

## Family Service Bureau

### Family Crisis Intervention Unit Helps Youth And Families

**T**he Family Crisis Intervention Unit (FCIU) handles cases in which the behavior of a juvenile under the age of 18, their parent, guardian or other family member constitutes a behavioral issue, a threat or conflict with that juvenile. Examples of some cases have involved parent/child conflict, conflict within the home setting, mental health or behavioral issues, as well as patterns of unauthorized absences from the school. FCIU services consist of eight counseling sessions including the initial assessment, which is free of cost to the youth and their family. The goal during this time is to help the individual and/or family gain insight into their behavior through skill-building and reinforcement of positive behaviors both in and out of counseling.

February was National Teen Dating Violence Awareness and Prevention Month, and Family Service Bureau took this time to inform juveniles about the importance of engaging in healthy relationships. According to the Centers for Disease Control and Prevention 2018, dating violence can have a negative effect on health throughout life. Victims of teen dating violence are more likely to experience symptoms of depression and anxiety. They might also engage in unhealthy behaviors, such as using tobacco, drugs and alcohol. Teens who are victims in high school are at higher risk for victimization during college. (Teen Dating Violence. (2016, February 03). Retrieved February 01, 2017, from <https://www.cdc.gov/Features/DatingViolence/>)

Because of information such as this, Family Service Bureau is currently engaged with 12 Newark Public Schools from the Central, West, North and East wards to provide in-school counseling. Services within the schools differ from individual counseling to groups with youth that may be dealing with similar behavioral or mental health issues. As the 2018-2019 school year progresses, each learning facility has begun to tailor counseling services to the needs and demands of their students.

We are currently in the process of working with a school that would like to engage their athletic teams in anger management and team skill building groups. We continuously encourage each school to think outside the box with different ways in which the school district and Family Service Bureau can assist the youth of Newark together. In 2018, FCIU helped 274 youth/families in the city of Newark through brief crisis counseling and we expect that number to grow in 2019.

If you are seeking mental health services for a youth who may be in need, please do not hesitate to contact Family Service Bureau of Newark for more information. The phone number is 973-412-2056.