



Meeting Agenda Monday, December 4, 2023  
5:30 PM

## **I. WELCOME**

### **Attendance**

**Marissa Watters**

**Jen Charnow**

**Jennifer Zimmerman**

**Erin Rudolph**

**John Michaud**

**Dan Kristan- River Vale PD**

**Christine Pollinger**

**Brodsky**

**Brian Lamendola**

**Elizabeth McIntyre**

**Rachel Weil, LPC**

**Mason Herzog**

**Ronnie Silver**

**Frank Mattiace**

**Kaitlyn Verde**

**Christie Rossig**

**Sheena Smith**

**Stephanie Huang**

**Jackson Cianciulli**

**Debra Walker**

**Dan Viallarroel- New Pathway Counseling**

## **II. Law Enforcement Updates**

### **Police updates**

**River Vale- Detective Dan Kristan**

Since the last meeting, there has been a slight increase in the amount of bias crime. Against targeted demographics. Issue was able to be identified and addressed immediately.

Working to navigate juvenile activities with the school.

Community Event where Senior Scams were spoken about in Hillsdale- there has been a large uptick throughout communities.

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Junior Police Academy will be geared towards 7th/8th graders in January/February.

Woodcliff Lake-

Montvale- Brian Lamendola

Seeing an uptick in bias incidents in both adults and juveniles.

Citizens vs. citizens, juveniles, etc. In communication with the prosecutor's office and trying to maintain appropriate communication.

Station House Adjustments- in lieu of criminal charges; broke a bus shelter, and two issues of shoplifting .

Montvale Junior Police Academy finished up- September-November. 16 recruits graduated during the 10-week program.

Info sessions for Seniors hosted as well; targeting scamming going around for the elderly (gift cards, sending money, etc.)

Hillsdale -

#### **IV. PVRSD Representatives**

Student Climate Report

Kaitlyn Verde- Pasack Hills

A strong sense of community throughout the halls.

PH participated in District- Wide community day with a variety of activities across classrooms to get to know each other better.

PH Cares participated in Out of the Darkness Walk- over \$1,200 raised.

Fall sports finished on a high note with great turnout- looking forward to a good winter sports season.

8th grade orientation was successful.

Project Paterson is kicking off their annual Toy Drive.

Mason Herzog- Pascack Valley

Outstanding Fall Sports Performances. Performances are a source of pride throughout the PV Community.

Winter Sports are getting started for the upcoming season.

Valley Cup was enjoyed by the entire student body with spirit remaining high.

Pascack Valley High School

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AP Alison Petaccia

SAC Christie Rossig

The Prosecutor's Office came in to speak to Sophomores and Seniors to speak about the Fentanyl crisis; also shared at faculty meetings as well.

HIB includes some bias incidents that included police. Working to ensure that everyone is feeling safe in school and looking to see what programs we are able to implement to encourage shared community and reduce incidents.

Vice Principals part of a Round Robin in Glen Rock the other week; looking into discussing the pros/cons of having vape detectors in the bathrooms.

Pascack Hills High School -

AP Christine Pollinger

Kaitlyn sums up Pascack Hills so nicely; to echo what Christie talked about, we are actively planning for Our Beloved Community Day in January.

Students will have opportunities to participate as well.

The fall drama was a success; addressed some LGBTQ issues and was well-received. The theater program always remains so professional.

SAC Jennifer Zimmermann

Michelle Gaeta, PH Math Teacher

PVRSD Middle Schools

Jackson Cianciulli Woodcliff Lake Middle School

Second Trimester started today.

Gratitude Project was done before Thanksgiving.

Gearing up for a day of service in January.

Planning career day with 15-20 professionals.

Only one HIB since the last meeting; a common theme is that words are being said in jest, but can truly impact those who they are said to.

Debra Walker- Fieldston Middle School

A New Counselor has joined FMS this year.

World Kindness Day- students wrote letters of gratitude to peers and teachers.

Unfortunately a tremendous amount of bias-related language has been investigated. Looking to heighten awareness of words being chosen.

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Planning annual Upstander week in February to bring more of a sense of belonging to our community, heightening awareness about suicide prevention.

Focus on working on threat assessments and crisis management teams.

Piloting a conflict resolution group targeted specifically for 6th grade boys.

Erin Rudolph- Holdrum Middle School

## **V. COMMUNITY AND PROVIDER CORNER**

Member updates on new programming or services.

Municipal Leaders, Parent Faculty Reps, Faith-Based Reps/Business Leaders.

John Michaud Aspire Counseling 973-997-5354

Pompton Lakes NJ

Adolescent PHP/IOP/Outpatient Facility

Substance abuse and education; a wide array of ancillary services.

All insurances accepted and Medicaid providers.

Provide Transportation from Bergen County

Sheena Smith from Guardian Recovery Network . LPC and Clinical Outreach .  
917-640-9075

Clinical Outreach and part of the business development team.

Montvale Location will be a detox and substance abuse program.

Frank Mattiace-

Guardian and New Pathway Counseling have merged- Dedicated the entire Pine Brook location will be at an Adolescent Treatment Facility and Program- Including SoarFit, educational, and mental health education. Includes detox to out-patient services, family programs, and individual therapy.

Provide a Virtual and In-Person IOP option.

Open House information on MLK day.

Dan Villarroel, Clinical Director, New Pathway Counseling, Adolescent PHP Substance Abuse Primary, also Co-Occurring. Part of Guardian Recovery Network. We have a virtual IOP program 3x weekly in addition to Guardian Recovery Montville Adolescent Center for detox and rehab. My office line: 201-436-1022

Rachel Weil- Care Plus, NJ

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Community Mental Health Facility- 80+ different programs.  
Social Skills group is offered 3x a year- winter is kicking off. 8 week course ages 7-16.  
Houses Children Mobile unit; 2,235 youth have been served thus far.  
Youth who have experienced stress or trauma are eligible.  
GTEP: Ashley Morolla--ashleym@careplusnj.org

## VI. Upcoming Events

*PHHS PFA Parent Academy Presents: Tips & Techniques for your Teen's Mental Health  
A three-part series to help better understand your options*

**TIPS & TECHNIQUES FOR YOUR TEEN'S MENTAL HEALTH**  
**A THREE-PART SERIES TO HELP BETTER UNDERSTAND YOUR OPTIONS**

SESSION 1: BEHAVIORAL APPROACHES TO MENTAL HEALTH  
DECEMBER 5TH, 2023 @7PM  
VIA ZOOM

DID YOU KNOW THE MOST COMPLEX PART OF US IS OUR MENTAL HEALTH? IT'S INVISIBLE, EASILY MASKED AND APPEARS WITH MANY DIFFERENT FACES. DURING THIS PRESENTATION, SPEAKER TANVI MATHW, MS, LPC, THROUGH THE PRACTICE OF SIMPLE COGNITIVE BEHAVIORAL TECHNIQUES, WILL TEACH HOW TO BETTER COMMUNICATE WITH AND RECOGNIZE YOUR CHILD'S BEHAVIORAL PATTERNS IN ORDER TO HELP THEM MANAGE THEIR MENTAL HEALTH AS WELL AS SUPPORTING THEM THROUGH DIFFICULT TIMES.

SESSION 2: HOLISTIC APPROACHES TO MENTAL HEALTH  
JANUARY 9TH, 2024 @7PM

SESSION 3: MEDICATION OPTIONS FOR YOU AND YOUR CHILD  
TBA

TO REGISTER PLEASE CLICK HERE:

**Tips & Techniques for your Teen's Mental Health**  
A three-part series to help better understand your options

Session 2 : Holistic Approaches to Mental Health  
January 9, 2024 @7pm Via Zoom

Speakers Dr. Kelly Blundy, Dr. Nicole Anderson and Karen Overguard

In recent years, there has been a growing movement towards holistic approaches to mental health, recognizing that true well-being, requires considering all aspects of our health, which are physical, emotional and spiritual. Yet too often, we focus on just one aspect, such as therapy or medication and neglect the others, leaving ourselves vulnerable to future problems.

During this presentation, we will explore three key areas of holistic mental health: nutrition, gut health, and mindfulness. By addressing all three, you can create a complete integrated approach to your mental health that will support you for years to come.

For Speaker Information and to Register Please Click Here:

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**Session 1 : Cognitive Behavioral Approaches to Mental Health**

Speaker Tanvi Mathew, MS, LPC

**December 5th, 2023 @7pm PHHS Media Center**

Learn concrete behavioral tools we can use at home with our children to help them cope with a series of mental health issues.

**Session 2 : Holistic Approaches to Mental Health**

Speakers Dr. Kelly Blundy, Dr. Nicole Anderson and Karen Overguard

**January 9, 2024 @7pm PHHS Media Center:**

True well-being, requires considering all aspects of our health. During this session we will explore three key areas of holistic mental health: nutrition, gut health, and mindfulness.

**Session 3 : Medication Options for You and Your Child**

**Date to be announced @7pm PHHS Media Center**

This session will focus on medication treatment options.

Together, we will dispel the myths and lose the “stigma” surrounding the use of psychiatric medications.

It will tie together what we’ve learned in the previous sessions about cognitive behavioral and holistic treatments and open the door to explore the many medication options available today.

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