

SOMERSET COUNTY DEPARTMENT OF HUMAN SERVICES

HOPE AND HEALING CRISIS COUNSELING PROGRAM

November/December 2021

HOPE AND HEALING



PASSION, PURPOSE, and PROGRESS: What the Hope and Healing team is committed to achieving.

The team concluded the fourth quarter of their tenure and proved that their passion for healing serves a significant purpose, and that progress is inevitable. The Hope & Healing team connected with 3,102 Somerset County residents and beyond, specifically from youth and family services alone. In fact, the Hope & Healing team received recognition from the Brick Township, NJ Board of Education for the great work they are doing in the community, especially with children.

In November 2021, the team has recently launched its latest community program, **Unprecedented: A Disaster Recovery Workbook**, created by Hope & Healing Team Leader, Alexandra Pillion, MSW, LSW. The Workbook is designed to support community members as they heal from the emotional impacts of recent disasters. It helps bring awareness to our inner strength and resilience in times of extreme uncertainty and fear, and is designed to do so in a compassionate, solution-focused way. All of the Unprecedented: A Disaster Recovery Workbook programming is free and funded by the FEMA/SAMSHA grant.

Somerset County Hope & Healing continues to partner with the affected communities of Hurricane Ida, and Hope & Healing services have become an excellent tool for those experiencing compounding disasters.



This program is brought to you through Somerset County Richard Hall Community Mental Health Center and the NJ Hope and Healing Crisis Counseling Program (CCP). The CCP is provided in collaboration with the NJ Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMSHA grant.

Upcoming Events

Wednesday, November 17th, 6:00 pm:
Community Childcare Solutions Parent Café- Presentation on Mindfulness

Register here:

<https://us06web.zoom.us/meeting/register/tZEvc-mqrDwsHtlCxmQjUIA04Mfjizi1hAK6>



Ongoing:

Unprecedented: A Disaster Recovery Workbook is designed to find ways to cope with the feelings brought on by any disaster we may face. Although solutions to systemic issues are difficult to narrow down, this Workbook provides a system to follow that puts a salve on our individual wounds, which, in turn, helps others heal as well.

To learn more about Unprecedented, receive a copy of the Workbook, or participate in a support group or training, go to: <https://bit.ly/3pLIYcqUnprecedented>

