

Summer 2016



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



Summer 2016 Prevention Works Newsletter

Inside this issue:

Summer Fun and Freedom	1
Health and Wellness Success	2
National Prevention Week	2
Music Festivals and More	3
Message from the Director	4
Vernon Coalition	4
Parents as Champions	5
Newton Town Pool	5
Biometric Screenings	6
Recovery Advocacy	6
Coalition for Healthy & Safe Communities	7

Letter to the Editor:

School is out and Sussex County teens are enjoying a long summer. While summer brings fun and freedom, it also brings increased risk for alcohol and other drug use among teens. Summertime means more free time and often times with reduced adult supervision. According to SAMHSA, the U.S. Substance Abuse and Mental Health Services Administration, on an average day in the summer 11,000 adolescents aged 12-17 use alcohol for the first time, 5,000 youths smoke cigarettes for the first time and 4,500 youth start using marijuana for the first time. Outdoor summer recreational activities like swimming, boating, biking, hiking and water parks always require our attention when safety is concerned and adding alcohol and drugs to the mix increases the risk. Teens are often behind the wheel while attending fun summer activities like parties and concerts.



Summer is always a time of high risk for teen drivers and being under the influence of alcohol and drugs increases the risk of a car crash or fatality. Additionally, recent research has found that a teen's brain will continue to develop until the age 25 and exposure to alcohol, tobacco and other drugs can impede the development of the parts of the brain that control organizing, planning, good decision making, memory and learning. The human brain's greatest capacity to learn happens during the teen years so staying free from alcohol and drugs is important for a teen's growth and development. Despite the increased risk for alcohol and other drug exposure in the summer, there are simple strategies that can help keep teens safe this summer.

The National Council on Alcoholism and Drug Dependence (NCADD) encourage the following guidelines to assist parents in keeping kids alcohol and drug free. They suggest that parents listen before they talk, ask open ended questions that get their teen talking, be involved by knowing where teens are going and who their friends and their friends' parents are, set expectations and be open, honest and positive. Research shows that teens who have had conversations with their parents about the dangers of alcohol and drugs are 50% less likely to begin using.

Parents, you are still the number one prevention tool when it comes to keeping kids alcohol and drug free so start talking, they are listening despite all that eye rolling. Enjoy a fun, safe and healthy summer Sussex County!

Follow Us!

[instagram.com/cfpcnj](https://www.instagram.com/cfpcnj)

[facebook.com/cfpcnj](https://www.facebook.com/cfpcnj)

twitter.com/cfpcnj



Health and Wellness Success

As the school year comes to an end so does our 2015-2016 WSCC (*While School, Whole Community, Whole Child*) health and wellness grant cycle. All of our ten schools used their funding to support wellness and provide their students with active and healthy experiences as well as school changes. Netcong Elementary School used this positive energy to give back to their community by hosting a "Souper Bowl of Caring". Netcong's 3-8th grade gifted and talented students put together the education and advertisements to promote the Super Bowl themed canned soup drive. The students of Netcong brought in their cans and used them as a vote for who they thought would win the Super Bowl. The Denver Broncos were determined the "winner" with 174 cans collected in comparison to the Carolina's Panthers 162 cans. However, it's clear to see the Netcong Eliminary are the true winners for collecting a total of 336 cans of soup for the United Methodist Church of Stanhope.

For more information on this event Mrs. Liz Juliano can be reached at ljuliano@netcongschool.org or by phone at 973-347-0020, x220.

*Ashley
LeBelle*
School Health
Specialist



National Prevention Week

National Prevention Week is an annual health observance dedicated to increasing public awareness of, and action around, mental and/or substance use disorders.

The three primary goals of **National Prevention Week**:

- To involve communities in raising awareness of behavioral health issues and in implementing prevention strategies
- To foster partnerships and collaboration with federal agencies and national organizations dedicated to behavioral and public health

To promote and disseminate quality behavioral health resources and publication.

The Center participated in many of the activities throughout the week. One of our favorite activities is The "I Choose" Project. The "I Choose" Project is an easy way to make a difference, be a positive example, and inspire others.

Patrice Reilly
Community Educator

Center for Prevention and Counseling
For more than 40 years dedicated to building healthy families and communities

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: 7/8)
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: 6/27)
9-10:30 AM at
Family Guidance Center of Warren County,
492 Route 57 West, Washington, NJ



Music Festivals and More!

School's Out and summer is here! Summer is known to be a time where teens can often relax, enjoy time with friends and parents become more lenient as worries of their child's homework, test scores and sports schedule are at ease during June, July and August. **Seems** to be a win/win for the entire family!

While teens experience more freedom and independence during the summer months, parents and adults should be aware of "opportunities" that will become available during this time:

➤ Music festivals, primarily Electronic Dance Music Festivals (EDM) and Raves are popular during the summer months and they can be found only a short distance away, making it an easy "trip" for teens and young adults.

These festivals and events are notorious for drug use. NIDA (National Institute on Drug Abuse) has its own category of drugs that are associated with these events called Club Drugs. The most popular Club Drugs include: LSD, commonly known as Acid, MDMA, commonly known as Molly, GHB, also known as Liquid X and Ketamine is referred to as Special K. According to the 2015 Monitoring the Future Survey, use of LSD and MDMA increased among 10th and 12th grade students from 2014 to 2015. Cocaine, Marijuana and Alcohol are also popular at these events as well.

➤ Underage drinking peaks during the summer months, primarily in June and July. Every day in the month of July, approximately 11,000 young people **take their first drink** (SAMHSA, June 2015.) According to the National Highway Traffic Safety Administration, the period between Memorial Day and Labor Day, summer vacation for most students, has been called "**The 100 Deadliest Days**" for teen drivers. Nine of the 10 deadliest days for youth on U.S. highways fall between May and August. One reason is that teens are drinking at younger ages.

➤ Marijuana use increases during the summer months as well. Every day in July approximately 4,500 teens will try marijuana. While summer is the season to rejuvenate, it's important to remember that more free time and less adult supervision increases the likelihood of exposure to the dangers of substance abuse including marijuana.

Parents and adults can play a key role in keeping their children safe. Be sure to ask questions about where your child is going, who will be there, what adults will be present, get to know your child's friends **and** their parents, set curfews, check in times and face-time dates during special events or activities that your teen is participating in. Talk early and talk often about expectations and rules regarding alcohol and other drug use. Fortunately, the longer days and warmer nights of summer can provide plenty of opportunities for parents to talk with their kids. Summer time means family time. Road trips, barbecues, hikes and ball games give parents and their children more time to connect without the pressures of homework, exams, and the after-school hustle and bustle. Have a happy and safe summer!

Tina Aue

Director of Prevention Services



Message from the Director:



Schools out and summer is officially here! While our official office hours are 8am to 6pm, our counselors and prevention specialists are in the office and around the county at many different hours, *including* during the summer. Our work is year-round and while it changes during the summer months, our many services are on-going.

Our counseling department is running at full capacity as our Intensive Outpatient Programs is at maximum capacity. Incorporating the New Jersey Healthy Community Network grant into the IOP program is taking off and clients are being exposed to weekly nutritious snacks and exciting physical fitness ideas, including chair yoga by a local professional. New in July is incorporating the grant with our adolescent Intensive Outpatient Program to help them incorporate wellness into their treatment plans too!

In the prevention world, our Strengthening Families team is preparing for their summer program, which starts in July and runs into September. We also have a fun Military Strengthening Families program where families will be meeting for a night of bowling and fun! Additionally, the Coalition is working with a few communities to adopt the Underage Drinking Ordinance as they are striving to have 100% of our municipalities adopt the ordinance in an effort to address underage drinking and keeping youth safe. The Prevention Team is also working on plans for our annual middle school summit to address bullying and school climate, which is set for October 19th. If you have an interest in this issue, contact tina@centerforprevention.org and get involved!

Lastly, the Sussex County C.L.E.A.R. program graduated its first class of recovery coaches this week! A special thank you to Newton Medical Center for providing the funding to have a team of recovery coaches trained. Additionally trainings and meetings will be taking place over the next month as C.L.E.A.R. prepares to launch this summer. Check out www.ClearProgram.org to learn more about this exciting community effort to address the growing opiate epidemic in our county.

Becky Carlson
Director

Vernon Coalition Update

On Saturday June 4th we worked in collaboration with The Art Academy who traveled to Maple Grange park to set up our very own canvas painting activity. We enjoyed perfect weather while creating a beautiful canvas that our ATI students were able to take home and display. We will be holding more youth events throughout the summer and into the school year so if your child/children are interested in attending an Above the Influence event please contact gemma@centerforprevention.org



The Vernon Coalition and two trainers from The Center for Prevention & Counseling also held a TIPS Training (Training



For Intervention Procedures) on May 23rd. With almost 20 participants ranging from servers, caterers and business owners we had a great interactive session. We spent this beautiful Monday morning reviewing policies and practices of liquor license holders regarding responsible beverage service and related issues. We are so lucky to be working in Vernon where community members are excited to be part of the solution! To learn more about a TIPS Training please contact Gemma.

Please "LIKE" us on Facebook at Vernon Coalition Youth Group "Follow" us @vernoncoalitionyouthgroup

Gemma Chalkley
Vernon Coalition, Youth Coordinator

Parents as Champions Grant Announcement

We are pleased to announce that the Parents as Champions Grants have been awarded and they went to three great schools with inspiring initiatives to improve their school community as a whole. Back in March ten parents representing seven Sussex and Warren County schools participated in a two day "Statewide Parent Advocacy Network (SPAN) Parents as Champions for Healthy Schools" workshop. After this training they were given the opportunity to apply for a \$1,000 grant. Five schools applied for this grant with three awarded the grant. The high level of quality of the applications made this a very competitive grant cycle. *Cheryl Moser* representing *High Point Regional High School* is set out to accomplish "accelerated sports performance and injury resistance" with her boys' soccer team Power Pack initiative. By providing high school students with nutritious snacks in between school and their sporting events Cheryl hopes to see sustained energy and increased performance both on the field and in the classroom. *Kathleen Kipp* representing the *Hamburg School District* is driven to achieve an overall community connection from parents to staff to students. By rejuvenating the staff and boosting school morale her goal is to help foster positive cohesive relationships between the faculty and community as a whole. *Ria Smith* representing *Hardyston Township School District* is determined to promote healthy school climate and academic success amongst the district's students by utilizing a Social Emotional Curriculum called Second Step. Entitled "Bee The Change" this program looks to promote self-management, respectful behavior, relationship and communication skills, social awareness, and individual empowerment amongst the district's elementary grade students. By pairing these students with middle school mentors and seeking the assistance of parents and teachers, Hardyston is hoping to create a bond that reaches not only across both schools but into the community as well. We could not be more proud of all of our parents and especially our three winning schools. Keep an eye out for next year's Parents as Champions training and grant opportunity!



For more information on this and other school health related grants available please contact Ashley LeBelle or Pam Pastorino at The Center 973-383-4787.

Ashley LeBelle and Pamela Pastorino
School Health Specialists



Night Out At The Newton Pool

On June 16, 2016 from 5pm to 7pm, 11 families gathered at the Newton Pool to spend an evening together. Much thanks goes to the Action Municipal Alliance funding provided by the Governor's Council on Alcoholism and Drug Abuse for funding this wonderful annual event and Newton Recreation for supplying the lifeguards. The families enjoyed an evening together beginning with a generous meal, then a few hours swimming and playing in the pool. At the end of the evening each family went home with a beach bag full of goodies including sunblock, bubbles, sidewalk chalk, gift cards and much more to kick off the summer. Each family had such a wonderful time, and they were so grateful for the evening. A young boy asked to have a photo taken with the employees and staff so he could write his own thank you!



Patrice Reilly
Community Educator

Biometric Screenings by Public Health Nurses

To kick off our grant new grant through New Jersey Healthy Communities Network (NJHCN) the Sussex County Public Health Nurses come to our agency and spent an hour with our clients completing Biometric screenings. Clients were taken in to meet with different nurses at three separate stations. In the first station a nurse gathered baseline information including their weight and height to then provide clients with information about their BMI. With this information they spoke about where they landed in the different BMI categories including being underweight, of normal weight, overweight or being in the obese category.



After gathering this information clients met with another nurse who gathered by taking their blood pressure. She spoke with them about the dangers of high blood pressure and the potential for heart disease. This nurse also had clients take a short survey to assess their risk for Type II Diabetes. While it is often a difficult subject to speak about she also provided clients with information about the benefits of quitting smoking.

Finally, clients had the opportunity to meet with a nurse who utilized all of the information already gathered and spoke with them individually about their nutrition plan. Clients had the opportunity to observe what 5 pounds of fat looked like as well as visualize how much sugar and fat is in each cup of coffee they may drink. Clients typically spent the most time at this station because they had the most questions as it related to this area.

When clients left for the evening they went home with materials to read more about how to prevent heart disease, eating nutritious food and the benefits of walking. All of the nurses encouraged clients to walk as it is the easiest and least expensive form of exercise. Clients also had the opportunity to take a free cookbook with healthy recipes and a pedometer.

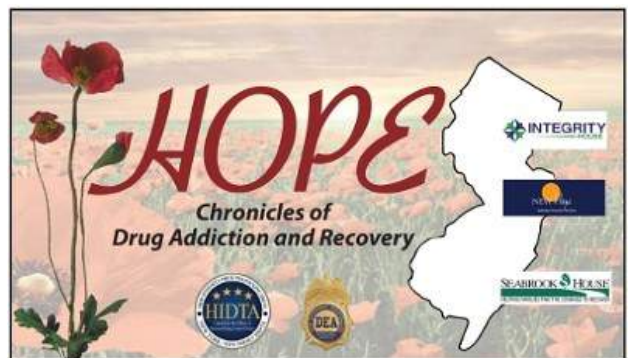
While many of our clients who participated were informed that they are in good health, they were educated on the importance of working to stay in that realm. It was a great experience to work with our local community resources to provide this education to our clients. They were grateful as this was not something that many had experienced, especially having the chance to sit down and speak more about nutrition. Moving forward we plan to have more speakers come in to present on this topic.

Jenn Boyle

Community Educator

Recovery Advocacy Update

An event sponsored by the NJ Division of the DEA and NY/NJ HIDTA along with the treatment facilities Integrity House, New Hope, and Seabrook House took place on June 7th at Mercer County Community College. The project called "HOPE: Chronicles of Drug Addiction and Recovery" was open to all NJ residents living in recovery from prescription opioid and heroin addiction. Participants were asked to submit a short story or poem, and 15 entries were selected to be compiled into a book and featured at the event. I had the privilege of sharing a poem and my recovery story with the audience and was inspired to hear the other writing pieces and songs. The message of the night: Recovery is a reality and there is always HOPE!



Community members including health professionals, prevention specialists and concerned family members participated in a Narcan training on June 1st provided by The Center and Morris County Prevention is Key. Narcan (naloxone) is a prescription medicine that blocks the effects of opioids and reverses an overdose. The time it takes for emergency personnel to arrive is crucial and the what we do in that time, along with the information we provide to first-responders is just as important. Participants learned how to identify the signs and symptoms of an overdose, how to perform life saving techniques and how to administer naloxone. They also heard a presentation on substance use disorders and recovery support from Licensed Professional Counselor Deborah Kopko-Vitale.

Advocates and supporters of recovery from substance use disorders can become part of the conversation regarding recovery in our community. Meetings are held the 2nd Monday of every month at 6pm at 65 Newton-Sparta Rd in Newton. To learn more, please contact katie@centerforprevention.org.

Katie Calvacca

Recovery Support Coordinator

Center for Prevention and Counseling

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

Coalition for Healthy and Safe Communities News!



Education for our educators!

Speaking to Wallkill Valley Regional High School Staff and Administration on June 7th, Annmarie Shafer provided a Drug Trend Update along with strategies on preventing youth drug use.



Meeting Gov. McGreevey

Becky and Annmarie were inspired at a recent presentation, "How Addiction Affects our Communities: A Model for Successful Healthcare Integration," with keynote speaker, former NJ Governor Jim McGreevy. The symposium highlighted innovative, evidence-based solutions and programs to address addiction. Trinitas Regional Medical Center hosted the event, led by Michele Eichorn, DSRIP Clinical Coordinator. Also featured were Celina Levy, Governor's Council on Alcoholism & Drug Abuse and Valerie Mielke, NJ Division of Mental Health and Addiction Services of the Department of Human Services.

Narcan Training

One more Narcan training was recently completed for the community. Thank you to Morris County Prevention is Key's Don Hebert for providing this excellent program. Our counselor, Deb Kopko-Vitale assisted with the training lending her expertise in addiction. The Coalition has scheduled a Narcan training during the annual meeting of the Sussex County School Nurse Association on October 10, 2016.



Annmarie Shafer
Coordinator, Coalition for Healthy & Safe Communities

61 Spring Street (3rd Floor)
Newton, NJ 07860
Phone: 973-383-4787
Fax: 973-383-6576
E-mail: info@centerforprevention.org

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



Center for Prevention and Counseling
For more than 40 years dedicated to building healthy families and communities