

May 2016



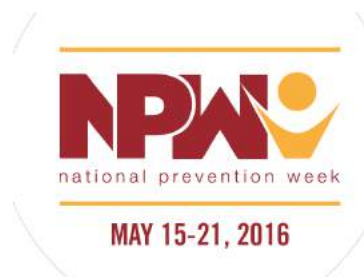
For more than 40 years dedicated to building healthy families and communities



# Prevention Works Newsletter

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National Prevention Week ~ May 15<sup>th</sup> – May 21<sup>st</sup>



National Prevention Week starts Sunday, May 15<sup>th</sup> and **The Center** is your National Prevention Week headquarters!

National Prevention Week is held during the third week of May as a reminder that awareness and prevention of alcohol and other drugs is essential especially since the Summer season is unofficially beginning. Summer is filled with celebrations, and recreational activities where substance abuse can happen, such as graduation parties, proms, weddings and sporting events. Check out NPW themed newsletters below, share our daily Facebook and Twitter Posts and stop by **The Center** during the week long observance for your Prevention Tool Kit!

To be part of National Prevention Week “I Choose” Campaign, send your picture and “I Choose” message to [Tina@centerforprevention.org](mailto:Tina@centerforprevention.org). It’s your pledge to stay healthy!

Monday, May 16<sup>th</sup> – [Prevention of Tobacco Use](#)

Tuesday, May 17<sup>th</sup> – [Prevention of Underage Drinking & Alcohol Abuse](#)

Wednesday May 18<sup>th</sup> - [Prevention of Opioid & Prescription Drug Abuse](#)

Thursday, May 19th – [Prevention of Illicit Drug Use & Youth Marijuana Use](#)

Friday, May 20th – [Prevention of Suicide](#)

Saturday May 21st – [Promotion of Mental Health and Wellness](#)

### Follow Us!

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

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

[twitter.com/cfpcnj](https://twitter.com/cfpcnj)



### Cultural Competency Training

LGBTQ and Gender Identity is a trending topic that has been making headlines in the news and on social media. In an effort to meet the needs and requests of community members for education and information, The Center is offering a full day workshop "LGBTQ & Gender Identity Cultural Competency Training," at The Center's Satellite Office, 65 Newton Sparta Road located in Andover Township on May 20<sup>th</sup> from 9:00am to 4:00pm.

This full day training is designed to increase awareness and educate professionals on the topic of sexual orientation and gender identity. Trainer, Patty Tomaszewski, will also discuss policies and strategies that can be used to create a safe, healthy environment which enables all students and clients to thrive. Christopher Scott, a parent of a transgender child, will share his family's personal journey and the joys and challenges of parenting a transgender child.

Whether you are a community educator, school counselor, school administrator, therapist or concerned community member you, will receive the information you need to know to assist you in creating a welcoming and safe space for all. Please RSVP as seats are limited. Cost is \$60 per person and a continental breakfast and lunch is included. For more information or to register, please call Tina at The Center at (973)383-4787 or email [Tina@centerforprevention.org](mailto:Tina@centerforprevention.org)

*Tina Aue*

Director of Prevention Services

### Military Family Night Out

On Wednesday, June 8<sup>th</sup> the Military Family Night Out program will be holding our annual meet and greet at Sparta Lanes in Sparta from 6:00-8:00pm. All military families, whether veterans or actively serving, are invited to this free event to meet the staff from The Center for Prevention and Counseling who will facilitate this free program beginning in September 2016. The night will include bowling, dinner, and prizes. You and your family will also learn everything about the "Military Family Night-Out" program where you'll have the opportunity to enjoy a great dinner once a week while benefitting from the many great incentives, such as bringing your family closer together while having fun and learning and \$300 in gift card incentives. Please RSVP by June 3<sup>rd</sup> to Natalie at 973-383-4787 or [natalie@centerforprevention.org](mailto:natalie@centerforprevention.org).



*Natalie Yanoff-Smith*  
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: 5/13)  
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: 5/23)  
9-10:30 AM at

Family Guidance Center of Warren County,  
492 Route 57 West, Washington, NJ



### 2nd Annual Changing the Face of Addiction Walk

Be sure to keep August 6th off your calendar so you can join us for our 2nd annual walk! It is sure to be an excellent day for all to enjoy. Last year we were lucky with the weather, although it was a hot August day we enjoyed time spent with community members including Senator Oroho and Assemblywoman Alison Littell McHose.

For information about registering to walk or to sponsor the event check out our website <http://centerforprevention.org/walk/> or email [jenn@centerforprevention.org](mailto:jenn@centerforprevention.org).

We hope to see you all there!

*Jenn Boyle*  
Community Educator

### Vernon Coalition Youth Group Update:

On April 27<sup>th</sup> over 80 community members came out to support The Vernon Coalition as they held their Annual Alcohol Awareness Town Hall Meeting at Glen Meadow Middle School. The evening was packed with a fun filled family night out! An amazing dinner was served, a creative photo booth was on display and once again, a talented student greeted our guests and wowed them on the piano. The excitement didn't stop there as Glen Meadow students worked hard to create an art gallery for all to browse, a small orchestra played as parents entered the gymnasium, beautiful centerpieces were added to the décor and our Red Carpet Theme was a success!

To kick off the evenings presentation all students were asked to attend a youth led team building activity as parents and adults were working with Coalition Coordinator and The Center's Executive Director as they shared with the audience updated data, prevention education and community awareness.

The families were then reunited to finish out the evening together as one. One of the many highlights of the evening was when all students who participated in the "Elect To Be Alcohol Free" contest were recognized for their hard work and beautiful artwork. Another memorable moment was when The Vernon Coalitions Above the Influence high school students shared a powerful film followed by an interactive Q & A. Families were encouraged to work together to answer the questions and received a family fun gift basket.

We would like to thank all those in attendance for their support and commitment to becoming part of the solution! We look forward to seeing you at another Vernon Coalition event.



Another big shout out goes to Glen Meadow staff, Mrs. Merck and her students for creating the art gallery and also leading the team building activity, Mrs. Gagg for assisting with the art gallery and contest participants, Mrs. Kucks and her students for creating the wonderful centerpieces, Sodexo for the amazing dinner, Maya for playing the piano for the third consecutive year, Miss. Whitty and her small orchestra group, and our Above the Influence students for presenting and also helping with planning and set up.

Thank you again for making this event such a huge success! Don't forget to "Like" us on Facebook at Vernon Coalition Youth Group and "Follow" us on Instagram @vernoncoalitionyouthgroup

To learn how you can get involved please contact Gemma@centerforprevention.org or call 973-383-4787. Looking forward to hearing from you!

*Gemma Chalkley*

Vernon Coalition, Youth Coordinator

### West Side Enrichment Center

The students at West Side Enrichment Center are Bucket Fillers! The students at West Side spent two weeks learning the difference between Bucket Fillers and Bucker Dippers. When your bucket is full you feel more confident, secure, calm, and friendly. Your thoughts are positive and you expect positive results. When your bucket is empty, it contains few positive feelings or thoughts, you can easily become sad, angry or worried. The preschoolers at West Side learned to take actions and words to show that they cared about someone. They learned to say or do something kind, give someone a heartfelt smile, show respect to others and help out without being asked. West Side preschoolers are Bucket Fillers not Bucker Dippers and they are happy to spread their kindness to all!

*Patrice Reilly*

Community Educator



Center for Prevention and Counseling

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

### Message from the Director:



April was an exciting month with many prevention programs held around the county in regards to it being alcohol awareness month. The goal was to bring evidence-based education and prevention messages regarding youth use of alcohol and the many risks associated with underage drinking. One such program was our annual town hall meetings, held in Newton and in Vernon. Our agency has been participating in SAMHSA Town Hall meetings since 2006, where hundreds of coalitions hold meetings across the county as they work to bring awareness about the issue of underage drinking. Each year we have hosted an event where youth have been a featured part of the program. Youth leaders help to present an interactive program in an effort to dispel myths around underage drinking. Additionally, we honored the many students who participate in our annual PSA contest for alcohol awareness month as we are proud to share their many wonderful messages. Both events featured a packed house of parents, educators, community members and students who joined together to hear the latest research and news about underage drinking. <http://centerforprevention.org/alcohol-awareness-contest/>

We thank Senator Steven Oroho for being a presenter at our event, where he has been participating each year since 2006. We are also grateful to Newton Police Chief Michael Richards for his participation at our event as his strong leadership and willingness to collaborate with this exciting program is deeply appreciated. We work to promote the Parents Who Host Lose the Most message in variety of ways, including a photo of youth from all ten high school that is used in handouts, yard signs, billboards and on social media links. This message is powerful and important and we were encouraged to see that youth use of alcohol was reduced 42% among 6<sup>th</sup>-12<sup>th</sup> graders in our recent countywide survey reflecting past 30 day use. This is a huge reduction in youth use of alcohol, which is very encouraging to see.

We are preparing to launch the Sussex County Recovery Coach Academy this month, where 25 people will become trained to be peer recovery coaches in an effort to assist those looking for help to start their way down a path to recovery from their substance use disorder. Additionally, we opened the door to a new office at our agency to assist with the C.L.E.A.R. initiative, which will have its official use of recovery coaches in July. Check out [www.ClearProgram.org](http://www.ClearProgram.org) to see the latest news about C.L.E.A.R.

Lastly, we are very excited about the New Jersey Healthy Community Network grant we received earlier this year, where we are working to incorporate fitness and nutrition into clients treatment plans. This month we have begun introducing nutritious snacks and easy and fun ways to exercise into group sessions. More news next month as the plans continue to be unfolded.

*Becky Carlson*  
Executive Director



### Altitude

Altitude students from each school have been creating their very own video commercial. Students sat down and discussed the problems they are facing in school and ways in which they can bring awareness to their peers. Drawing inspiration from their previously created empowering posters, they came up with five amazing scripts. The students will utilize top of the line equipment to create each video commercial. The videos will be aired on local television and throughout social media. We will announce the release dates on Facebook, so be sure to like us at [Facebook.com/altitudenj](https://www.facebook.com/altitudenj)

*Louie Lavin*  
Media Specialist



### Taste of Vernon Benefits the Vernon Coalition!

Heaven Hill Farm in Vernon was the place to be on Thursday, April 28th for amazing culinary samples of sweet and savory foods from a variety of vendors throughout the area, along with live music during Vernon Chamber of Commerce's first Taste of Vernon.



The event, sponsored by Heaven Hill Farm, Highlands State Bank and Highland Flowers and Gifts, brought together local restaurants to showcase their food inside the candlelit greenhouse at the farm. In addition, many other Vernon business showed their support with silent auction donations. Not only did our community pull together for an awesome community event, the Vernon Coalition was chosen to receive a portion of the proceeds to help our work in reducing substance use among our youth.

We have a lot of people to thank! The Vernon Chamber of Commerce worked incredibly hard to make this first time effort an event to benefit everyone involved! Businesses that participated included Acme Super Markets, Blissful Bites Gourmet Cup Cakes, Celine's Cajun Bistro, Dairy Swirl, Drunken Cherry Cookie Company, Dunkin Donuts, Gencarelli's Restaurant, The Hawk's Nest, The Lamp Post Inn, Rose Mountain Chocolatier, Smokey's, Top of the Mountain Honey Bee Farm, Wings Asian Fusion Bistro, Kite's, Pizza Pros and The George Inn among others. Also to be sincerely thanked are those that bought tickets to the affair---over 160 attendees!

Elmer Platz, Vernon Chamber of Commerce stated, "The chamber is about business, but it's also about community" and "if we can bring these two aspects together, here, at this point in time and this place we can have a nice community that can grow." The Vernon Coalition whole-heartedly agrees! After all, strengthening and establishing collaboration within the Vernon Community makes for a stronger Vernon--& ultimately a safer place to raise our young people.

*Rebecca Dorney*  
Vernon Coalition, Coordinator



### Family Fun Camp

In July we will begin our annual Strengthening Families Program Family Fun Camp. This FREE program is for the whole family and provides meals, as well as great gift incentives. Parents connect with each other for support and discussion while children and teens have fun learning through various interactive games and activities. Also, free child care is provided for children under the age of 5. For more information please contact Natalie at 973-383-4787 x235.

*Natalie Yanoff-Smith*  
Community Educator



### Youth Facilitator Needed

The Center, located in Newton, NJ, is seeking part time Youth Facilitators for Pathways 2 Prosperity (P2). This program is an innovative initiative to end poverty under the Center's Financial Stability Project, in collaboration with NORWESCAP. Youth facilitators are responsible for planning, implementing and evaluating high quality, fun, engaging and innovative educational programs for children aged 4 years – 12 years old. Candidates should possess a CDA and/or have related experience working with children. Work hours are Tuesdays 4:30 pm-8:30 pm. This is an exciting opportunity to become part of a creative team which is assisting children in developing the social emotional skills needed to succeed in home, school and community environments. Please email resumes to [dianna@centerforprevention.org](mailto:dianna@centerforprevention.org).

*Dianna Morrison*

Pathways Coordinator



### Running for a Cause: Union City High School Project Pursuit

On April 10, 2016, twenty-five Project Pursuit participants completed the Lincoln Tunnel 5K Challenge sponsored by the Special Olympic of New Jersey. Project Pursuit, a Whole School, Whole Community, Whole Child grant funded initiative, enables its members to better their lives along with the community around them through promoting the importance of academics, physical activity, self-awareness and collaboration among its participants. Physical and mental challenges allow for members to achieve both individual and communal goals. By developing a healthy mindset, body, and attitude, through collaboration, members are able to take pride in their abilities and gain confidence and trust in those around them. Project Pursuit allows for the development of authentic and meaningful relationships among its members and affords them the opportunity to give back to the community in which they reside. The program pushes participants to succeed in all physical, academic and social endeavors.



*Pamela Pastorino*

School Health Specialist

### The Center's Wish List

- ◆ Card tables or small 3 or 4 ft. folding tables
- ◆ Small kitchen table with 4-6 chairs
- ◆ Bookshelves
- ◆ Small desk
- ◆ Countertop with insert sink and lower cabinets
- ◆ Printer table
- ◆ End tables
- ◆ Coffee table

- ◆ Coat rack
- ◆ Graphic artist for infographic design
- ◆ Plumber and electrician for small jobs
- ◆ Indoor paint (neutral/cream colors)



We appreciate your assistance and consideration in helping us out. Please contact Jenn 973-383-4787 or [jenn@centerforprevention.org](mailto:jenn@centerforprevention.org) for any donations!

## Coalition for Healthy and Safe Communities News



**Marijuana Summit:** I attended an informative summit on April 28 in Atlantic City with key state and national partners to learn more about issues associated with marijuana legalization. Ohio prevention specialists were successful in defeating that state’s vote to legalize for recreational use when they educated business owners. Employers throughout New Jersey will want to learn more about potential legalization as it effects their bottom line. Quest Laboratories shows an increase nationwide in positive marijuana tests with workplace testing. Some questions employers need to ask themselves: How does marijuana legalization effect you as a business owner? Can your drug-free workplace policy prohibit employees from using marijuana? Will you have to pay for damage done by an employee under the influence of marijuana? Will you have to accommodate marijuana use in the workplace?

### Spring Rx Collection:

Thank you to all our law enforcement partners who participated in Sussex County’s DEA Rx collection efforts. In 2013, the total lbs. collected for the year was 1661, in 2014, it was 1926.6 lbs. and in 2015, the total was 2,343.7 lbs.

**For the first quarter of 2016, Sussex County Rx collections totaled 643 lbs.**

The promotion and collection of Rx in communities is a large part of the solution to the opiate addiction epidemic. Working together, we are making a difference. There are seven permanent sites open 24/7 in the county– Andover, Augusta, Hardyston, Hopatcong, Newton Sparta and Vernon. <http://centerforprevention.org/wp-content/uploads/2015/11/2015-Rx-drop-box.pdf>

Doctor prescribed opioid use before high school graduation increases the risk of future opioid misuse after high school **by 33%**

**Ask Your Doctor How Prescription Drugs Can Lead to Heroin Abuse.**

Partnership for a Drug-Free New Jersey  
in Cooperation with the Governor's Council on Alcoholism and Drug Abuse and the NJ Dept. of Human Services

**BEFORE THEY PRESCRIBE - YOU DECIDE.**  
[drugfreej.org](http://drugfreej.org)

### Pharmacy Workshop:

Thank you to Newton Medical Center and coalition volunteer/member Maureen Cianci for securing the venue and refreshments during our “Reducing Diversion, Understanding Addiction” Workshop for Pharmacists, Spring, 2016. Twenty three local pharmacists attended and received NJ Board Certified credits for their participation.



The Coalition for Healthy and Safe Communities meets the 2nd Friday of every month in the 2nd floor classroom of the Center for Prevention and Counseling’s office building at 61 Spring Street, Newton. YOU are invited to join other community members to network, learn more about the problems and solutions to illicit drug use in our county and become a volunteer to these efforts. Hope to hear from you!



*Annmarie Shafer*  
Coordinator, Coalition for Healthy & Safe Communities

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We're on the web!

[www.centerforprevention.org](http://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

# CELEBRATE... WITHOUT ALCOHOL



973-383-4787

