



STUDENT SUPPORT SERVICES

MERCER HUB

Issue 1.8

NJ Student Support Services for All

TIER 1 Universal Prevention Programming

The hub provides webinars, assemblies, trainings and evidence-based interventions to the community at large. These efforts include workshops at libraries, community centers, family success centers/after-school programs and summer camps.

TIER 2 Targeted Evidence Based Prevention

The Hub provides small group intervention and evidence-based prevention education curriculum at eligible Mercer County middle and high schools.

TIER 3 Intensive

The Hub provides assessments and brief clinical interventions at eligible middle and high schools in Mercer County.



Meet the Team

Anita Abu

Anita, a Prevention Consultant, is a graduate of ECWA Theological Seminary, and Princeton Theological Seminary. She served the internally displaced in northern Nigeria and was involved in prison ministry. Anita is an educator who is dedicated to serving the community.

Taj Bewley

Taj, a Prevention Consultant, comes to us with a degree from Rider University with a Major in Communications. He has worked for The Dyslexia Center of Princeton as their Center Coordinator and Lead Therapist as well as a Paraprofessional at Franklin Elementary School in Trenton. Taj is eager to be of service to the children and greater community around him.



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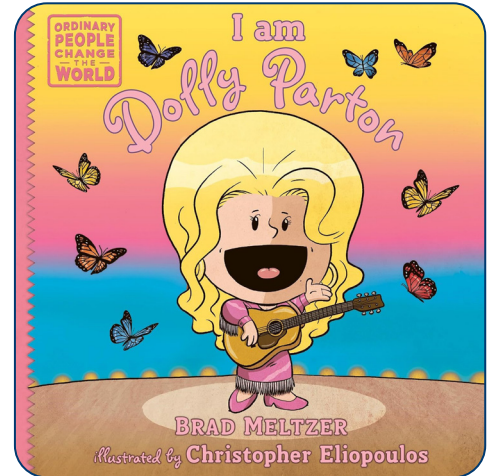
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Spotlight on Upcoming Tier 1 Services

Celebrating a Country Music Legend

Born into a close-knit but poor family in Tennessee, Dolly Parton learned how to appreciate everything she had and how to work for what she wanted. Dolly soon became one of the most famous and beloved musicians in the country by singing the stories of everyday people and shining her light and acceptance on everyone she encountered.

Thursday, March 28 at 4 pm Parents with students in Pre-K – 3rd grade. Close out Women’s History Month with us at Trenton Free Public Library for a reading of Brad Meltzer’s *I am Dolly Parton*. All students in attendance will receive a copy of the book to take home so they can share this remarkable story of light and love with friends and family.



Honoring Dr. Martin Luther King Jr. with a Screening of *I've Been to the Mountaintop*

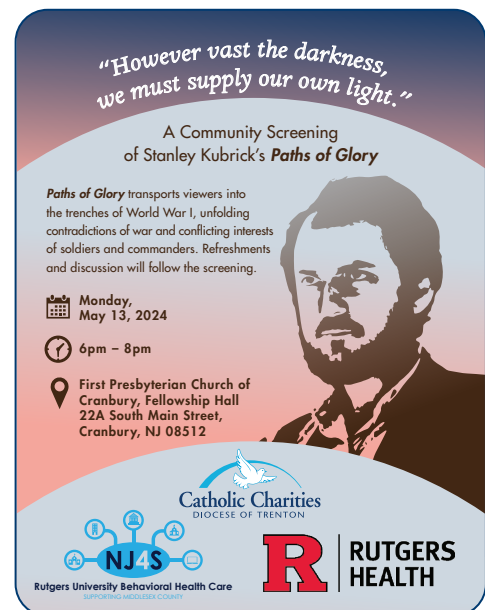
On Wednesday, April 17, the Mercer Hub will present a community screening of Dr. Martin Luther King, Jr. delivering his *I've Been to the Mountaintop* speech, which he delivered on the eve of his assassination. Attendees will receive a copy of Dr. King's *A Call to Conscience*, which includes a copy of the speech.

The event will be held at the Mercer Hub office at 1670 Whitehorse Hamilton Square Road, Suite 10, Hamilton.

A Screening of *Paths of Glory*

Join us on **Monday, May 13 at 6 pm** at the First Presbyterian Church of Cranbury for a community screening of Stanley Kubrick's *Paths of Glory* and a discussion of the film afterward. The event will be catered.

Click on the flyers for a downloadable copy.





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March is Social Worker Appreciation Month

Social Work is one of the fastest growing fields in the US, actively battling the rise of homelessness, the opioid epidemic and the devastating rise in suicide. According to the [National Association of Social Workers](#), by 2030, there will be nearly 800,000 social workers in service. This year's theme, "[...inspiring action and leading change](#)".

It's also the day-to-day mission of the hundreds of the thousands of social workers striving to improve our lives and our nation. Perhaps a 1959 New York Times article, plainly titled "[The Social Worker](#)" still says it best, "The method of giving aid... is a very human operation. The eight social welfare agencies that certify the cases are close indeed to the persons they help. But, more particularly, the instrument of this help is the social worker, who brings warmth, sympathy and understanding to his or her task."



Service Metrics

Community Events to Date

147

Mercer County Residents Served to Date

1,437

Resource Recommendations

Adjusting to the Time Change

Springing forward is what scientists call "social jet lag" reports Alice Callahan in "[Don't Let Daylight Savings Time Ruin Your Sleep](#)." According to Dr. Michael Grandner, director of the sleep and health research center at the University of Arizona, "During the days following the change, try to get as much morning light as you can" because the morning light lets the body know it's time to wake up, "which can help you adjust to the new clock time."

Help Handling Grief

"Losing someone important, whether because of death, breakup, relocation or some other development, can feel catastrophic," explains Christopher W.T. Miller MD, in "[What grief does to your brain, and how to cope with it](#)." "We are social creatures, and other people give us a sense of belonging, continuity and grounding," explains Miller. "The abrupt nature of many separations can leave us exposed, weighing us down with feelings of aloneness and meaninglessness that can be all-consuming."



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Resource Recommendations

Seasonal Symptoms or Sickness?

Spring is upon us, and with the joy of the sun shining bright, the bees buzzing, and flowers blooming, also, for many, comes allergies. Post-COVID, we are much more aware of how we feel, often questioning whether a sore throat is allergies or a virus. Lindsey Bever and Allyson Chiu seeks answers in, "[How to know whether you have allergies or a virus.](#)"



Exploring More About Rebecca West

Dame Cicily Isabel Fairfield, known widely as her penname, Rebecca West, uniquely defined feminism in an article entitled, "Mr. Chesterton in Hysterics: A Study in Prejudice", writing, "I myself have never been able to find out precisely what feminism is: I only know that people call me a feminist whenever I express sentiments that differentiate me from a doormat." West's brilliant and spicy response is one of many that earned her a reputation of being "savage" with a pen, as noted by George Bernard Shaw.

For "Mr. Chesterton in Hysterics: A Study in Prejudice" and more, check out [The Young Rebecca: Writings of Rebecca West, 1911-17.](#)

Have a Resource Recommendation? Send Michael an email at MLovaglio@cctrenton.org

Student Support Services Mercer Hub

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