

Throughout the City of Jersey City many families have been facing different challenge, but one department has managed to give the city back hope along side with the great Mayor Steven M Fulop. The Department of Health & Human Services along side with Tamika McReynolds. They have partnered with the city and the Public High School along with the superintendent to put some hope and faith in to the teens of Jersey City. The community was lacking hope and was experiences hardship as well as facing mental health issues.

Tamika with her team came up with a hop out of cars ideas. She basically put together a city-wide Facebook account and she goes live every Wednesday at 3pm to speak to the teen of Jersey City. She come up with essay contest and different things to get the students involved in while going through this difficult hard time. She came up with a concept of just talking to the teens on a live chat and just being able to check in with them and she how they are doing mentally. She went from literally just being able to check in with them to it becoming a full out live show. She really gets personal with getting to know the family of each teen she surprising. Not only does she surprise them she also brings money and gifts with the help of some local celebrities' local politicians and help with Walmart.

She took it a step further and made an essay contest out of it with a new winner every week. There was weekly lesson on how to create a business as well as a check in. There was food being distributing on weekends to the community and the families who needed them just to say thank you and that there are thinking of you in your time of need and we are all one lets stand together. The way New Jersey can help to support the needs of the residents is just continuing to be an ally with different programs to help with mental health. Everyone does not deal with things the same way and for those who may just need someone to speak to. Some people do not have the ability to clear their mind in their own home or space to be able to clear

their mind so the ones that do not have a way out know that its ok to pick up a phone and call to speak to someone and that person on the end of the phone will help you and not judge you with whatever you say. I believe that the city of Jersey City along with the Department of HHS has done a great job of doing that for the people with coming up with new programs and activities for the children while being safe. Providing each family in the city with mask hand sanitizers and tools as well as resources provided your family with staying safe while in this pandemic. When it was time to come together the city came together and had a great game plan that they were able to make sure to touch each family and let them know that we are here and that we care big or small. That no mater who you are we can always give back and that love is free.