NEW JERSEY DEPARTMENT OF CHILDREN AND FAMILIES

BACK TO SCHOOL RESOURCE PACKET

MENTAL HEALTH RESOURCES

988

Mental Health Crisis
& Suicide Prevention Hotline.

1-877-NJ ABUSE

1-877-652-2873

NJ Hotline to Report Child Abuse/Neglect

211

Get Connected to Vital Community Resources

1-877-652-7624

NJ DCF Children's System of Care

NJ4S

CONNECTOR TO CARE

Preventing risky behaviors and connecting to existing mental health resources—NJ4S is a link to a wide range of services supporting youth mental wellbeing.

FIND OUT MORE AT NJ4S.NJ.GOV



1 GET BACK ON SCHEDULE EARLY

A week before school starts, begin having children go to bed and wake up at the time they will for school. Getting circadian rhythms back on track will make the transition easier.



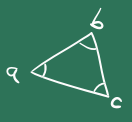
2 REPLACE & REUSE

School supply expenses add up fast. Before buying more than you need, check to see if anything from last year can be reused.



3 CHECK IN

Talk to your children about any hopes and worries they might have about heading into the new year, especially if they are starting at a new school.



4 STAY SAFE

Make sure your children know their walking routes or bus stops, immediate area, and family rules regarding strangers.



5 GET ORGANIZED

Organize everyone's schedules using a calendar. Remember to pencil in some down time!



6 START THE DAY CALM & KIND

Getting prepped with a packed book bag, completed homework, bath, clothes picked out, and lunch made the night before can really improve the morning routine. A day started with calm and kindness helps set the tone for a positive, productive school day for kids AND workday for parents.



BACK-TO-SCHOOL

SOMETIMES MEANS BACK TO STRESS



When kids feel out of their comfort zone, 2NDFLOOR is here to provide support.

Whether it's starting new classes, meeting new friends, or adjusting to new routines, we are here 24/7 to support NJ youth as they face all of life's challenges.

Please help spread the word that it only takes a second to get professional support with the 2NDFLOOR app. The app is anonymous, confidential, free, and available 24/7/365. Youth can access the app at 2NDFLOOR.org/download

2NDFLOOR

SUPPORT FOR YOUNG PEOPLE. ANYTIME. ANYWHERE.

2ND FLOOR

DOWNLOAD THE APP

FOLLOW US ON Instagram

NEW JERSEY DEPARTMENT OF CHILDREN & FAMILIES

School Meal Resources

Office of the Food Security Advocate

School Meals

Eligible families can access free or reduced-price meals through the School Breakfast and National School Lunch Programs. More New Jersey families qualify for free school meals due to expanded income eligibility. Complete the School Meals and Summer Electronic Benefits Transfer (EBT) Application to apply. **You should complete a new application each school year and submit it directly to your student's school.** View instructions for completing the application on the NJ Office of the Food Security Advocate's YouTube.

Access the 2026-2027 School Meals and Summer EBT Paper Application

Explore Hunger Free New Jersey's School Meals and EBT Application toolkit to learn more about who qualifies for free school meals, the application process, available benefits, and how families can access these important nutrition resources.

Does your school participate in the Community Eligibility Provision (CEP)?

CEP allows eligible schools to serve free breakfast and lunch to all students regardless of family income. Find out if your school participates in CEP by viewing the list here. Contact your student's school for additional information.

Does your school offer after-school food programs?

The Child and Adult Care Food Program (CACFP) provides nutritious after-school snacks and suppers for eligible students. Ask your school if they participate in CACFP and whether these food resources are available to your student. Learn more about CACFP here.

Summer EBT

The New Jersey Summer EBT Program provides low-income families with a one-time $120 EBT card per eligible student to help purchase groceries during the summer.

Some students participating in programs like SNAP, TANF (Work First NJ), income-based Medicaid (NJ FamilyCare), or foster care are automatically enrolled in Summer EBT. Others need to submit a School Meals and Summer EBT Application to their school to apply.

Learn more about Summer EBT and see if you qualify on the NJ Department of Agriculture's Summer EBT website.

Download the Application

NJ Health
New Jersey Department of Health



Stay Up to Date and Vaccinate

Getting your children vaccinated on time by following the Centers for Disease Control and Prevention (CDC) Recommended Immunization Schedule can help them stay healthy as they grow older.



Get Early Protection

Vaccinate before your child is exposed to dangerous diseases; waiting until school begins, may not allow enough time for vaccines to work.



Attend School and Activities without Delay

Vaccinate your children on time so they can start the new school year, join a sports team or group activities, and travel without delay.



Avoid Disease-Related Complications

Some diseases could lead to serious complications (e.g., Meningitis could lead to hearing loss, COVID-19 could lead to trouble breathing). Getting vaccinated can help prevent this from happening.



Prevent the Spread of Illness

Getting vaccinated can help prevent the spread of illness and protect friends, family and other community members, especially those who are too young to be vaccinated or those who are at high-risk for disease.



Stay Protected

The CDC immunization schedule is carefully designed to provide protection at just the right time. Some vaccines need to be given more than once so your child can remain healthy.



NJHealth
New Jersey Department of Health



Tips for Staying Up to Date



Schedule well-child visits and follow the CDC recommended vaccine schedule when making your child's vaccination appointments.[1]



Keep track of your children's vaccines by enrolling in the New Jersey Immunization Information Service (NJIIS).[2]



If you or someone you know needs assistance with paying for children's vaccinations, visit the Vaccines for Children Program (VFC) website to see if you qualify.[3]



To avoid delays in starting school, preschool or daycare, know what your school and state guidelines are regarding vaccinations.[4]



Be a good example for your children by making sure you and other adult family members are also up to date with their vaccinations.

Important Links

1. cdc.gov/vaccines
2. njiis.nj.gov/docs/NJIIS_Your_Best_Shot.pdf
3. nj.gov/health/vaccines/programs/vfc
4. nj.gov/health/cd/imm_requirements



Regular check-ups help your child grow up healthy and strong!



Your child's NJ FamilyCare coverage includes Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) services. EPSDT services are a schedule of medical visits, tests, vaccines and other services. The medical visits are called well-child visits because they help keep your child healthy.

You should take your child to their healthcare provider for well-child visits at the following ages: newborn, 3-5 days, 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 24 months, 30 months, and then every year from age 3 to 21.

During the well-child visits, the doctor will:

- ✔ Review your child's complete health, growth, and behavior
- ✔ Check your child's body from head to toe
- ✔ Check your child's eyes, ears, and mouth
- ✔ Ask what your child can do (crawling, walking, running, and so on)
- ✔ Ask how your child is eating
- ✔ Help you understand your child's health, how they are growing, and what to expect next
- ✔ Test for lead in the blood by 12 months and again at 24 months. Your child may need to have more tests, especially if the results are not normal.
- ✔ Complete or order any other lab tests, if they are needed
- ✔ Give you information on community resources

Your child should see a dentist when their first tooth comes in or by the time they are 12 months old. After that, they should see a dentist every six months.



Recommended Vaccines

It is very important that children get vaccines to help keep them from getting sick. The provider will tell you if your child needs more than what is listed on this schedule.

Birth to Age 1

- **DTaP (Diphtheria, Tetanus, and Pertussis):** 1st, 2nd, and 3rd shots
- **Hepatitis B:** 1st and 2nd shots by the time your child is 6 months old. Some children need a 3rd or 4th shot.
- **Hib (Haemophilus type B):** 1st, 2nd, and 3rd shots
- **Pneumococcal Conjugate:** 1st, 2nd, and 3rd shots
- **Polio:** 1st, 2nd, and maybe 3rd shots
- **Rotavirus:** 1st, 2nd, and 3rd doses taken by mouth
- **Flu (Influenza):** 1st and 2nd shots
- **COVID-19** if needed or requested
- **RSV (Respiratory Syncytial Virus)** if needed

Age 1-3

- **Chickenpox (Varicella):** 1st shot
- **DTaP (Diphtheria, Tetanus, and Pertussis):** 4th shot
- **Hepatitis A:** 1st and 2nd shots
- **Hib (Haemophilus type B):** 4th shot
- **MMR (Measles, Mumps, and Rubella):** 1st shot
- **Pneumococcal Conjugate:** 4th shot
- **Polio:** 3rd shot, if your child didn't get it already
- **Flu (Influenza):** Every year
- **COVID-19** if needed or requested
- **RSV (Respiratory Syncytial Virus)** if needed

Age 4-6

- **Chickenpox (Varicella):** 2nd shot
- **DTaP (Diphtheria, Tetanus, and Pertussis):** 5th shot
- **MMR (Measles, Mumps and Rubella):** 2nd shot
- **Polio:** 4th shot
- **Flu (Influenza):** Every year
- **COVID-19** if needed or requested

Age 7-10

- **HPV (Human Papillomavirus):** 1st, 2nd, and 3rd shots. Your child can start getting these shots as early as 9 years old. Boys and girls should receive this vaccine.
- **Flu (Influenza):** Every year
- **COVID-19** if needed or requested

Age 11-18

- **HPV (Human Papillomavirus):** 1st, 2nd, and 3rd shots, if your child didn't get them already. Boys and girls should receive this vaccine.
- **MCV (Meningococcal):** 1st dose and booster
- **TDaP (Tetanus, Diphtheria, and Pertussis)**
- **Flu (Influenza):** Every year
- **COVID-19** if needed or requested

NJFAMILYCARE
Affordable health coverage. Quality care.

You can get a free ride to your child's doctor visit. Call 1-866-527-9933, or sign up online at https://tripcare.modivcare.com/login.

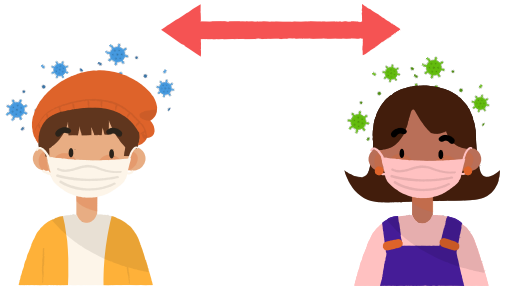
If anyone in your family needs health insurance, call NJ FamilyCare at 1-800-701-0710 (TTY: 711) or visit www.njfamilycare.org.

NJHealth
New Jersey Department of Health

Help Prevent the Spread of Respiratory Illnesses

Like COVID-19, RSV, and Flu

Stay away from others if you feel sick.



Avoid touching your eyes, nose, and mouth.





Cover your coughs or sneezes with a tissue. Then throw out your tissue.

Wash your hands often with soap for at least 20 seconds. Or used an alcohol-based hand sanitizer.



Get fresh air!



Tell an adult if you don't feel well.



Stay home when you are sick, except to go to the doctor.



January 2026

NJHealth
New Jersey Department of Health

HEALTHY HABITS

Cover Your Coughs and Sneezes

1



Cover your mouth and nose with a tissue when you cough or sneeze.

OR



Cough or sneeze into your elbow, not your hands.

2

Put your used tissue in the trash.



Then wash your hands.

3



Wash your hands with soap and warm water for at least 20 seconds.

OR



Use alcohol-based hand sanitizer if you cannot wash your hands.

January 2026

NJHealth
New Jersey Department of Health

TIPS FOR A HEALTHY SCHOOL YEAR

By following a few simple health tips, you can help keep your child and the entire school community safe and healthy this school year.



- Keep your child home when they are sick
- Stay alert for signs of illness in your household
- Teach children good hygiene habits
- Stay up to date with recommended vaccinations
- Stay informed about illnesses at your child's school

NJHealth
New Jersey Department of Health

HPV Vaccination is Cancer Prevention

- HPV (Human Papillomavirus) is a group of common viruses that can be spread by intimate skin-to-skin contact during sexual activity with an infected person.
- HPV can lead to cancer of the cervix, vulva, vagina, penis, mouth/throat, and anus.
- **HPV vaccination is safe and effective.**

85% of people will get an HPV infection in their lifetime regardless of sex assigned at birth, gender identity, or sexual orientation.

- **HPV vaccination can help prevent more than 90% of cancers caused by HPV. The vaccine is recommended through age 26 years for everyone who is not fully vaccinated.***



- You can get HPV even if you only have one sexual partner.
- Even if you've already contracted one strain of the virus, vaccination will help protect against the other strains.
- Condoms and dental dams can help lower, but will not eliminate, the risk of spreading HPV.

Most insurance companies will cover the cost of vaccines.
If you are not insured, check to see if you qualify for free or low-cost vaccines.

*People 27 through 45 years should discuss the benefits of vaccination with their doctor.

Updated 8/2025

Learn more:
cdc.gov/hpv
nj.gov/health/cd/topics/hpv.shtml

NJ Health New Jersey Department of Health

ScreeNJ Cancer Prevention Education and Detection

No Fear
Just Results



Test with *PRIDE*
Live with *CONFIDENCE*

Take charge of your well-being.
It's okay to ask for an STI test.
You deserve to know.

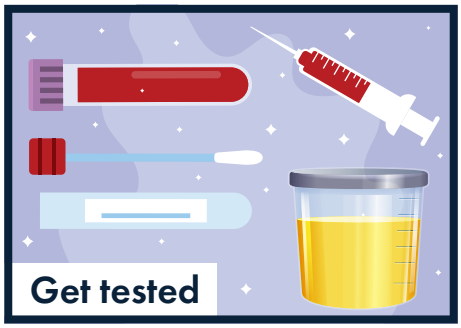


Plan

Look for local clinics, health centers, or health care providers that offer STI testing services. **Some offer FREE testing!**

You can also explore online platforms that provide at-home STI/HIV testing kits.

Start the conversation with your health care provider today.



Get tested

The testing process may involve:

- Blood tests
- Urine samples
- Swabs of genital, oral, or rectal areas
- Physical examination

Getting tested for STIs is one of the most important things you can do to **protect your health**.



Know your status

If your test results are positive for an STI, follow up with your health care provider for further evaluation, treatment, and counseling. It's essential to follow the recommended treatment plan and stop the spread.

Protect yourself and **your partner**.

NJHealth
New Jersey Department of Health

Break down barriers and prioritize your health.
nj.gov/health/sti



NJ! Need health insurance?

Find out if you can enroll now.

Get Covered New Jersey is the state's Official Health Insurance Marketplace, where individuals and families can shop for health coverage. It is the only place to find financial help to lower your monthly insurance premium and out-of-pocket costs. Learn more at GetCovered.NJ.gov.

Things to know about enrolling in health insurance through Get Covered New Jersey:

- **You may qualify to save money — most people do!** State and federal financial help is available.
- The **annual Open Enrollment Period** runs November 1 to January 31. Typically, this is the only time you can enroll in coverage for the following year.
- **New Jersey residents who had a major life event can access quality plans that cover comprehensive health care services year-round.** Outside of the Open Enrollment Period, you can qualify for a Special Enrollment Period by reporting a qualifying life event, such as becoming pregnant, losing job-based coverage, or moving, which will allow you to enroll in a plan through Get Covered New Jersey.
- **Help getting coverage** is available. You can get help filling out your application by phone, with a trained agent or broker. Find local help at GetCovered.NJ.gov.

Get Covered NJ
New Jersey's Official Health Insurance Marketplace

Visit GetCovered.NJ.gov to learn more.

Contact the Call Center 1-833-677-1010.

Help is available in many languages.

NJFAMILYCARE | Cover All Kids



NJ Covers All Kids!

All children can apply for NJ FamilyCare, **regardless of their immigration status.**

With NJ FamilyCare, income-eligible children under 19 can receive:

- Primary and specialty care, including check-ups and other visits
- Eye Glasses
- Hospitalization (both inpatient and outpatient)
- Lab tests/x-rays
- Prescriptions
- Dental Services
- Preventive Screenings
- Vaccinations
- Mental Health Care
- Substance Use Testing and Treatment
- Vision Services
- Hearing Services
- Lead Screening
- Family Planning
- Other medically necessary services

Coverage must be renewed every year. Renew even if you think your child no longer qualifies.

Visit **nj.gov/CoverAllKids** to learn more and apply.

Call **1-800-701-0710 (TTY: 711)** with questions or to apply by phone. Language translators are available.

WHO WE ARE

For 40 years, the New Jersey Department of Health Children's Oral Health Program has been delivering age-appropriate oral health education to school-aged children across the state.

We offer a wide range of oral health education programs and resources, including:

- **School-based education activities** conducted by experienced dental professionals.
- **Resources for school nurses**, such as the "Miles of Smiles" newsletter and the "Frannie Flossisaurus" and "Mr. Gross Mouth" loaner teaching kits.
- Oral health education for participants in the Women, Infants, and Children (WIC) Supplemental Food Program.
- Programs adapted **for children with special needs**.
- Oral health education **for public health and social service professionals**.
- Information **for parents and guardians.**
- Fluoride varnish applications.



CONTACT US

Northern Regional Program

(Bergen, Essex, Hudson, Morris, Passaic, Sussex, and Warren counties)
Carlos Rocha, CRCST, RDA, CDA
Coordinator, Regional Oral Health Program,
Zufall Health Center
17 South Warren Street, Dover, NJ 07801
Phone (973) 328-9100 x 1645
crocha@zufallhealth.org

Central Regional Program

(Hunterdon, Mercer, Middlesex, Monmouth, Ocean, Somerset, and Union counties)
Yraida Aponte-Lipski, MPH, BS, RDH
Coordinator, Regional Oral Health Program,
Zufall Health Center
71 Fourth Street, Somerville, NJ 08876
Phone (908) 704-2256
ylipski@zufallhealth.org

Southern Regional Program

(Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, and Salem counties)
Falen Hemmings, MAS, RDH
Coordinator, Regional Oral Health Program,
Southern Jersey Family Medical Centers, Inc.
860 S. White Horse Pike (Rt. 30), Hammonton, NJ 08037
Phone (856) 935-6203
falen.hemmings@sjfmc.org

LEARN MORE

NJHealth
New Jersey Department of Health

CHILDREN'S ORAL HEALTH PROGRAM



Bringing Oral Health to Your School

New Jersey Department of Health
Division of Community Health Services

nj.gov/health/fhs/oral



Oral Health Teaching Kits for Children:

We offer teaching kits available for loan to schools, which include:

- Sample curricula
- Teaching puppets
- Books
- Visual aids

These kits are designed for school professionals to enhance oral health education.



All oral health programs are free of charge. To schedule a program, please contact the Regional Oral Health Coordinator (contact information is listed on the back of this brochure).

AGE-APPROPRIATE ORAL HEALTH EDUCATION:

Pre-K to 1st Grade:

- Brushing techniques
- Healthy food choices
- Importance of visiting the dentist

2nd to 3rd Grade:

- Understanding dental plaque
- Flossing techniques
- The role of sealants

4th to 5th Grade:

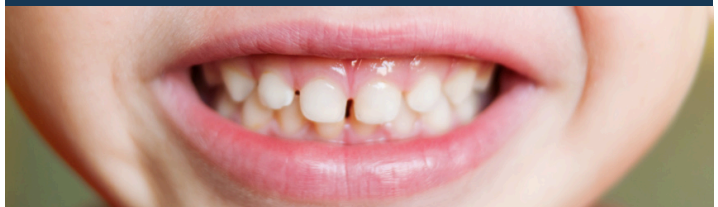
- Prevention of oral health injuries
- Braces care and maintenance
- Nutrition
- Sports guards

6th to 12th Grade:

- Oral effects of tobacco and vape use
- Oral cancer awareness
- Understanding gum (periodontal) disease

Parenting & Community Education:

- Oral health education & nutritional guidance
- Importance of regular dental visits
- Oral cancer awareness
- Maternal Oral Health
- Understanding gum (periodontal) disease
- Referral resources



The Children's Oral Health Program presentations are available in both in-person and virtual formats.

Programs cover a wide range of topics, including:

- Oral health and hygiene instruction.
- The importance of regular dental check-ups.
- Healthy food choices.
- The oral effects of tobacco and vape use.
- Vaping, smoking, and oral cancer.
- Prevention of oral injuries.
- Oral piercing and the importance of mouthguards.
- Gum (periodontal) disease.
- The systemic connection between oral and general health.



SCAN For the New Jersey Dental Clinic Directory.

New Jersey
Federally Qualified Health Centers (FQHCs)

FQHC	Facility Location(s)	Phone	Website
Alliance Community HealthCare, Inc.	Jersey City	(201) 451-6300	www.alliancech.org/
AtlantiCare Health Services	Atlantic City, Egg Harbor Twp, Galloway	(844) 233-5149	www.atlanticare.org/services/federally-qualified-health-center
CAMCare Health Corporation	Camden, Clementon, Paulsboro	(856) 583-2400	www.camcare.net
Central Jersey Medical Center	Newark, Perth Amboy	(732) 376-9333	www.cjmc.us
CHEMED	Jackson Twp, Lakewood	(732) 364-6666	www.chemedhealth.org
CompleteCare Health Network	Bridgeton, Glassboro, Millville, Vineland, Wildwood Crest, Williamstown, Woodbury	(856) 451-4700	www.completecarenj.org
Eric B. Chandler Health Center	New Brunswick	(732) 235-6700	www.rwjms.rutgers.edu/eric-b-chandler-health-center
Henry J. Austin Health Center, Inc.	Trenton	(609) 278-5900	www.henryjaustin.org
Ironbound Community Health Center	Newark	(973) 433-9773	www.hechealth.com
Jewish Renaissance Foundation	Edison	(732) 324-2114	www.jrfnj.org
Metropolitan Family Health Network	Jersey City, West New York	(201) 478-5800	www.metropolitanfhn.com
Monmouth Family Health Center	Long Branch	(732) 923-7100	www.mfhcnj.org
Neighborhood Health Services Corporation	Elizabeth, Plainfield	(908) 753-6401	www.nhscnj.org
Newark Community Health Centers, Inc.	East Orange, Irvington, Newark, Orange	(973) 483-1300	www.nchcfqhc.org
Mary Eliza Mahoney Health Center (Newark Dept. of Health)	Newark	(973) 733-7600	www.newarknj.gov/departments/healthcommunitywellness
North Hudson Community Action Center	Englewood, Garfield, Hackensack, Harrison, Jersey City, Passaic, Secaucus, Union City, West New York	(201) 210-0200	www.nhcac.org
Ocean Health Initiatives, Inc.	Brick, Freehold, Lakewood, Little Egg Harbor Twp, Stafford, Toms River	(732) 363-6655	www.ohinj.org
Osborn Family Health Center	Camden	(856) 757-3700	www.osbornfamilyhealthcenter.com
Paterson Community Health Center	Paterson	(973) 790-6594	www.patersonchc.com
Project H.O.P.E.	Camden	(856) 968-2320	www.projecthopecamden.org
Saint James Health, Inc.	Newark	(973) 789-8111	www.saintjameshealth.com
Southern Jersey Family Medical Centers	Atlantic City, Burlington City, Egg Harbor Twp, Hammonton, Pemberton, Pleasantville, Salem	(800) 486-0131	www.sjfmc.org
Star Community Health - Coventry	Phillipsburg	(908) 847-3300	www.slhn.org/locations/star-community-health-coventry
Visiting Nurse Association of Central Jersey Community Health Center	Asbury Park, Freehold, Keyport, Red Bank	(732) 774-6333	www.vnachc.org
Zufall Health Center	Dover, Flemington, Hackettstown, Morristown, Newton, Plainsboro, Somerville, West Orange	(973) 328-3344	www.zufallhealth.org

New Jersey's FQHCs deliver high quality health care to all people regardless of health insurance status or ability to pay. More information about the FQHCs, including facility address and contact information can be found at: www.nj.gov/health/fhs/primarycare/fqhc/.

Last Modified: August 2025

NJ Commission for the Blind and Visually Impaired

Project BEST

List of Free Eye Screenings

Appointments are required.
Please contact the site directly using the information below.

COUNTY	SITE ADDRESS	APPOINTMENT CONTACT	FIXED DAY/TIME*
ATLANTIC	Southern Jersey Family Medical Center 1125 Atlantic Avenue Atlantic City, NJ 08401	1-800-486-0131	3rd Monday, monthly 4PM - 7PM
ATLANTIC	Southern Jersey Family Medical Center 860 S. White Horse Pike Hammonton, NJ 08037	1-800-486-0131	2nd Monday, monthly 6PM - 9PM
ATLANTIC	Southern Jersey Family Medical Center 932 S Main Street Pleasantville, NJ 09232	1-800-486-0131	3rd Wednesday, monthly 5PM - 8PM
BERGEN	Garfield Public Library 500 Midland Ave Garfield, NJ 07026	Gail 973-478-3800	2nd Monday, quarterly 9:30AM - 12PM
BERGEN	Johnson Public Library 274 Main Street Hackensack, NJ 07601	(201) 343-4169	2nd Monday, quarterly 9:30AM - 12PM
CAMDEN	Cherry Hill Free Clinic 5 Esterbrook Lane Cherry Hill, NJ 08003	Shimuna Afroja, MD (856) 281-3032	4th Wednesday, monthly 1PM - 4PM
CAMDEN	Friends of Clementon Food Pantry 33 Berlin Road Clementon, NJ 08021	June (856) 258-7318	4th Tuesday, even months 6PM - 9PM
CAMDEN	St. Joseph's Neighborhood Center 904 N. 25th Street Camden, NJ 08105	Sara Navarro (856) 338-8220	1st Wednesday, Odd Months 6PM - 9PM
CAPE MAY	Cape Volunteers in Medicine 423 Route 9 North Cape May Court House, NJ 08210	Anne Marie Jackson (609) 463-2846	1st Monday, monthly 4:30PM - 7:30PM
GLOUCESTER	Gloucester County Health Department 204 E. Holly Ave. Sewell, NJ 08080	Patty Thomas (856) 384-6842	2nd Wednesday, monthly 5PM - 8PM
HUDSON	Save Latin America 138 39th Street Union City, NJ 07087	Lisette Serrano (201) 271-7474	4th Monday, monthly 9:30AM - 12:30PM
HUNTERDON	Hunterdon County Dept. of Health 1 Walter E Foran Boulevard Flemington, NJ 08822	Shu Chiang, RN, BSN (908) 806-4570	4th Thursday, monthly 3PM - 6PM
MERCER	Catholic Charities El Centro 327 South Broad St. Trenton, NJ 08608	(609) 394-2056	1st Tuesday, monthly 9:45AM - 12:15PM
MERCER	Princeton Human Services 1 Monument Drive Princeton, NJ 08540	(609) 642-9246	Call for appointment date 4PM - 7PM
MERCER	LALDEF 714-716 S. Clinton Avenue Trenton, NJ 08611	Caty 609-498-6839	4th Thursday, monthly 9:30AM - 12:30PM
MIDDLESEX	Middlesex County Public Health Clinic 11 Kennedy Blvd East Brunswick, NJ 08816	(732) 745-3100	2nd Tuesday, monthly 9:30AM - 12PM

State of NJ
Mikie Sherrill, Governor
Dr. Dale G. Caldwell, Lt. Governor

Department of Human Services
Dr. Stephen Cha, Commissioner

NEW JERSEY HUMAN SERVICES
Division of Developmental Disabilities

Graduates Aging Out of the School System: Accessing Adult Services from the NJ Division of Developmental Disabilities

A Timeline for Students Exiting School and Turning 21

To be determined eligible for services all applicants must complete either the short or the full application

☐ STEP 1 Apply for Medicaid Eligibility

- You can learn about Medicaid eligibility for DDD services here: www.nj.gov/humanservices/ddd/individuals/apply-for-services/medicaid
- For additional help, email DDD.MediEligHelpdesk@dhs.nj.gov

☐ STEP 2 Apply for DDD Eligibility

- You can begin applying for DDD Eligibility any time after 18 years old.
- Call the DDD Community Services Office closest to where you live and/or download the DDD Eligibility Application here: www.nj.gov/humanservices/ddd/individuals/apply-for-services

DDD Community Services

Egg Harbor Twp: 609-300-1898
Flanders: 973-927-2600
Freehold: 732-863-4500
Newark: 973-693-5080
Paterson: 973-977-4004
Green Brook: 908-226-7800
Trenton: 609-292-1922
Voorhees: 856-770-5900

☐ STEP 3 Complete NJ Comprehensive Assessment Tool (NJCAT)

As part of the application process, you will complete the NJCAT with a DDD Intake Worker, usually from the DDD Community Services Office closest to where you live. Learn about the NJCAT here: www.nj.gov/humanservices/ddd/individuals/apply-for-services/njcat

☐ STEP 4 Complete the Support Coordination Agency Selection Form

- When you are in your last year of receiving school-based services, complete and submit the Support Coordination Agency Selection Form.
  You can research Support Coordination Agencies here: https://irecord.dhs.state.nj.us/providersearch

September – June: Preparation and Planning

✓ **Participate in webinars and activities offered about Transition Planning**

- The Planning for Adult Life (www.planningforadultlife.org) program offers monthly educational sessions for students with intellectual/developmental disabilities ages 16-21 and their families, and other resources, like:
  - Webinar Wednesdays – monthly webinars on transition-related topics
  - GOT PLANS? ONLINE LESSONS – a downloadable guide and fun instructional videos

✓ **Participate in webinars offered by Division of Developmental Disabilities Office of Transition to Adult Life and Employment**

- DDD Quarterly Welcome Sessions and the Transition Thursdays Webinar Series are for people and families to learn about the transition process, including services available through DDD.
- To sign up for DDD Transition news and announcements, scan the QR code or email DDD.TransitionHelpdesk@dhs.nj.gov.

✓ **Explore person-centered planning tools that can help identify your vision for work and life and the supports needed to achieve this vision**

- To get started, review the DDD Person-Centered Planning Tool: www.nj.gov/humanservices/ddd/documents/person-centered-planning-tool.docx
- Use Charting the Life Course tools during the person-centered planning process: www.lifecoursetools.com

✓ **Learn about Support Coordination** (*Care Management*)

- Support Coordination is the care management model used by DDD to help people access DDD services and other needed medical, social, and educational services. Learn more about Support Coordination here: www.nj.gov/humanservices/ddd/individuals/access-services/care-management

✓ **Learn about Service Providers**

- Use the DDD Provider Search Database to find service providers in your area: https://irecord.dhs.state.nj.us/providersearch

February/March: Support Coordination Agency Selection

✓ **Complete and submit the Support Coordination Agency Selection Form (STEP 4)**

- Your DDD Intake Worker will provide a Support Coordination Agency Selection Form during the intake and eligibility process. There is a better chance of getting a selected agency if you include both a first-choice and second-choice agency when submitting the form. Research Support Coordination Agencies here: https://irecord.dhs.state.nj.us/providersearch
- Return the completed Support Coordination Agency Selection Form to the DDD Intake Worker who helped you with the intake and eligibility process.

April: Support Coordination Agency Assignment

✓ **DDD assigns the student to a Support Coordination Agency**

- DDD assigns all graduating students to a Support Coordination Agency (even if they turn 21 in June) based on the completed selection form and available capacity of the person's first-choice and second-choice agencies.
- Once assigned, the Support Coordination Agency can receive DDD funding to attend exit IEP and/or transition-related meetings at the school and begin working with you and your family to develop the Individualized Service Plan (ISP).

April – June: Service Plan Development

✓ **Develop the Individualized Service Plan**

- The Support Coordinator is responsible for writing the Individualized Service Plan (ISP), with guidance from the planning team (individual, family, providers, etc.) and information gathered during the person-centered planning process and completion of the NJCAT.

Students Turning 21 July through March

- Be sure you have completed **STEP 1, STEP 2, and STEP 3**.
- About 2-3 months before you need services, reach out to your DDD Intake Worker to complete **STEP 4**.

PUT YOURSELF FIRST. LET GO



NJHealth
New Jersey Department of Health

HOW DOES SMOKING AFFECT YOUR HEALTH?

Millennials and youth are not exempt from the health effects that are caused from smoking! Smoking causes cancer, heart disease, stroke, lung disease, diabetes, and chronic obstructive pulmonary disease, among so many other health effects.

HOW DOES USING OTHER TOBACCO PRODUCTS, SUCH AS VAPES AND E-CIGARETTES AFFECT YOUR HEALTH?

The epidemic of e-cigarettes and vaping associated lung injury sharply has increased. The Centers for Disease Control and Prevention has found that aerosolized nicotine, flavorants, chemicals, and other harmful particles of e-cigarettes could potentially affect a person's lungs and lead to lung damage.

VAPING MYTHS

MYTH: E-cigarettes are safe.
FACT: E-cigarettes are not currently approved by the FDA as a cessation smoking aid. Although, e-cigarettes may help adults who smoke if used as a complete substitute for all cigarettes and other smoked tobacco products. Dual use is not an effective way to reduce adverse health effects.

MYTH: Vaping helps people quit smoking
FACT: E-cigarettes are not currently approved by the FDA as a cessation smoking aid. Although, e-cigarettes may help adults who smoke if used as a complete substitute for all cigarettes and other smoked tobacco products. Dual use is not an effective way to reduce adverse health effects.

CHEMICALS FOUND IN E-CIGARETTES

- Nicotine
- Carcinogens
- Benzene
- Propylene glycol
- Volatile Organic Chemicals
- Flavoring such as diacetyl, a chemical linked to serious lung disease
- Heavy metals such as nickel, tin, and lead

HEALTH BENEFITS AFTER QUITTING INCLUDE

- 20 minutes= Your heart rate drops to a normal level.
- 12 to 24 hours=Carbon monoxide level in your blood drops to normal and risk of heart attack is significantly reduced.
- 1 to 9 months= Your coughing and shortness of breath decreases.
- 1 year= Your risk of heart disease is reduced by half of a smoker.
- 10 years=Your risk of dying from lung cancer is reduced by half of that of a smoker.

WHAT CAN YOU DO TO LET GO OF TOBACCO?

Take control of your health and don't let Big Tobacco Companies take control of you.

Cessation Resources:
tobaccofreenj.com/quit-smoking