate into curricula.

Jewish Community Services has the expertise to help. Health and Wellness Specialists from our Prevention & Wellness Team have a long history of providing dynamic, interactive programs designed to enhance mental, emotional, and physical well-being. Our highly successful age-appropriate programs help children, teens, and young adults recognize their risk factors, understand their emotions and stressors, and learn practical, healthy strategies for managing them.

Our creative methods keep participants interested and engaged while they learn critical information and acquire skills that can reduce vulnerability to mental health challenges and build resilience.

In addition to our highly successful live, in-person programs, we also offer the option for online, on-demand programming through our innovative new **Wellness My Way (WMW)** platform.

We can also provide complementary programming for faculty, counselors, youth group leaders, parents, and grandparents.

Review our program catalog and let our **staff** tailor programming to meet your needs.

Email: prevention@jcsbaltimore.org or contact Amy Steinberg at asteinberg@jcsbaltimore.org or 410-843-7457.

410-466-9200 ■ jcsbalt.org/prevention



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 **Preschool & Lower School**
 **Middle School**
 **Upper School**
 **College**
 **Adults**

 (Parents; Grandparents;
Faculty; Professionals;
Individuals with Disabilities)




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*This program meets Baltimore County Public Schools' approved criteria as set by the CDC's National Health Education Standards (NHES).

PROGRAM DESCRIPTIONS



beeWeLL: INTRODUCING MINDFULNESS TO BUILD RESILIENCE

Preschool & Lower School

Whether it's being afraid to learn how to ride a bike, handling the pressures of high expectations on the Little League team, or feeling left out on the playground, children face challenging situations that they don't instinctively know how to handle. This program introduces young children to the power of mindfulness as a problem-solving tool, building their resilience as they develop awareness of their physical, emotional, and behavioral reactions to challenging situations and skills they can use to pause, problem-solve, and choose a healthy way to respond. Through age-appropriate stories, role playing, and calming breathing exercises and movements, children learn to see problems differently and find an "opportunity for something good" to come from every situation.

BE WELL: ENHANCING RESILIENCY

Middle School ■ Upper School ■ College ■ Adults

In today's increasingly complex world, helping people build resilience can help them manage stress as well as feelings of anxiety and uncertainty. Through thought provoking dialogue, experiential activities, and mindfulness practices (yoga, meditation, breathwork, journaling), participants cultivate the skills and tools they need to work through challenges, cope with stress, and bounce back from disappointment or adversity. This program can be designed around your programming needs- timing and overall experience.

BRAIN BREAKS!

Middle School ■ Upper School

Did you know that multitasking is a myth? Most of the time we do too much, and all at once. Brain Breaks! teaches participants quick methods to refocus the mind. This program can be designed around your programming needs – timing and overall experience.

BROKEN WINGS – LEARN TO FLY

Upper School ■ College ■ Adults

As featured in the Harvard Business Review, this one-hour small group exercise guides participants through different challenges they have experienced, as well as some of the welcome changes forced by each situation. Participants are then encouraged to create a personal "compass" to guide them as they navigate the unknown future with self-compassion, curiosity, and courage.

CALMING OUR NERVES – LIFTING OUR SPIRITS

Adults

While change is uncomfortable, it is a normal life experience that can impact our mental and emotional health. This four-day grouping of interactive sessions provides practical tricks and tips for reducing anxiety and elevating our emotional and physical well-being. Participation in all four sessions is valuable, but not mandatory.

CREATING CALM IN THE STORM

Adults

This program teaches participants some of the mindfulness skills 🧘 that help ground us during periods when stress is swirling around us. Spotting the thoughts, feelings and places where we are holding tension in our bodies, while letting our breath soften them, brings relief and other possible responses that let us move on.

🧘 *Mindfulness practices may include yoga, guided meditation, and breathwork.*

CRITICAL INCIDENT STRESS MANAGEMENT

Preschool and Lower School ■ Middle School ■ Upper School ■ Adults

Unfortunately, our schools and communities are not immune from traumatic experiences, including sudden deaths, threats or acts of violence, or environmental disasters. In the aftermath, members of our certified Critical Incident Response Team can work in small groups with adults, adolescents, and children who may have been traumatized by an event. Team members are not first responders. Their purpose is to allow people to process what occurred, provide education about stress responses, and offer information and referral to additional community resources, as needed.

EZRA'S INVISIBLE BACKPACK

Preschool and Lower School

An early childhood program based on a children's book of the same name; shares the idea that everyone has an "invisible" backpack with bricks that others cannot see. These bricks represent challenges, emotions, and worries that people carry with them each day. Children learn what to do if the weight of their backpack becomes too heavy. After one recent "Ezra's Backpack" presentation at a local pre-school, a 4-year-old told his teacher, "My bricks are already lighter."

FEMALE EMPOWERMENT: SELF WORTH & SELF LOVE

Middle School ■ Upper School

In this 60-minute workshop, students engage in an open dialogue about self-worth and self-love. Students explore how the media portrays women's worth and discuss their own definitions of worthiness. Group members will practice tangible ways to embrace and love their authentic selves and talents while building up their fellow sisters through positive affirmations.

GROWING PAINS OF ADULTING IN THE REAL WORLD

College

Adulting comes with so much responsibility. From navigating personal and professional relationships to boundaries, consent, and even advocating for yourself, it's a lot to navigate. This program facilitates an open discussion about all the growing pains of adulting in the real world.

THE HUMAN BRAIN: AN OWNER'S MANUAL

Middle School ■ Upper School

The human brain is often referred to as the most complicated object in the universe. This program explains how the brain works, the concept of the mind, and the effects of various psychoactive substances on functioning and decision making.



LET'S GET ANGRY!

Preschool and Lower School ■ Middle School ■ Upper School ■ College ■ Adults

Every person has felt angry at some point in their life, it's how they handle the anger that's important. From confrontations to injustices, if used correctly, anger allows us to right the wrongs in our lives. Let's Get Angry encourages you to realize that anger is a normal reaction and when it's acknowledged and explored constructively can be a good thing.

MASTERING YOUR EMOTIONS

Middle School ■ Upper School ■ College ■ Adults

Description: Boost your emotional intelligence. Participants will be guided in exploring emotional regulation, resiliency, mindfulness, and self-empowerment to help them navigate their personal journeys toward mastering their emotions.

MENTAL WELLNESS 101

Middle School ■ Upper School ■ College

An introductory program to mental wellness that covers topics like stress, anxiety, depression, and suicide awareness. This program is great as a stand-alone session and great as a pre-session to QPR for those interested in certificate of completion. Mental Wellness 101 gives a thorough overview of what can affect mental well-being and how to be aware of your own personal “yellow flags”, as well as resources for if you should need support.

QPR: QUESTION · PERSUADE · REFER GATEKEEPER COURSE FOR SUICIDE PREVENTION

Middle School ■ Upper School ■ Adults

Deaths by suicide have been rising among young people, ranking as Maryland's second leading cause of death for those 10-34 years old. QPR is a practical, proven, three-step model that can train anyone – friends, parents, teachers, counselors, nurses – to recognize the warning signs of a suicide crisis and teach them how to question, persuade, and refer someone to help. The QPR Gatekeeper Course is designed to be taught in 1-2 hours.

SELF IMAGE – BODY IMAGE

Middle School ■ Upper School

People of all ages seem to struggle with body image. The phrase “being comfortable in one's own skin” will be highlighted as this program encourages pursuing health as a main component of beauty. Media driven notions of idealized body types and resulting body shaming will be analyzed, with an eye toward healthier understanding of inner and outward beauty.

SHIFTING YOUR MINDSET: CHANGING THOUGHT PATTERNS

Upper School ■ Adults

In today's climate with the bombardment of information available at our fingertips, it is common for young people to become anxious and overwhelmed by their thoughts and emotions. Using principals from Cognitive Behavioral Psychology, Positive Psychology, and Life Coaching, this workshop teaches participants how to choose thoughts that will help create a positive mindset so they can excel in all facets of their lives.

SOCIAL MEDIA AND YOUR PRE-TEEN

Adults

Back in the day, it was much easier to monitor your child's on-line activity. With the prevalence of smart phones and social media, many of the old monitoring options are obsolete. These days, a parent's basic communication with their child is more important than ever. This program for parents of pre-teens and teens raises their awareness about their child's use of social media and technology. The discussion includes current concerns about social media use, an updated look at messaging apps and tools, as well as tips parents can use when talking with their teen about using social media.

STEPPING STONES

Middle School ■ Upper School ■ College ■ Adults

Life is filled with transitions. Even when the change is positive like graduation, travel, starting college or a new job, we may feel stress venturing into the unknown. This program can help participants process their thoughts and feelings about pending life changes or even help them debrief and process their feelings after they've experienced those changes.

SUICIDE AWARENESS FOR STUDENT ATHLETES

Middle School ■ Upper School ■ College

Suicide is the third leading cause of death among student-athletes, ages 15 to 24. Young people are dealing with academic, athletic, and social pressures while acquiring increasing independence and responsibility. This program helps student athletes gain awareness of the risks of stress, anxiety, depression, and their relationship to suicidal thoughts.

TRAUMA SUPPORT FOR TEENS

Middle School ■ Upper School

This program incorporates advocacy and education together. The objective is to understand how trauma affects us as we grow into our teen and early adult years to help us better understand why we make certain choices. The goal of this program is to be more aware of our personal history and how best to move forward with it.

WELLNESS MY WAY

Preschool and Lower School ■ Middle School ■ Upper School ■ College ■ Adults

In addition to our highly successful in-person programs, Jewish Community Services has added an innovative new option for offering our Prevention & Wellness programming to your youth. Wellness My Way (WMW) is an online, on-demand program platform that makes our lessons about mental and behavioral health convenient, accessible, and fun. By having the feel of a multi-level video game with animation, illustrations, pop-ups, videos, options to choose where the story goes, and more, WMW keeps minds and attention engaged. You can read more about Wellness My Way at www.mentalwellnessmyway.org.



FAQs



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ALCOHOL & DRUG EDUCATION SERIES

Upper School ■ Adults

Preventing teens and young adults from abusing alcohol and other drugs requires giving them the facts they need and helping them build responsible decision-making skills. Through a series of four interactive talks, health educators provide information about the physical and psychological effects of various substances, the risks associated with abuse, and the disease of addiction. The series helps people address their own substance use or that of a loved one.

BECOMING AWARE: CONSEQUENCES OF SUBSTANCE ABUSE*

Preschool & Lower School ■ Middle School

With kids growing up faster than they used to, the teaching of tough lessons needs to start early. This series introduces the concept of risky behaviors (substance abuse, eating issues, etc.) to 4th through 6th graders while explaining the responsibilities and possible consequences of choosing these actions. The program examines the reasons why young people engage in risky behaviors and studies the media's role in encouraging these behaviors. An accompanying one-time session for parents will help ensure the concepts can be reinforced at home.

CURRENT DRUG TRENDS

Upper School ■ Adults

New drugs and drug-use trends seem to emerge rapidly. This candid discussion shares information about current popular street, synthetic, and prescription drugs that are commonly abused. Participants will learn the signs that they or someone they care about may be abusing or becoming addicted. Additionally, they will acquire constructive ways to express their concern and offer avenues for getting help.

THE FACE OF SUBSTANCE ABUSE*

Middle School ■ Upper School

Studies have shown that people are more likely to hear and internalize messages, and consequently, to change their attitudes and behaviors, if they believe the messenger is similar to them and has faced comparable concerns and pressures. This program features recovering alcoholics and addicts sharing their personal stories about how they became addicted and the impact addiction has had on their lives. Health educators frame the subject and help reinforce the teachable moments that occur during the presentations.

OLDER ADULTS & MIND AFFECTING MEDICATIONS

Adults

An unfortunate irony of medicine is that the very thing that's meant to help someone can end up doing far more harm than good. In this program focusing on older adults, a licensed pharmacist and a health educator look at commonly prescribed psychoactive medications that can lead to confusion or falls and are often subject to dependence, cravings and withdrawal from the drug when there is a disruption in taking the medication.

VAPING, JUULS & SMOKING PREVENTION

Middle School ■ Upper School ■ Adults

It doesn't need to be called "smoking" to be dangerous. Vaping and juuling carry their own health risks. This interactive program concentrates on the addictive nature of nicotine, raises concerns about the marketing of nicotine products via kid friendly flavors, and explores how to avoid smoking altogether. Following the presentation, audience members team up to create storyboards for short smoking prevention videos.

WHAT WOULD YOU DO?

ADDRESSING SUBSTANCE USE THROUGH DRAMATIC ARTS

Lower School ■ Middle School ■ Upper School

Every day, children and teens find themselves in situations that can put them at risk of using substances to feel better, fit in, or get by. Research shows that using dramatic arts to depict real life scenarios is a successful tool for tackling these issues because they evoke emotional reactions that affect attitudes at a deeper level. This program uses brief skits based on actual events experienced by members of our speakers' bureau to depict the risks, consequences, and impact of substance use and abuse. Scenes may portray being faced with a choice to use drugs, being worried about a friend who is using, living with a loved one who is using, etc. A few students will act out prepared scripts, then the scene will stop and all students will be asked 'what would you do?' or 'what might happen next?'

WOMEN & THE OPIOID EPIDEMIC

Middle School ■ Upper School ■ Adults

The latest upswing in opioid addiction has hit women twice as hard as men and with harsher consequences. Participants will learn why women may be at greater risk for opioid abuse and ways to keep themselves safe in the world of prescription painkillers. In addition, participants will have a working knowledge of what resources are available for treatment and how to support loved ones who are struggling.

*This program meets Baltimore County Public Schools' approved criteria as set by the CDC's National Health Education Standards (NHES).

BULLYING

Preschool & Lower School ■ **Middle School**

Bullying behavior often starts in lower school and can affect children for the rest of their lives. It is important that children are able to define and give examples of bullying, to understand the different types of bullying, the feelings bullying behavior may trigger, and the reasons why someone might be a bully. The children learn strategies to remove the bully's power and what to do or say if they see someone being bullied. They are encouraged to be upstanders rather than bystanders when bullying behaviors show themselves in their everyday life.

CONSENT

Middle School ■ **Upper School**

With more and more teens communicating with each other via social media platforms, the conversation around consent becomes increasingly important. In this workshop, expect powerful dialogue and activities related to intimacy, non-verbal communication, and the definition of consent. Students are challenged to explore the many types of communication they currently use and discuss the risks surrounding permission.

EVERYONE COUNTS*

Preschool & Lower School

Even very young children – preschool to grade level – may experience bullying behavior, so they need the skills necessary to stand up for themselves and others. In this interactive session, children are encouraged to talk about empathy and compassion and the importance of doing the right thing.

GENDER IDENTITY DIVERSITY*

Adults

Differences in gender identity are seen, heard, and discussed more than ever before. This program for parents and educators of elementary school age children promotes an understanding and candid discussion of gender identity diversity. The interactive discussion will address ways gender diversity may be expressed in young children, possible challenges parents and teachers face with kids who may not fit a gender identity norm, and suggested strategies to handle these challenges.

HEALTHY RELATIONSHIPS

Middle School ■ **Upper School**

What does a healthy relationship look like? What constitutes a healthy relationship with ourselves and why is that important? Relationship patterns learned in adolescence can carry into future relationships. Health educators help students distinguish between healthy or unhealthy relationship patterns that will have implications for their life-long physical and emotional health and wellbeing. In addition, realistic scenarios and possible responses are played out to encourage healthy decision making.



INTERNET SAFETY FOR TEENS

Middle School ■ **Upper School**

In this interactive program, teens dive into discussion about social media and internet use and the importance of keeping themselves safe online as they create their digital thumbprint.

IT ONLY TAKES ONE: REDIRECTING BULLYING BEHAVIOR IN CHILDREN

Adults

Nobody wants their child to be a bully. A facilitator-led workshop based on the “Everyone Counts” self-esteem building program helps parents and professionals encourage young children to choose empathy and compassion instead of bullying behaviors. Participants will learn strategies for addressing different forms of bullying actions for the bully, the “victim,” and the bystander.

SEXUAL ORIENTATION (PARTNER PREFERENCE)

Upper School

The LGBTQAI community is recognized now more than ever before. This program for students explores the various types of sexual orientations included in an LGBTQAI perspective. The common issues faced by those who don’t conform to heterosexual norms are discussed with the goal being to increase understanding, acceptance and support for those young people who may often find themselves the target of bullying and/or discrimination.

YOU MATTER, TOO! *

Preschool & Lower School

Self-esteem is crucial for everyone. It’s never too early to teach children the importance of self-worth. Students in grades 1 -3 need to recognize their self-worth and realize their potential. With the help of this interactive program, children look inward to find their value and discover, like everyone else, they matter.

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HIV / AIDS Programs

HIV 101

Middle School ■ **Upper School** ■ **Adults**

Though HIV/AIDS is not currently leading headlines, nearly 40,000 people in the U.S. are diagnosed with the disease each year. Tailored for adolescents, this stimulating and thought-provoking program provides facts about the disease and emphasizes the importance of healthy decision making. A member of the JCS Prevention Education Speakers Bureau shares personal stories about becoming infected, the reaction of family and friends, and the ongoing challenges of living with AIDS, including the realities of daily medication.

POSITIVE VOICES OF BALTIMORE

Middle School ■ **Upper School** ■ **Adults**

Sometimes music can accomplish what words can't. Not your typical HIV/AIDS lecture, the courageous members of Positive Voices share their daily struggles of living with AIDS through a unique musical presentation. Two decades and still going strong as they share facts about HIV/AIDS transmission and address issues of personal responsibility.



A LASTING LEGACY: SHARING WHO WE ARE WITH OUR LOVED ONES

Adults

As parents and grandparents, there is no greater gift we can give our loved ones than the knowledge and understanding of who we are, what we represent, and what our hopes are for future generations. Creating a lasting legacy through written words or visually through technology is a meaningful and long-lasting way to share our values and beliefs for now and the future.

ROOTS & WINGS: RAISING RESILIENT CHILDREN

Adults

Parents always want to know what they can do to make their children resilient enough to handle what life throws their way. This series of interactive sessions for parents, facilitated by a JCS health educator, emphasizes the skills children need to face today's problems. Risk and protective factors, teachable moments, consequences, feelings, chemical health, and the importance of rituals and traditions are discussed. When offered for Jewish groups, a Jewish perspective is included.

ROOTS & WINGS: RAISING RESILIENT GRANDCHILDREN

Adults

Grandparents today are ever so important in the raising of resilient grandchildren. Even at a distance, grandparents can provide the role modeling of values, the importance of family, the learning of new skills, self-confidence and unconditional love. Roots and Wings for grandparents helps us learn, reinforce and enhance the strengths and skills that will encourage our grandchildren's growth and well-being.

MEET OUR TEAM

Professionals

Howard Reznick, MSW, LCSW-C Senior Manager, Prevention and Wellness



Howard Reznick has over 40 years of clinical social work experience in the field of mental health and training. Howard headed an addictions consultation service at The Johns Hopkins Hospital and was involved in physician training at the beginning of the HIV/AIDS epidemic in Baltimore. He has directed several addiction treatment programs in the Baltimore area and pioneered this work in the Baltimore Jewish community, helping to start Jewish Addiction Services during the cocaine epidemic of the 1980s. Howard continues to promote training and awareness efforts to respond to the ever-changing behavioral health issues facing the community. Howard is certified by the International Critical Incident Stress Foundation in Critical Incident Stress Management Applications with both Adults and Children and is a certified instructor of Youth Mental Health First Aid®.

Brittni Barcase, B.A., 500-CYT Manager, Prevention and Wellness



Brittni Barcase draws upon her background in work related to substance use disorders, body positivity, suicide prevention, divorce, and emotional and physical abuse to deliver programs that address issues impacting the lives of young people today. Brittni uses a strengths-based approach to deliver programs that focus on enhancing well-being and resiliency. She also utilizes her skills as a 500-hour Certified Yoga Teacher to integrate various elements of meditation and breath-work into her programs.

Susan Kurlander, M.Ed. Health and Wellness Educator



Susan Kurlander has more than 30 years of experience in the field of developing and implementing educational programs that increase knowledge and awareness of risky behaviors and their consequences. Susan helps program participants build skills for enhancing resiliency and self-esteem, and for making healthy decisions especially around alcohol, drug use, and bullying behaviors. Susan holds a master's degree in education from McDaniel College.

Jen Rudo, B.S.

Coordinator, Wellness Programming and Mentoring



Jen Rudo has immersed herself in the lives of adolescents for the last decade through her outreach work with teens in community locations and in teen centers. She brings creativity learned from years in the world of summer camps to engage students in and out of the classroom. Jen, a graduate of Towson University, is certified by the International Critical Incident Stress Foundation in Critical Incident Stress Management Applications with Children and is a certified instructor of Youth Mental Health First Aid® and QPR Suicide Prevention.

Kim Ureno, B.A.

Health and Wellness Educator and Social Media Specialist



Kimberly Ureno is a strong advocate for mental health and wellness. A staunch believer in therapy, Kim enjoys touting the benefits of mental health to anyone who will listen. When developing programs for in-school sessions and for JCS's *Wellness My Way* digital platform, Kim focuses on teaching teens and young adults about mindfulness, emotional intelligence, and resiliency. Kim, a graduate of The University of Baltimore, also utilizes social media to start conversations surrounding mental health to grow an online support community.

Tralisa Colby, MPH

Health and Wellness Educator



Tralisa Colby has been a health educator for over ten years and, in that time, has developed a passion for improving mental health, wellness, and self-mastery outcomes after trauma via the mind, body, and spirit connection. Tralisa holds a Bachelor of Science in Behavioral and Community Health from the University of Maryland College Park, and a Master's degree in Public Health from George Washington University. In addition to her formal education, Tralisa utilizes skills and practices as a Reiki Master-Teacher and Meditation Guide to integrate faith, mindfulness, and self-awareness/empowerment into her programming.

Amy Steinberg , CMP

Program Coordinator for Prevention, Wellness, and Outreach



Amy Steinberg has worked with JCS for over 16 years in a variety of roles and is instrumental in coordinating the various programs the Prevention & Wellness team provides. Amy has a long history working in the non-profit arena managing administrative details, organizing meetings and events, and working with organizations and schools to deliver quality programming.

Jewish Community Services (JCS) provides programs and services for people of all ages and backgrounds, helping them achieve their goals, enhance their wellbeing, and maximize their independence. JCS is an agency of The Associated: Jewish Federation of Baltimore.

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