

New Jersey Parents Caucus

The New Jersey Parents' Caucus is a non-profit organization governed and staffed by parents and caregivers of children with emotional and behavioral challenges. Since 1990, NJPC has worked diligently with parents, caregivers, government agencies, legislators, and other organizations to ensure that the needs of NJ families raising children with emotional and behavioral challenges are met. NJPC provides I&R services, outreach, training & education programs and advocacy in Juvenile Justice, Mental Health, DYFS, Special Education & DDD throughout the state.

New Jersey Parents Caucus, Inc.

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Understanding Childhood Challenges Curriculum

- ✓ *Overview of Childhood Mental Health*
- ✓ *Brain Development & Diagnosis*
- ✓ *Understanding the DSM IV*
- ✓ *Learning Disorders*
- ✓ *Pervasive Developmental Disorders*
- ✓ *Disruptive Behavioral Disorders*
- ✓ *Other Disorders of Infancy, Childhood or Adolescence*
- ✓ *Schizophrenia & Other Psychotic Disorders*
- ✓ *Mood Disorders & Depression*
- ✓ *Treatment of Children with Mental Health Disorders: Childhood Medications*
- ✓ *ADHD: Parents Medication Guide*
- ✓ *Glossary of Terms*
- ✓ *Traditional Therapies*
- ✓ *Branches of Psychology*
- ✓ *Substance Related Disorders*
- ✓ *Science of Addiction*

Our Vision

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

The Parents Empowerment Academy



The Parents Empowerment Academy offers workshops, trainings and certifications to parents, caregivers and professionals on a variety of topics related to improving access to appropriate care and treatment for families raising children with emotional and behavioral challenges

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Parenting is a challenging task and parenting a child with emotional and behavioral challenges can at times be even more difficult and overwhelming. Children with special needs frequently behave differently from other children as a result of their challenges. These differences in behavior pose special challenges for parents and caregivers.

In addition to the special challenges of raising a children with emotional and behavioral needs, parents and caregivers must navigate a complex system of child-serving agencies to access appropriate support and services for their children and families, and to ensure that they remain safely at home, in their communities and successful in school.

The Parents Empowerment Academy of NJPC enables parents and caregivers to negotiate with government agencies and other system partners through the development of leadership, professional and advocacy skills, and provides the opportunity for parents to

- ✓ Train in their local communities
- ✓ Strengthen their knowledge of the systems that serve their families and their rights and responsibilities within those systems
- ✓ Understand childhood mental health disorders, developmental disabilities, medications and treatments
- ✓ Ensure culturally competent and blame-free environments in child serving agencies
- ✓ Empower other parents by providing training in their local communities
- ✓ Become essential and equal partners in the design, development and implementation of services for their children
- ✓ Participate on local boards and commissions to influence public policy
- ✓ Ensure better access to appropriate care and treatment for their children
- ✓ Become catalysts for systems change

The Parents Empowerment Academy of NJPC provides training opportunities for professionals and providers to better engage parents and family by exploring engagement strategies and barriers, history and principles of family involvement, and specific strategies for high-risk and urban families.

Trainings for parents and professionals include:

- ✓ *Professional Parent Advocacy*
- ✓ *Engaging Parents & Family Members*
- ✓ *Understanding Childhood Mental Health Challenges/ Disorders*
- ✓ *Navigating the Special Education System & the IEP Process*
- ✓ *Ensuring Diversity, Cultural Competency & Multiculturalism in the Child-Serving Arena*
- ✓ *Building Systems of Care (A Shiela Pires Primer)*
- ✓ *Understanding the Child Welfare (DYFS) System*
- ✓ *No Child Left Behind (NCLB) & How It Impacts NJ Families*
- ✓ *Family Involvement in the Juvenile Justice System*
- ✓ *Empowering Families and Communities Through Public Policy Work*
- ✓ *Developing Mentoring Programs for Children with Special Needs*
- ✓ *Case Management: Engaging Family Members as Case Managers & Peer Advocates*



Professional Parent Advocacy Curriculum

- ✓ *Introduction to Professional Parent Advocacy*
- ✓ *Professionalism & Communications Skills*
- ✓ *Empowering the Parent Voice: Motivation & Assertiveness*
- ✓ *Conflict Resolution Skills & The Power of Persuasion*
- ✓ *Enabling vs. Empowering*
- ✓ *Ensuring Diversity, Cultural Competency & Multiculturalism in the Child-Serving Arena*
- ✓ *Understanding Childhood Mental Health Challenges/Disorders*
- ✓ *Navigating The Special Education System & the IEP Process*
- ✓ *Developing a Transitional Plan*
- ✓ *IDEA & NCLB Act*
- ✓ *Understanding the Child Welfare (DYFS) System*
- ✓ *Family Involvement in the Juvenile Justice System*
- ✓ *Collaborating with Agencies Dedicated to Children's Services*
- ✓ *Train the Trainer*