

Mental Health Initiative Mid-Year Highlights

Asbury Park

Launched 5 food justice workshops, a youth-led mural, and journaling circles to build connection among neurodiverse youth and New American families. A community fridge launching in June will nourish 100+ residents weekly, blending wellness and dignity.



2



Cranbury

Delivering Teen Mental Health First Aid to 100+ sophomores at Princeton High School. Each student participates in 6 sessions, completing pre/post surveys and certification to strengthen peer support.

3



City of Elizabeth

Connected residents to 6 months of free virtual therapy via Talkspace—over \$7,000 in covered sessions. Also hosting monthly support groups on topics like grief, guilt, and digital burnout, creating space for reflective and inclusive community healing.

4



City of Plainfield

Offered 7 expressive wellness events from candle-making to a citywide flag raising designed to reduce stigma through creativity and movement. Students at the flag raising event chanted together “My mental health matters.”

5



City of Perth Amboy

Launched a bilingual mental health campaign with monthly community workshops, on-going outreach and citywide resource distribution. A Stigma-Free Resolution reinforced civic leadership’s commitment to reducing stigma and promoting wellness.

6



Fairview

Hosted a community “Fun Day” where families accessed bilingual mental health and intimate partner violence resources.

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Livingston

Trained 8 community leaders in MHFA. Seniors participated in tech and wellness workshops, while students explored the impact of digital stress.



Paterson

Expanding their 2023–2024 grant efforts by deepening bilingual outreach and continuing a trusted Mental Health Ambassador program. New trauma-informed materials and developing partnerships focus on meeting residents where they are.

West Orange

Collected feedback from older adults to guide their programming. Held 4 support groups with many reporting emotional growth and belonging. One participant shared: “This session made me feel seen. Sometimes I feel invisible, but here I felt like I mattered.”



Wildwood Crest

Engaged nearly 200 participants in mindfulness-based wellness. Adults joined yoga and aromatherapy workshops, while children enrolled in “Fit Kids.” Participants reported improved mood, confidence, and a greater sense of calm: “It helps me feel better after a stressful day.”

Woodlynne

Created new access points through public workshops, screenings, and bilingual outreach. Mental health and substance use awareness events reached 40 residents with 25 screened, and 5 referred to care. Surveys showed a 45% gain in knowledge and reduced stigma—one teen said, “For the first time, I didn’t feel invisible.”

