

BEYOND THE BEHAVIOR

Trauma-Informed Strategies for Supporting At-Risk Youth and the Professionals Who Serve Them



FRIDAY, OCTOBER 24 9 A.M. – 11 A.M.



New Jersey Law Center
One Constitution Square, New Brunswick, NJ

PRESENTED BY THE NEW JERSEY CHILD PLACEMENT ADVISORY COUNCIL

AGENDA



CHECK IN

8:00 AM

Guests are invited to begin checking in at 8:00 A.M. A light breakfast will be served.

WORKSHOP

9:00 AM – 11:00 AM

When children and teens experience trauma, they may exhibit behaviors that mask deeper needs—disengagement, aggression, anxiety, or emotional shutdown. Trauma-informed care (TIC) provides a framework for understanding these behaviors and responding in ways that prioritize safety, trust, empowerment, and healing.

However, trauma does not only affect the young people we serve—it also impacts those supporting them. Many professionals carry the emotional weight of hearing trauma disclosures or witnessing pain daily. This vicarious and secondary trauma can lead to emotional exhaustion, often mislabeled as “burnout.” Without systemic support and shared responsibility for wellness, even the most dedicated staff may feel overwhelmed.

This session offers a dual lens: helping at-risk youth through trauma-informed practices and protecting the well-being of professionals. We will incorporate interactive activities—including small-group case studies and a brief yoga session—to provide instant re-regulation techniques during stressful times. Attendees will leave with strategies for individual self-care and guidance on how to advocate for institutional policies that fully support staff wellness.

AGENDA



KEY TOPICS

- Understanding trauma and its developmental impacts on children and teens
- Principles of trauma-informed care and practical applications
- Recognizing trauma responses in youth (and in oneself)
- Identifying signs of vicarious and secondary trauma among professionals
- Practice quick yoga exercises to implement during stressful moments

LEARNING OBJECTIVES

- Define trauma, vicarious trauma, and secondary trauma, and explain how these manifest in both youth and professionals.
- Identify behaviors in youth that may indicate trauma responses rather than defiance or disengagement.
- Apply trauma-informed care principles in real-world settings and incorporate immediate calming practices.
- Recognize signs of compassion fatigue and develop individualized self-care plans.

SPEAKERS



DR. NICHOL KILLIAN

Mercer County Community College

Dr. Nichol Killian is an experienced higher education leader, prevention scientist, and educator with over 19 years of teaching experience in anthropology and sociology. She currently serves as the Director of Advising and Academic Support Services at Mercer County Community College, where she leads student-centered initiatives focused on academic success, equity, and holistic support. A Certified Trauma Support Specialist and Certified Resilience Professional, Dr. Killian teaches courses in trauma-informed care and integrates prevention science into her leadership and pedagogy. Her work centers on key trauma-informed principles such as creating psychological safety, fostering trust and transparency, promoting empowerment and voice, and responding with cultural humility. She is the co-author of Delaware's Trauma-Informed Care in Higher Education White Paper and has contributed to several additional publications that advance trauma-informed, healing-centered practices in education. Dr. Killian actively collaborates at the state and national levels to promote systems that support student well-being, resilience, and equitable access.

SPEAKERS



DR. KRISTEN N. WILSON

Rowan College of South Jersey

Dr. Kristen N. Wilson is the Director of Behavioral Services at Rowan College of South Jersey (RCSJ). She holds a Doctor of Social Science in Prevention Science from Wilmington University, a Master of Science in Administration of Human Services, and a Bachelor of Arts in Psychology from Temple University. Since 2017, Dr. Wilson has worked in higher education, where she applies a human services, trauma-informed care, and prevention science approach, with a strong passion for supporting community colleges. In addition to her academic role, she is a consultant and public speaker, advocating for holistic and compassionate educational practices.

SPEAKERS



DANIELLE CRAWFORD

Rowan College of South Jersey

Danielle Crawford is the Compliance Manager for Student Affairs and Military Services at Rowan College of South Jersey, a Mental Health First Aid Instructor, and an Adjunct Professor. As a U.S. Air Force veteran and former Deptford Township Police Officer, she has dedicated her career to serving and protecting others. Danielle's professional experience includes community policing, court liaison work, conducting background and internal investigations, traffic enforcement, and participating in proactive drug prevention through the local drug alliance board. She is deeply committed to youth education and has served as both a D.A.R.E. and LEAD Instructor, teaching students how to make healthy choices and resist peer pressure. Danielle holds a master's degree in administrative justice with a concentration in leadership and is passionate about creating safe, inclusive environments for military-affiliated and nontraditional students, supporting mental health awareness, and preparing future leaders through higher education.

SPEAKERS



ALEXANDRA SALAS, PHD

DelMarVA Digital Learning Association

Alexandra Salas, PhD, is founder and CEO of the DelMarVa Digital Learning Association, a 501c3 nonprofit organization dedicated to advancing digital education. As an educator and entrepreneur, she brings a wealth of experience in senior leadership roles in higher education, serving on doctoral committees, and providing online readiness consulting. In 2021, she published *Numbers and Sense: Ensuring Student Success One Cohort at a Time* (Rowman and Littlefield). Most recently, her book --*Shifts and Rifts Examining the Leadership Exodus and Learnings in Higher Education* (Cognella) --features insightful interviews with higher education presidents and professionals, exploring agency and change during and after the COVID-19 pandemic.

In addition to her work as an education consultant and speaker, she is a yoga educator and cultural wellness retreat facilitator. Her teaching experience spans traditional and online platforms, with an interdisciplinary repertoire that includes higher education, communication, political science, marketing management, and global business.

ABOUT YOUR HOST

New Jersey Child Placement Advisory Council



NJ CPAC operates under the auspices of the New Jersey Administrative Office of the Courts. It is a statewide council of citizens who volunteer on Child Placement Review (CPR) boards from each of the 21 New Jersey counties. At least once a month, working as a team, the CPR board volunteers review the cases of children within their counties who are placed outside their homes by the Division of Child Protection and Permanency (DCP&P), New Jersey's child welfare agency. Each CPR board makes recommendations to their judge to ensure that the best interests of these children are served.

NJ CPAC was established in 1978 by the New Jersey Legislature with the Child Placement Review (CPR) Act and has mandates including advising the New Jersey Supreme Court of the effectiveness of the CPR Act; reviewing the policies, practices and procedures of the DCP&P; and developing and delivering training for CPR Board volunteers and other organizations in the child welfare system.

NJ CPAC produces an annual report that is distributed to the New Jersey Supreme Court, the Governor and the Legislature, as mandated.

CPR board volunteers who have served for one year can be elected to NJ CPAC. For more information about joining NJ CPAC, please e-mail NJCPAC.MBX@NJCourts.gov.

To volunteer on your local county's Child Placement Review Board, please refer to volunteer services on the public page of the NJ Courts website, www.njcourts.gov. For further questions about NJ CPAC, please contact NJCPAC.mbx@njcourts.gov.

WWW.NJCPAC.ORG
NJCPAC.MBX@NJCOURTS.GOV

CHILD PLACEMENT REVIEW BOARDS



PROGRAM OVERVIEW

The Child Placement Review (CPR) program is a key component of the NJ court's role in the oversight of children in foster care. Groups of trained judicial volunteers, appointed by the assignment judge, assist the court in reviewing cases of children placed outside of their homes by the Division of Child Protection and Permanency (DCP&P) and make recommendations to the judge.

BECOME A VOLUNTEER

We welcome your interest in the CPR Program. Please refer to the Volunteer Services page on the NJ Courts public website for general information and the application form: <https://www.njcpac.org/resources/volunteer.html>

Or, contact your local county Volunteer Services Liaison as listed on the following page.

BECOME A MEMBER OF NJ CPAC

CPR board volunteers who have served for at least one year are eligible to join NJ CPAC. Volunteers interested in joining NJ CPAC can reach out to NJCPAC.MBX@NJCourts.gov

COUNTY CPR CONTACTS



Atlantic County

AtlVolunteer.mailbox@njcourts.gov

609-402-0100, ext. 47070
Atlantic County Civil Courts Building
1201 Bacharach Blvd.
Atlantic City, New Jersey 08401
ATTN: Volunteer Services Liaison

Middlesex County

MidVolunteer.Mailbox@njcourts.gov

732-645-4300, ext. 88748
Middlesex County Courthouse
120 New St. Room 300B
New Brunswick, New Jersey 08903
ATTN: Volunteer Services Liaison

Bergen County

BerVolunteer.mailbox@njcourts.gov

201-221-0700, ext. 25108
Bergen County Justice Center
10 Main Street
Hackensack, New Jersey 07601
ATTN: Volunteer Services Liaison

Monmouth County

MonVolunteer.Mailbox@njcourts.gov

732-358-8700, ext. 87080
Monmouth County Courthouse
71 Monument Street
Freehold, New Jersey 07728
ATTN: Volunteer Services Liaison

Burlington County

BurVolunteer.Mailbox@njcourts.gov

609-288-9500, ext. 38220
Burlington County Court Facility
49 Rancocas Road
Mount Holly, New Jersey 08060
ATTN: Volunteer Services Liaison

Morris County

MrsVolunteer.Mailbox@njcourts.gov

862-397-5700, ext. 75050
Administration and Records Building
10 Court Street
Morristown, New Jersey 07963
ATTN: Volunteer Services Liaison

COUNTY CPR CONTACTS

Continued



Camden County

CamVolunteer.Mailbox@njcourts.gov

856-650-9100, ext. 43120
Camden County Hall of Justice
101 South 5th Street
Camden, New Jersey 08103
ATTN: Volunteer Services Liaison

Ocean County

OCNVolunteer.mailbox@njcourts.gov

732-504-0700, ext. 64490
Ocean County - Volunteer Information
120 Hooper Avenue, Room 240,
P.O. Box 2191
Toms River, New Jersey 08574
ATTN: Volunteer Services Liaison

Cape May County

AtlVolunteer.mailbox@njcourts.gov

609-402-0100, ext. 47070
Atlantic County Civil Courts Building
1201 Bacharach Blvd.
Atlantic City, New Jersey 08401
ATTN: Volunteer Services Liaison

Passaic County

PasVolunteer.Mailbox@njcourts.gov

973-653-2910, ext. 24063
Passaic County Courthouse
77 Hamilton Street
Paterson, New Jersey 07505
ATTN: Volunteer Services Liaison

Cumberland County

Vic15volunteer.Mbx@njcourts.gov

856-878-5050, ext. 15158
Gloucester County Justice Complex
70 Hunter Street
Woodbury, New Jersey 08096
ATTN: Volunteer Services Liaison

Salem County

Vic15volunteer.Mbx@njcourts.gov

856-878-5050, ext. 15158
Gloucester County Justice Complex
70 Hunter Street
Woodbury, New Jersey 08096
ATTN: Volunteer Services Liaison

COUNTY CPR CONTACTS

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Essex County

EsxVolunteer.Mailbox@njcourts.gov

973-776-9300, ext. 55854
Essex County Veterans Courthouse
50 West Market Street
Newark, New Jersey 07102
ATTN: Volunteer Services Liaison

Somerset County

V13Volunteer.Mailbox@njcourts.gov

908-332-7700, ext. 13095
Somerset/Hunterdon/Warren – Trial
Court Administration
40 North Bridge Street
Somerville, New Jersey 08876
ATTN: Volunteer Services Liaison

Gloucester County

Vic15volunteer.Mbx@njcourts.gov

856-878-5050, ext. 15158
Gloucester County Justice Complex
70 Hunter Street
Woodbury, New Jersey 08096
ATTN: Volunteer Services Liaison

Sussex County

mrsVolunteer.Mailbox@njcourts.gov

862-397-5700, ext. 75050
Administration and Records Building
10 Court Street
Morristown, New Jersey 07963
ATTN: Volunteer Services Liaison

Hudson County

HudVolunteer.Mailbox@njcourts.gov

201-748-4400, ext. 60418
Hudson County Administration Bldg
595 Newark Avenue, Room 400
Jersey City, New Jersey 07306
ATTN: Volunteer Services Liaison

Union County

UnnVolunteer.Mailbox@njcourts.gov

908-787-1650, ext. 21354
Union County Courthouse
2 Broad St. Room 303
Elizabeth, New Jersey 07201
ATTN: Volunteer Services Liaison

COUNTY CPR CONTACTS

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Hunterdon County

V13Volunteer.Mailbox@njcourts.gov

908-332-7700, ext. 13095

Somerset/Hunterdon/Warren – Trial Court
Administration

40 North Bridge Street

Somerville, New Jersey 08876

ATTN: Volunteer Services Liaison

Warren County

V13Volunteer.Mailbox@njcourts.gov

908-332-7700, ext. 13095

Somerset/Hunterdon/Warren – Trial
Court Administration

40 North Bridge Street

Somerville, New Jersey 08876

ATTN: Volunteer Services Liaison

Mercer County

MerVolunteer.Mailbox@njcourts.gov

609-571-4200, ext. 74910

Mercer County Criminal Courthouse

400 South Warren Street

Trenton, New Jersey 08650-0068

ATTN: Volunteer Services Liaison