

# North Brunswick Municipal Alliance Programs

## [Social Decision Making & Problem Solving \(Nov-Dec\)](#)

This program is conducted through our after school Project LEAL program. Social Decision Making and Problem Solving is an eight week long program is implemented in all four elementary schools and our middle school. The instructors visit schools as they teach the participants about healthy life skills, and how to manage themselves and others in challenging situations and relationship in a productive and ethical way. Instructors/ supervisor must be trained in the Social Decision Making & Problem Solving program from Rutgers Behavioral Health.

**Open positions:** for professionals who are interested in being a Supervisor who will work thirty five hours at forty five dollars an hour. They are responsible for discussing with instructors and ordering the supplies that the instructors need in order to facilitate the program. The supervisor will work with the Project LEAL Coordinator for scheduling. They are to provide site visits throughout the 8 week session to make sure that the program is meeting all requirements. The supervisor is to also research and schedule any guest speakers as well as obtain bios and to keep all the paperwork (receipts, time sheets, and final reports in order for grant). They must be trained in Social Decision Making & Problem Solving program from Rutgers Behavioral Health. Schedules and times may vary due to the LEAL schedule. All paperwork is to meet firm deadlines following the guild lines of the grants final report.

**Open positions:** for two professionals who are interested in being instructors who will work sixty hours at twenty five dollars an hour. They are responsible for facilitating Social Decision Making & Problem Solving lessons to grades K-8th. They will meet with the Supervisor and the Project LEAL Coordinator for scheduling. They will work a total, but not limited to 8 weeks, Monday through Thursday 4:30pm-5:30pm, there will be set up and clean up prep time before and after. They must be trained in Social Decision Making & Problem Solving program from Rutgers Behavioral Health. Schedules and times may vary due to the LEAL schedule.

**Open positions:** professional speakers who will be paid ninety dollars to meet with the Linwood students and speak on topics pertaining to but not limited to, good decision making, character building, and positive life choices.

## [Youth Council Outreach \(Year Round\)](#)

This program is collaboration with the North Brunswick Youth Council. The Youth Council will be mentored monthly by a consultant from the Jefferson Foundation which focuses on driving individuals to change their communities and the world through community service. The Youth Council will learn how to gain community involvement and use as a prevention tool. They will also complete a community service task monthly.

**Open positions** for professionals from the Jefferson Awards Foundation to mentor the participants one time a month 2 hrs for education in the months of September- June as well as overseeing their community service tasks Alliance They will go from meeting once a month for 8 months and in the months of May through August they will meet once a week at the Community Garden. They are required to have monthly meetings with the Members of the Youth Council Alliance and share information about being involved and how it benefits their future. They will also plan with the youth a community service task per month within the town. All hours must be documented and submitted monthly the instructor's rate will be five hundred and twenty per month.

### [Get Up & Move Prevention Program \( May- June\)](#)

The Get Up & Move program is a holistic approach to wellness and prevention that is offered to 3rd graders through 8th graders. This program promotes wellness through healthy eating, exercise, nutrition and shares information on how to maintain a healthy lifestyle. Topics discussed will be pertaining to substance abuse, underage drinking, prescription drugs, and the consequences that come with these interactions. Through the months of April & May the Get Up & Move Prevention Program will be separated by gender, Boys on the Move & Girls on the Move. In May, they have the opportunity to complete the Memorial Day 5K together. In June the two groups will come together and meet in continued activities relating to the positive outcomes of living a healthy lifestyle.

**Open positions** for four professionals at seventy one dollars an hour who are highly energized and motivating male and female instructors who are qualified to work with children and facilitate a one time a week meeting at the park with the participants throughout the months of April - June. They are to work together to create and develop a schedule of activities, ice breakers, projects, ect. that promote a creative, uplifting, team building, and supportive environment all while having fun and learning about health wellness and how negative things such as underage drinking and risky behaviors can impact young lives. They are responsible for maintaining attendance, program progress, evaluations, and any associated paperwork in line with grant guidelines. All paperwork is to meet firm deadlines of the grants final report.

**Open positions** for four professional speakers/ presenters among but not limited to yoga instructors, nutritionists, underage drinking counselors, health, holistic prevention, motivation for youth or similar topics if approved by the Alliance Coordinator. Payment is at three hundred and twenty dollars to meet with both the boys and the girls on separate occasions.

**Open position** for a videographer for four hours for three hundred dollars from April-May to document and present at the council meeting that will sum up the overall program from the kids perspective.

### [School Prevention Program \(February\)](#)

This program is comprised of three sessions and a follow up breakfast for one hundred 11th and 8th graders. In the first two sessions the young men and women are separated into individual groups and each set of participants are paired up, an 8th grader is paired with an 11th grader mentor. For the remainder of the program the mentor and the mentee work together. In the sessions the participants discuss the dangers of underage drinking, peer pressures and how to overcome these temptations through leadership. Speakers from all walks of life present to the two groups. The last sessions the men and women are brought together, they recap and discuss what they have learned and what skills they will carry through in their everyday lives. The follow up breakfast brings the above 8th and 11th graders back together when they are 9th and 12th graders the following September.

**Open positions** for three professional speakers to speak about the dangers of underage drinking and prevention. Presenters are to speak for two hours and will be paid three hundred dollars.

**Program dates are subject to change due to prior planning time needed to meet the guidelines of the grant. Resumes and reference letters should be sent to**

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