

CAPITOL COUNTY NEWS



The Official Newsletter of Capitol County Children's Collaborative, Volume 15



CCCC would like to keep you informed about our organization as well as community resources & events!

What's Happening at CCCC?

Join us for our Summer Camp & Teen Job Fair!!

Capitol County Children's Collaborative is happy to announce that we will be hosting our first Summer Camp & Teen Job Fair on April 17th from 4pm-6pm. Come out and join us and get information on summer camp and teen job opportunities in our community! Please register to attend this wonderful event.

CAPITOL COUNTY CHILDREN'S COLLABORATIVE

<i>Wednesday</i> 17 <i>April 2024</i>		
		4-6 <i>PM</i>
SUMMER CAMP & TEEN JOB FAIR		
	JOIN OUR TEAM	

Need something fun and productive for your child to do this summer?
Join us to find out about:

- ★ SUMMER CAMPS
- ★ TEEN JOBS
- ★ SUMMER SAFETY TIPS
- ★ CHILD CARE CONNECTION
- ★ CAMPERSHIP FUNDING

3535 QUAKERBRIDGE RD
SUITE 800 HAMILTON
MERCERRESOURCENET.ORG

HAVE A QUESTION?
COMMUNITYRESOURCE@CAPITOLKIDS.ORG

Use the QR Code To Register to Attend

May is Mental Health Awareness Month

In honor of Mental Health Awareness Month, Capitol County Children's Collaborative is raising awareness about the stigma surrounding mental illness that can often lead to suicide in children and teens. In conjunction with the Mercer County Stigma Free Mercer campaign we seek to reinforce the message that youth can "speak their truth" without fear of criticism.

Speak Your Truth is a campaign seeking to battle stigma and misinformation that can prevent kids and families from seeking the mental health care they need. To help bring about awareness and highlight suicide prevention we will be displaying art encouraging everyone to talk about their mental health without fear of criticism and showing what the world would look like without stigma and discrimination.

We invite you to visit our Speak Your Truth Art Gallery on May 8th from 4-6pm at Capitol County Children's Collaborative offices (3535 Quakerbridge Rd, Suite 800, Hamilton, NJ 08619).



IN HONOR OF CHILDREN'S
MENTAL HEALTH
AWARENESS
JOIN US FOR THE



#SPEAKYOURTRUTH ART GALLERY

MAY 8, 2024
4-6PM

3535 QUAKERBRIDGE RD, SUITE 800,
HAMILTON, NJ 08619

Join us in our effort to raise awareness about the stigma surrounding mental illness that can lead to suicide in children and teens.

**BREAK THE STIGMA
OF MENTAL HEALTH &
SPEAK YOUR TRUTH**

PLEDGE TO BE STIGMA FREE & ENJOY AN ART
GALLERY FOCUSED ON BREAKING THE STIGMA OF
MENTAL HEALTH
REFRESHMENTS WILL BE SERVED

Have a Question? Email Us at communityresources@capitolkids.org

In Your Community

Family Support Organization's Spring Fling

The Family Support Organization is hosting a Spring Fling Resource Fair. Join them Wednesday May 1st from 4-7pm.

Come out to learn about community resources and enjoy the festivities!

Join us for the festivities!

Mercer County Family Support Organization
Spring Fling!

RESOURCE FAIR IN RECOGNITION OF CHILDREN'S MENTAL HEALTH AWARENESS MONTH
Wednesday 5/1/2024 4:00-7:00pm
(Rain Date: Wednesday May 5/8/2024)
(Vendor set-up 3pm)

7 Dunmore Ave Ewing, NJ 08618

For more info, please call: 609-586-1200

Face painting

CHIPS

Capitol County Children's Collaborative

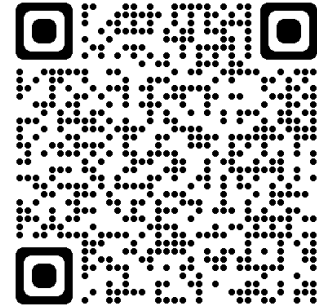
NJ FAMILYCORE

BUTGERS UNIVERSITY Cooperative Extension New Jersey Agricultural Experiment Station

The Children's Home Society OF NEW JERSEY

Visit MercerResourceNet to find more events in your community!

MergerResourceNet is a free web tool that provides a wide range of information about support, resources and services available to families in Mercer County! Check back often for updated community events and information. Scan the QR code to be brought directly to the site or click [here](#).



Health, Wellness & Safety

April is Stress Awareness Month

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.

It's critical to recognize what stress and anxiety look like, take steps to build resilience, and know where to go for help.

Please see the additional resources available to effectively cope with stress:

- [Stress Less for a Healthier Heart](#)
- [Wellness@NIH](#)
- [Helpful Practices to Manage Stress and Anxiety \(NIMH\)](#)
- [So Stressed Out Fact Sheet \(NIMH\)](#)
- [Stress \(NCCIH\)](#)
- [7 Steps to Manage Stress and Build Resilience \(ORWH\)](#)
- [Your Workplace Mental Health and Well-Being Toolkit \(HHS\)](#)

It's important to manage your stress.

Everyone experiences stress, and sometimes that stress can feel overwhelming. You may be at risk for an anxiety disorder if it feels like you can't manage the stress and if the symptoms of your stress:

- Interfere with your everyday life.
- Cause you to avoid doing things.
- Seem to be always present.

Coping With Stress and Anxiety

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

Recognize When You Need More Help

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Psychotherapy (also called talk therapy) and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Find more information on the National Institute of Mental Health (NIMH) website at www.nimh.nih.gov/findhelp.

If you are in immediate distress or are thinking about hurting yourself, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at 988lifeline.org.

More Resources

- NIMH: Anxiety Disorders (www.nimh.nih.gov/anxietydisorders)
- NIMH: Caring for Your Mental Health (www.nimh.nih.gov/mymentalhealth)
- NIMH: Child and Adolescent Mental Health (www.nimh.nih.gov/children)
- NIMH: Tips for Talking With a Health Care Provider About Your Mental Health (www.nimh.nih.gov/talkingtips)
- Centers for Disease Control and Prevention: Anxiety and Depression in Children (www.cdc.gov/childrenmentalhealth/depression.html)

May is Asthma and Allergy Awareness Month

Asthma is a long term condition that affects breathing for 25 million people in America. Where you live, learn, work and play can all affect your asthma, but the right steps can help you breathe easier. Click below to register for the Asthma and Your Environment Webinar on April 17th at 1pm.

[Asthma and Your Environment: A Learn More Breathe Better® Webinar | NHLBI, NIH](#)

MANAGING ASTHMA EVERY DAY

An **asthma trigger** is something that makes symptoms worse. Allergens can worsen symptoms for people who are sensitive to them. Not every allergen is a trigger for everyone with asthma. Understanding what worsens your asthma is a part of getting it under control.

In the home, common asthma triggers include:

- Pet dander
- Dust mites
- Cigarette smoke, which can irritate the lungs
- Pests like rodents and cockroaches

More than 90% of homes have 3 or more allergens.

Schools, like other enclosed spaces, can attract lots of allergens like dust mites, pests, and mold.

Work with a healthcare provider to make an **asthma action plan**. Share it with your child's:

- Teacher
- School nurse
- Other trusted adults at school

In the workplace, hundreds of things can trigger asthma, like:

- Metal dust
- Bleaches
- Hair dyes

Asthma triggers can change over time. Your body may react differently after repeated exposures, such as at your workplace. Talk to your healthcare provider if your asthma worsens after being at work.

Outdoors, pollen, air pollution, and everyday weather like cold, dry air can set off asthma.

Pollen counts tend to be high in the morning. You may want to avoid being outside from **5 to 10 a.m.**

Managing triggers is just one part of controlling asthma. Work with a healthcare provider to:

- Make an asthma action plan
- Keep track of your symptoms and where you are when they occur
- Learn how to take medicines as prescribed

Learn more at nhlbi.nih.gov/breathebetter

NIH National Heart, Lung, and Blood Institute **LEARN MORE BREATHE BETTER**



Capitol County Children's Collaborative
3535 Quakerbridge Rd Suite 800
Hamilton, NJ 08619
(609) 584-0888
www.capitolkids.org

For Referrals to:
-Local Mental Health Providers
-Care Management Services

Call 1-877-652-7624
PerformCARE®