

About the Partnership



The Sussex County Partnership for Healthy Adolescents is a program funded by a grant from the NJ Department of Health & Senior Services Child & Adolescent Health Program, to promote healthier and safer choices for Sussex County's adolescent population. The group is a community-based project with representatives from local providers connected to schools, health and human service agencies, law enforcement and recreational programs, who develop and plan for educational activities for 10-17 year olds and their families.



Our Mission...

To promote hope, health and recovery among all people by creating an environment that is safe and free from the harmful effects of substance abuse and addiction.

Center for Prevention & Counseling

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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!

*A 501(c)(3) non-profit agency
Member of United Way of Sussex County
NJ Prevention Network Member*



Sussex County Partnership for Healthy Adolescents



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

SUSSEX COUNTY PARTNERSHIP FOR HEALTHY ADOLESCENTS

A PROGRAM OF THE CENTER FOR PREVENTION & COUNSELING

Violence Prevention

One of our goals is to address school and community violence as it affects the county's youngsters. Too many children continue to feel the devastating effects of bullying in schools. The Partnership assists the Coalition for Healthy and Safe Families in their efforts to change this by increasing the education and awareness of students, teachers and parents.

Similarly, the Partnership has created the Sussex County Community-Based Gang Task Force to address the potential of street gang activity. Although Sussex County does not have a major problem with gang activity at this time, based on how these acts of community violence have progressed in other counties in NJ, the group is taking a proactive stance in organizing educational forums to ensure our county is enforcing the appropriate, preventative measures.



Substance Abuse Prevention

Studies have found that teens who take part in many different kinds of physical activity—particularly with their parents—are less likely to get involved in drinking and other drug use, violence, smoking, sexual activity, and delinquency than teens who spend a lot of time in front of the television. The Partnership is working to help engage teens in a variety of activities to help reduce the likelihood of engaging in high risk behaviors.

Physical Inactivity

Adolescents are increasing their risk for becoming overweight and unfit by a lack of daily physical exercise. Over the last decade or so, a significant rise in television, computer and video game usage has replaced traditional physical activities for many youngsters. In NJ, nearly 41% report they watch three or more hours of television on a daily basis. The Partnership is working to help educate adolescents on the benefits of physical fitness, to avoid health problems later in life.

Adolescent Obesity

Statistics for the state of NJ report that 28% of students 17 and younger are either overweight or are at risk of becoming overweight. Adolescent obesity is considered a nationwide epidemic. Lifestyle changes, an increase of meals and "super-sized" meals consumed from fast food restaurants, combined with a sedentary lifestyle, are the main contributing factors. High blood pressure and heart disease in youngsters are currently at the highest level ever recorded. For the first time in history, experts predict that adolescents will have a shorter life expectancy than their parents. The Partnership is working with local health professionals to promote awareness of these issues to youngsters and their parents, to encourage good nutrition, healthier food choices and regular exercise.

Would you like to Join?

If you would like to join the Partnership, be placed on our Email list, make a donation, or simply receive more information, please contact Jane at the Center for Prevention and Counseling, 973-383-4787 or by Email at janel@centerforprevention.org.