

Mental Health Association of Monmouth County Child Advocacy Committee

Dear Monmouth County Superintendents,

The Mental Health Association of Monmouth County's Child Advocacy Committee is reaching out to respectfully ask for your support to advance an important initiative to help our youth and families. As thought leaders for our children, we have no doubt you share our concerns about the mental health and well-being of our Monmouth County Youth.

The Pandemic has put a spotlight on how many of our young people are challenged with mental health concerns, subsequently meaning more and more families are dealing with children that are struggling. These families also express not knowing where to turn for help, feeling lost in the myriad of resources. We are asking you to use your influence to take action; an action that is small but can have great impact for families not well versed with finding mental health supports and services. Being professionals in this field, we are concerned to learn how many families have little to no awareness of what the NJ Children's System of Care (CSOC) can offer. The CSOC provides children & adolescents with coordinated access to mental health supports, substance use treatment & services for intellectual or developmental disabilities.

We propose an initiative to encourage all Monmouth County Schools to display the contact information for PerformCare on the home page of their school website as the primary resource for parents who are concerned about their children's mental health.

Performcare: (877-652-7624)

<https://www.performcarenj.org>

<https://www.nj.gov/dcf/documents/DCF-CSOC-30.mp4>

Other resources like the Monmouth Resource Net (MRN) should still be posted on school websites within resource pages, but the MRN can be overwhelming for a parent just beginning the process of seeking help. Directing parents to PerformCare as a first step will connect them to a live person who can guide them to the appropriate resources and next steps.

This small, actionable step has the potential to make a huge impact on families and children in Monmouth County. We truly appreciate your consideration and support.

Sincerely,

The Mental Health Association of Monmouth County Child Advocacy Committee