



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

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2011 ANNUAL REPORT

Message from the Executive Director and Assistant Director:

It is our pleasure to bring you this 2011 Annual Report on behalf of our Board of Directors, staff and volunteers. As demonstrated in this report, CFPC's prevention and treatment programs help thousands of individuals while also changing community norms to be more supportive of healthy behaviors. It's exciting, fulfilling and important to be a part of the process of change as individuals, both youth and adults, learn new information, acquire healthy living skills and ultimately change behaviors. This is called "individual-level change." At CFPC, we also engage in "population-level change," helping to create an environment in which safe and healthy behaviors are encouraged and supported. The following are examples of the community impact we have achieved:



- Our counseling and education programs help youth and adults acquire new behaviors and skills, thus creating healthier and more stable communities.
- Through advocacy and education, we saw the successful adoption of the Underage Drinking on Private Property Ordinance in 20 of the county's 24 municipalities and the passing of the statewide 911 Hold Harmless legislation.
- We brought Operation Medicine Cabinet, a Florida initiative, to NJ, thus creating an infrastructure that supports appropriate disposal of prescription medications.
- By establishing relationships with law enforcement and alcohol retailers, underage drinking is being reduced as a result of changes in policies and procedures.
- Through a partnership with Sussex County Community College, the use of alcohol by students under 21 and the abuse of alcohol by students between 21 and 25 are being addressed on the campus via changes in policy and practice.
- We are well on our way to bringing the Parents Who Host Lose the Most campaign to every municipality in Sussex County, thereby reducing youth access to alcohol.

The effectiveness of CFPC's work can also be seen in some of the county's current crime trends. According to the Uniform Crime Report, CFPC's focus on reducing underage drinking and empowering youth to make healthy life choices is working! The report indicates a decrease in overall arrests of juvenile males and females. In fact, the total number of juveniles arrested was the lowest since 2003. Juvenile and adult arrests for liquor law violations also decreased significantly, as did criminal mischief offenses and drug abuse violations. These impressive trends are not the result of CFPC working alone, but rather show the powerful outcomes that can be attained through effective partnerships, programming and policy-setting. We anticipate 2012 being another successful year and we thank all those who support us for their confidence and trust.

Barbara Adolphe, Executive Director, and Becky Carlson, Assistant Director

OUR MISSION...

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

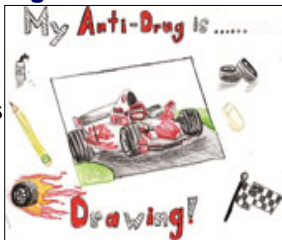
WHO WE ARE...

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

See callout boxes for program outcomes

What's Your Anti-Drug Poster Contest

There were over **1,079 entries** representing **35 schools**. **55 winners** were published in the NJ Herald Supplement. A total of **6,000 copies** were distributed to schools with an additional **12,000** distributed to NJ Herald readers. The NJ Herald prints an eight-page supplement every year and continues to print at least five other entries weekly throughout the year.



150 entries were received for our **PSA Contest**. Winning poster entries were published in NJ Herald and winning essays were recorded and aired on WSUS radio for the month of April. Some of our winners are pictured above.

"Great information presented! Thank you!" "Very informative wish more parents would come."

Project Alert Drug Trend Updates

reached **779** community members during **23** presentations.



Asset Building Workshops

reached **426** teachers and community members in **13** workshops. There are 40 assets—among them are: positive values, responsibility, self-esteem, support, positive reinforcement and cultural competence.

After a presentation for bus drivers, **100%** of those surveyed felt their knowledge of asset building had been increased.

COLLABORATIVE EFFORTS:

- Coalition for Financial Education
- Community-based Street Gang Prevention Task Force
- Coalition for Healthy and Safe Communities
- Circles Guiding Coalition
- Prescription Drug Task Force
- Regional Coalition
- SPF-SIG Coalition
- Vernon Coalition
- Underage Drinking Task Force



33 Youth and adults participated in the **Sticker Shock Initiative (STOP Program)** and distributed over **45,000 handouts** and sponsored a billboard. STOP implements environmental changes in the county to reduce youth access to alcohol.



Tobacco-Diabetes Project serves seven counties (Sussex, Passaic, Hudson, Union, Morris, Bergen, Essex and Warren). **Twenty presentations** for groups such as Birth Haven, Greystone Park Psychiatric Hospital and Montclair University Drug Coalition and were attended by **275 individuals**. Approximately **2,000 adults** and **2,000 children** from various geographic areas, nationalities, special populations, as well as people in recovery, were served.

Strategic Prevention Framework

grant has a 37 member Advisory Panel focused on reducing the consequences of substance abuse among 18-25 year olds. Through their work, **394** students attended Reality Check presentations and the use of e-CHUG as a self-screening tool is now part of the freshman curriculum.

"My big is awesome. She is the best thing that ever happened to me in my life."

"89% of the participants felt that the workshop was a positive learning experience."

Vernon Coalition began in spring 2010 as a result of community member seeking to reduce youth use of heroin and other drugs in Vernon. In October 2011 CFPC received a five year Federal grant through which two full-time Coalition staff people were hired. The Vernon Coalition is in the process of member recruitment, strategic planning and creating a strong youth movement.

Through the STOP (Sober Truth on Preventing Underage Drinking

grant, we implemented **Celebrate...without alcohol** Parents Who Host campaign and disseminated 5000 pizza box labels to 10 different pizzerias and recorded and aired three PSAs.



Circles is a nationwide campaign to end poverty in which families are matched to mentors who help them attain specific goals. There was **\$17,421** reduction in debt by Circles Leaders. **118** people attended Circles educational programs. CNN visited Sussex Circles and filmed a segment that was aired on CNN.

11 Circles Leaders secured employment and/or improved their employment situation.

"Circles has given me hope and I have been without hope for 10 years."



97% of the mentees are free from adjudication with the juvenile justice system.

Mentoring Plus Community Based Program

had **40** matches. Among the youth who were matched with mentors, **75%** improved their academic performance, **98%** regularly attended school, **80%** improved interpersonal relationships, and **76%** engaged in at least two community service activities.

See callout boxes for program outcomes



97% of participants reported their knowledge of asset building has been increased and 96% of participants reported that these workshops were a positive learning experience.

96% of surveyed students stated that after participating in the summit, that they are committed to stop bullying and 91% stated they learned new ways to stop bullying in their school.



Taking Flight Change 2011— 856 6th - 8th graders along with 150

high school mentors, 95 advisors and volunteers attended the Coalition's tenth annual **Middle School Anti-Bullying Summit**. Adult and youth presenters armed students with anti-bullying information, activities for students and teachers to implement, asset building booklets and cyber-bullying information.

Gang Task Force provided a training to 60 people. Through funding from the Morville Agency the Gang TF updated their brochure and disseminated 5000 copies around the county. The TF is an active vital group with approximately 20 active members including the S.C. Prosecutor.

"Building Bridges in our Community" - were held in Hopatcong and Vernon; 52 seniors and 43 youth participated. Building Bridges is an intergenerational asset building program designed to connect youth and older adults.

There are 500 members of the **Coalition for Healthy and Safe Communities**. The Coalition instituted monthly support meetings for all anti-bullying specialists for schools to address the new HIB law (Harassment, Intimidation, Bullying).

Lunch 'n Learns provided training to 91 people during 8 free presentations on such topics as "Addiction & Mental Health, a Family Affair", "What's DAT? Finding the correlation between diabetes, alcohol and tobacco."



"You've motivated me to take control of my finances and helped me to develop a plan to build credit without going into debt."

Community Trials Intervention to Reduce High Risk Drinking—CTI, a community based prevention program designed to decrease alcohol use among people of all ages, is being implemented in

75% of establishments used RBS procedures to eliminate alcohol sales to minors.

Of the 7,787 youth served, more than 90% increased their ability to make healthy life choices.

Financial Stability Project served 454 adults and 172 youth through 51 Financial Literacy workshops on budgeting, savings, tax preparation, credit reports, and retirement planning.

90% of participants reported that their overall ability to manage their financial life improved.

Hopatcong. CTI consists of a 14 member planning committee and 25 member youth advisory board. Accomplishments include implementing Responsible Beverage Server (RBS) Training and the Sticker Shock Campaign, in which over 5000 stickers were placed on alcoholic beverages in Hopatcong's liquor-selling establishments.

7,787 youth were reached through the Center's prevention programs

- Building Bridges Program
- Coalition for Healthy and Safe Families
- Community Trials Intervention Project
- Coordinated School Health Program
- Financial Stability Project
- Girls Circle
- Life Skills Program
- Mentoring Plus
- PSA Contest
- Strategic Prevention Framework
- Strengthening Families
- Taking Flight to Change
- Tobacco-Diabetes Project
- What's Your Anti-Drug Contest
- Straight Talk

Suicide Prevention Program provided training to 106 school staff members. 97% of those surveyed agreed that their knowledge of the warning signs of suicide had been increased.

We provided 4,987 hours of **counseling** this year through individual sessions, Intensive Outpatient Treatment, weekly treatment groups as well as a co-dependency support group for family and loved ones affected by addiction.

78% of adolescents successfully completed substance abuse treatment. 65% of adult clients successfully completed substance abuse treatment.

WISE (Wellness Initiative for Senior Education) celebrates healthy aging and educates older adults on a variety of topics. Four 6-week programs attended by 76 seniors were held in Newton, Sparta, Wantage and Franklin.

"I have learned to stop, take a deep breath and let my kids be kids while maintaining positive, clear family expectations."

Strengthening Families—Family Night Out Program— a 14-week program for the whole family served 69 youth and 46 parents in 30 families.

Seniors report that they enjoyed the program, value the variety of suggestions to improve and enhance senior living and often share resources and information learned with other family members and friends.

Prevention Education for Incarcerated Adults and People on Probation—A licensed counselor provides weekly prevention education to all the male and female inmates who choose to attend the groups at the Keogh-Dwyer Correctional Facility and all of the mandated probation clients as well.

"We tell each other how we became addicts, which helps in our recovery and the other men can identify the feelings."

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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;
- **Increase financial capability among adults and youth** by providing education and skill-building activities;
- **Foster and encourage community collaborations** in order to strengthen our prevention and recovery efforts.

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!

CFPC operates utilizing a diversified funding base, details of which are available on our website.

SUCCESSES IN NUMBERS:

- 87,263 "hits" our website
- 24,426 information gathering visits to our website
- 3,282 "help" calls handled
- 5,500 meeting lists disseminated
- 88,243 handouts and newsletters
- 981 people visited our Resource Center
- 7,571 adults served in our prevention & counseling services

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

- We are **good stewards** of money given to us...with a \$1.43 million budget and a low administrative cost of **3.1%**.
- 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.

