Message from the Executive Director and Assistant Director:

On behalf of our Board of Directors, staff, volunteers and those we serve, it is with pleasure that we present our 2012 Annual Report. Within these pages we will summarize the positive impact of our work, both from an individual and population-level perspective. We are proud of the degree to which individuals, both youth and adults, have changed their attitudes and behaviors as a result of participation in our programs. We are also proud of the population-level change we have achieved through enactment of new policies and procedures designed to promote healthy, safe, and prosperous lifestyle choices, as seen by the following examples:

- Through our work with pharmacists from Sussex, Warren and Passaic counties, policies have been put in place that reduce access to prescription drugs by those seeking to abuse them
- Through collaboration with local police departments and the NJ State Police, permanent prescription drug disposal boxes were installed in Newton, Augusta, Sparta, and Hopatcong
- Parents Who Host Lose the Most and Sticker Shock campaigns, which reduce underage access to alcohol, have been successfully implemented countywide
- Responsible Server Beverage Training, which changes policies and practices in liquor-selling establishments to reduce underage use, was provided in Sussex and Warren counties
- Through collaboration with NJ GASP and the Chronic Disease Coalition, policies designed to eliminate smoking in county parks were adopted in Sussex, Passaic, and Essex counties
- Our work to reduce all forms of bullying and promote positive behaviors in schools through the Youth Summit Initiative and support of HIB Specialists has yielded excellent outcomes
- The Circles initiative has helped families and individuals evolve from poverty to prosperity through innovative partnerships with United Way of Northern NJ, NORWESCAP, and others

Our goal for the past decade has been to become known throughout Sussex County as THE place to turn for help with a problem related to alcohol or other drugs. Based on the increase in ‘help’ calls we have experienced over the years and feedback from the public, we have succeeded. That’s the good news! The downside to this achievement is that, although our work has evolved over time to now include services that are not directly related to drug abuse prevention, such as youth leadership, financial stability initiatives and the strengthening families program, the stigma attached to addiction keeps some people from accessing these services. We pledge over the next decade to increase our efforts to reduce this stigma, while also increasing the work being done by our staff of 32 professionals that helps youth, parents and adults to make life choices that enhance their health and well-being.

As we enter 2013, we mark our 40th year, which is truly a milestone in our development and cause for great celebration! Our agency has humble beginnings, having been started by a woman in recovery who wanted to help other alcoholics. This was 1973. A year later we were incorporated as the Sussex Council on Alcohol. In 2001, after several name changes, we became the Center for Prevention and Counseling. During the course of this year, we will be mobilizing a task force of dedicated individuals who will help us decide how to rebrand our agency so that we become known to the public as not only addiction professionals but also as the people to turn to for help moving from poverty to prosperity, creating healthy youth, building strong families, and reducing bullying of all kinds. Check our website frequently to learn more about this process and how you can be involved. On behalf of those we serve, we thank you for your continued support!

Barbara Adolphe, Executive Director, and Becky Carlson, Assistant Director
What’s Your Anti-Drug Poster Contest

There are so many things that keep kids away from alcohol and other drugs...singing, sports, scouts, drawing and more! We asked students to tell us about their anti-drug. There were 1,020 entries representing 26 schools. 58 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.

The WYAD message is well known throughout the county and is a positive and proactive prevention message from the youth.

Mentoring Plus Community Based Program

Had 22 matches. Among the youth who were matched with mentors, 95% of the mentees are free from adjudication with the juvenile justice system and 100% of the mentees remained living in their homes with a parent/guardian. 91% of the mentees regularly attended school.

Project Alert Drug Trend Updates

16 Project Alert Drug Trend Updates were held, reaching 383 community members. 88% of the attendees said, “My knowledge of possible consequences of underage drinking has been increased as a result of this presentation.”

Pathways to Prosperity

Since Sussex Circles started, there has been an increase of earned income totaling $272,491. 96.6% said that the Asset Building Presentation was a positive learning experience.

Bullying Prevention Summit ‘12

850 middle school youth along with 176 high school mentors, 80 advisors and volunteers attended the Coalition’s eleventh annual Positive School Climate 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.

Annual Public Service Announcement Contest

300 entries were received! 8 posters were chosen to be printed in the New Jersey Herald throughout the month of April and 3 written PSAs were chosen to be recorded and aired on WSUS 102.3FM. Winners were honored at Town Hall Meetings and given awards by NJ State Senator Steve Oroho.

“I learned that however small I can do something that would help a child.” “We are all responsible for increasing our student’s assets.”

Asset Building Workshops

reached 415 teachers and community members in 12 workshops. There are 40 assets—among them are: positive values, responsibility, self-esteem, support, positive reinforcement and cultural competence. 96.6% said that the Asset Building Presentation was a positive learning experience.

“I just like hanging out with my mentor and feeling like one of the guys. I am just so happy that I have somewhere to fit in.”

“Project Alert Drug Trend Updates were held, reaching 383 community members.”

“Since Sussex Circles started, there has been an increase of earned income totaling $272,491.”

“Pathways to Prosperity is a campaign to end poverty. There were 54 adult participants and 57 children who completed 20 weeks of education culminating in a personalized action plan. Following graduation, each participant is matched with community volunteers or mentors who befriend the family and support them on their bridge to success.”

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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

COLLABORATIVE EFFORTS:

- Anti-Bullying Specialist Group
- Circles Guiding Coalition
- Coalition for Financial Education
- Coalition for Healthy and Safe Communities
- Community-based Street Gang Prevention Task Force
- Pioneering Healthy Communities
- Prescription Drug Task Force
- Regional Coalition
- SPF-SIG Coalition
- Sussex County CHIP
- Underage Drinking Task Force
- Vernon Coalition

13,759 youth were reached through the Center’s prevention programs

- Building Bridges Program
- Bullying Prevention Summit
- Circles
- Coalition for Healthy and Safe Families
- Community Trials Intervention Project
- Coordinated School Health Program
- Financial Stability Project
- Girls Circle
- Life Skills for Adolescents
- Mentoring Plus
- PSA Contest
- Straight Talk
- Strategic Prevention Framework
- Strengthening Families-Family Night Out
- Tobacco-Diabetes Project
- Vernon Coalition
- What’s Your Anti-Drug Contest

More Sussex County Students are choosing to be alcohol-free! Results of our fourth biennial countywide survey show:

- The percentage of high school students who tried alcohol is the lowest since surveying began in 2006
- Past 30-day use (a good measure of current use) of alcohol by students in grades 9-12 is at its lowest level since we began countywide surveying
- Decreases in past year use of alcohol in grades 9, 10 and 12
- 72.3% of 9th-12th graders have never drank alcoholic drinks regularly, that is, at least once or twice a month
- Over 22% of 12th graders have not tried alcohol
- 27% had not used alcohol in the past year and
- 48% had not used in the past 30 days

SUCCESSES IN NUMBERS:

- 91,000 “hits” to our website
- 62,624 handouts and newsletters were distributed
- 11,240 information gathering visits to our website
- 6,552 adults were served by CFPC’s prevention and educational programs
- 5,200 meeting lists distributed
- 2,112 “help” calls handled
- 1,918 pounds of unwanted prescription and over-the-counter drugs were collected
- 1,803 information calls to CFPC
- 1,200 hours counseling hours for adults and youth
- 536 college students attended 11 Straight Talk presentations this year
- 149 tax refunds were processed by VITA (Volunteer Income Tax Assistance), 71 for individuals under age 60 and 78 for those over 60. Refunds totaled $150,877

“Thank you so much for this wonderful opportunity for my son.” This child was very shy and his parents were divorced. Shortly thereafter, his father died. His mother shared, “I am impressed at how much my son has grown, gained confidence and learned better ways to communicate at the Teen Institute Leadership Camp.”
“I noticed a positive change in my son’s overall attitude after working with his counselor in this program. He really connected with my son, which is not easy to do. After my first visit on family night, I was very pleased with the program. The counselor is a great asset to your center and truly helped my son get on the right track. I believe it is the counselors that make all the difference and they are what make this program a success. Not only did she connect with my son, but she connected with everyone in the program. My son and I were very fortunate to have her in our lives. I will personally miss seeing her each week.

My overall experience was very positive as a parent. I think it’s a great program you have for people in need and who are lost. I base my observation and great experience to the warm and caring counselors who really want to make a difference.”

(Testimonial from the parent of a child in one of The Center for Prevention and Counseling’s programs)

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.

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

- We are good stewards of money given to us...with a $2.19 million budget and a low administrative cost of 2.8%.
- 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.
Our **Building Bridges Program** was held at Vernon Senior Center and Hopatcong Senior Center. 41 seniors and 30 middle school students participated in the Intergenerational Asset Building Program.

**Lunch ’n Learns** provided training to 87 people during 6 free presentations on such topics as “The Blame Game is the Same Game”, “Inhalants: Communication is Prevention” and “Addiction: New knowledge, new hope.”

**Community Trials Intervention to Reduce High Risk Drinking:**

- 25 Hopatcong community members participated in CTI’s planning committee. The Youth Advisory Board consisted of 24 Hopatcong High School and Middle School youth. CTI conducted 3 Sticker Shock Campaigns in Hopatcong and Byram and 2500 stickers were strategically placed on alcohol beverages.
- 2 Responsible Beverage Server Trainings (TIPS) were held and 32 servers were trained, with a total of 91 servers in Sussex County trained through CTI.

**WISE (Wellness Initiative for Senior Education)** celebrates healthy aging and educates older adults on a variety of topics. A total of 65 seniors participated in the six week program.

**Seniors reported that the WISE program is very informative and provides a place to meet and discuss medications and social events.”**

**Counseling Services**

- We provided 1,200 hours of counseling for adults. 59 adolescents were served through Life Skills program. 43 co-dependency support groups were held for 290 family and loved ones affected by addiction. We completed 192 adolescent intakes, 225 adolescent information and referrals, 462 adult intakes and 500 adult information and referrals. 453 individual clients, 139 group clients and 455 evaluation clients were served.

**Tobacco-Diabetes Project** serves Sussex, Passaic, Morris, Bergen, Essex and Warren counties. Approximately 1,000 adults and 2,000 children attended presentations at Birth Haven, Montclair University Drug Coalition, High Point Regional High School, Bergen County Drug Coalition, Passaic County Drug Coalition, Straight and Narrow Family Resource Center, Drug Court and Head Start.

**Financial Stability Project** provides intergenerational financial capacity building programs regarding budgeting, savings, tax preparation, credit reports, needs vs. wants, credit, spending plans, investment, estate planning, banking basics, income, setting financial goals, fiscal priority planning, improving credit scores and interest. 479 adults and 49 youth attended 27 workshops.

**Prevention Education for Incarcerated Adults and People on Probation**

- A licensed counselor provided weekly prevention education for 93 men and 72 women who choose to attend the groups at the Keogh-Dwyer Correctional Facility and 86 mandated probation clients as well.

**Strengthening Families Program Family Night Out** is a 14 -week program for the whole family that focuses on connecting family members through fun activities and games. Three cycles were held this year serving 33 families, 42 parents and 70 youth. In addition, 8 booster sessions and 4 parent task force meetings were held.

**“The highlight for 2012 was adopting 14 smoke free parks policies.”**

**“The average age the inmates started using was 9 years old and it appears that they started drinking and using drugs with a parent or sibling.”**

**“I am more confident and I know how to handle situations.”**

**“I learned that you should always be an up-stander.”**
There were 11,420 information gathering visitors who viewed 52,244 pages. CFPC’s Website: In 2012 our website had over 26,000 unique visitors who viewed 372 unique web pages over 91,000 times. This year we added a site search function to make it easier to find topics of interest. We continue to see more visitors using mobile devices, so we are working to create a mobile friendly version of the website that will be easier to use on smaller screens.

Vernon Coalition participated in more than 40 events this year, serving approximately 2,287 adults and 1,262 youth. Activities included: speaking to clergy members and high school students and speaking at 5 SCA meetings. A sample of the events the Vernon Coalition participated in: health fairs, Earth Fest, Town Hall Meetings, Vernon Day, Youth Advocacy Event, National Night Out, Back to School Nights, Pochuck Valley Farm 100th Anniversary, TIPS Training, Rx Drug Take-Back Day, Girls World Expo, Above the Influence Red Ribbon Run, and monthly Coalition Meetings.

Vernon Coalition Youth were busy this year! A total of 472 Vernon Youth participated in various activities throughout the year. We held 4 Sticker Shock events. Glen Meadow School Middle School Builders Club signed up for our Above the Influence youth group. Our first Above the Influence Tag It event was held in Vernon—19 students shared with their classmates what they believe can be viewed as a negative influence. Pre and posttests showed an increase of knowledge regarding the Above the Influence campaign. 20 youth participated in our first Above the Influence picnic. Many youth joined and are now active members.

Girls Circle is a program geared towards adolescent and teenage girls that fosters self-esteem, helps girls maintain authentic connection with peers and adult women in their community. 25 girls participated in the program.

There are 400 members of the Coalition for Healthy and Safe Communities. with 15 new members joining our efforts this year. The Coalition distributed 10,000 Coalition/Parent Newsletters, 10,000 Power in Youth Newsletters and 10,000 Kids2Kids newsletters. Kids2Kids newsletters reinforces and supplements the information learned during the Bullying Prevention Summit and also highlights the work schools are doing to address bullying and school climate. In addition to the Bullying Prevention Summit, a PSA contest, What’s Your Anti-Drug Contest, Prescription Drug Task Force were held as well as many other speaking workshops.

Prescription Drug Task Force (a Coalition program) sponsored Countywide Disposal Dates. 40 bags of medications weighing 885 pounds, were collected in just four hours during the April 28th Prescription Drug Disposal Day. 630 lbs. of unwanted prescription and over-the-counter medications were turned in on September 29th. The Coalition collaborated with Chief Richards and the NJ Division of Consumer Affairs to bring the first permanent Prescription Drug Drop Box to the Newton Police Department. Over 250 lbs. of medication have already been collected.

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, 173 students attended 13 Reality Check presentations and 150 students made use of e-CHUG as a self-screening tool is now part of the freshman curriculum.

Coordinated School Health Program served 6,477 youth and 525 adults in Union City and Sussex County. This program provides funding to eight schools, (4 in Union City and 4 in Sussex County) for the purpose of building a strong Wellness Committee. "Flight Club at Jose Marti Freshman Academy provides physical activity and teaches social responsibility to 60 freshmen boys." Youth Council and programs and projects to staff and students at the schools.

School of Health & Addiction Studies held 33 renewal classes for 1,650 students. With both initial CADC (offered by NJPN) and renewal classes held at CFPC, people interested in becoming Certified Alcohol and Drug Counselors and counselors already certified can have their educational needs met. We also offer Certified Prevention Specialist classes.

We piloted classes at Integrity House in Newark to provide CADC renewal for people who could not travel to Newton.