

April 2016



For more than 40 years
dedicated to building healthy
families and communities



Prevention Works Newsletter

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In Recognition of Alcohol Awareness Month, April will be filled with activities throughout Sussex County. Alcohol Awareness month raises awareness while encouraging people to make healthy and safe choices when it comes to the use of alcohol. It also opens a window of opportunity to address underage drinking, especially with prom and graduation season right around the corner.

According to the most recent surveys (Monitoring the Future 2015, NIDA) we continue to see promising reductions nationally in the use of alcohol among youth. In Sussex County over the last 3 years we've seen the same trend as alcohol consumption among our 6th to 12th grade students has decreased dramatically due to many prevention efforts. Those decreases in alcohol use are reflected in the Sussex County 2015 survey where past 30 day use decreased by 71.1% for 6th graders, 62.7% for 8th graders and 18.8% for 10th graders. While this is great news, the need for continued education and conversations regarding underage drinking is apparent and necessary. At The Center, we continue to educate youth, parents, educators, community leaders and health care providers about the dangers and consequences associated with underage drinking.

Check out below what **The Center** is offering to families, businesses and schools in recognition of Alcohol Awareness Month:

- Hidden in Plain Sight presentations:
 - Sparta High School 4/7/2016
 - Hopatcong High School 4/19/2016
 - Stanhope Valley Road School 4/28/2016
- Distracted Driving/Intoxicated Driving Event at SCCC on 4/14/2016
- Vernon Town Hall Meeting 4/27/2015

Check out www.centerforprevention.org for additional information about The Center's Alcohol Awareness Month events.

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Olweus Kick Off ~ Sussex Wantage School District



Students and staff at Sussex Wantage School District kicked off a campaign against bullying with activities, games and guest speakers last month. On March 16th and 17th, Sussex Wantage schools held an Olweus Bullying Prevention Program Kickoff celebration which was planned by middle school students and called **Friendship Day**.

Throughout the events, students were engaged in a variety of activities including team building

exercises, musical performances and grade level assemblies. Alicia Citro, Wantage School Counselor, composed the "SW 5" song which was performed by 8th grade basketball players at Sussex Middle School and 5th grade students at Wantage School. Members of Sussex Middle School National Junior Honor Society, coordinated the kick off events and provided assemblies to their peers and to lower grade levels through-out the school district.

The Olweus Program is a comprehensive approach to reduce bullying behavior that includes schoolwide, classroom, individual, and community components. The program is focused on long-term change that creates a safe and positive school climate. Olweus has been found to reduce bullying among students, improve the social climate of classrooms, and reduce related antisocial behaviors, such as vandalism and truancy.

For more information on Olweus, please contact Tina@centerforprevention.org

Tina Aue
Director of Prevention Services



Vernon Coalition Youth Group Update:

Not only have we been keeping up with our Monthly Above the Influence youth group meetings but we held an exciting "Tag It" event as well as a fun filled night of bowling and pizza! We didn't stop there...we held another successful sticker shock event (thanks to The George Inn) so it's safe to say, we are keeping busy! With three new youth group students joining ATI, we are moving forward with more momentum than ever. Up next, our Town Hall Meeting in April and prom/graduation prep to wrap up another amazing school year. Please "LIKE" us on Facebook at Vernon Coalition Youth Group and "Follow" us on Instagram @vernoncoalitionyouthgroup. Please email gemma@centerforprevention.org for more information regarding the Vernon Coalitions Above the influence youth group.

To learn how you can get involved please contact Gemma@centerforprevention.org or call 973-383-4787. Looking forward to hearing from you!

Gemma Chalkley
Vernon Coalition, Youth Coordinator



Are you worried about kids using alcohol and other drugs in your... neighborhood? school? community?



Join the Coalition:

You get more when you get together!
Join Coalition members as we plan events, programs and activities to help keep Sussex and Warren counties healthy and drug-free!

**Meetings are held:
in Newton**

2nd Friday of every month
(upcoming dates: 5/13)
from 9-10:15 AM at the Center for
Prevention and Counseling
61 Spring Street, Newton

in Washington

4th Monday of every month
(upcoming dates: 4/25)

9-10:30 AM at

Family Guidance Center of Warren County,
492 Route 57 West, Washington, NJ

Parents as Champions for Healthy Communities

On March 5th and 12th Pam Pastorino and Ashley LeBelle from The Center for Prevention and Counseling (School Health Specialists through the Whole School, Whole Community, Whole Child Grant) hosted a *Statewide Parent Advocacy Network (SPAN) - Parents as Champions for Healthy Schools* workshop. During this two day workshop, ten parents from Sussex and Warren County were trained on how to become champions for healthy living amongst their children’s schools. Throughout the training parents were given the tools needed to construct an appropriate action plan to address a specific need within their child’s school. They were then provided the information and guidance on how to apply for a \$1,000 grant and present these proposals efficiently and effectively to their schools. After both trainings it was clear that the parents were more than ready to set forth on achieving the goal they constructed during this course.

“Your presentations were spot on, and your dedication to making positive changes in our communities is commendable. It was such a pleasure working with you! I hope to partake in future presentations.”
2016 Parent Champion



Ashley LeBelle
Community Educator

Safe Stock At Sparta High School

On March 24 students in Find The Courage group hosted an all-day event at Sparta High School called Safe Stock. The event was planned by the students, The Center and their advisor Lynn Damelio to promote healthy drug free activities throughout the entire day. In order to prepare for this successful event, The Center (Patrice and Ayla) worked with the students from Find The Courage group for the ten weeks, each week discussing a new habit from 7 Habits Of Highly Effective Teens. Some of the habits the students focused on during Safe Stock was



“Think Win-Win,” “Synergize” and “Sharpen the Saw.” The activities throughout the day focused on working together as team, having a positive attitude, and enjoying the day and taking some time for yourself. The event was planned to host various activities that would engage all, such as a cupcake decorating contest, tally ball (modified version of volleyball), a dance off, and a team building obstacle course using Fatal Vision Googles. The event was a huge success and well received by all the students and staff that the Find The Courage youth group is already planning for another one. A huge thank you to the Sparta Municipal Alliance for allowing The Center to work with these amazing students every year!



Patrice Reilly
Community Educator



Katie Calvacca is a lifelong resident of Sussex County and originally reached out to The Center as a Vernon Coalition volunteer in 2014. Katie is now working part-time with The Center as a Recovery Support Specialist. Katie entered long-term recovery from a substance use disorder in 2008 and is passionate about advocacy and removing barriers for others to enter and sustain recovery. Katie works full-time as a CNA, loves everything outdoors, and enjoys spending time with her niece and nephews.



Message from the Director:



C.L.E.A.R. is launched in Sussex County! This is very exciting for our community as C.L.E.A.R. is a new initiative by key stakeholders who are working together to address the drug epidemic being seen in our county. A guiding force behind the program is Chief Michael Richards, who has been hosting the meetings since November. The newly launched website, www.ClearProgram.org has a news feed that shows the recent articles by the New Jersey Herald which highlight the press conference and the unveiling of the website and the Recovery Coach Academy and the work being done as the program is launched.

The group worked to create a mission statement that states: *It is well-established that drug use and addiction is a major problem that impacts all of us on multiple levels; individuals, families and communities bear the many ill-effects that it has on our safety, health and the economy. The alarming reality of the heroin/opiate epidemic, in particular, has created an urgent need to work together to reverse these trends. We also recognize that for any anti-drug program to be effective, strong enforcement must be supported by an effort to reduce the demand for illegal substances and this is best accomplished through continued prevention education along with improved access to treatment and recovery support. The mission of the Sussex County C.L.E.A.R. program is to form a collaborative network of professionals in our community who will facilitate medical intervention, improved access to treatment and recovery support for those struggling with drug addiction who seek assistance, without fear of arrest or prosecution, in order to make a positive difference in the quality of life for individuals, families and our entire community.*

An integral part of the C.L.E.A.R. Program will be the use of Recovery Coaches to provide non-clinical assistance and support as volunteer peer mentors to assist those seeking recovery. Recognized nationally as the original and leading recovery offering of its kind, the CCAR Recovery Coach Academy© is a 30 hour intensive training focusing on providing individuals with the skills needed to guide, mentor and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs. Applicants must participate in an interview and undergo a background check to be considered for training as a Recovery Coach. Once selected, participants will be required to attend all training sessions to become certified and serve as on-call volunteers in the C.L.E.A.R. Program. Presently, there are 25 spots available for the Recovery Coach Academy, which is expected to take place in May and June of this year. Additionally as we move further along, there will be many volunteer opportunities available outside the role of a Recovery Coach. The experience, education, skills, talents and time of many will be needed in order to make this new initiative a success. To apply online visit <http://clearprogram.org/recovery-coach-application/> and complete the online application.

It is exciting to have so many stepping up to the plate to assist with this program. Newton Police, under Chief Richards guidance, are at the table and will be working to create the policies and procedures for the program. Newton Medical Center, the Sussex County Police Chiefs Association and the Sussex County Prosecutors Office have also been at the table and have each made donations to assist with the work of C.L.E.A.R. Treatment agencies include College Recovery, Amethyst Recovery Center and Sunrise House, who will be working to assist in finding treatment for those in need. Additionally, our agency has hired a new person to work part-time with the Recovery Coach Academy and we will be supplying office space for C.L.E.A.R. We are actively looking for other donations and grant funding to assist with the many costs associated with the program and ask for people to go to www.Clearprogram.org to make a donation or contact katie@centerforprevention.org to find out about other volunteer opportunities and program needs.

The Center is excited to be a part of C.L.E.A.R., working with others who are committed to helping people in need of treatment, get the appropriate services needed to assist them in getting into long-term recovery. We encourage you to learn more about C.L.E.A.R and get involved. A community problem clearly needs a community solution!

Becky Carlson
Executive Director





The Vernon Coalition hosted our monthly meeting on March 16, 2016 with featured guest speakers from the Vernon Township Police Department. The topic was about the heroin impact in Vernon, Sussex County and our nation.

We sometimes hear, "Why doesn't the coalition concentrate on preventing heroin use? **THAT** is what is killing our kids!" Our coalition members know the answers...

- Heroin is usually not the first substance used. The progression from alcohol, marijuana, tobacco, etc., especially when initiated in adolescence, is important to understand.
- We **ARE** addressing the opiate use epidemic w/ initiatives such as Rx disposal awareness, medical professional addiction education, prevention of Rx drug use in traditional and social media outlets countywide and with our 'Hidden in Plain Sight' program with Drug Trend Updates for the entire community.

Special thanks go to Officer Stephen Gentle and Detective Dan Young, who brought their expertise and confiscated paraphernalia for show and tell. We heard that most of our local crimes, such as larcenies and burglaries are related to drug use. On a national level, the United States represents about 5% of the global population. However, the US also uses 99% of the global Hydrocodone supply and 75% of the world's illegal drugs.

Alcohol and other drug use is one of the most significant public health issues of our time, however there is hope for change. We are so proud of our members for taking the time to learn about these issues that impact every resident in Vernon and beyond.

The Vernon Coalition meets every 3rd Wednesday of the month with 2 time choices of 10am at the Vernon Township High School and at 7pm at the Vernon PAL Building. Each month features a mini-seminar on topics to help educated our community about how we can prevent and reduce youth substance use. In addition, we discuss current trends, campaigns and upcoming programs. All Vernon residents are welcome to attend. Any questions can be directed to Rebecca Dorney at rebecca@centerforprevention.org or at 973-764-6619.

Rebecca Dorney
Vernon Coalition, Coordinator

Spring Clean Your Medicine Cabinet!

SATURDAY, APRIL 30TH

BRING YOUR EXPIRED OR UNUSED MEDICINE TO YOUR LOCAL RX COLLECTION SITE AND SAFELY DISPOSE MEDICATIONS THAT ARE COMMONLY ABUSED.

NO LIQUIDS OR NEEDLES ACCEPTED.

WWW.CENTERFORPREVENTION.ORG

PERMANENT LOCATIONS

- Andover: Andover Police Department (Lake Iliff Rd)
- Augusta: NJ State Police, Sussex Barracks (Rt. 206)
- Hardyston: Hardyston Police Department (Wheatsworth Rd)
- Hopatcong: Hopatcong Police Department (River Styx Rd)
- Newton: Newton Police Department (Trinity St)
- Sparta: Sparta Police Department (Main St)
- Vernon: Vernon Police Department (Church St)

TEMPORARY LOCATIONS ON 4/30/16

- Byram: Byram ShopRite (90-80 Route 206 North)
- Franklin: Franklin Boro Police Department (15 Corkhill Rd)
- Hamburg: Hamburg Police Department (9 Orchard St)

Questions? Call The Center at 973-383-4787

Newton Town Hall Meeting



On April 12th, 27 students were recognized for their participation in The Center's "Elect To Be Alcohol-Free" contest. In attendance to honor our local students were parents, grandparents, teachers, administrators and local law enforcement. There were over 150 entries this year with 8 winning posters, 3 essays, 1 video entry and 11 honorable mention winners. The students were commended and complemented for their hard work and decision to remain alcohol-free! The evening was filled with excitement as the students were presented with a certificate given by Senator Steven Oroho and Above the Influence incentives. A special thank you goes out to Paul Casperon and Anna King from Newton High School who presented a question-and-answer test on underage alcohol-related

statistics as well as to Senator Steven Oroho and Chief Mike Richards for making the evening a huge success.

Check out the great article that New Jersey Herald published about the great event!

<http://www.njherald.com/article/20160414/ARTICLE/304149981>

Patrice Reilly
Community Educator



The Center's Wish List

- ◆ Card tables or small 3 or 4 ft. folding tables
- ◆ Small kitchen table with 4-6 chairs
- ◆ Bookshelves
- ◆ Small desk
- ◆ Countertop with insert sink and lower cabinets
- ◆ Printer table
- ◆ End tables
- ◆ Coffee table

- ◆ Coat rack
- ◆ Graphic artist for infographic design
- ◆ Plumber and electrician for small jobs
- ◆ Indoor paint (neutral/cream colors)



We appreciate your assistance and consideration in helping us out. Please contact Jenn 973-383-4787 or jenn@centerforprevention.org for any donations!

Coalition for Healthy and Safe Communities News!



The Coalition for Healthy and Safe Communities is growing in members and increasing in sustainability. The coalition recently welcomed the General Manager of the Sussex County Miners baseball team, the Warden of the Sussex County Jail, people in long-term recovery and other community members all interested in being involved in prevention and recovery efforts countywide.

On Saturday night, March 12th, we featured *The Anonymous People* movie at the Sussex County Community College Performing Arts Center. Afterwards, Katie and I continued our conversations at the Hampton Diner with volunteers Drew, Kelly and Joel.

On March 15th, the coalition chairperson and I attended a workshop where Rutgers University tobacco use prevention specialists updated us on how communities can increase community health surrounding how tobacco is sold.

On March 17, Counselor Deb Kopko-Vitale and I spoke at the Division of Child Protection and Permanency (formerly DYFS) to over fifty of their staff members about addiction, prevention and recovery.

I took a day off on March 22 to speak for NCADD-NJ at a Senate Budget committee hearing in Newark at NJIT, advocating for state funding for prevention, treatment and recovery support.

Ayla Bower and I conducted a TiPs responsible alcohol server training at our satellite office on March 28 for 42 people representing 14 bars and restaurants in our area.



Annamarie Shafer
Coordinator, Coalition for Healthy & Safe Communities



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We're on the web!

www.centerforprevention.org



The Center Vision...

To develop the capacities of adults and children to sustain healthy lifestyles by providing services designed to foster addiction-free lives, emotional wellness, financial stability and safe communities.

The Center Mission...

To promote hope, health and recovery among all people by fostering a community in which individuals and families thrive.

The Center Strategies...

Use proven prevention strategies in all education programs

Provide client-centered counseling

Network with other service providers

Be involved in the Sussex County community by maintaining active committee memberships

Maintain an extensive Multimedia Resource Center

Provide ongoing staff education

Maintain a full range of no cost services through grant and foundation funding, and to charge reasonable rates for services not funded by grants

HELP THEM REACH THEIR FULL POTENTIAL

REFUSE TO PROVIDE ALCOHOL TO UNDERAGE KIDS.

