

# Atlantic County Children's Inter-Agency Coordinating Council

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For information contact:

Atlantic County

CIACC Coordinator

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Beautiful colored leaves, crisp temperatures or “sweater weather”, cider, football, pumpkins and apple picking, fall festivals....these are all associated with the change of seasons but there are other changes that can impact your sense of well-being when the summer winds down.

October is Depression Awareness Month.. A specific form of depression, Seasonal Affective Disorder (SAD), is triggered by changes in seasons. This form of depression usually occurs during the fall and winter months when there is less sunlight, and the days get shorter. SAD usually lifts during the spring and summer months.

Not everyone with SAD has the same symptoms, but they can include:

- Sad, anxious, or "empty" feelings
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Loss of interest or pleasure in activities you used to enjoy
- Fatigue and decreased energy
- Difficulty concentrating, remembering details, and making decisions
- Thoughts of death or suicide
- Oversleeping
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like “hibernating”)
- Difficulty sleeping
- Lack of appetite
- Irritability and agitation

SAD may begin at any age, but it typically starts when a person is between ages 18 and 30. Talk to your health care provider or mental health specialist if you are concerned and think you may be suffering from SAD.

<https://www.samhsa.gov/mental-health/seasonal-affective-disorder>

The Atlantic County Children's Inter-Agency Coordinating Council/CIACC is an advisory group comprised of community agency representatives whose programs support children, youth and young adults.

The Council is seeking interested youth, parents and caregivers to join and participate in local meetings. Your family has the best perspective!

Our next meeting is December 12th at 3:30. Contact Kathi (Kathryn Saxton-Granato), Coordinator, for links or in-person options. [granato\\_kathryn@aclink.org](mailto:granato_kathryn@aclink.org)

**Find Help** for depression or other behavioral health challenges. Call the number on the back of your insurance card, to find what behavioral health/mental health benefits are available to you and your family.

New Jersey has a Children's System of Care for children, youth, adolescents and young adults. Call **PerformCare** 24 hrs/day 7 days/week to speak with a licensed clinician

**1-877-652-7624**



Atlantic County Executive  
Dennis Levinson



Atlantic County Board of Commissioners  
John W. Risley, Jr., Chairman

# November is National Caregiver's Month

To connect with Atlantic County Caregiver services and supports, reach out to the Cape Atlantic Caregivers Coalition.  
Call 609-652-3800  
or email [CapeAtlanticCaregivers@gmail.com](mailto:CapeAtlanticCaregivers@gmail.com)

Parents or caregivers who have children with behavioral, development or substance use challenges can contact the Atlantic Cape Family Support Organization. Their parent support groups provide a forum for parents and caregivers to support each other as well as to hear from experts in various fields to learn about community resources. Call (609) 485-0575 or scan the QR code for the Family Support Organization



## Additional Supports for Caregivers/Parents of children, youth and young adults

- The Regional Family Support Planning Councils provide a venue for parents and family members of people with developmental disabilities to exchange knowledge and information about family support services.  
All meetings are virtual. Contact [RFSPC9@yahoo.com](mailto:RFSPC9@yahoo.com) for the meeting link and time.
- Mom2Mom Here, Moms come first <https://mom2mom.us.com/> 1-877-914-6662
- The New Jersey Parents' Caucus (NJPC) is a non-profit organization primarily governed and staffed by parents and caregivers of children with emotional and behavioral challenges. <https://newjerseyparentscaucus.org/> 888-548-6572(NJPC)

## Did you know? "Coordinated Care" is available through Atlantic County's Certified Community Behavioral Health Clinics

The Certified Community Behavioral Health Clinic model is designed to ensure access to coordinated comprehensive behavioral health care. CCBHCs are required to serve anyone who requests care for mental health or substance use, regardless of their ability to pay, place of residence, or age - including developmentally appropriate care for children and youth. Care coordination is provided to help people navigate behavioral health care, physical health care, social services, and the other systems they are involved in. - Need Behavioral Health Services for you or for a child or youth?-

**Contact the CCBHCs in Atlantic County**  
**AtlantiCare Behavioral Health 1-888-569-1000 ACCESS**  
**Legacy Integrated Care Clinic 1-800-433-7365 Access line**

Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

### Save the Date

The next CIACC meeting is December 12th, 3:30-5:00 pm. Contact Kathi (Kathryn Saxton-Granato), Coordinator, for links or, in-person options, or to subscribe to the CIACC newsletter

**GIVE  
THANKS**  
FAMILY • FRIENDS • GRATITUDE

