

TOVA TODAY

A LIFE PRESERVER FOR CHILDREN IN DANGER OF DROWNING

Jumping Higher by JUMPing Lower!

**Get ready, get set, JUMP
because JUMP is bringing
TOVA to kids of all ages.**

Officially called the Juvenile Mentoring Program, JUMP is bringing the TOVA mentoring program to children as young as first graders. How would first graders benefit from a TOVA mentor, you may ask? The answer is simple. Many life challenges are set into motion at an early age, and are officially recognized only when the child is older. At TOVA, reaching out and reaching in is what we're all about. The earlier we match a mentor with a child experiencing difficulties, chances are the child will not face more serious issues as he approaches adolescence. Helping a six or seven year old child express fears and concerns is a much easier and

more effective process than waiting four or five years and dealing with at-risk behaviors. This move "down" has been long awaited among the many therapists with whom TOVA works. Again and again, they stressed that the wait until adolescence misses the opportunity to deal with problems that can be better handled at an earlier age. Previously, TOVA mentors were available for students in grades 6-12. We at TOVA are truly JUMPing for joy about this new opportunity for early mentoring intervention. JUMP is funded by a grant from the Office of Juvenile Justice Delinquency Prevention of the United States Department of Justice.



TOVA is excited to announce an exclusive Melave Malka concert featuring "Avraham Rosenblum, Unplugged and Personal," that will take place Saturday night, November 6th at Occasions, 564 Central Avenue (next to Ruthie's) in Cedarhurst. The price for this special fund raising event is \$250⁰⁰ per couple. Reservations are required.

ToVA
A Friend.
A Guide.
A Mentor.

540 Willow Avenue, Cedarhurst, New York 11516, (516) 295-0550

Meet Our Director

Mrs. Andrea Borah, CSW

TOVA's Director, Andrea Borah, CSW has devoted her professional career to assisting teens and youth. Before coming to TOVA she had worked for 11 years at the Nassau Legal Aid Society and Adelphi University. Mrs. Borah has been with TOVA since its inception in 1997 and under her leadership, the program has grown into the flagship mentoring program of the Jewish

community. With 23 mentors working with students from 15 local Jewish schools, TOVA has made a profound impact on these children's lives. Mrs. Borah received inquiries from throughout the country and international Jewish community from those initiating mentoring programs or needing advice in how to manage and improve their mentoring services.



Did you know?
Children with mentors are: **46%** less likely to *use drugs*
52% less likely to *skip school* **27%** less likely to *start drinking*
37% less likely to *skip a class* **33%** less likely to *hit someone*

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Parenting Resource Network is Here For You

Chaim has been having problems in school lately. He is disruptive in class, starts fights with boys during recess, and is not communicative with any of the adults who try talking to him.

It became evident that a member of his family is experiencing a health crisis, and Chaim's behavior has spiraled out of control in utter despair. In Chaim's case, he is not alone in needing help. His parents and siblings also need support, and for such situations TOVA has created the Parenting Resource Network. Whether the problem is a temporary crisis as in Chaim's family, a parent who lost his job, or a death in the family, TOVA recognizes that working with the family as a team is the best way to help a child.

TOVA's Parenting Resource Network services families participating in the TOVA/JUMP programs. Directed by Jessica Lampert, CSW, the network provides assistance in:

- HELPING ACCESS BENEFITS AND ENTITLEMENTS
- RESUMES AND JOB SEARCHING
- MONEY MANAGEMENT
- TIME MANAGEMENT
- DEVELOPING POSITIVE PARENTING SKILLS
- STRESS MANAGEMENT
- ANGER MANAGEMENT
- SAFETY IN THE HOME.



JESSICA LAMPERT, CSW

Through group and individual work, these services are provided with skill and great care.

Jessica is assisted by three social work interns and one social worker. Together, they offer a safety net and professional guidance to TOVA families experiencing difficult times.

"TOVA's success can't be measured in statistics, but in children's lives."

It all began when Richard Borah of Observant Artists' Community Circle envisioned an outlet to allow teenagers and children to express their fears. The world of childhood is rich with feeling, and sometimes those feelings can be mixed in great pain and pressing insecurities. When 9/11 happened, concern was rampant about the effects of such an attack on the nation's

The Worry Wall

A Mosaic of our Children's Fears

The Worry Wall is eight feet high and twelve feet long, and can be broken down into smaller sections so that it can be viewed at separate locations simultaneously. It consists of individual pieces of paper featuring students' illustrations. The pieces are numerically ordered and when they are combined, they form a mosaic of illustrations against a gray background of two children's faces.

Although the project was created after 9/11, it was really



children. What Richard saw when he thought about the need for children and teenagers to express their pain and worries was a wall. Not just any wall. This wall would be movable, and displayed throughout the community in different host locations. He approached the co-directors of Studio Rembrandt, Darrin and Naomi Singer, to work on the project, and the result was The Worry Wall, which had its debut at a gala event last June 7th at Studio Rembrandt in Cedarhurst. Attended by local therapists, guidance counselors and school officials, the Worry Wall dramatically communicated the many fears and anxieties of our children.

designed to address the whole spectrum of children's worries and fears. The Worry Wall is a project of the Observant Artists' Community Circle, a non-profit organization founded by Borah. The art therapy sessions in the schools were carried out by the TOVA Mentoring Program, and funded by F.E.G.S. (Federal Employment Guidance Services). The Worry Wall is a stunning statement, giving both insight and expression to our children's hidden thoughts and fears. The wall is presently located in the Citibank on Central Avenue in Cedarhurst, and will be moving to different locations throughout the year.

Speaking with Dr. Jonas Waizer

Chief Operating Officer of F.E.G.S. Health and Human Services System



TOVA enjoys a special relationship with Dr. Jonas Waizer, Chief Operating Officer at F.E.G.S., which began with the after shock of 9/11. "We began working with TOVA after 9/11," Dr. Waizer explains. "We were worried about yeshiva kids whose families might be affected by terrorism. F.E.G.S. was already providing services through Project Liberty and UJA Federation to address public concern and well being. We were looking for a natural and comfortable outlet within the yeshiva setting."

When Richard Borah approached Dr. Waizer to use art as a medium for the project, "we married that to a public health model, which works on the principle that sharing fears and anxieties leads to a healing process," Dr. Waizer continues. Professionals were included to facilitate discussions and the Worry Wall had begun.

"We found out through this project that many of the children's fears had nothing to do with 9/11. What motivated the children to write and draw were common fears, such as isolation or losing a family member. The Worry Wall project grew to be a very effective way to reach children during their formative years. I'm very proud of the Worry Wall. My interest is to sustain the effort. F.E.G.S. is committed to making it a resource for the yeshiva world."

ToVA 540 Willow Avenue
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DESIGNED BY ABRAHAM KAY