



For over 30 years dedicated to building healthy communities...one person at a time.

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2009 ANNUAL REPORT

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OUR OBJECTIVES

- **Help people of all ages** attain and maintain their recovery;
- **Help children** from alcoholic or drug addicted families to learn the skills necessary to overcome their adversities and thrive;
- **Provide support for teens** desiring a drug-free lifestyle by offering drug-free activities;
- **Empower parents** to raise healthy kids;
- **Work with seniors** to manage medications, develop healthy coping skills and deal with isolation and loss;
- **Work with incarcerated teens and adults** to address their drug use while incarcerated so they can maintain a drug-free lifestyle when they return to the community;
- **Foster and encourage community collaborations** in order to strengthen our prevention and recovery efforts.

93% of seniors and youth reported that Building Bridges made them feel more attached to their community.



“What’s Your Anti-Drug Contest” - Over **1,465** entries representing **37** schools; **55 winners** published in the NJ Herald Supplement. A total of **22,686** copies were distributed: 7,500 to county schools by Coalition members and county DARE officers with an additional 23,000 **distributed** to NJ Herald readers.



The **Center for Youth** after school program served **30 elementary school students** in 2009. **12 high school mentors** led many of the program’s clubs. Students wrote and acted in a “Twilight Zone” movie and performed dance for their families on Halloween.



Two **“Building Bridges-Intergenerational Asset Building”** trainings served **30** youth and **35** seniors.

OUR MISSION...

To promote hope, health and recovery among all people by fostering a community that is safe and free from the harmful effects of substance abuse, addiction, violence and related issues.

WHO WE ARE...

The Center for Prevention and Counseling is a 501(c)(3) nonprofit agency that has provided advocacy, education, counseling and referrals since 1973.

97% of participants reported that their knowledge of the signs and symptoms of drug use increased due to the presentation.



98% of participants stated that the interactive activities broadened their knowledge of assets.

Asset Building Workshops reached **34 teachers and 187 community members** through **9 events**. There are 40

assets—among them are: positive values, responsibility, self-esteem, support, positive reinforcement and cultural competence.

Sussex County Partnership for Healthy Adolescents has **30 members** from the community including members of the Gang Task Force and Healthy Kids Day Planning. **4 Gang Awareness presentations for 624 participants** were held. The Partnership served 222 youth; **56 children** participated in its **Cardiac Kids Program** and **186 participants** attended **Healthy Kids Day** and **150 children** participated in the **10,000 STEPS Program**.

35% of the adults attending the **Gang Awareness** presentations increased their ability to recognize gang signs and symbols.

COLLABORATIVE EFFORTS:

- Partnership for Healthy Adolescents
- Underage Drinking Task Force
- Methamphetamine Task Force
- Prescription Drug Task Force
- Community Partnership (tobacco)
- Coalition for Financial Education
- Community-based Street Gang Prevention Task Force
- Sussex County Coalition for Healthy and Safe Families
- DEFY & REBEL Youth Groups
- Center For Youth
- El Refugio
- NESNA-Nutrition Project—partnership with 4 houses of worship and 3 food pantries

Navigating the Teen Years

Are all Sussex County kids using **DRUGS**?
No. But they are all at risk!



Did You Know?

- Heroin purity in NJ is the **HIGHEST** in the nation
- Teens are **ABUSING** cough medications to get high
- Prescription drug use is on the **RISE** among teens
- **31%** of 7th graders and **15%** of 6th graders in **SUSSEX COUNTY** have already tried alcohol

What can concerned **PARENTS** and **COMMUNITY MEMBERS** do?
Be part of the **SOLUTION!**

Have the Coalition present its **free Project Alert: Helping Our Kids Survive Their Most At-Risk Years**, about the hard facts of drug use signs, symptoms, and trends in Sussex County.

Project Alert Drug Trend Updates reached **1,760 community members** through **29 events** in 2009.

“This (Project Alert) presentation demonstrated...that preventative education can address (the alcohol problem within the community) and diminish the use of alcohol.”



33 Youth and adults participated in the **Sticker Shock Initiative (STOP Program)** distributed **16,000 bottle hangers** **16,000 letters** to parents, **8,000 alcohol poisoning cards**, **5,000 sticker shock labels** and sponsored a billboard in the County.

“Educating children about cyberbullying is critical. Parents/guardians need to hear and see this.”



Two **Cybersmarts Internet Safety** workshops for parents and educators were held.

“My mentor has helped me to have a better relationship with my mom.”

SUCCESSES IN NUMBERS:

- **104,383 “hits”** to our website received.
- **18,383 information gathering visits** to our website
- **5,932 “help”** calls handled.
- **9,878 requests** for information processed.
- **165,729 handouts**, meeting lists and newsletters disseminated.

REBEL (Reaching Everyone By Exposing Lies) has **217 teen members** in **15 Sussex County School Chapters** and **County Chapters**. **160 REBEL** and **140 REBEL-2 members** gave **45 Presentations** at area schools about tobacco issues.

92% of the youth participating in **Life Skills** increased decision-making skills due to participation in community service projects.

The 14 week **Life Skills Training Program** served **150 family members** and **52 students** (in grades 3-8). LST teaches children about healthy coping skills and making good decisions.

Keys to InnerVisions

32 adolescents and young adults completed the 10 week program, learning creative ways to make positive decisions in their lives.

The youth that participated in the **KIV** program demonstrated a **69%** increase in their conflict resolution skills.



There were **53 matches** in the **Mentoring Plus Community Based**

Program. **75%** improved their academic performance and/or participation at school, **80%** improved interpersonal relationships, **87%** experienced increase in personal assets, **76%** engaged in at least two community service activities.

On **Red Ribbon Day**, **600** kids and parents attended with **31** agencies collaborating. The talent show featured **111** kids in **37** acts. It was inspiring to watch the children demonstrate their “anti-drug” activities.



Montague students perform at Red Ribbon Day

95% of middle school students agreed that the summit prepared them to address bullying in their schools.



Sussex County Community Partnership for a Tobacco-Free NJ served **950** youth. **25** presentations were held with **250** in attendance.

781 6th - 8th graders along with **118** high school mentors, **73** advisors and **27** volunteers attended the Coalition’s eighth annual **Middle School Anti-Bullying Summit**.

Changes Program served **102** people in three locations. Changes serves DUI offenders and others who face legal consequences due to substance abuse.

Seniors increased their knowledge about adverse medication reaction by **21%**.

96% of youth in our programs reported an increase in **goal setting and achievement skills** and **91%** of youth in our programs reported an increase in **decision making skills**. **97%** improved their life skills, making it more likely that they will make healthy life choices.



Youth Leadership Institute (formerly DEFY) involves youth in leadership and community activities. The **25** current members produced sociodramas, presented **5** Straight Talk game shows to **125** elementary school children and created and presented public service announcements to the community.



Senior Sense reached **121** seniors with Generations Sharing Together and Senior Sense Speaks Presentations. **2000** **Golden Chronicle** newsletters and **200**

informational handouts were distributed.

WISE (Wellness Initiative for Senior Education) is a new program at CFPC. It celebrates healthy aging and educates older adults on a variety of topics. Two 6 week programs were held. The Newton group served **25** seniors (funded by NJPN) and the Vernon group served **27** seniors (funded by Vernon Municipal Alliance and SC Division of Senior Services).

4,665 youth were reached through the Center’s prevention programs

- Center For Youth
- Coalition for Healthy and Safe Families
- Community Partnership for a Tobacco-Free NJ
- DEFY/Youth Leadership Institute
- Financial Stability Project
- Further Keys to Success
- Keys to Innervation
- Keys to Success
- Life Skills Program
- Mentoring Plus
- Partnership for Healthy Adolescents
- Peer Mentoring
- REBEL and REBEL 2 Youth Leadership Groups
- School Based Mentoring
- Strengthening Families

“The first step to taking control of my finances is to create a realistic budget...I have to take control of my financial future.”

Financial Stability Project held **20** **Financial Literacy workshops** such as budgeting, savings, tax preparation, needs and identity theft. **275** adults and **250** youth were served.



Juvenile Detention Center—Each week, our counselors travel to the Juvenile Detention Center to engage the adolescents in educational forums addressing substance abuse and the development of drug-free lifestyles. **40** clients were served.

Prevention Education for Incarcerated Adults— A licensed counselor provided weekly prevention education to **301** people incarcerated in the Keogh-Dwyer Correctional Facility, through a grant from the County of Sussex. **306** individual probation clients were also served.

95% of clients stated that because of their counseling relationship, they have been able to remain substance free.

“My counselor was absolutely wonderful! She helped me so much with her true concern and warm heart.”

781 **Counseling** clients attended **3,917** appointments this year. Family counseling, youth services and cognitive behavioral therapy sessions were held.

SOME OF OUR NEW PROGRAMS



Some of our peer mentors

Community Trials Intervention (CTI), a community based program designed to alter alcohol use among people of all ages, started in Hopatcong on April 1, 2009. CFPC has collaborated with key stakeholders including Hopatcong's Chief of Police, Mayor, Municipal Alliance and School Student Assistance Counselor. Some of CTI's accomplishments include the implementation of Sticker Shock Campaign, Responsible Beverage Server Training, creation of Youth Advisory Board, public service announcement development, public awareness of DUI checkpoints and several presentations to parents, students, sports coordinators and seniors.

Strategic Prevention Framework grant is focused on reducing the consequences of substance abuse among 18-25 year olds. Its **31** member Community Advisory Panel created, disseminated and analyzed surveys received from more than 300 Sussex County residents. Focus groups were also held using Automated Response System clickers and the group is featured on Facebook.

40 matches were made in the **Peer Mentoring** program. **89%** of mentees reported that homework was easier with the assistance of their mentor, **100%** of mentees exhibited an increase in self-confidence.

"This program gave me back my drive and motivation. There is no stopping me now."

Circles is a nationwide campaign to end poverty. **9** families graduated from the first 16-week program, **8** families are matched to mentors who assist them meeting goals on their Action Plan, **6** enrolled in educational or training program, **5** secured employment, **20** families enrolled in the second Circles class.

Further Keys to Success outpatient program served **27** adolescents with a total of **144** counseling hours.

Donate

We gratefully accept donations! Credit cards are accepted and a donation form can be accessed at www.centerforprevention.org We TRULY appreciate your support!

We operate utilizing a diversified funding base, as detailed below.

- NJ Department of Human Services, Division of Addiction Services (SPF, CTI, SFP and Resource Center)
- NJ Department of Children and Families, DYFS (Mentoring Plus)
- NJ Department of Health and Senior Services, Child and Adolescent Health Program (Partnership for Healthy Adolescents and Life Skills)
- NJ Office of Faith Based Initiatives and SC Arts and Heritage Council (Life Skills)
- NJ Department of Health and Senior Services, Division of Epidemiology, Environmental and Occupational Health (REBEL and Community Partnership)
- SAMHSA (SC Coalition for Healthy and Safe Families, STOP and Morris County Mentoring)
- United Way of Sussex County (Counseling, Mentoring Plus and Financial Stability Project)
- County of Sussex (Community Prevention Education, Life Skills and Adolescent/Adult Substance Abuse and Mental Health Treatment, IDRC Screening/Education)
- Various foundations, program income and tax deductible donations

MAKE A TAX-DEDUCTIBLE DONATION TO US BECAUSE...

- We are **good stewards** of money given to us...with a \$1.54 million budget and a low administrative cost of **3.5%**.
- We **serve diverse populations** and high risk groups of individuals, assisting people of all ages and backgrounds to attain and maintain recovery.
- We **collaborate and cooperate** with other agencies and organizations in the county to avoid duplication of services.
- We have a **sense of urgency**, recognizing our need to make a difference everyday, **using teamwork** to leverage our individual talents to produce positive results.
- Our **programs get results!** We document increased skills and positive changes in behavior among those participating in our programs.
- Through the exercise of **fiscal responsibility** we have shown steady, sustainable growth over the last ten years, as seen in the graph.

