

## News & Notes

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### **HFC hosts Community Listening Sessions with Anti-Poverty Network**

Just try Google search "racism" and numerous articles and controversial topics controversial articles pop up one after another. Some of the most fueled conversational news topics have included: Trayvon Martin, Ferguson, Missouri, and Michael Brown.

Earlier this month Hispanic Family Center teamed up with the Anti-Poverty Network of New Jersey (APN) recently to host a Community Listening Session. The topic at hand was, "*How does racism affect you?*" Members from across the community from various walks of life joined together to share their own story on how structural racism can limit access to opportunity.

What is structural racism? Serena Rice, Executive Director of the Anti-Poverty Network of New Jersey broke it down in the simple terms of "an uneven or unequal playing field." The conversation was real and the dialogue was honest about how racism exists in the world we live in. Some of the many examples that were spoken about included health, employment, and education.

APN has hosted several Community Listening Sessions across the state and will be gathering data and information together in the coming months for a report that is anticipated to be released next year.

We thank Serena Rice for coming and listing to our stories in Camden!

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### **Volunteer Appreciation**

Since June 2015, Hispanic Family Center has had eight student intern volunteers in its midst. Similar to the world we live in, these volunteers came from diverse walks of life. Some of them are students at local high schools, universities or heading off to college this fall (representing schools from across New Jersey, Pennsylvania and New York including: Rowan, Rutgers, Columbia, and Temple). In just a few short months, these seven volunteers have provided a total of 763 hours of service. This equates to driving from Camden, New Jersey to Hollywood Boulevard in Los Angeles California more than 18 times!



During their time with us students participated in a variety of activities including: volunteering at the Family Success Centers; delivering workshops; helping to conduct outreach for the asthma prevention program; accompanying victims of domestic violence to court proceedings; organizing summer youth activities; cultivating community gardening efforts; and mentoring other youth.

Mahatma Gandhi once said, *"the best way to find yourself is to lose yourself in the service of others."* Each of their experiences were memorable! Here's just a few examples of the thoughtful insights students had to say upon reflection of their experience:

*"I gained leadership skills"...while enhancing my problem solving and communication skills. "Gaining these skills has given me the self-confidence to be able to accept and learn from criticism; as well as learn how to work under pressure and act like a team player with a positive attitude!"*

*"...The Center made me feel like family. This experience has taught me the real definition of customer service and that is helping someone out of the kindness of your heart and (not expecting anything) in return."*

*"As a person I've grown...I've gained new friends that are different than I am which (has) helped open my horizon."*

*"I enjoyed my experience at HFC. It had a positive impact on me...and has further validated my passion for community service."*

We thank each of you for your commitment to making a difference and we wish you the best in your journey!

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## **Creating a "Culture of Health"**

On May 7, 2015 HFC participated in Camden Culture of Health Forum hosted by the Robert Wood Johnson Foundation (RWJF) at the Salvation Army Joan & Ray Kroc Center in Camden. The forum included a list of distinguished speakers from organizations across the city who are committed to building a Culture of Health.

The RWJF Foundation debuted their vision to build a Culture of Health nationally, and in our home state of New Jersey, last June. Now they are engaging communities throughout New Jersey to help reach this goal and share how work is already being done locally through various forums.

HFC's Executive Director Elsa Candelario shared about how HFC makes an impact on the Culture of Health in Camden. Her remarks not only touched on the work HFC does, but why our work at HFC continues to be important.

*"In 1735, Ben Franklin said 'An ounce of prevention is worth a pound of cure' in an attempt to convince Philadelphians that an investment in firefighting was worth the alternative. A year later, Philadelphia had its first fire company.*

*In Camden, for the roughly 50% of the City's population that is Latino, a pound of cure is elusive for so many reasons from language barriers to lack of health insurance to institutional reasons and the list goes on.*

*For 40 years, Hispanic Family Center of Southern New Jersey has been the ounce of prevention..."*

You can read Elsa's complete remarks from this event by clicking [HERE](#).

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## **HFC Partners with AccessMatters & Congreso on Federal HIV Prevention Grant**

In July, the Centers for Disease Control and Prevention announced ninety-seven grantee projects that were funded for comprehensive high-impact HIV prevention. HFC is a partner under one of those funded projects through a unique collaboration with Philadelphia based AccessMatters and Congreso de Latinos Unido. This partnership is the only one of its kind, in that it crosses state lines and is operated by a community based organizations.

The five-year project, aims to reach African American men and Latino men, including men who have sex with men (MSM), high-risk heterosexual men, and their sex partners in both Philadelphia and Camden, New Jersey. Efforts will include: prevention, counseling, testing, as well as referrals and linkages to care.

To read the full release please click [HERE](#).

We look forward to working together on this initiative and moving the project forward through implementation!

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## **HFC'S Annual Health Fair & Community Fun Day**

On Friday, June 12, 2015 the Hispanic Family Center of Southern New Jersey, Inc. (HFC) hosted its annual Health Fair and Community Fun Day. In partnership with La Parada San Juan Bautista's celebration of culture and tradition, this impactful event provided families from the community with education, health-related information, free health testing opportunities (including HIV testing, glucose, blood pressure, and cholesterol screenings). Families discovered services within the community that can help them lead healthier lives. Over 425 adults and children attended the event and 75 health related screenings were conducted.



**NBC10** and **Telemundo** highlighted the day's events in their news coverage. Clips can be viewed by clicking [HERE](#).

### **-Our Sponsors-**

We want to take the opportunity to once again thank our sponsors for their support - Virtua our Platinum level sponsor; Camden Healthy Start & La Mega (Gold), and Cooper University Health Care, Archer & Greiner, P.C., David Szerlip and Arthur J. Gallagher,

the Wawa Foundation and Capehardt & Scatchard Attorneys at Law (Silver); and lastly Stringari & Stringari Certified Public Accountant, Delaware Benefit Advisors, LLC.,



## IMPACT REPORT

For nearly 40 years, Hispanic Family Center of Southern New Jersey, Inc. (HFC) has served as a flagship social service organization providing wrap-around services to help individuals and families succeed! Meaningful behavior changes, improved health and wellness, and further economic stability improve the lives of those those we serve.

The following offer just a small glimpse of HFC's **IMPACT** over the past year:

### Prevention (L.U.C.E.S. HIV & Asthma)

The L.U.C.E.S program has two program components: SISTA and Healthy Relationships. SISTA provides HIV prevention and awareness to Latinas, ages 18-29. Through Healthy Relationships, we offer services to people living with HIV/AIDS (PLWH) - providing them with education so they are able to take care of themselves and their medical needs, in order to stop the spread of the virus.

- 100% of participants L.U.C.E.S. HIV program components who were sexually active reported they would begin using condoms with sexual partners, or increase condom use
- 100% of children *successfully reduced* the number of asthma related emergency department visits and subsequently improved their school attendance as a result of their involvement in the program
- 98% of parent/guardian participants improved their knowledge of environmental triggers that can impact asthma attacks and 100% *felt more confident* about controlling their child's asthma after participating in educational workshops

### Education (ESL/Civics)

HFC is a partner under the Camden County Adult Basic Skills Education Consortium. The two program components offered include 1-ESL that will enhance employment and civic engagement and 2-Civics focused English language instruction to help new Americans obtain their citizenship while improving their English language skills.

- 87% of students were retained and post-tested after 60+ hours of instruction in the past year
- 41% of students increased at least one instructional level from their initial enrollment

### Employment (Job Placement)

HFC offers job placement services to help unemployed or under employed individuals living in low-moderate income communities to gain employment, stay employed, and continue to gain experience so that they can achieve enhanced employment and opportunities in the future.

- 42% of consumers *obtained employment*
- 88% of consumers *retained* employment after 4 months

**How can you be a part of HFC's IMPACT?** You can choose to invest financial resources by visiting our website [HERE](#). Or if you are interested in volunteering your time or skills at HFC - please contact the Director of Development & Marketing, via email [Amber Oakley](mailto:Amber.Oakley) or at (856) 541-6985.





## HFC Awarded \$249,333 Grant for Substance Abuse Prevention Programming

Hispanic Family Center of Southern New Jersey, Inc. (HFC) has been selected as a *premier* provider of substance abuse prevention services for Camden County. Earlier this year the organization received a \$244,333 grant from the New Jersey Department of Human Services, Division of Mental Health and Addiction Services (DMHAS). HFC's program provides *LifeSkills* Training Education to third, fourth and fifth grade students - with a focus on Underage Drinking and Illegal Substances.

It is unfortunate, but the accessibility alcohol and drugs in today's society tempt youth to initiate, use and abuse substances - at earlier ages. The 2012 New Jersey Middle School Risk and Protective Factors Survey data shows that alcohol is the drug most often used by adolescents and Camden County has the second highest prevalence rate of all of New Jersey's twenty-one counties. Likewise, the county has the second highest cocaine; and third highest ecstasy and heroin prevalence among New Jersey's twenty-one counties.

*LifeSkills* teaches the skill sets necessary for youth to make positive decisions for themselves when faced with risk factors that facilitate substance use. The curriculum helps to increase students' self-esteem, development of healthy attitudes, and improvement of essential life skills - all of which promote healthy and positive personal development. In addition, the program's effectiveness has been shown to effectively reduce alcohol and drug use.

With this funding, HFC has been able to expand this *free* program to schools, community based programs, camps and other partners across Camden County. If you are interested in partnering with us to effectively arm students with the knowledge and skills needed to combat these challenges or host a community forum, please contact [Susan Macios](#), Program Director of the Family Counseling Clinic or call (856) 365-7393.

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## My East Camden Receives Smart Growth Award

At New Jersey Future's 2015 annual Smart Growth Awards which celebrates leadership among planning and development in the state. My East Camden partners St. Joseph's Carpenter Society, Cooper's Ferry Partnership and the Regional Plan Association won a Smart Growth Award for their collaborative efforts in the development of the My East Camden Neighborhood Plan. ***Congratulations!!***

HFC served on the "My East Camden" Steering Committee and is offering job training and employment placement services as a part of the revitalization plan. to view photos from the event please visit our website [HERE](#).

The Wells Fargo Regional Foundation and NeighborWorks funded this effort, along with NRTC Investments from Campbell Soup Company, Horizon Healthcare Services, NJ American Water, NJ Casualty Insurance Group, Public Service Enterprise Group, and Wells Fargo Bank.

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## HFC collaborates with Camden City School Nurses

In December of 2014, HFC held a professional development day with the Camden School Nurses in partnership with New Jersey Health Initiatives (NJHI) and the Pediatric/Adult Asthma Coalition of New Jersey (PACNJ). The training provided a broad scope of pediatric asthma and its effect in the community, along with resources that can help schools, students, and families.

As a result of the training, the Camden School Nurses and HFC (as their community partner) submitted a joint application to Johnson and Johnson School Health Leadership Program. The application was accepted and the team attended a week long training in July 2015.

The Johnson & Johnson School Health Leadership Program is a nationally recognized fellowship which empowers teams of school nurses and their school and community partners with skills and knowledge to become public health leaders in their local communities. Since 1988, the Johnson & Johnson School Health Leadership Institute has had over 700 school nurses from around the world participate in this program. This nationally recognized fellowship program includes curriculum and opportunities designed to empower school nurses and their community/administrative partners to become leaders within their community's educational and health services teams to improve student health practices.

We are thrilled to continue our partnership with the Camden School Nurses and look forward to working closely together to change and improve the health of students and our community!

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## **"Visible, Vocal, Valuable" - September is National Recovery Month**

Recovery is *"a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."*  
-Substance Abuse and Mental Health Services Administration (SAMHSA)

The month of September serves as a month long national observance that seeks to increase the awareness and celebrate the success of those in recovery. This tradition which began in 1989, seeks to spread the message that behavioral health is essential to health; prevention works; treatment is effective and people can recover.

National and statewide statistics related to substance use and mental health clearly identify the prevalence in our society today. According to SAMHSA:

\*Among adults aged 18 or older, 43.8 million (18.5 percent of adults) had any mental illness in the past year, however less than half (44.7%) received mental health services in the past year. [\(1\)](#)

In New Jersey, 64.9% of individuals 18 years or older with any mental illness (2009-2013) did not receive treatment. [\(2\)](#)

\*Among people aged 12 or older, 21.6 million people (8.2 percent of this population) were classified with substance dependence or abuse in the past year. [\(1\)](#)

In New Jersey, about 170,000 individuals age 12 or older were dependent on or abused illicit drugs within the year prior to being surveyed. [\(2\)](#)

\*It is estimated that by 2020, mental and substance use disorders will surpass all physical diseases as a major cause of disability worldwide. [\(1\)](#)

SAMHSA identifies four pillars that provide a foundation to recovery: 1:health-managing an individual's disease and symptoms with decisions that support an individual's wellness; 2: home-ensuring that there is a stable and safe place to live; 3: a clear purpose-a chosen value role, whether it be employment, schools, creativity, or volunteering that offer independence (including income and resources to participate); and 4: community: personal relationships and networks that provide support.

Recovery is possible! Believe it! There are many options and paths to recovery and whichever one is chosen it is important to include a combination of both treatment and

recovery services.

HFC is focused on wellness and recovery - offering bilingual services to individuals for both mental health and substance use disorders. Hispanic Family Center offers a diverse array of services to help people achieve recovery, including: outpatient mental health- including individual, group and family counseling; a Partial Care Mental Health Program; in home mental health case management services (available to Camden County seniors and those who are disabled); as well as outpatient addictions services.

The 2015 Recovery Month theme, "Join the Voices for Recovery: Visible, Vocal, Valuable!" highlights the value of peer support by educating, mentoring, and helping others. It invites individuals in recovery and their support systems to be catalysts and active change agents in communities, and in civic and advocacy engagements. We hope that you will join us in raising awareness that recovery is possible! For more information on Recovery Month click [HERE](#).

For more information on the services HFC offers, visit the organization's website at: [www.hispanicfamilycenter.com](http://www.hispanicfamilycenter.com).

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## HFC's Float Places 2nd in La Parada San Juan Bautista

Pictured is HFC's award winning float from the 2015 Parada San Juan Bautista. The float entitled "*HFC meets las calles de San Sebastian*" was decorated by HFC staff and volunteers.



A video of HFC's float creation and event festivities from July 12, 2015 can be viewed at HFC's website by clicking [HERE](#).

The parade serves as the culmination event of a month long celebration of Puerto Rican heritage, culture, and traditions in the City of Camden.

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## Green Jobs Training

Several years ago, HFC received a grant from the New Jersey Board of Public Utilities to create a Green Jobs Learning Lab in the basement of its 29th Street facility. The space has been getting great utilization with additional cycles of our successful Green Jobs Training Program. Through NRTC Investments and funding from the Wells Fargo

Regional Foundation HFC offers **free** training opportunities for Camden residents who are interested in energy related fields.

HFC's Green Jobs Training Program (GJTP) is a free two-week training course, where students are trained by industry experts on Solar Thermal Installation, Domestic Hot Water Heater Installation and Air Sealing Insulation.

This career training helps equip students with the knowledge necessary to become employed in energy saving fields and aid them in their ability to earn sustainable, living wages. Twenty-one students have taken advantage of this training this year, with additional cycles forthcoming. In addition to the hands on training, candidates will also receive access to an Employment Specialist who provides customized job placement services.

If someone you know would be interested in this opportunity, please have them call [Adonis Banegas](#), Program Director at (856) 963-0270 for more information.

*\*Note: Candidates must be 18 years of age or older and pass an entrance exam (which includes a physical assessment, basic math and comprehension skills).*

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## **Overdose Awareness Day: August 31, 2015**

Overdose Awareness Day in Camden County is today - August 31, 2015. This day was recognized in order to raise awareness and reduce the stigma associated to drug-related deaths. In addition, the day allows for an acknowledgement of the grief that is faced by friends and family.

Unfortunately, we know all too well that addiction does not discriminate. Data from the Camden County Police Department shows that there have been 342 drug overdoses in the City, with 30 fatalities this year already. However, last May officers began carrying Narcan to help people found with symptoms of heroin and prescription drug overdoses - 115 people have been revived.

Heroin is truly a national epidemic. Earlier this month, the White House announced a federal heroin response strategy to regions deemed as high intensity drug trafficking areas - of which Camden is included. To read more about this click [HERE](#).

For more information on the Camden County Addiction Awareness Task Force and other resources click [HERE](#).

If you know someone struggling with an addiction, HFC can help! Please share our phone number (856) 336-7393. It may make a real difference in their lives!

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## **STAFF SPOTLIGHT**

**Stephanie Berroa** - LUCES: HIV Prevention Program

Stephanie joined the LUCES team in 2014 as a Prevention Specialist. In the past year, her outgoing personality and creative outreach helped propel the LUCES team in exceeding their goals in engaging young Latina women about HIV; encourages gender and ethnic pride; and encourages increase condom usage. Fifty participants successfully completed the program this past year!

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## **Upcoming Events**

- **Green Jobs Training Program**
  - September 8, 2015
  - October 5-16, 2015

- **English as a Second Language / Civics**
  - Registration & Testing: September 14-25, 2015
    - Cycle Start Date: September 28, 2015

### **Stay Connected**



#### **Administrative Offices**

35-47 S. 29th St., Camden, NJ · 856.541.6985

#### **Family Resource Center & Health Education**

35-47 S. 29th St., Camden, NJ · 856.964.4692  
2850 Federal St., Camden, NJ · 856.963.0270

#### **Family Counseling Clinic & Energy Assistance (Camden)**

2700 Westfield Ave., Camden, NJ · 856.365.7393

#### **Camden Family Success Center**

2850 Federal St., Camden, NJ · 856.963.0270

#### **Energy Assistance Program & Woodbury Family Success Center**

The Carriage House, 21 Delaware St., Woodbury, NJ · 856.848.7150