



Meet the VP
The New Jersey Alliance of Family Support Organizations

Rachel Helt

Professional Life Coach, Certified Family Support Partner, NHA Trainer & Practitioner,
QPR Instructor, ECPR Practitioner



"My journey began in 2006, when my family and I settled in Sussex County, NJ. It was a new place, a new chapter, and a time when I was navigating the overwhelming realities of raising three children with complex mental health, substance use, and juvenile justice challenges. Nothing was simple. Every day felt like climbing a mountain that kept rising before me—but with each step, I learned what it meant to love fiercely, advocate bravely, and keep moving forward even when the path ahead felt impossible to see.

As the years passed, my family grew and shifted, and so did my role within it. I became a kinship caregiver to my granddaughter for eight years, and co-parented three stepchildren navigating trauma-related mental health and substance use challenges. Seven incredible children each with their own story, their own heartbreak, and their own hope. Through every challenge and every moment of growth, I discovered the unshakable power of Family Voice.

In 2010, I entered New Jersey's Children's System of Care professionally. Having lived the system from the inside, stepping into this work felt both natural and meaningful. I witnessed services grow—especially supports for youth with intellectual and developmental disabilities, juvenile justice involvement, and substance use needs—as the system began to understand families with greater compassion through a broader lens.

Because I have lived this journey as a parent, caregiver, and family member, I carry my professional role with deep gratitude. I bring my experience, empathy, and unwavering belief that every family deserves support, respect, and empowerment as they navigate their own journeys with hope and dignity knowing they are never alone."

Rachel Helt is a Staten Island native who has proudly called Sussex County home since 2006. She currently serves as the Executive Director of the Family Support Organization of Morris & Sussex Counties, where she leads with deep compassion, authenticity, and a powerful blend of professional expertise and lived experience as a family recipient of support services.

Rachel is a Professional Life Coach, Certified Family Support Partner, Nurtured Heart Approach® Trainer and Practitioner, QPR Suicide Prevention Gatekeeper Instructor, Youth Mental Health First Aider, and E-CPR Practitioner. She brings more than 30 years of combined experience spanning health and human services, sales, marketing, and nonprofit business operations—experience that enriches her leadership and strengthens the organization she serves.

Beyond her professional work, Rachel's passion for service is reflected in her community involvement. In 2019, she founded a nonprofit animal sanctuary that partnered with young adults in recovery, blending healing, purpose, and connection in a truly meaningful way. Her commitment to supporting families and youth is evident in the many advisory boards and committees she contributes to across New Jersey.

Rachel is honored to serve as a Board or Committee Member for several local and statewide organizations, including:

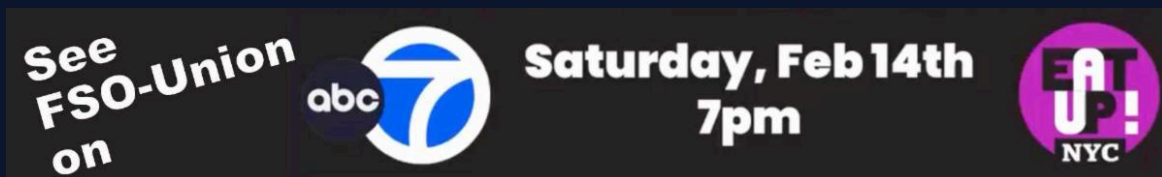
- Vice President, New Jersey Alliance of Family Support Organizations
- Chair, Sussex County Human Services Advisory Council
- Co-Chair, Sussex County Joint Mental Health & LACADA Board
- Chair, Sussex County Youth Services Commission
- Member, Council on Juvenile Justice System Improvement (CCJSI)
- Member, National Federation of Families
- Member, Morris County Chamber of Commerce
- Member, Sussex County Chamber of Commerce

Rachel served on the Children's System of Care Stakeholders Task Force where CSOC and sixteen stakeholders came from across the state and formed a short-term Task Force that helped to define and shape the Division's behavioral and physical health integration model. [New Jersey Children's System of Care Task Force](#)

Rachel's professional and volunteer efforts reflect her unwavering dedication to empowering families, strengthening communities, and supporting mental health and human services throughout New Jersey. Her leadership is rooted in empathy, advocacy, and the belief that every family deserves to feel seen, supported, and valued.

[Schedule an appointment with Ms. Helt](#)

In the Spotlight





**The Family Support Organization of Union County was proudly featured on
“EatUp! NYC” on Saturday, February 14th at 7:00 p.m. on WABC-7!**

The two-time Emmy-nominated television special featuring world-class celebrity chef and restaurateur Marcus Samuelsson has returned for its **fifth appearance on abc7NY** making this feature even more exciting and meaningful.

We are absolutely thrilled for FSO-UC and invite everyone to tune in and celebrate the incredible work they continue to do for families across our community.

Check out EATUP! NYC

Check out Union County Family Support Organization



The Caregivers' Circle is a supportive community for women caregivers only—moms, adoptive moms, grandmothers, aunts, women caring for children with challenges. We provide a safe space to share experiences, connect, and uplift one another on the caregiving journey. Register easily using the QR code.

FEBRUARY 19, 2026

- 6:00pm - 7:00pm
- 111 Howard Blvd. - Suite 201- 2nd Floor
Mt. Arlington, NJ 07856



www.msfsso.org



Morris Sussex

The Caregiver's Circle is a supportive community for women caregivers—moms, adoptive moms, grandmothers, aunts, women caring for children with challenges. We provide a safe space to share experiences, connect and uplift one another on the caregiving journey. This is an in-person meeting. Location: 111 Howard Blvd. Suite 201 Mt. Arlington NJ

Click here or use the QR code to register

HEALTHY RELATIONSHIPS
YOUTH PARTNERSHIP PROGRAM

THIS SESSION HELPS TEENS AND PARENTS CONNECT AND COMMUNICATE IN A FUN, RELAXED WAY. WE'LL EXPLORE THE BASICS OF HEALTHY RELATIONSHIPS AND DO A QUICK CRAFT THAT ENCOURAGES SHARING AND APPRECIATION. THIS PROGRAM IS ONLY FOR TEENS AGES 13-21, AND A PARENT OR GUARDIAN MUST STAY WITH THE TEEN FOR THE ENTIRE SESSION.
RSVP BELOW — SPACE IS LIMITED.

TUESDAY **17** FEBRUARY

111 HOWARD BLVD. -SUITE 201- 2ND FLOOR MT. ARLINGTON, NJ 07856
5:30-7PM

Morris Sussex

Youth Partnership helps teens and parents connect, communicate and have fun! We'll explore the basics of healthy relationships and do a quick craft that encourages sharing and appreciation. This program is open to youth ages 13-21. Parent or guardian must stay on site for the entire session. This is an in-person meeting. Bilingual English & Spanish
Date February 17



Teen Speak Workshop

for all parents and caregivers in New Jersey



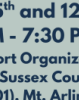
Teen Speak

Every conversation matters.

Teen Speak is a **FREE** interactive workshop for all parents and caregivers in New Jersey.

During this workshop participants will learn:

- How to start and continue conversations with your teens
- The importance of a Strong Parent-Teen Relationship
- Adolescent Development & Risk Behaviors
- Introduction to Motivational Interviewing Skills
- Strategies for Managing Resistance
- Participants will gain first-hand experience using the tools and strategies provided in the workshop through interactive activities, role plays, and more!



March 5th and 12th
5:30 PM - 7:30 PM
Family Support Organization
Of Morris & Sussex Counties
111 Howard Blvd (St. 201), Mt. Arlington NJ 07856

\$25 Gift Card incentive will be given for those who complete 50% of the workshop



For more information about the Teen Speak NJ program, email us at:

TeenSpeakNJ@pmch.org





PARTNERSHIP FOR CHILD HEALTH
an initiative of the NJ State Health Department



Possibilities for Change



NJ Health
New Jersey's Department of Health

Morris Sussex
Teen Speak NJ is a workshop series that was developed to combat the rising teen mental health crisis. Developed by Dr. Jennifer Salerno and **part of a NJ Department of Health-supported initiative**, Teen Speak equips caregivers with the tools and confidence to have open, effective conversations with teens about some of the toughest topics they face today such as mental health, substance use, and sexual health. Register [here!](#)

SIGN UP TODAY!

UNDERSTANDING TRANSITION TO ADULT LIFE
- TWO SESSION CLASS

Navigating adult life can be challenging. Join other families to connect, learn, and share insights.
For families of youth ages 14-21.

Two sessions | English with Spanish interpretation
Click the QR Code to RSVP today—we look forward to supporting you on this important journey!

CONTACT US TODAY!

EVENT DETAILS:

- Session 1 - February 18th
- Session 2 - March 18th
- 6pm-7:30pm
- 111 Howard Blvd., Suite 201-2nd Floor Mt. Arlington, NJ 07086
- 862-425-0055

MSOFSO
Family Support Organization



Morris Sussex

UNDERSTANDING TRANSITION TO ADULT LIFE

**TWO SESSION CLASS WITH
ENGLISH/SPANISH
INTERPRETATION**
For families of youth ages 14 - 21
Navigating adult life can be
challenging. Join other families to
connect, learn and share insights.

FAMILY SUPPORT ORGANIZATION HUNTERDON SOMERSET WARREN COUNTIES
 313 W. Washington Ave. Suite 3 Washington, New Jersey 07882
 Tel: 908.223-1191 Email: amaradul@fso-hsw.org

"Of all the love your soul craves, it craves yours the most" - unknown

Informational Session:
 Monday, March 2, 2026
 6:00-7:00 PM via Zoom

Join us for our inception
 Spring Series 2026

- Friday, March 6
- Friday, March 15
- Friday, March 20
- Friday, March 27
- Friday, April 10
- Time: 5:30-7:30 PM

If interested in participating, please
 RSVP by March 13, 2026 to Melody.Stallin@F4S-HW.org
Stallin VP Community Outreach
Coordinator at
msstallin@fso-hsw.org

Hosted by
PIONEER
Public Information Network

"CONFIDENCE COLLECTIVE" -- Female Mentoring Program

"CONFIDENCE COLLECTIVE is a five-week female mentoring series facilitated by the Family Support Organization of Hunterdon Somerset Warren Counties (FSO-HSW) for young girls between the ages of 13-18 in Somerset County. Our mission is to empower young girls by fostering self-love, building strong community connections, and cultivating lasting self-esteem, equipping them with the confidence to thrive.

Our program is designed to foster self-love in young girls through engaging activities and mentorship. Caring and experienced mentors will lead workshops on topics, such as yoga and meditation, emotional awareness, interpersonal skill development, body positivity, and more. Upon completing the program, participants will be honored in a special ceremony recognizing their growth, achievements, and journey towards self-empowerment.

HSW's Female Mentoring 2026 Spring Series!

*Making the Future More Secure
for Loved Ones with Special Needs*

Thank you to  **Family Support Organization**
HUNTERDON • SOMERSET • WARREN *for hosting!*


Donald T. Brown,
ChFC, ChSNC

WEBINAR
Wednesday, February 25
6:30-7:50pm EST



Gain more peace of mind regarding "What will happen when I'm gone?" by learning how to most effectively support your loved ones. Topics include:

- protecting government benefit eligibility
- the basics of special needs trusts and ABLÉ accounts
- writing a letter of intent

Information will be presented in a practical, plain-spoken manner, and participation is encouraged. Content is also relevant for professionals seeking basic answers to financial topics impacting those they support. Participants are welcome to a resource kit and complimentary consultation.

REGISTER:
Go to https://nationallife.com/us/meeting/register/HQzqlwqTqKxS_xpSfSxQ to receive your access link.
Questions? Contact Elizabeth at enueman@nlegroupmail.com or (848)200-7155.


Special Needs
Funding Coach™

Specialty Financial Group is a Registered Representative and Investment Advisor. Representatives of Specialty Financial Group, Inc. (SFG) and other affiliates in the following states: AZ, CA, CO, DE, FL, HI, IL, IN, MD, MI, MN, NY, OH, PA, RI, VA, WA, Wisconsin and investment advisory services are offered under the SFG Member FINRA/SIPC. SFG is a Broker/Dealer, Member SIPC, and Broker, in the states of AZ, CA, CO, DE, FL, HI, IL, IN, MD, MI, MN, NY, OH, PA, RI, VA, WA, Wisconsin. SFG is not a Broker/Dealer, Member SIPC, or Broker, in the states of AK, AL, AR, CT, GA, IA, KS, KY, LA, ME, MA, MS, MT, NE, NH, NM, NV, OR, SC, SD, TN, TX, UT, VT, WY. SFG is not a Broker/Dealer, Member SIPC, or Broker, in the states of AK, AL, AR, CT, GA, IA, KS, KY, LA, ME, MA, MS, MT, NE, NH, NM, NV, OR, SC, SD, TN, TX, UT, VT, WY.

HSW WEBINAR
Wednesday, February 25

CONFIDENCE COLLECTIVE is a five-week female mentoring series facilitated by the Family Support Organization of Hunterdon Somerset Warren Counties (FSO-HSW) for young girls between the ages of 13-18 in Somerset County. Our mission is to empower young girls by fostering self-love, building strong community connections, and cultivating lasting self-esteem, equipping them with the confidence to thrive.

Interested in attending??

[Email for More Info!](#)

[Download Flyer](#)

6:30-7:30pm EST

Making the Future More Secure

Donald T. Brown is a Registered Representative and Investment Adviser Representative of Equity Services, Inc. Gain more peace of mind regarding "What will happen when I'm gone?" by learning how to most effectively support your loved ones. Topics include: protecting government benefit eligibility the basics of special needs trusts and ABLE accounts writing a letter of intent Information will be presented in a practical, plain-spoken manner, and participation is encouraged.

[Register Here](#)

!BROKEN CRAYON DRIVE!

We're collecting broken crayons from across the state to create beautiful crayon art molds for the NJAFSO. Help us make something magical! Donate your broken crayons today!

Contact your local FSO for details

**FROM CRACKED TO
CREATIVE
HELP US REUSE CRAYONS**

What's Happening at Your Local FSO?

Click the Logo's for More Info!



Atlantic/Cape Highlights

-Junior Youth Group 1st and 3rd Tuesday

-Youth Group 2nd and 4th Tuesday

-Cape May Caregivers Support Group 1st & 3rd Thursday

-Northfield Caregivers Support Group 2dn & 4th Thursday

(609) 485-0575

[Click here for MORE!](#)



Bergen Highlights

-Grupo de Apoyo Bilingue en Espanol

-Credit Scores/Identy theft workshop Feb 11

-Introducing Anxiety and OCD Care - Clinical Overview & OCD Case Study part 1 of 3 April 7

-Mortgage/Home Equity Line of Credit Workshop May 13

(201) 796-6209

[Click here for MORE!](#)



Burlington Highlights

-Cognitive Perspective Restructuring CRP

-Parents Helping Parents Support Group 3rd & 4th Thursday

-Parent Cafe 2nd Thursday

-Youth Partnership game night, movie night, Valentines activities and more!

((609) 265-8838

[Click here for MORE!](#)



Camden Highlights!

- New Teen Book Club for youth ages 13–19, creating a safe and welcoming space for teens to connect, build literacy skills, and engage in thoughtful discussions around books that reflect their lived experiences.
- New Partnership with DCPD to support parents whose children have been removed from their care.
- Camden FSO is working alongside Camden probation and the families they serve to provide a NOPE (Narcotics and Overdose Prevention Education) program.

(856) 662-2600

[Click here for MORE!](#)



Cumberland Gloucester Salem Highlights!

- Weekly Caregiver Support and Youth Partnership Groups
- Cumberland County- Each Tuesday 5pm to 7pm
- Salem County- Each Wednesday 5pm to 7pm
- Gloucester County (Pitman)- Each Thursday 6pm to 8pm

Monthly Parent Cafe Sessions in each county

- Monthly Youth Partnership Group- Glassboro Hollybush Gardens
- Monthly Caregiver Support Group- Glassboro Hollybush Gardens

Additional information can be found on our social media pages

Facebook-

<https://www.facebook.com/profile.php?id=100069697971488>

Instagram-

<https://www.instagram.com/cgsfso/>

[For more information on specific programming click here!](#)

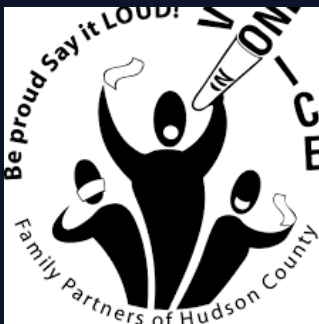


Essex Highlights

- Workshop Collaboration with Teen Speak NJ
- 2- Part Series
- Part 1: January 20, 2026 from 6:00 to 8:00 PM
- Workshop Collaboration with Teen Speak NJ (2-Part Series)
- Part 2: January 27, 2026 from 6:00–8:00 PM
- Volunteer Opportunities
- Call for more information on support groups and educational programming

(973) 395-1441

[Click for MORE!](#)



Hudson Highlights

- Mujeres Maravillosas (Spanish Speaking)
- Special Angels (Youth on the Spectrum)
- Mom's Helping Mom's (English Speaking)



FSO-HSW Highlights

- Somerset County Youth Partnership- Weekly on Tuesdays from 5:00-7:00 PM In-Person
- Warren County Youth Partnership- Weekly on Thursdays from 5:00-7:00 PM In-Person



Mercer Highlights

- Youth Partnership life skills class Support and Social group for youth 13-21 yrs old. Tonight we learn appropriate behavior out in public!
- Reach one Teach One Support Group with a focus on mental/behavioral health, special education, health &

- Youth Partnership of Hudson County

- Club de Lectura (Spanish Speaking)

- Hablemos con Jeffry (Spanish Speaking)

- Lest's Talk w/ Keith (English Speaking)

(201) 915-5140

[Click here for MORE!](#)



Middlesex Highlights

-Youth Partnership program

-Parent Support Groups

-Educational Programming

[For more information on specific programming click here](#)



Ocean Highlights

-Mom Support Group-Virtual (Bi-weekly) on Thursdays from 12:00-1:30 PM

-Grupo de Apoyo Familiar Hispano-Virtual-3rd. Wednesday of the month from 12:00-1:15 pm.

-Grupo de Apoyo Familiar Hispano-In-Person - 3rd. Or 4th. Monday of the month from 7:00-8:00 pm.

[Download the Calendar Here](#)
(908) 223-1191



Monmouth Highlights

-Youth Partnership program

-Parent Support Groups

-Educational Programming

[For more information on specific programming click here!](#)



Passaic Highlights

wellness, self care resources and more

--Pop Out Food Drive distributes food to families in need every Tuesday!

((609) 586-1200

[Click here for MORE!](#)



Morris Sussex Highlights

-Youth Partnership Program
5:30pm - 7:00pm Jan 21, Feb 17, March 10, April 14th

-Grupo de Apoyo en Espaniol 6:00pm - 7:00pm
1st Wednesday of every month Jan 7, Feb 4, March 4, April 1st In person!

-**The Caregivers Circle**
Support group for Mom's
6:00pm - 7:00pm 3rd
Thursday of every month Feb 19, March 19, April 16, May 21st
Flyer

[Download the Flyer](#)
(973) 940-3194



Union Highlights

-Youth Partnership program

-Male mentoring program

-Parent Support Groups

-Educational Programming

-Caregivers Connection
Group 6:30pm - 8:00pm
January 26

-Virtual Caregiver Connection
Group at Noon January 21

-Grandparents Support
Group 11:00am - 1:00pm
January 20

-Nurtured Heart Workshop
10:00am - 1:00pm January
21
(973) 569-6334
[Click Here for MORE!](#)

-Youth Partnership – Woodland
Park Weekly on Wednesday
Evenings

-Youth Partnership Extended –
Upper County Bi-weekly on
Tuesdays Evenings

-Parent Support Groups
Woodland Park – Weekly on
Thursday Evening
West Milford – Weekly on
Tuesday Evening

-Spanish Parent Support
Groups Woodland Park –
Weekly on Wednesday
Afternoon

-Intern Opportunities

[For more information on
specific programing click
here!](#)

(908) 755-0090

(973) 681-8968
[Click here for MORE!](#)

BOARD MEMBERSHIP OPPORTUNITES

INTERESTED IN BECOMING A COUNTY LEVEL FAMILY SUPPORT ORGANIZATION BOARD MEMBER?

If you are passionate about empowering families and have the experience to back it up, we want you on our team! Apply for local County Level board membership!

Statewide Board Membership Application

New Jersey's Family Support Organizations are family-led, community-based, non-profit agencies whose mission is to provide support, advocacy, and education to families and caregivers of children with emotional, behavioral and mental health needs and are funded by New Jersey's Department of Children and Families.

The Alliance supports the Family Support Organizations through training, technical assistance, policy development, identification of best practices, data collection and resource development.

How did you like this email?





Try email & social marketing for free!