“Hope is not the conviction that something is going to turn out well, but the certainty that something makes sense, however things are going to turn out.”

- Vaclac Havel

THE CENTER FOR PSYCHOLOGICAL SERVICES (CPS) OF THE RUTGERS GRADUATE SCHOOL OF APPLIED AND PROFESSIONAL PSYCHOLOGY (GSAPP), IN COLLABORATION WITH THE NEW JERSEY DEPARTMENT OF HUMAN SERVICES’ DIVISION OF MENTAL HEALTH AND ADDICTION SERVICES, DISASTER AND TERRORISM BRANCH, OFFERS THIS CRISIS COUNSELING PROGRAM THROUGH A FEDERAL EMERGENCY MANAGEMENT AGENCY (FEMA/SAMHSA) GRANT. THIS PROGRAM IS BROUGHT TO YOU THROUGH THE NEW JERSEY HOPE AND HEALING CRISIS COUNSELING PROGRAM."
The Crisis Counseling Assistance and Training Program (CCP) is a federally funded supplemental program administrated by the New Jersey Department of Human Services (DHS) and the Federal Emergency Management Agency (FEMA).

Supports short-term interventions that involve assisting disaster survivors in understanding their current situation and reactions, mitigating stress, developing coping strategies, providing emotional support, and encouraging linkages with other individuals and agencies that help survivors in their recovery process.

"STUDENT'S ELEMENT" PROJECT

TOPICS
- Grief
- Social Isolation
- Stress Reduction
- Academic success/study tops
- Life balance and navigating student life
- Mindfulness
- Support for Student Athletes
- Support for students through ODS
- Specialized topics based on students' needs...

METHODS
- Synchronous webinars
- Asynchronous webinars
- Short-term groups (3-4 sessions)
- Brief individual check-ins
- Pamphlets/flyers
- Instagram Page

CCP MODEL

TRADITIONAL MENTAL HEALTH SERVICES

- Provides services to individuals who may have a serious and persistent mental illness or other disability of indefinite duration.
- Advocates for and influences the provision of services for clients.
- Includes filling out forms and arranging appointments for clients.
- Assumes responsibility for ensuring clients access needed services and may follow up with local mental health agencies to ensure compliance with appointments.
- Has a responsibility to ensure continuity of care for client.
- Involves long-term relationships with clients.

Seeks to assist individuals and communities in recovering from the effects of natural and human-caused disasters through the provision of community-based outreach and psycho-educational services.

VS

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