



OUT OF THE ASHES CAME HOPE

# CLARION

Serving The People Of The New Community Network

## Family Service Bureau

### Working To Prevent School Shootings

**F**amily Service Bureau of Newark is concerned with the increase in the number of school shootings occurring. Talking about it and preventing it in our area is crucial. In the United States in 2018, as per CNN, “there have already been 22 school shootings where someone was hurt or killed. That averages out to more than one shooting a week.” (“There has been, on average, 1 school shooting every week this year,” CNN, 5/18/18)

We have several concerns going on with our youth and one of our main goals is to prevent, educate and inform our youth and young adults on the need to avoid certain things in order to be successful and offer alternative solutions to help them have positive outcomes in their future. Living in the area we are located, we worry about several different health care crises such as opioid epidemic, trauma histories, domestic violence, poverty, mental health, bullying, harassment, gang violence, etc. Rutgers University recently put out an article which helps shed some light on helping us understand the difference between “mass” and “street” shootings, titled Risk Factors for Youth Violence: Youth Violence Commission, International Society for Research on Aggression (ISRA). It’s available for download at <http://youthviolence.rutgers.edu/gunviolencerisk/>.

A dialogue between the media; county, local and state governments; teachers; schools; communities; parents; and their children can be created to discuss topics related to school shootings. Additionally, referring children for mental health counseling that includes effective treatment in anger management, self-regulation, self-esteem and several other techniques will help change the person’s coping skills and strategies to understand and see hope for their future.

Mentoring, strong role models and support is essential to help our youth be successful. Also, talking about it and educating the youth is a very essential piece, as well as the debriefing aspect of this epidemic. Likewise, increasing the awareness and availability of mental health counseling may be able to reduce the frequency and number of school shootings. As a community we need to develop safety strategies and educate the schools, communities and all citizens and break the stigma that exists.

At the Family Service Bureau, we offer several different individualized treatments for our youth, adults and families. We offer several different individualized counseling options: groups as well as Intensive Outpatient Programming for Substance Use Disorders. We work with the schools, community and individuals who need our assistance and the goal is to have our clients have a healthy outcome and be able to cope with the changes in our community.

Feel free to contact us if you will like to learn more. The phone number for our Newark office is 973-412-2056. The phone number for our Kearny office is 201-246-8077.