

## Our Mission...

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

# 2017 Programs and Services

## HIGHLIGHT

### Recovery Support programs in Sussex County

New, innovative programs are being offered to support those who seek recovery or to sustain recovery.



### Coalition and Prevention Programs

Learn about the programs currently available to community members, groups and schools in your area.

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### Clinical Services

The Center offers a wide variety of clinical services ranging from individual to group counseling.

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## Recovery Support Programs

### Opioid Overdose Recovery Program

The Opioid Overdose Recovery Program, made possible through a grant from the New Jersey Division of Mental Health and Addiction Services (DMHAS), utilizes people in long-term recovery from addiction as Recovery Specialists and a Patient Navigator to engage individuals reversed from an opioid overdose to provide non-clinical assistance, recovery supports and appropriate referrals for assessment and substance use disorder treatment to help overdose survivors find recovery and improve their lives. **Contact: Annmarie Shafer**

### Community Law Enforcement Addiction Recovery (C.L.E.A.R.)

The Sussex County C.L.E.A.R. Program offers free Recovery Coaching, improved access to treatment and support for families. Walk-in hours are 8 a.m. to 5 p.m. at the Newton Police Department, 39 Trinity St. For more information, visit [www.clearprogram.org](http://www.clearprogram.org), or to speak to a Recovery Coach please call 1-844-SC-CLEAR.

### Recovery Advocacy

Recovery Advocacy is a social movement led by people in addiction recovery, their families and allies aimed at altering public perception of addiction recovery and promoting a culture that supports recovery. The Sussex County Team meets the 2<sup>nd</sup> Monday of every month at 6pm at The Center\*.

### C.R.A.F.T.

The Community Reinforcement Approach and Family Training method helps people learn how to more effectively move their loved ones toward treatment and recovery. A C.R.A.F.T. discussion group is held the 1<sup>st</sup> Thursday of the month at 6:30 p.m. at The Center\*.



### All Recovery

All Recovery support meetings are offered every Tuesday at 7pm at The Center\* and Friday at 7pm at the Vernon Senior Center. All Recovery is based on the philosophy that people from every recovery pathway have much in common and can benefit from sharing together. All who are touched by addiction, including friends and family are welcome to attend.

### Drop-in for Recovery

Drop-in for Recovery the 2<sup>nd</sup> Monday of every month between 4 p.m. and 6 p.m. at The Center, 65 Newton Sparta Rd in Newton, to learn about treatment and recovery support resources for yourself or a loved one, and walk away with hope and a plan. No appointment is needed.

### Journey through Arts & Music

This meeting offers the chance to share art, poetry, music and more with an emphasis on hope, healing and recovery from addiction. J.A.M. sessions are the 2<sup>nd</sup> Saturday of the month from 6 p.m. to 8 p.m. at The Center\*.

\*All Recovery Support programs are held at  
the Center, 65 Newton Sparta Rd in Newton, unless otherwise noted.

# Coalition and Prev

## Coalition for Healthy and Safe Communities

The Coalition was founded by concerned local citizens in 1998 to support healthy youth development and protect against problem behaviors in children's lives. In 2011, The Center was awarded funds from NJ Division of Mental Health and Addiction Services to develop evidence-based prevention strategies that target at-risk groups in Sussex and Warren counties. All community members are welcome to join the Coalition's efforts to keep our neighborhoods healthy and safe for everyone.

**Contact: Anmarie Shafer**

## Prevention Education and Initiatives

The Center's Prevention Specialists use the latest science-based research to bring prevention programs regarding a wide variety of topics and issues affecting children and young adults to schools and communities. Age appropriate programs begin in nursery school and continue through college. Programs offered include: Straight Talk, Too Smart to Start, Get Bully Smart, Reality Check and Rx for Understanding. **Contact: Tina Aue**

## Vernon Coalition

The Vernon Coalition, funded through a Federal Drug-Free Communities Support Program grant and administered by The Center, works to reduce youth use of drugs through extensive community collaborations and youth involvement. Through the Federal STOP grant, initiatives focused on reducing underage drinking and binge drinking among special populations are implemented. The Above the Influence campaign, an initiative has been shown to effectively reduce teen use of marijuana, is currently implemented as part of the Vernon Coalition's youth movement. **Contact: Rebecca Dorney & Gemma Chalkley**

## Mentoring Coalition

Warwick Coalition (NY) is being mentored by the Vernon Coalition through a federal grant with the Drug-Free Communities Support Program. Vernon Coalition is working closely to guide the Warwick Coalition as they develop and grow their coalition with the goal of reducing youth use of alcohol and other drugs. **Contact: Rebecca Dorney**

## Family Night Out Project - Strengthening Families



The Strengthening Families Program, a 14-week education program, is offered to families throughout Sussex County during the summer months. Parents, caregivers and their children learn how to create and sustain strong family bonds, strengthen family relationships and have fun while learning new skills.

Additionally, Military Family Nights is also offered to families that are involved in the United States Armed Forces.

**Contact: Natalie Yanoff-Smith**

## **Celebrate without alcohol!**



## Parents Who Host Lose the Most

Parents Who Host Lose the Most: Don't be a party to teenage drinking! Is a comprehensive program that encourages parents and the communities in which youth live to send a clear message that underage drinking is

unhealthy, unsafe, unacceptable, and against the law. This message is promoted at celebratory times for youth, such as holidays, proms and graduations. **Contact: Anmarie Shafer**

## Money Fit Program

This program is a literacy building program serving individuals and families. Participants build savings and assets while receiving comprehensive financial education and developing money management skills. Participants are eligible for the Individual Development Accounts Program (IDA).

**Contact: Mary Ann St John**

## Prescription Drug Abuse Prevention Initiative

Through partnerships with local law enforcement, physicians, dentists and pharmacists, this initiative seeks to decrease the availability of prescription drugs by those seeking to abuse them. This multi-pronged initiative utilizes information dissemination, skill-building and policy change to attain its goal of reducing the abuse of prescription drugs across the age span. **Contact: Anmarie Shafer**

## Resource Center

The Center's lending library houses hundreds of videos, books, research materials & school curricula. A variety of pamphlets are available to schools, businesses, and the medical & social service communities. Visit our Resource Center in person or go to The Center's website at [centerforprevention.org](http://centerforprevention.org) or [parentadvice.nj.org](http://parentadvice.nj.org) for information including Sussex County meeting lists, recovery support materials, newsletters, current events and great links to other addiction-related resources.

**Contact: Patrice Reilly**

## Whole School, Whole Community, Whole Child



The Whole School, Whole Community, Whole Child Initiative utilizes an ten component Center for Disease Control and Prevention (CDC) model. It systematically incorporates nutrition, family and community, staff wellness, health and physical education, counseling, a healthy school environment, and health services. Mini-grants are offered to

schools in the northern region of NJ with oversight and support from the state. The grants are designed to increase overall student health, thereby improving school performance.

**Contact: Pamela Pastorino & Ashley LeBelle**

# vention Programs

## Taking Flight to Change

Since 2000, The Center has collaborated with schools, organizations, and concerned citizens to empower youth and school staff to create a positive school climate. Each October, we hold a county-wide Positive School Climate Summit, attended by approximately 1200 middle and high school youth, educators and volunteers. Students return to their schools to implement their action plans. Through the monthly Kids2Kids newsletter, schools' progress and successes are celebrated and technical assistance to enhance the schools' enactment of successful strategies is offered. Support of the schools' Anti-Bullying Specialists is provided through monthly meetings, encouraging dialogue among Sussex County schools.

**Contact: Tina Aue**



## Olweus Bullying Prevention Program

Olweus is a comprehensive school based program designed to prevent and reduce bullying in elementary, middle and junior high schools. Olweus is a SAMHSA Model Program with proven results including 30-70% reduction in student reports of being bullied and bullying others. Olweus results also include significant reductions in antisocial behavior and improvements in classroom management. Currently, Olweus is being implemented in Byram Intermediate School, Sussex Wantage School District, Blairstown Elementary School and High Bridge School District.

**Contact: Tina Aue**

## Child Assault Prevention (CAP)

As part of a statewide initiative, CAP facilitators provide educational workshops in schools throughout Sussex County. CAP is a three-pronged prevention program designed to reduce child abuse that includes teacher/staff in-services, parent programs, and student workshops for preschool through 12<sup>th</sup> grade. Call to learn about bringing CAP to your school.

**Contact: Patrice Reilly**



## Hidden in Plain Sight

Throughout this event, prevention specialists, local law enforcement and other professionals guide attendees through an exhibit of a teen's bedroom to explain various trends of teen substance use, signs, symptoms and lingo in an effort to raise awareness about

substance use disorders. The event also provides resources and tools for parents and community members to help keep youth healthy and drug-free. **Contact: Tina Aue**

## Model Smoking Prevention Program

MSPP is an evidence-based, comprehensive curriculum designed specifically for middle school students. The program addresses all forms of products that contain nicotine, including smokeless tobacco and alternative products such as e-cigarettes and vapes. A variety of educational strategies are utilized, including the use of peer leaders for a parallel learning experience.

**Contact: Elise McGaughran**

## WISE (Wellness Initiative for Senior Education)

WISE is a wellness and prevention program developed to help older adults celebrate healthy aging, make healthy lifestyle choices, and avoid substance misuse. The curriculum is designed to take place two hours per week over a six-week period and includes breakfast or lunch. Call for a fee schedule or possible grant funding. **Contact: Tina Aue**

## 7 Habits of Highly Effective Teens

This program introduces the 7 Habits, modeled after Sean Covey, as they apply to teens and how each can enrich their lives and the lives of those around them. This program utilizes evidence-based strategies, such as being strength-based, culturally competent and focused on resiliency and youth protective factors. The goal of this program is to improve social competencies among teens through various skill-building opportunities designed to increase their resiliency and ability to make healthy life choices. **Contact: Tina Aue**

## Altitude

Altitude is an empowerment program for 8th graders in Sussex County, inspiring students to "Take The Climb" toward their highest and best selves. The Altitude program helps students to develop life skills, believe in their own strength and goodness, and feel excited about using their time and talent in service to others. Taking place over the course of the entire 8th grade school year, students participate in workshops, service clubs, full day Challenge Day assemblies, community service projects, and more. An end of the school year Rally celebrates their success in Taking The Climb! **Contact: Louie Lavin**

## Girls Circle Group

These are 10-week, evidence-based programs designed to meet the unique challenges 9-18 year olds girls face by creating support groups that focus on increasing connections, building strengths, and developing resiliency. Essential life skills are taught through team building games, art projects, creative writing and role playing. Call for fee schedule or possible grant funding. **Contact: Natalie Yanoff-Smith and Tina Aue**

## WNBI 2.0

We're Not Buying It! 2.0 is a 6-week media literacy program targeting middle school- aged youth in sixth through eighth grades. Youth learn how to deconstruct media messages that promote or glamorize substance use. With a deeper understanding of marketing, students are better able to resist messages and to make healthy decisions. **Contact: Tina Aue**



## Sticker Shock

The Sticker Shock Campaign is designed to reach adults who might purchase alcohol legally and then provide it to minors. Youth place stickers warning adults of the penalties for providing alcohol to minors on multi-packs of beer, wine coolers and other alcohol products

that might appeal to underage drinkers. Media coverage and signage displayed by participating retailers enhance the impact of the project. **Contact: Ayla Bower**

Prevention | Counseling | Recovery

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# Clinical Services

**Individual and Group Counseling** The Center is licensed by the NJ Division of Mental Health and Addiction Services. We provide services for adolescents and adults including outpatient and intensive outpatient counseling, early intervention, relapse prevention, counseling for substance use disorders and co-occurring mental health disorders, substance use evaluations, counseling for co-occurring disorders, trauma support and couples and family counseling. Treatment is tailored to the individual's needs and includes a variety of "best practice" interventions, such as cognitive behavior therapy, motivational enhancement therapy, motivational interviewing, and 12-Step Facilitation Therapy. The Center's substance use evaluations meet school, employment, and court mandates. The Center offers a sliding scale, depending on eligibility, and is supported by many grant funded programs. We are a Medicaid Provider. **Contact: Heather Dunn**

**Recovery Support** Recovery supports are available at no cost. These programs include anger management, trauma support, case management, support for clients on probation or parole, and support for family members affected by substance use disorders. **Contact: Rachel Wallace**

**Anger Management** Utilizing Century Anger Management, adults are assisted in gaining the skills necessary to appropriately manage anger and deal with stress. **Contact: Kim Westley**

**Support for Families** Matters of the Heart group provides education and support for those affected by a loved one's substance use. All are welcome. **Contact: Ava LaMorte**

**Youth Services**

Aimed at reaching "at risk" adolescents, the program provides assessments (including urine screens) to rule out or indicate substance use as a factor in behavioral problems. Referrals can be made by schools, courts, parents, physicians or other social service providers. Following an evaluation, a recommendation is provided to the family. Our youth programs include early intervention, outpatient and intensive outpatient counseling. We offer a sliding scale and most services for youth are funded through grants to ensure there is no barrier to accessing treatment. **Contact: Jane Lupo**

**IDRC Education and Screening Weekend Program**

Through a contract with the Sussex County Intoxicated Drivers Resource Center (IDRC), three counselors facilitate a weekend program once each month for people mandated to receive 12 hours of education as a result of receiving a DUI. **Contact: Rachel Wallace**

**Intensive Out-Patient Counseling**

At times clients are in need of more structure and support to achieve and maintain abstinence. Our agency offers IOP for adolescents who participate in treatment three times a week for two hours each day. We offer a daytime and nighttime IOP for adults who participate in treatment three times a week for three hours each session. Our treatment team works together to provide quality services to individuals at this level of care. **Contact: Jane Lupo (adolescent IOP) or Heather Dunn (adult IOP)**

**Contacts: Heather Dunn, Intake Coordinator; Jane Lupo, Adolescent Coordinator; Rachel Wallace, Clinical Supervisor**

## About Us...Our History

Founded in 1973 as the Alcohol Information Center of Sussex County, the agency was incorporated in 1974 as a 501(c)(3) private, non-profit organization providing information and referral services. In 1988 the organization chose to expand its mission to include other drugs, and the agency became known as the Sussex Council on Alcohol and Drug Abuse, Inc. In the late 1990's, the organization became a multi-faceted social service agency. With the knowledge that the insidious disease of addiction touches the lives of our parents, grandparents, teens and infants from all economic and cultural backgrounds, the agency's reach expanded and inspired its name change in 2001 to the Center for Prevention and Counseling, Inc. The agency's work now includes a focus on building strong families and healthy adolescents, as well as preventing violence, suicide, HIV/AIDS, bullying and all forms of addiction. The Center became licensed by the NJ Division of Addiction Services in 2005 to provide out-patient and intensive out-patient counseling to people with substance abuse and mental health issues, thus enabling the agency's staff of more than 30 professionals to positively impact the Sussex County community more than ever before. Whether through new funding opportunities, new collaborations or new programs created to respond to the latest drugs of abuse and related current issues, The Center's dedication to fighting the disease of addiction remains as strong and as constant as it was in 1974.

**We TRULY appreciate your support!**



To donate to the Center, go to our website [www.centerforprevention.org](http://www.centerforprevention.org) and click on the donate button. You can pay by credit card or print out a donation form and send us a check.

**F** aith...in each other and our collective potential

**I** ntegrity...what we say we will do, we will do

**R** esourcefulness...creatively uncovering opportunities and solving problems

**S** ense of urgency... recognizing our need to make a difference every day

**T** eamwork... leveraging our individual talents to produce positive results

**C** lient focus... discovering, understanding and meeting client needs

**H** elpful attitude... bringing a "how can I help?" attitude to everything we do

**O** pen communication... ensuring open, honest and timely communication

**I** nnovative thinking...to maximize program effectiveness

**C** ooperating spirit...having an unfailing desire to be the best at what we do

**E** xceptional personal and professional growth... empowering all our colleagues