

### Message from the Executive Director and Assistant Director:

It was a busy, fruitful and exciting year! Initiatives were created, additional staff was hired, new members joined our Board of Directors and new funding streams were developed. None of this would have been possible without the agency's incredibly knowledgeable and dedicated staff and Board. Working as a team, program outcomes surpassed even our expectations, as indicated by the following:



- We were successful in changing policies and practices among governmental agencies, schools and businesses in Sussex County and throughout northern New Jersey that are designed to help youth and adults make healthy life choices and build strong families.
- Our work in Sussex and Warren counties that focused on creating positive school climates was enhanced and strengthened.
- To reduce access to prescription drugs by those seeking to abuse them, we coordinated an effort that yielded the appropriate disposal of almost 2,000 pounds of prescription drugs and we worked with law enforcement to get permanent drop-off boxes in all the locations in the county that can legally have them.
- Parents, teachers and healthcare professionals were given the skills they need to identify substance use among children and teens so that the young people can receive treatment while their addiction is still in its early phase.
- Through our licensed treatment facility, approximately 500 people received counseling, helping them to improve their lives and the lives of their families.
- Agency professionals worked directly with approximately 5,000 Sussex County youth through mentoring and educational programs, successfully increasing essential life skills among 85% of the youth served.
- Approximately 50 Sussex County families were helped to acquire the support, motivation and skills they need to move out of poverty and begin their journey to prosperity, successfully breaking intergenerational cycles of poverty.

As we look to the coming year, which is the 40<sup>th</sup> anniversary of the agency's incorporation as a non-profit, we will be concluding a rebranding process that began in 2013. Watch our website and local media for announcements of special events designed to honor our past accomplishments, recognize our current goals and pave the way for our future endeavors. Moving forward, we will be known as the place to turn for help moving people from poverty to prosperity, creating healthy youth, building strong families and reducing bullying of all kinds, as well as the county's premier facility for accessing clinical services. We welcome your support through donations of time, resources, expertise and dollars, so please give us a call so that we can work together toward these important goals.

Barbara Adolphe, Executive Director and Becky Carlson, Assistant Director

### OUR MISSION...

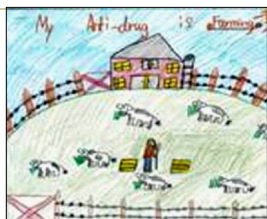
To promote hope, health and recovery among all people by fostering a community in which individuals and families thrive.

### 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.

## 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, friends, pets and more! We asked students between the ages of 5-18 to tell us through an original story, artwork, poetry or photograph about their anti-drug. There were over **1,200** entries, representing **28** schools, with **55** winners published in the NJ Herald Supplement. A total of **6,000** copies were distributed to schools. Entries are published throughout the year in the Schools section of the New Jersey Herald to form a youth-created positive social norms campaign.



**92%** of participants stated that they learned strategies to help prevent youth from using alcohol and other drugs.

**Project Alert Drug Trend Updates** **12** Project Alert Drug Trend Updates were held, reaching **263** community members.

"Unbelievable what I didn't know." "Very informative." "Being refreshed on the stages of change was helpful." "Appreciated the list of resources and strategies for addressing problems as well as prevention."

## Annual Public Service Announcement Contest

**140** entries were received! **3** entries were recorded by the students and aired on local radio station WSUS 102.3 throughout the month. New Jersey Senator Steve Oroho presented certificates to contest winners during our annual Town Hall Meeting regarding underage drinking. The meeting was attended by **55** concerned residents.



"I can use the information provided through this program both professionally and personally." "Good activities to show how being positive is important for the kids."

**Asset Building Workshops** reached **826** teachers and community members in **17** workshops. There are **40** assets—among them are: positive values, responsibility, self-esteem, support, positive reinforcement and cultural competence.

**88%** of attendees strongly agreed that they will work to improve the climate at their school using the ideas they learned.

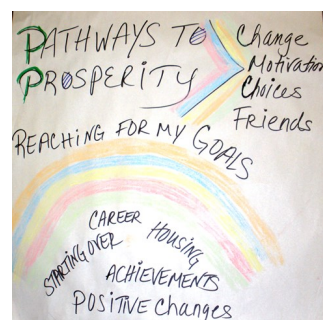
## Positive School Climate Initiative

**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.

**98%** of surveyed students stated that after participating in the summit, they are committed to stop bullying and **94%** stated they learned new ways to stop bullying in their school.



## Pathways to Prosperity (P2)



**Pathways to Prosperity (P2)** is a campaign to end poverty. Compadres, the children's component of P2 fosters the success of children in school, home and community. **257** people attended P2 educational programs. There were **56** adult participants and **40** children who completed **20** weeks of education culminating in a personalized action plan.

Since Pathways to Prosperity started, there has been an increase of earned income totaling **\$328,838** and **\$20,846** reduction in social service and disability benefits.

Following graduation, each participant is matched with community volunteers or mentors who befriend the family and support them on their bridge to success.

"My Pathways family supports me, encourages and believes in me. I'm not alone anymore."

## Sticker Shock is a

campaign in which youth place stickers on beer and alcopops stating the legal penalties for purchasing alcohol for minors. **21** Sticker Shocks were completed with a variety of programs including CTI, Vernon Coalition, NJPN Stick Shock Grant and Find the Courage in Sparta, Hopatcong, Byram, Newton and Vernon.





## OUR OBJECTIVES

- **Help children** to learn the skills necessary to overcome their adversities and thrive
- **Support teens** by providing skill-building education and creating environments that help them to make healthy choices
- **Empower parents** to raise healthy kids
- **Work with senior citizens** to manage medications, develop healthy coping skills and deal with isolation and loss
- **Work with incarcerated teens and adults** to address their drug use and other issues while incarcerated so they can be successful when they return to the community
- **Increase financial capability among adults and youth** by providing education and skill-building activities
- **Foster community collaborations** in order to strengthen our prevention efforts
- **Help people of all ages** attain and maintain their recovery

- **91% youth** agreed, "I learned new skills." (14,915 youth)
- **89% youth** agreed, "I learned new information." (14,587 youth)
- **90% of youth** agreed, "I will change behaviors based upon what I learned." (14,751 youth)

## SUCCESSES IN NUMBERS:

- **8,691** adults were served by CFPC's prevention and educational programs
- **81,821** "hits" to our website
- **121,195** handouts and newsletters were distributed
- **11,102** information gathering visits to our website
- **3,500** meeting lists distributed and **15,809** visits to meeting list pages on our website
- **3,716** "help" calls handled
- **1,800 pounds** of unwanted prescription and over-the-counter drugs were collected and the number of permanent drug boxes increased from one to seven
- **1,826** information calls to CFPC
- **5,145** counseling hours for adults and youth
- **3,699** adults and adolescents served by our counseling programs
- **538** college students attended 20 Straight Talk presentations this year
- **204** tax refunds were processed by VITA (Volunteer Income Tax Assistance), 96 for individuals under age 60 and 108 for those over 60, with refunds totaling **\$204,528** and a total earned income tax credit of **\$58,229**

## COLLABORATIVE EFFORTS:

- Anti-Bullying Specialist Group
- Coalition for Financial Education
- Coalition for Healthy and Safe Communities
- Community-based Street Gang Prevention Task Force
- Pathways Guiding Coalition
- Prescription Drug Task Force
- Regional Coalition
- Student Assistance Counselor Supervision Group
- Underage Drinking Task Force
- Vernon Coalition

## 16,372 youth were reached through the Center's prevention programs

- Above the Influence
- Boys Council
- Building Bridges Program
- Bullying Prevention Summit
- Circles
- Coalition for Healthy and Safe Communities
- Community Trials Intervention Project
- Coordinated School Health Program
- Cyberbullying
- Financial Stability Project
- Girls Circle
- Life Skills for Adolescents
- Mentoring Plus
- PSA Contest
- Seven Habits of Highly Effective Teens
- Sticker Shock
- Straight Talk
- Strategic Prevention Framework
- Strengthening Families-Family Night Out
- Tobacco-Diabetes Project
- Too Smart to Start
- Vernon Coalition
- What's Your Anti-Drug Contest

## Praise for our programs and staff...

- "Because my business serves alcohol in my community, I feel it's also my responsibility to be part of the prevention of alcohol and drug abuse."
- "We got to talk about things that aren't talked about in regular conversations."
- "I learned that students can lose scholarships, license and much more."
- "I can use the information provided through this program both professionally and personally."
- "What an awesome day we had yesterday with 800 other middle-schoolers. The high school leaders were phenomenal in their assistance and energy."
- "I learned about the culture within gangs and the effects on the community."
- "I have learned so much at Pathways to Prosperity...It has helped both me and my son so much."
- "You are so wonderful and helpful. I don't know what I would do if VITA wasn't here."

(continued)

## 2014 BOARD OF DIRECTORS

### BARBARA ADOLPHE

Ex-Officio  
Executive Director, CFPC

### DR. FRED BENDER

Psychologist

### DOLORES BLACKBURN

Retired Sussex County  
Prosecutor

### WENDY COONEY

Board Vice President/  
Secretary  
College Professor and  
Retired NJ State Trooper

### CHRIS DEXTER

General Manager,  
Mendham Audi

### JONATHAN MCMEEN

Attorney

### DAVID MELTZ

Retired Physician

### MARGIE MORVILLE

Realtor

### JAIME SELLA

Addiction Counselor Intern

### JULIE SHOTWELL

Board President/Treasurer  
Retired Teacher and  
Business Owner

### SHAIN STEFFENS

Financial Advisor/Planner

### SHAWN STEFFENS

Financial Advisor/Planner

### BARRY WORMAN

Retired County  
Superintendent of Schools

## Praise cont'd...

- "Thanks for saving my life."
- "Thank you for taking the time, showing me my vulnerabilities and weaknesses, filling me with knowledge and positive thoughts, and expanding my intelligence to include those things that were missing before. I am clean and sober and moving forward in my life and recovery in a positive way."
- "Thank you for being an amazing and influential counselor. The many tools I have obtained have been instrumental in my recovery and life."
- "My experience in therapy has been enlightening. I no longer feel as though my opinions are irrelevant."
- "I've come a long way from where I started. I used to be a trapped, anxious-feeling person—now I feel much more outgoing and better as a person since completing the course."
- "Now I understand DUI is an epidemic I got caught up in because of my irresponsible mistake. Counseling has made me a better, more informed man."
- "IOP provided me with the structure to maintain my sobriety. I got the help I needed to get myself started on the path of recovery."
- "I was able to see and accept my addiction for what it is. Even though I'm in jail and most likely going back to prison, I feel hopeful and am looking forward to another shot at life. So thank you and continue to work your magic."

**Donate**

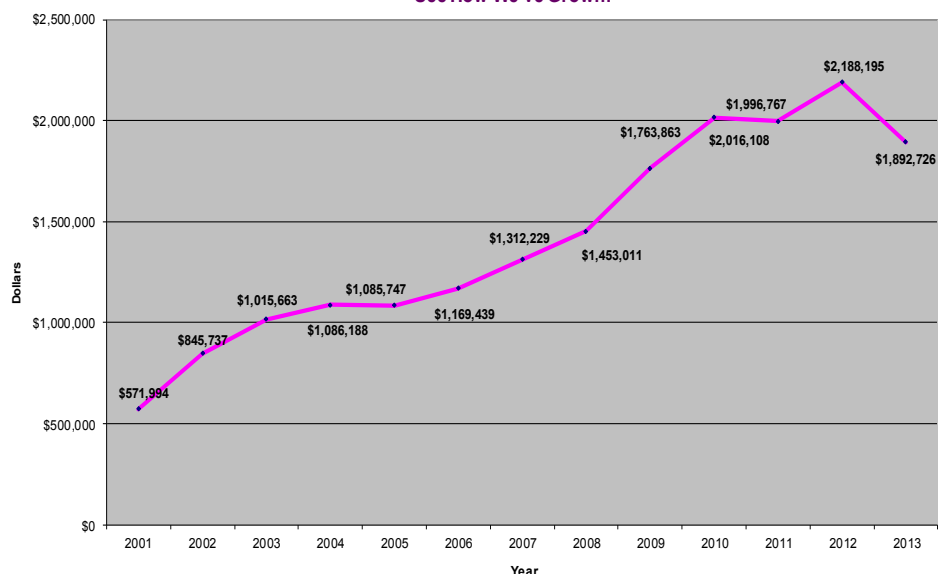
We gratefully accept donations! Credit cards are accepted and a donation form can be accessed at [www.centerforprevention.org](http://www.centerforprevention.org)  
We TRULY appreciate your support!

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 \$1.89 million budget and a low administrative cost of **3.4%**.
- 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 this graph.

The Center's Growth Over the Past 12 Years...  
See How We've Grown!



**Lunch 'n Learns** provided training to **126** people during **10** free

**97%** of participants reported that the objectives were presented and explained clearly.

presentations on such topics as "Keeping Kids Safe in the Digital Age," "Healthy Boundaries," "Building a Better Me: Children's Asset Workshop" and "My Journey Through Generational Addiction".

**94%** of participants reported the material presented was carefully selected to achieve the stated objective.

### Community Trials Intervention (CTI) to Reduce High Risk Drinking

CTI has multiple components designed to alter alcohol use patterns of people of all ages and related problems in communities. **24** Hopatcong community members participated in 7 coalition meetings and 2 planning meetings. The **24** Youth Advisory Board members are Hopatcong High School and Middle School youth. **8** of our members attended Lindsey Meyer Teen Institute Camp for 5 days. Youth Advisory Board members assisted in Hopatcong Days, Movies in the Park, Back to School Nights and Town Hall meetings addressing alcohol use. **5** Responsible Beverage Server Trainings (TIPS) were held. **55** servers became TIPS certified. A total of **145** servers have certified through CTI since 2010.



CTI Youth at camp

### WISE (Wellness Initiative for Senior Education)

celebrates healthy aging and educates older adults on a variety of topics. WISE was held in **5** locations in Sussex and Passaic counties. A total of **136** seniors participated in the six-week wellness program.



"I enjoyed the networking and team building in our sessions." "I learned how to enjoy a more valuable life in older age."

**Prescription Drug Task Force** (a Coalition program) sponsored **3** Countywide Disposal Days.



This year we went from one to **7** conveniently located permanent drop boxes located in police headquarters. **1,800** pounds of unwanted prescription drugs were collected.



### Counseling Services

We provided **3,907** hours of counseling. **39** codependency support groups were attended by **156** family and loved ones affected by addiction. We completed **130** adolescent intakes, **1,140** adolescent information and referrals, **430** adult intakes and **1,140** adult information and referrals. **429** individual clients, **170** group clients, **398** evaluation clients, **40** Anger Management clients and **400** IDRC clients were served.

**Tobacco-Diabetes Project** has accomplished much this year. There have been a total of **22** smoke-free parks ordinances passed and a total of **30** Tobacco 101 trainings (for **200** people) provided for towns and



cities that are interested in our initiative. In addition, we provided information at multiple health fairs attended by hundreds of people. This program serves Sussex, Passaic, Morris, Bergen, Essex and Warren counties.

Two Kick Butts days were held in Passaic and Paterson—**170** youth participated in poster contests. Mayors and council members in both cities gave awards to the winners.

The highlight for the year was adopting **22** smoke free parks policies. As a result, **900,000** people living in those towns will not be affected by second hand smoke in their parks.

### Financial Stability Project

provides intergenerational financial capacity building programs regarding budgeting, savings, tax



"This program helped me develop a plan to deal with debts. I must work on accumulating disposable income to assist in meeting my obligations to creditors."

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.

**89%** of participants reported that their overall ability to manage their financial life improved as a result of participating.

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

A licensed counselor provided **46** prevention education sessions for **156** men and **129** women who chose to attend the groups at the Keogh-Dwyer Correctional Facility. **46** sessions were held for mandatory probation clients with an average of **20** clients per group.

**Strengthening Families Program Family Night Out** is a free 14-week program for the whole family that focuses on connecting family members through fun activities and

"I am more confident and I know how to handle situations." "I learned that you should always be an up-stander."

games to bring them closer and build upon their unique set of skills. **Three** cycles were held this year serving **30** families, **38** parents and **69** youth. **8** booster sessions and **4** parent task force meetings were also held.







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

61 Spring Street  
Newton, NJ 07860  
973-383-4787  
(Fax) 973-383-6576  
Directions  
[info@centerforprevention.org](http://info@centerforprevention.org)



### CFPC's Website

In 2013, our website had **20,643** unique visitors, with a total of **38,900** visits and **81,821** pages viewed. 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 **79** events this year, serving approximately **3,051** adults and **2,515** youth. Activities included: speaking at high school parent/coach athletics orientation for the new school year; attending all Vernon's back to school nights and parent/teacher conferences; attending School /Community Association meetings, high school staff meetings, CADCA Forum, TIPS training, PACADA advisory council, Town Hall meetings, Earth-Fest and monthly Coalition Meetings.

**You don't have to give them EVERYTHING.**

Refuse to provide alcohol to underage kids.



One of the most exciting capacity building activities of the coalition was to have a coalition member, who was awarded a full scholarship, join coalition staff at the CADCA Forum. This training in DC immensely improved her understanding of how to encourage others to become more involved.

### The Vernon Coalition's Above the Influence (ATI) youth group was busy this year!

Liquor store owners had positive feedback and requested more events in the future.

#### More than 200

Vernon youth participated in various activities and events throughout Vernon, with over **3,000** community members in attendance. During Sticker Shock events, students were able to identify the 4 P's (Price,

Place, Product, Promotion) on their own. A local broadcasting team is working on creating our very own

commercial that was

submitted to ATI's Facebook page by three Vernon youth group members during the "Made by Me" commercial challenge. Roughly **500** youth were reached via social media and had the chance to vote for their top entry. The Vernon Coalition's ATI youth

group has their own Facebook page and Instagram account to reach youth and community members throughout Vernon.



3 Vernon Coalition youth members were interviewed by a local newspaper for a story about participation in Above the Influence Made by Me commercial.



There are **463** members of the **Coalition for Healthy and Safe Communities**, with **48** new members joining our efforts this year. The Coalition distributed **12,000** Coalition/Parent newsletters, **14,400** Power in Youth newsletters and **10,000** Kids2Kids newsletters. The Kids2Kids newsletter reinforces and supplements the information learned during the Positive School Climate Initiative Summit and also highlights the work schools are doing to address bullying and school climate. In addition, a PSA contest "What's Your Anti-Drug?" was held, as well as many other workshops.



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

"I liked getting to know some of the girls I didn't know and realizing that they are just like me." "I learned about myself and my impact on other people according to my actions."

**Strategic Prevention Framework** grant focused on reducing the consequences of substance abuse among 18-25 year olds. Through their work, **115** students attended **7** Reality Check presentations and a Rethinking Drinking program was implemented at Sussex County Community College.

**98%** of the participants agreed they will call 9-1-1 for an underage person who they suspect has alcohol poisoning, even if they have also been drinking underage.

### Coordinated School Health Program

served **6,876** youth and **490** adults in Union City and Sussex County. This program provided mini grants to **8** schools to initiate healthy programs. Youth leaders from the middle and high schools attended a youth leadership weekend at the 4H Camp in Branchville where they camped, participated in team building games, role played and planned activities to assist their schools in carrying out the grant requirements to make their schools healthier.



**School of Health & Addiction Studies** held **29** renewal and CPS classes for **116** 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 who are already certified can have their educational needs met. We also offer Certified Prevention Specialist classes.