

MONMOUTH COUNTY SHERIFF'S OFFICE



OVERCOMING ADVERSITY & LIFE STRESSES:

MENTAL HEALTH RESILIENCY

SHAUN GOLDEN, SHERIFF



A Message from Sheriff Shaun Golden

The Monmouth County Sheriff has instituted an agency-wide commitment to excellence. The men and women who serve here are dedicated to maintaining the highest standards of professionalism and excellence in the field. We will bring together the right team, provide the most comprehensive training, and utilize the latest technology to remain among the premier law enforcement agencies in the nation.

As testament to our commitment the Monmouth County Sheriff's Office is the only county in the state to achieve "Five Star" accreditation of the Law Enforcement Division, the Corrections Division, Correctional Healthcare, the Communications Division, and the Monmouth County Police Academy. We serve as a role model to other Law Enforcement Agencies throughout the state and will continue to raise the standard of law enforcement excellence in New Jersey. Teamwork, training and technology are three essential tools the Monmouth County Sheriff's Office uses to ensure our county remains a great place to live, work and raise a family.

SHERIFF SHAUN GOLDEN

THEODORE F. FREEMAN, JR
Executive Undersheriff

SPECIAL OPERATIONS
ROBERT J. DAWSON, JR
Undersheriff

LAW ENFORCEMENT DIVISION
DARRYL G. BRECKENRIDGE, SR
Undersheriff

COMMUNICATIONS DIVISION
PHILIP E. MEEHAN
Undersheriff

CORRECTIONS DIVISION
VICTOR IANNELLO
Warden

OFFICE OF EMERGENCY
MANAGEMENT
SCOTT NIELSEN
Coordinator

MONMOUTH COUNTY
POLICE ACADEMY
TERENCE P. MAHON
Director

MONMOUTH COUNTY
FIRE MARSHAL'S OFFICE
CRAIG FLANNIGAN, SR
Fire Marshal

A handwritten signature in black ink that reads "Shaun Golden". The signature is written in a cursive, flowing style.

WHAT IS MENTAL HEALTH

Mental health is referred to as our emotional, psychological, and social well-being. It affects how we think, feel, and act.

It also helps determine how we handle stress, relate to others, and make healthy choices.

ABOUT THIS PROGRAM

This program, designed for middle and high school students, creates awareness of the prevalent mental health disorders that are affecting a large population of teenagers today in numbers that are growing annually. It will provide an understanding of these mood disorders, and give insight on how to problem solve, handle stress, anxiety, and how to manage your life to be equipped with what life may throw at you.

8 DIMENSIONS OF WELLNESS



5 TIPS TO HELP TEENS COPE WITH STRESS

<p>GET SOME SLEEP</p> <p>ZZ</p> <p>Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about 8-10 hours each night.</p>	<p>FOCUS ON YOUR STRENGTHS</p> <p>💪</p> <p>Take time to think about what you're good at and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.</p>	<p>DO THINGS THAT MAKE YOU HAPPY</p> <p>😊</p> <p>Find activities or hobbies that make you happy and incorporate them into your daily life.</p>	<p>ENGAGE IN PHYSICAL ACTIVITY</p> <p>🚴</p> <p>Exercise takes our mind off stress and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.</p>	<p>TALK TO SOMEONE</p> <p>💬</p> <p>It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find ways to manage your stress.</p>
---	---	---	---	---

RESOURCES & SUPPORT
ALWAYS CALL 911 IF IT IS AN EMERGENCY

Monmouth County Psychiatric Emergency Screening.... 732-923-6999	American Foundation for Suicide Prevention.... 1-800-333-2377	Suicide Prevention Lifeline.... 1-800-273-8255	Society for the Prevention of Teen Suicide.... 732-410-7900
180 Turning Lives Around.... 732-264-4111	National Parent Helpline.... 1-855-427-2736	National Eating Disorders Association.... 1-800-931-2237	CPC Addiction Recovery & Counseling Services.... 800-250-9811 opt. 3
Mental Health Association of County 732-542-6422	Traumatic Loss Coalition of Monmouth County 732-956-7782	SAFE (Self-Abuse Finally Ends) 1-800-366-8288	Prevention First 732-663-1800

PROGRAMS OFFERED BY THE MONMOUTH COUNTY SHERIFF'S OFFICE:

PRESENTATIONS & DEMOS	<ul style="list-style-type: none"> • Bike Safety Demo • Bullying, Cyberbullying, and the After Effects • Dangers of Strangers • Fraud Protection • Gang Education & Awareness • Internet Safety 	<ul style="list-style-type: none"> • K9 Demo • Mental Health Resiliency • Opioid Awareness • Risks and Facts on Vaping • Seek 9-1-1 • Smart Driving
----------------------------------	---	---

MCSO PROGRAMS	<ul style="list-style-type: none"> • Career Day • Citizen Police Academy • E.V.A.C.S. Initiative • MCSO Tours • Sheriff Youth Week 	<ul style="list-style-type: none"> • S.P.A. Tours (Student Professional Awareness) • VISCOMP
----------------------	---	--

SERVICES	<ul style="list-style-type: none"> • Car Fit • Flag Drop Box • HOPE One • Inmate Labor 	<ul style="list-style-type: none"> • Know Your Zone • Medicine Drop Box • Project Lifesaver • Safe CARGO
-----------------	--	--

PUBLIC SAFETY CARDS	<ul style="list-style-type: none"> • Refrigerator Card • E.V.A.C.S. ID Program
----------------------------	--

For more information, to enroll in a program, or to schedule a presentation/demo please contact program coordinator Alexa Quagliato at AQuagliato@mcsonj.org. Visit our website, www.mcsonj.org and click on the Community Outreach link.



www.mcsonj.org