

The Loft

School-based services at
Columbia High School



**family
connections**

WHERE HOPE MEETS POSSIBILITY

What is Family Connections?

- We are a non-profit mental health organization operating throughout Northern NJ
- We provide a plethora of services for all age groups. Some services focused on adolescents include, but are not limited to:
 - Outpatient therapy
 - Psychiatric services
 - School-based services
 - IIC services
 - PRIDE+ (LBTQIA+ centered supportive and counseling services)
 - SHARP (adolescent substance abuse care)
- Learn more about all our available services at:
<https://www.familyconnectionsny.org/what-we-do/>

Program Overview

- We are a grant funded school-based youth services program (SBYSP) available to all current students and free of cost
- We offer recreational services, individual counseling, family counseling, PJD services, peer support groups.
 - All services are confidential
 - We offer free field trips and educational opportunities

Team Members

- Sara Brinkerhoff, Clinician
- Natasha Mora, PJD Specialist
- Warith Jumu'ah, Youth Development Specialist
- Caitlin Braine, Youth Employment Specialist



What we offer at The Loft?

- **Counseling Services:** Individual, Family and Group (Weekly and Drop-In)
- **Positive Prevention:** Workshops and groups on issues important to teens and their families.
- **Employment Assistance:** Job placement and support services.
- **Academic Support:** Collaboration with the ACHIEVE Volunteer Tutoring Program; Weekly Homework Club.
- **Recreation:** Safe space for students during lunch and after school hours with activities, games, & supervised computer and internet access.



Family Connections is a leading New Jersey non-profit with 36 different programs to support children, adults, and families. Far too many people in our communities face serious challenges—from trauma and mental illness to addiction, domestic violence, and child abuse.

Family Connections is here to make sure no one has to face these challenges alone. Across Northern New Jersey, we deliver counseling, social and emotional skills-building, prevention and training initiatives, programs to strengthen family bonding and reunify families, and more. Since 1879, Family Connections has proven that communities thrive when everyone is invested in each other's wellbeing.

Our Vision:

We see a world where no one faces life's challenges alone—where we all have the opportunities, connections, and resources we need to thrive.

Our Mission:

Growth happens here every day. With our counseling, skills-building, training and prevention services, people take control of their own healing and foster connections that make our entire community stronger, safer, and healthier.

Our Core Values:

We strive every day to be: Inclusive | Strengths-based | Relationship-driven | Outcome-oriented | Collaborative

For more information about Family Connections programs, please visit our website www.familyconnectionsnj.org.

Follow us: @familyconnectionsnj



Contact us

Family Connections
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The Loft

AT COLUMBIA HIGH SCHOOL

SCHOOL BASED YOUTH SERVICES
PROGRAM



Funded by N.J. Dept
Of Children and
Families

Counseling Services

- Individual and drop in services
 - Weekly or as needed
 - Family sessions optional
- Referral Sources: Guidance, Administration, CST, Self, Teachers, Parents
- Peer support groups as needed
- Collaborate with school and family to provide comprehensive services
- Counseling referral form:
<https://hipaa.jotform.com/fcit7g395/loft-referral-form>

Anxiety and Adolescents

- General and social anxiety
 - Most students report some experience of anxiety
 - Perfectionism
- Social media and social skills
- Deficits caused by pandemic
 - Repercussions for upperclassmen
- Future planning anxiety
 - Discussing college planning when they have questions, discussing other career options

Contact Us

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- Warith Jumu'ah - YDS
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 - 973-762-5600 x1189
- Natasha Mora - PJD Specialist
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 - 973-762-5600 x1192
- Caitlin Braine - YES
 - cbraine@somsd.k12.nj.us
 - 973-762-5600 x1190

Links and PDFs

- FC programs
 - <https://www.familyconnectionsny.org/what-we-do/>
- Loft Consent Form (for program)
 - <https://form.jotform.com/fcit7g395/the-loft-consent-form>
- Loft Referral Form (for clinical services)
 - <https://hipaa.jotform.com/fcit7g395/loft-referral-form>