

TRAUMA RESPONSE TEAM

Serving Bergen County, NJ

Program Information

The Trauma Response Team operates a 24/7 Hotline for Bergen County, NJ. We offer response services following a traumatic loss or event to our various community partners.

Services Include:

- Informed Consultation
- On Site Response
- Coping Groups
- Follow Up Support
- Community Education



Immediate Services Line: 551-588-0218



For more information, please e-mail
Jennifer Velten: jenniferkap@careplusnj.org

Traumatic Loss Coalitions for Youth

The Traumatic Loss Coalitions for Youth Program (TLC) at RUTGERS – University Behavioral Health Care is New Jersey’s primary youth suicide prevention program funded by the Department of Children and Families, Children’s System of Care.

The TLC is an interactive, statewide network that offers collaboration and support to professionals working with school-age youth. The dual mission of the TLC is excellence in suicide prevention and trauma response assistance to schools following unfortunate losses due to suicide, homicide, accident, and illness. This is accomplished through county, regional, and statewide conferences, training, consultation, onsite traumatic loss response, and technical assistance. The purpose is to ensure that those working with youth from a variety of disciplines and programs have up-to-date knowledge about mental health issues, suicide prevention, traumatic grief, and resiliency enhancement. Since its inception, the TLC has trained thousands of individuals with the purpose of saving lives and promoting post trauma healing and resiliency for the youth of New Jersey.

The TLC has operated as a county-based collaborative since the year 2000 with a TLC Coordinator in each county. The Coordinators provide meetings throughout the year bringing together school personnel, mental health clinicians, juvenile justice personnel, law enforcement officials, social service agencies, child welfare workers, and many others who work closely with youth. The meetings are effective forums for reviewing traumatic loss events, identifying service needs, and providing professional development through the inclusion of an educational component. The educational speakers are experts in topics related to the needs of youth.

The Traumatic Loss Coalitions for Youth Program has created an expanding statewide network that effectively works to prevent suicide and promote healing and resiliency in the aftermath of traumatic loss.



Traumatic Loss Coalitions for Youth Resource List

Jen Velten, LPC, ACS, CCTP, Bergen County Coordinator: 201.250.6660 (M)
jenniferkap@careplusnj.org

<http://ubhc.rutgers.edu/tlc>
<http://tlc4teens.org>



www.TLC4teens.org



www.2ndfloor.org
888-222-2228



American
Foundation
for Suicide
Prevention

www.afsp.org



855-654-6735



www.thetrevorproject.org



www.sptusa.org



www.translifeline.org
877-565-8860



High stress?
Bad day?
Need to vent?
Text NJ to 741741.

Connect with trained
counselors to help
prevent a crisis.
Free, 24/7 support for people in crisis.
[CRISIS TEXT LINE](http://www.crisistextline.org) crisistextline.org

www.crisistextline.org

Traumatic Loss Coalition For Youth

An overview of Services

Jen Velten MA, LPC, ACS, CCTP, DRCC
Bergen County TLC Coordinator
12/13/22



What Is The TLC?

Since 2000, the TLC has been providing support to communities affected by traumatic events such as homicide and illness; the most difficult being suicide.

Through collaborative funding by NJ Department of Children & Families, Children's System of Care, the Traumatic Loss Coalitions for Youth Program has created an expanding statewide network that effectively works to prevent suicide and promote hope, healing, and resiliency in the aftermath of traumatic loss.

What Is The TLC?

An interactive statewide program

Each county has:

- County coordinator
- Coalition
- Lead Response Team

Central Team that plans programs, provides training, and technical assistance for coordinators

The TLC Mission

The dual mission of the TLC is **excellence in suicide prevention and trauma response assistance to schools** following unfortunate losses due to suicide, homicide, accident, and illness.

Our mission is accomplished through county, regional, and statewide conferences, training, consultation, onsite traumatic loss response, and technical assistance. The purpose is to ensure that those working with youth from a variety of disciplines and programs have up-to-date knowledge about mental health issues, suicide prevention, traumatic grief, and resiliency enhancement.

Who Does The TLC Serve?

Youth serving organizations such as:

- Schools
- Social Service Agencies
- Child welfare Agencies
- Faith-based program personnel
- Others working closely with school-age youth
- Colleges/Universities

What Services Does The TLC Offer?

County coalition meetings for the purpose of networking, disseminating information and reviewing best practices in the areas of mental health, trauma, and suicide prevention.

Suicide Awareness Training for Educators

Assistance in the development of prevention and postvention services for school crisis plans.

Assistance from the TLC's Lead Response Teams (LRTs) following a traumatic loss or other critical incident affecting youth.

What Services Does The TLC Offer?

On a regional and state level:

Regional Suicide Assessment Training for clinicians and counselors in schools, screening centers, behavioral health centers and private practice.

Basic and Advanced Psychological First Aid (PFA) for school crisis teams and community responders to assist in the recovery phase following a traumatic loss caused by suicide, homicide, accident, illness, and natural and man-made disasters.

What Services Does The TLC Offer?

On a regional and state level:

Annual conference featuring current research and best practices in Youth Suicide Prevention.

Annual conference featuring current research and best practices in Trauma and Youth.

TLC Lead Response Teams LRTs

Are made up of school personnel, community members and mental health counselors and clinicians

Are under the leadership of TLC County Coordinator or in the case of several counties the Coordinator and the county's school crisis team leader

Assist schools in the aftermath of a traumatic loss caused by accident, suicide, homicide, illness etc.

Meet regularly with TLC Coordinator to practice skills through table top exercises

TLC Lead Response Teams

LRTs

LRTs can provide crisis response to schools in several ways:

Provision of on-site postvention services as a lead team or in conjunction with a school's crisis team

On-site consultation and supervision with school crisis teams that are conducting the response

Phone consultation with school administration, and crisis team members to strategize a comprehensive postvention response

Care for the Caregivers – Postvention work with school crisis teams following a trauma response to aid in decreasing the effects of compassion fatigue

TLC Coordinator

- ▶ Consultation
- ▶ Assist in identifying response objectives
- ▶ Logistics planning
- ▶ Provide resources
- ▶ Deploys Lead Response Team

TLC Volunteer Lead Responders

- ▶ Psychological First Aid
- ▶ Staff Orientations
- ▶ Classroom Support Meetings
- ▶ Coping with loss groups
- ▶ Parent presentations
- ▶ Debrief for school teams

Psychological First Aid

- evidence-informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism.
- PFA was developed by the National Child Traumatic Stress Network and the National Center for PTSD, with contributions from individuals involved in disaster research and response.
- PFA is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping.
- Based on an understanding that disaster survivors and others affected by such events will experience a broad range of early reactions (e.g., physical, psychological, behavioral, spiritual).

Psychological First Aid: 8 Core Actions

1. **Contact and Engagement:** To respond to contacts initiated by survivors, or to initiate contacts in a non-intrusive, compassionate, and helpful manner.
2. **Safety and Comfort:** To enhance immediate and ongoing safety, and provide physical and emotional comfort.
3. **Stabilization (if needed):** To calm and orient emotionally overwhelmed or disoriented survivors.
4. **Information Gathering on Current Needs and Concerns:** To identify immediate needs and concerns, gather additional information, and tailor Psychological First Aid interventions.
5. **Practical Assistance:** To offer practical help to survivors in addressing immediate needs and concerns.
6. **Connection with Social Supports:** To help establish brief or ongoing contacts with primary support persons and other sources of support, including family members, friends, and community helping resources.
7. **Information on Coping:** To provide information about stress reactions and coping to reduce distress and promote adaptive functioning.
8. **Linkage with Collaborative Services:** To link survivors with available services needed at the time or in the future.