

School No. 14 Psychologist Spreads Wellness Through the EPS Community and Beyond

Dr. Ruben Lambert, a certified school psychologist and clinical psychologist who is presently a member of the CST team at Abraham Lincoln School No. 14, manages the district's Behavior Improvement Program for children with negative behaviors that impede them from success in the classroom. The program integrates traditional academic learning with social emotional skills so that children can learn healthy ways to express their emotions and regulate behaviors. The program has flourished because of Dr. Lambert's dedication and techniques to keeping our students on the pathway to success.



Dr. Lambert's impact has also extended beyond the Elizabeth Public Schools community. As an instructor, has taught courses at Kean University Such as Psychology of Learning, Psychology of Adolescence, and graduate courses in the school Psychology program; conducted educational and wellness workshops for the Elizabeth and Union Boards of Education; and provided consultation regarding wellness, problem solving, stress management, and motivation to organizational staff and management.

As a lecturer, Dr. Lambert was the Keynote speaker at the NJ Spring Conference for School Social Workers, delivering a presentation titled, "From Worrier to Warrior: Learn to Combat Stress. Your Mind Back Guaranteed." Additionally, he served as a TEDx speaker in Newark, New Jersey, presenting on "Perseverance and Resilience on the Road to Success" and has presented at Rutgers University-New Brunswick and Drew University on "The Use of Meditation for Stress Reduction and Overall Mental Health" as well as at the Woodbridge Housing Authority, Richard Hall Community Mental Health Center, DAWN Center for Independent Living, and Nurturing Den Daycare Center on Optimal Health and Wellness.

Dr. Lambert has also co-developed a 10-week meditation program that focuses on diaphragmatic breathing. The program is currently being researched by a team of Psychologists and Exercise Physiologists at Rutgers University in New Brunswick.

Dr. Lambert's specialization and life passion of utilizing meditation, positive thinking and compassion in order to achieve optimal health is helping to keep the EPS community well on its way to becoming one of the highest performing urban school districts in the nation.