



Meeting Agenda Monday, February 5, 2024
5:30 PM

I. WELCOME

Attendance

Jennifer Zimmermann

Jennifer Charnow

Marissa Watters

John Michaud

Christine Pollinger

Lisa Centeno

Ronnie Silver

Detective Dan Kristian-River Vale PD

Heather Greulich

J Brodsky

Lily Plechner

Tracy Mattiace

Brian Lamendola- Montvale PD

Mason Herzog

Cassandra Colaizzi

Frank Mattiace

Erin Rudolph

Aly Pettacia

Jamie Arlia

Stephanie Huang

Dara W

Beth McIntyre

II. Law Enforcement Updates

Police updates

River Vale- Dan Kristian

Junior Police Academy started for 8th graders.

Swat team, DUI Presentation, helicopter landing, CPR Certification, etc. is planned for students to enjoy.

A rise in bias incidents continue to occur both in River Vale and county-wide.

Serving the Pascack Valley Region
Hillsdale, Montvale, River Vale & Woodcliff Lake
225 West Grand Ave, Montvale, NJ 07645
201.358.7020 x 2008 info@hillsvalleycoalition.org



Students largely unaware of what they are doing; looking to educate moving forward for middle and high school students. This presentation is approved by the Bergen County Prosecutor's office.

Woodcliff Lake-

Montvale- Brian Lamendola

Juvenile Activity has slowed

DARE and LEAD Programs had a snow tube with four towns; portion of our proceeds went to a local family who lost their daughter before Christmas (~\$2,000 was raised)

Brian going to follow up with training from the Bergen County Prosecutor's Office.

Meeting with Pascack Hills High School and the Make Our Schools Safe club to collaborate and help in the school.

Bowl with a Cop for Special Olympics- Sunday April 7.

Hillsdale -

IV. PVRSD Representatives

Student Climate Report

Mason Herzog- Pascack Valley

Students completed midterms 1-23-26.

College Decision Announcements are rolling in- everyone is excited to see where they are committing!

Winter athletics are in full swing.

Swim and Winter Track are mid season.

Wrestling team beat Pascack Hills on Friday.

Hills-Valley Basketball game is 2/12.

Looking forward to upcoming Junior and Senior Proms (March 27 and June 5.)

Spirit continues to run high.

Lily Plechner - Pascack Hills PH Cares rep

PH Cares dedicated to Mental Health and Wellness

Out of the Darkness walk raised over \$1,000.

Serving the Pascack Valley Region
Hillsdale, Montvale, River Vale & Woodcliff Lake
225 West Grand Ave, Montvale, NJ 07645
201.358.7020 x 2008 info@hillsvalleycoalition.org



Designed and sold two shirts this year.

As we move into February, promoting self-love and caring, PS I love You and Random Acts of Kindness day.

Pascack Valley High School

AP Alison Petaccia

Wellness Center and Guidance Department are implementing the signs of suicide for all health classes. Prior to implementation, students and parents at risk were spoken to. The Wellness Center pushed into 12th grade health classes to talk about grief and loss.

Students met for class meetings at the end of midterms. We used the time to discuss the college process. Girls had self-defense class, boys ran through Traffic Stop Scenarios with the SLEO's.

Uptick in Student going into the second half of the school year; continuing to work on having healthy relationships and moving through conflicts.

Pascack Hills High School

AP Christine Pollinger (presenting on behalf of Kaitlyn Verde)

Midterms are complete.

In December, Hills participated in Project Paterson Toy Drive- 1,902 toys were distributed on Christmas Eve.

Hills Music Department performed their Winter concert and traveled to Disney for the first time in 6 years.

Spirit week was successful.

Beloved Community Day- second Annual. Over 20 service opportunities were participated in by students, staff, and community members.

Club Activities have been in full swing; TAC is currently raising money for a world with more birthdays, NHS is participating in the National Heart Challenge.

January brought Peace Week with information about various conflicts throughout the world.

Mr. Pascack Hills was last week; A visit from the New Jersey Teacher of the Year was held.

Nurtured Heart Initiative continues; has been rolled out to staff and the school the community will continue to be educated.

Anonymous Mental Health Chat Line available district wide-

Serving the Pascack Valley Region
Hillsdale, Montvale, River Vale & Woodcliff Lake
225 West Grand Ave, Montvale, NJ 07645
201.358.7020 x 2008 info@hillsvalleycoalition.org



Students and staff can access this support by:

- Calling or texting: **201-817-1809**
- [WebChat by clicking this link](#)
- **In an emergency, please call 911 or go to your nearest crisis center or emergency department.**

SAC Jennifer Zimmermann

High School Students went to Middle Schools to discuss service and club opportunities.

Teen Dating Healthy and unhealthy relationships beginning in health classes this week as Teen Dating Violence Awareness Month is in February.

March is National Drug and Alcohol Fact Week- AIR will be coming into health classes to share information with current students.

PVRSD Middle Schools

Erin Rudolph- Holdrum Middle School

Focus is on Kindness week next week; spirit week, will include a number of other activities.

Beth McIntyre - Woodcliff Lake Middle School

Day of Service with various activities.

Basketball season is wrapping up; student-faculty basketball teams are coming up as well.

Police came to speak to 8th graders regarding safety and substance abuse and cyber safety.

Students are working on Matilda as the school musical.

V. COMMUNITY AND PROVIDER CORNER

Member updates on new programming or services.

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

Frank Mattiace, New Pathway: On February 7, if anyone would like to join our presentation for breakfast tomorrow 321 changebridge road, Pinebrook, begins at 8:30.

Jamie Arlia- Care Plus

Children's Mobile- 24/7 Crisis Access

Serving the Pascack Valley Region
Hillsdale, Montvale, River Vale & Woodcliff Lake
225 West Grand Ave, Montvale, NJ 07645
201.358.7020 x 2008 info@hillsvalleycoalition.org



Continuing Outpatient and Psychiatry

Lisa Centeno- Care Plus

lisac@careplusnj.org

Relaunching Substance Abuse Services at Care Plus for Teens and Adults.

The CLIMB- Courage, Love, Insight, Motivation, and Belief.

The C.L.I.M.B Program ---973-363-2080

What makes this program different is that there is a treatment menu concept, teens will meet with individual counselors and be able to pick different topics, and dates and times, to fit into their schedule.

Transportation will be offered. Program is M/Th 4-6, and individual sessions.

Open House on 2/21- 11:30-2 PM. Overview of the Program and Meet the Team at 610 Valley Health Plaza Way.

Cassandra Colaizzi- Bergen County Prevention Coalition Coordinator at CFDAR in Fairlawn.

Relaunching CHAT_ Creating Healthy Attitudes in Teens. Parent Program available for those that take it in the office. CHAT program: ccolaizzi@cafsnj.org

Aspire Counseling- John Michaud

Heather Greulich- Executive Director at Aspire Counseling.

Empowerment for Teens Group

Anger Management for Teens Group- both beginning in March.

New Initiatives; inpatient, outpatient, more co-occurring issues being seen; more co-occurring clinicians are available.

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*

Session 3: Medication Options for You and Your Child

March 19 @7pm via ZOOM

Serving the Pascack Valley Region
Hillsdale, Montvale, River Vale & Woodcliff Lake
225 West Grand Ave, Montvale, NJ 07645
201.358.7020 x 2008 info@hillsvalleycoalition.org



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 exploring the many medication options available today.

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

SESSION 3: MEDICATION OPTIONS FOR YOU AND YOUR CHILD
MARCH, 2024 @7PM
VIA ZOOM



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.

 TO REGISTER PLEASE 
CLICK HERE:

Serving the Pascack Valley Region
Hillsdale, Montvale, River Vale & Woodcliff Lake
225 West Grand Ave, Montvale, NJ 07645
201.358.7020 x 2008 info@hillsvalleycoalition.org



Parallel Parent Programming on ~May 15- TBD and more information will be available as the program nears.

Serving the Pascack Valley Region
Hillsdale, Montvale, River Vale & Woodcliff Lake
225 West Grand Ave, Montvale, NJ 07645
201.358.7020 x 2008 info@hillsvalleycoalition.org