June/July 2023 Volume 1 Issue 1 For information contact: Atlantic County CIACC Coordinator Kathryn Saxton-Granato granato_kathryn@aclink.org

Meet the Coordinator:

Kathryn Saxton-Granato "Kathi"

Hello and Welcome!

I have been the Coordinator for the Council since 2008 and have seen many changes in mental health services and systems. It is important to help youth and their parents or caregivers understand how to access services, and to be confident and advocate for themselves in order to get the help they need. Our Council meetings are safe places to talk about your experiences with services. We look forward to partnering with you! ~Kathi

Atlantic County Children's Inter-Agency Coordinating Council

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. Help us gain valuable information about the experiences of youth, parents and caregivers in accessing mental and behavioral health services so we can work to build and improve available resources.



Join our meetings! The next CIACC meeting is on June 13th, 2023 @ 3:30 pm contact Kathi for links or in-person options



Atlantic CountyDivision of Intergenerational ServicesAtlantic County ExecutiveAtlantic County Board of CommissionersDennis LevinsonJohn W. Risley, Jr., Chairman



Special presentation for Parents and Caregivers! Digital Parenting 101. July 7, 9-10:30 a.m. EST.

This presentation focuses on the unique challenges of digital parenting, including: managing screen time, the social media sites kids are using, how to help them stay safe online, and when and how to introduce tech at every age and stage. **REGISTER HERE**: for Zoom link https://us02web.zoom.us/webinar/register/

About the Presenter: Diana Graber (www.dianagraber.com) is the author of "Raising Humans in a Digital World: Helping Kids Build a Healthy Relationship with Technology" (HarperCollins Leadership, 2019) and founder of CyberWise.org and CyberCivics.com, two organizations dedicated to helping adults and students learn digital citizenship and literacy skills. A long-time media producer with an M.A. in "Media Psychology & Social Change," Graber is a recognized expert on technology's impact on human behavior. In addition to serving as Adjunct Professor of Media Psychology at the Massachusetts School of Professional Psychology (MSPP), Graber still teaches middle school Cyber Civics at Journey School in Southern California.



The **Stigma Free Atlantic Collaborative** is a countywide effort that aims to reduce the negative beliefs associated with mental health and substance use disorders. Tool kits have been developed as guide books and highlight key components of a campaign to eliminate stigma. Check out the tool kits at <u>Stigma Free Atlantic Collaborative - Atlantic County Government (atlantic-county.org)</u> If you would like to be part of this stigma free campaign, please call: 609-645-7700 x4507

