

## The Peace Model Project

The Bridge has provided school-based counseling within the Caldwell-West Caldwell School District for over 30 years. In 2015, The CWC School District and The Bridge were selected by the U.S. Department of Education for funding to expand services in our four elementary schools and, after a three-year development period, offer a model for other such initiatives throughout the nation.

The Peace Model Project (PMP) includes a team of four full-time counselors who are each dedicated to one of our elementary schools. The PMP counselors are credentialed mental health counselors who are employed by The Bridge to provide school-based services in Caldwell-West Caldwell.

The Peace Model Project was recently designated a "Children's Wellbeing Pioneer" by the Robert Wood Johnson Foundation and the Ashoka Changemakers through their National Children's Wellbeing Challenge.

The Peace Model Project aims to fully integrate mental health support and social-emotional learning in our elementary school communities by providing:



- ☺ In-class lessons & curriculum to teach stress reduction, coping, mindfulness and self-regulation skills (offered K-5); [www.peacefirst.com](http://www.peacefirst.com)
- ☺ Small psycho-educational groups for children on a variety of topics (i.e. social skills and coping with anxiety).
- ☺ Brief, solution-focused counseling in school for students as needed; confidential support and referrals for families who are experiencing personal challenges and stressors.
- ☺ Intervention & curriculum to reduce bullying and harassment by improving student relationships with peers, families and the school community.
- ☺ Intervention & referral services for students who struggle academically or behaviorally.
- ☺ Resources & support regarding children's mental health, family wellness & fostering positive self-esteem in children.

## Information for Parents/Caregivers

### How are students served?

The Peace Model Project counselors are available to all students in the four elementary schools. Counselors provide curriculum in every classroom and interact with children in a variety of ways. They may work with student clubs, participate in recess and see children in groups and individually or meet in the designated Peace Room in each school. Teachers may refer students to the PMP counselor; parents may contact & request that a child be seen; and students can (and do!) ask to meet with their school's PMP counselor if they need support.

### How can parents /caregivers receive assistance?

Parents may reach out to the PMP counselors at any time by phone or email for an appointment. The PMP counselors are available to provide parents/caregivers with confidential consult, support and referrals to private therapists and mental health agencies.

### Communication & Consent

Since the PMP counselors are involved in many aspects of school life and fully integrated into the school community, they will inform parents only if they are providing specialized intervention or counseling around a specific issue or concern. However, parental consent is required to on-going group or individual counseling provided to students in school.

More information about small groups and parent education seminars will be provided throughout the school-year. The Peace Model Project provides a quarterly newsletter to parents and members of the CWC elementary school community.



*"You are braver than you believe, stronger than you seem and smarter than you think."*

Winnie the Pooh

# THE PEACE MODEL PROJECT SCHOOL COUNSELING TEAM



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**In a partnership between  
the Caldwell-West  
Caldwell School District  
and The Bridge, Inc.  
The Peace Model Project  
is a program dedicated  
to nurturing the  
wellbeing of grade school  
children.**

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**THE BRIDGE**

*Healthy Minds. Healing Hearts.  
Peaceful Communities.*