An important message from the

NJPC

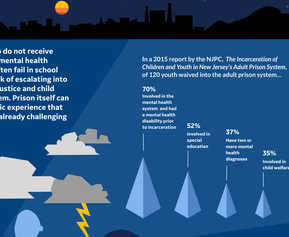
New Jersey Parents' Caucus

a silent **mental health crisis** is impacting New Jersey's youth!

The 2018 US Census estimates that there are 1,959,875 children aged zero to seventeen in New Jersey and as many as 313,265 (about 16% of all children) have some diagnosable mental health need.
According to the 2015 *New Jersey Division of Mental Health and Addiction Services Block Grant Report*, in 2012 the number of active enrollees in the NJ Children's System of Care was only 40,000.

Children who do not receive appropriate mental health treatment often fail in school and are at risk of escalating into the juvenile justice and child welfare system. Prison itself can be a traumatic experience that amplifies an already challenging situation.

In a 2015 report by the NJPC, *The Incarceration of Children and Youth in New Jersey's Adult Prison System*, of 120 youth waived into the adult prison system...



There are still little to no public educational programs in communities for parents who must navigate these systems. Many parts of the state are underserved or lack adequate mental health services.

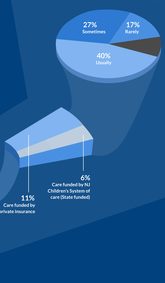
Good care is hard to find

Many parents do recognize their child's need for mental health care, and struggle to access support. When they do, not all feel the care is well tailored to their child's needs.

In an on-going survey, 145 participants enrolled in the Professional Parent Advocacy Training were asked if they had a child with a mental health disability, and, if so, were they accessing care and what sort?

89% Are parents of a child with mental disabilities

Only 17% are accessing care!!



The NJPC can help!! We offer—
The Parents' Empowerment Academy

Parent advocacy training can:

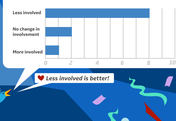
Increase accessibility of government programs
by increasing local program literacy among parents and caregivers who attend the training.

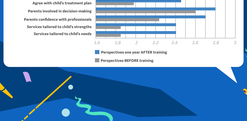
Foster community engagement
to help fight parental and community-based stigmas that are all too often attached to mental illness.

Reform systems
so that they are less stigmatizing, more inclusive and transparent about the treatments and services which they provide.

NJPC has found a marked decline in juvenile criminal services involvement, paired with a lower recidivism rate after Professional Parent Advocacy (PPA) training:

We saw a 72% decrease in involvement with the juvenile justice system after PPA course completion: parents with training are better prepared to support their children in avoiding juvenile justice system involvement.





Post-PPA training research also showed an increase across almost all measured points involving how the parents feel about their child's treatment and their own interaction with healthcare professionals.

The NJPC survey also measured parental attitudes towards their child's progress in terms of school performance, quality and quantity of friends, and others.

In self-report surveys taken both pre and one year post-PPA graduation, parents reported an increase in almost all measured fields centered on treatment outlook and parent-professional relationships.

NJPC's impact by the numbers:

1.9K
NJPC has certified 1,900 + parents as trainers

3.2K
Trained 3,200 + parents

5K
Supported the parents of 5,000 + children and youth

20K
Provided over 20,000 training hours

NJPC Parent Advocacy Certification can make a difference!

We encourage the dissemination of information about state services and how to properly use the children's welfare system and work with social workers.

PPA training is a necessity in helping parents make informed decisions about a child's options! Complete, comprehensive information about social programs needs to be more than readily accessible; it needs to be readily provided to the population.

Want to know more?

The New Jersey Parents' Caucus celebrates the potential for ALL children to become loving, contributing adults.

poster designed by Ally Gish, 2018 | www.allygishart.com

Read the full 2019 report: "The Effects of NJPC's Professional Parent Advocacy Training on Children's Mental health in New Jersey"

Visit our website and learn more about our work:
http://newjerseyparentscaucus.org