

# 2014 ANNUAL REPORT

**THE CENTER**  
FOR PREVENTION & COUNSELING

**FOR MORE THAN 40 YEARS DEDICATED TO  
BUILDING HEALTHY FAMILIES AND COMMUNITIES**

## THE BEST OF 2014

From celebrating our 40th Anniversary to rebranding our entire agency, 2014 was a year of many memorable moments for The Center for Prevention and Counseling.



### **The Center 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©(3) nonprofit agency that has provided advocacy, education, counseling and referrals

**The Center for Prevention and Counseling**  
**61 Spring Street, 3rd Floor, Newton NJ 07860**  
**Phone: 973-383-4787**  
**Website: [www.centerforprevention.org](http://www.centerforprevention.org)**  
**Email: [info@centerforprevention.org](mailto:info@centerforprevention.org)**

## Message from the Executive Director:



During the past year, we celebrated 40 years of serving the residents of Sussex County with quality programs and services that help to change lives. We help youth to gain the skills they need to make wise choices, we help parents to create strong families and we help to build communities that support healthy lifestyles. Our reach encompasses all ages and economic groups. The results of our efforts are powerful and extensive, as lives are changed for the better, forever!

We have grown over the past 40 years from a non-profit agency having a staff of three to one that boasts 32 dedicated professionals working tirelessly and happily to serve the public good. Our supporters are numerous including people from all sectors of the community.

This year brought about a big change as Barbara Adolphe retired after serving the agency as the Executive Director for 25 years. Barbara worked determinedly to grow the agency to what it is today by focusing on our mission to promote hope, health and recovery among all people by fostering a community in which individuals and families thrive. Barbara had many talents as the Executive Director and through her vision, collaboration, outreach and grant-writing, she was able to take the agency to a higher level as she worked to create change amongst individuals, families and the community.

We recognize that no one entity makes change alone. We take pride in our collaboration with the many agencies, organizations, businesses and individuals working to make Sussex County a healthy and safe place where youth and adults flourish. It truly does take a community effort to effect change.

At our 40<sup>th</sup> Anniversary Gala, Barbara 'passed the torch' to me as the new Executive Director at our agency. I look forward to focusing on the agency's mission and vision as we continue providing quality programs and services in our community. Having Barbara as my mentor has prepared me well for my new role, and I am excited to work with our many partners in the community and around the state. Our agency is committed to continuous learning and to collaboration to meet the needs of those we serve.

On behalf of our staff, Board of Directors and all those we serve, we thank our many supporters in and around Sussex County for their continued support of our work.

We wish Barbara well in her future endeavors and thank her for the commitment and dedication she gave to the Center for Prevention and Counseling for her 25 years of service to the agency.

Sincerely,

A handwritten signature in cursive script that reads "Becky Carlson".

Becky Carlson, Executive Director



**Board Members:**

**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



Dolores Blackburn (center) was recognized at our 40th Anniversary Gala for her dedication to the Coalition for Healthy and Safe Communities.



Julie Shotwell (right) volunteers her time by visiting and meeting with inmates at the Keogh Dwyer Correctional Facility along with retired staff member Mary Ellen Nelson.



Our incredible Board Members. (Missing from photo is Chris Dexter and Margie Morville.)



**Staff:**

Ed Blevins, LAC  
 Ayla Bower  
 Jennifer Boyle  
 Becky Carlson, CPS  
 Elaine Catanzaro  
 Joe Diaz, CADC  
 Rebecca Dorney  
 Elizabeth Hill, LCADC  
 Deborah Kopko-Vitale, LAC  
 Ava LaMorte, CADC  
 Louie Lavin  
 Michele Leonard, CSW  
 Jane Lupo, CADC  
 Brianne Meade,  
 Cindy Meakem, CHES  
 Dianna Morrison, CSW, FSW, CEPF  
 Ellen Pagano  
 Pam Pastorino, MPH  
 Patrice Reilly  
 Jose Rosario, CADC  
 Gemma Chalkley-Saum  
 Annmarie Shafer, CPS  
 Rich Stabb, CADC  
 Mary Ann St. John, CPA  
 Shelley Stuart, CHES  
 Tina Thompson, CHES, CPS  
 Victoria Tummillo, CADC  
 Rachel Wallace, LCSW, LCADC  
 Natalie Yanoff-Smith, CADC



Photo by: Dan Freel/New Jersey Herald

#### Congratulations to...

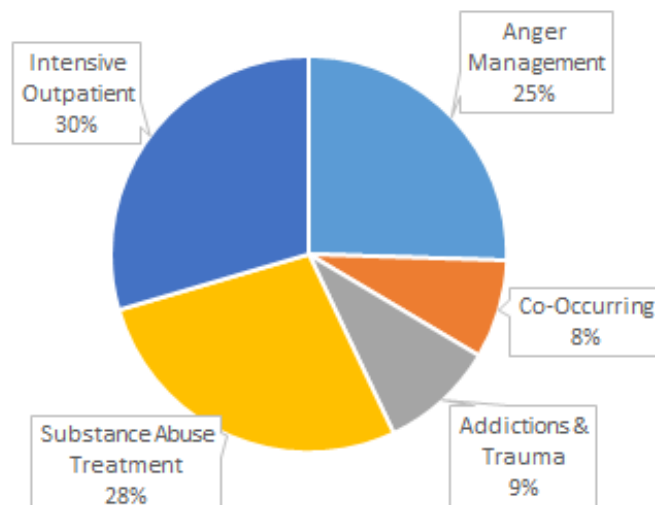
- ★ Ed Blevins for receiving his LAC this year.
- ★ Ayla Bower, Gemma Chalkley-Saum and Louie Lavin for large milestones in their personal lives.
- ★ Annmarie Shafer for being promoted to County Coalition Coordinator and for becoming a Certified Prevention Specialist.
- ★ Brie Meade for receiving her MSW and passing the LSW exam.
- ★ Gemma Chalkley-Saum for being chosen for CADCA's 2015 Ideas Fair Presentation Display.
- ★ Rachel Wallace for presenting at the 2014 Drug Court Conference.
- ★ Deborah Kopko-Vitale for receiving her LAC and joining the PAC and MH board committee.
- ★ Elaine Catanzaro for sharing her story with the community that "recovery is possible."
- ★ Joe Diaz for receiving his CADC.
- ★ The Center for Prevention for receiving the NJ CAP Award.

## Counseling:

Our clinical team is dedicated to ensuring best practices in treatment of substance abuse, mental health and co-occurring disorders. All of our committed team members are trained in a variety of treatment interventions including Cognitive Behavioral Therapy, Motivational Interviewing, Motivational Enhancement Therapy, 12 Step Facilitation Therapy and Family Systems Therapy. Our team meets regularly each week to ensure all of our clients are needs are being met to the best of our ability.

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. These classes address the use of alcohol and other drugs, risky behavior, decision making and assists participants in exploring if they need to change their use of substances of abuse.

IOP & Specialty Groups



**4,189** counseling hours for adults and youth in 2014.

### Testaments:

*"I feel very welcome and at ease. I refer anyone I know with an issue here."*

*"I was treated in a caring and professional manner. My first call made me feel so comfortable, and my first in-person meeting made me feel great, too."*

*"I have found The Center to be a great asset to my recovery, family & network of people."*

*"Thanks to The Center, I have my life back on track."*

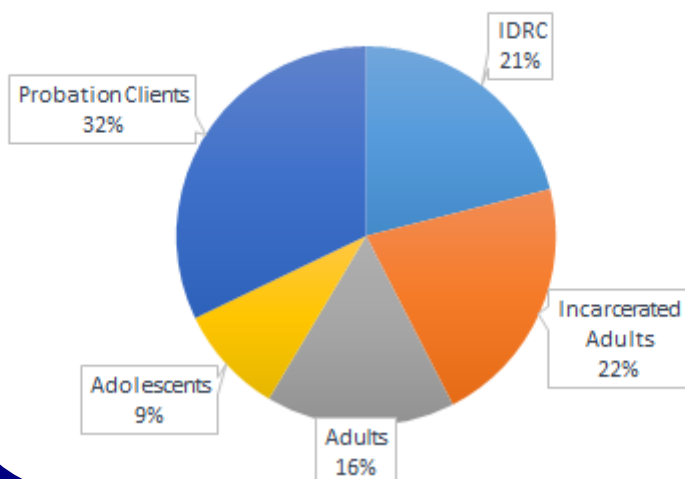
*"Everyone is always so nice & welcoming. It makes you always want to come back."*

81% of clients felt that their counselor respected them.

83% felt they were treated with dignity and respect.

80% felt their counselor spent enough time with them.

Populations Served





## ENDING POVERTY BY CREATING SUSTAINABLE SELF RELIANCE AND RESILIENCY

Phase  
1

CAREER AND LIFE PLANNING CURRICULUM

Phase  
2

MENTORING AND GOAL ACHIEVEMENT

Phase  
3

JOINING THE LEADERSHIP TEAM

## WHAT'S THE IMPACT?



Pathways 2 Prosperity is an initiative of NORWESCAP in collaboration with the Center For Prevention and Counseling and UW of Northern NJ



## Financial Stability Project:

Money Fit is an intergenerational financial capacity building program with a matched Individual Development Accounts (IDA) savings component. This financial series provides financial education for both adults and children. Technology, such as Skype, motivational texting and Twittering is employed to ensure that education and implementation of concepts extend beyond the classroom setting and infiltrate everyday financial practices.

Participants have saved:

**\$20,941.99**

*"I wouldn't have a car or a job without my Money Fit account. When my car broke down and it couldn't be fixed I was able to purchase a car. I didn't miss a single day of work."*

*"I have never had a savings account before. Never thought I would be able to save but I have. The texts and monthly ongoing meetings make sure that I continue to be smart with my money."*

**22 IDAs** have been created





The **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. The program provides support for parents and interactive groups for children ages 5-11 and for teens 12-17 years old. A family meal is provided. Additionally, free child-care is offered for children under 5 years old. The focus of the education is enhancing communication skills between family members and helping the family to increase their ability to express their feelings and concerns to one another.

**69** youth and **44** parents served in 2014

*"They educate the kids to their level, it really opens up the door for parent-child discussions later on."*

Surveys indicated:  
★ 100% of parents reported they learned new skills and information



**5** Straight Talk Presentations took place with **330** students in attendance

**Surveys indicated:**

★ 83% stated they learned strategies to help prevent peers from using alcohol and other drugs.



**"What's Your Anti-Drug?" Poster Contest**

There are so many things that keep kids away from alcohol and other drugs. We asked students between the ages of 5-18 to tell us through an original artwork or photograph about their anti-drug.

**11** Too Smart to Start Presentations took place with **662** students in attendance

**Surveys indicated:**

★ 89% stated that their knowledge of the possible legal penalties for drinking underage



There were over **1,200** entries representing **34** schools with **55** winners published. A total of **24,414** were distributed to schools in Sussex County and by the NJ Herald.



### Vernon Coalition Youth Group

**3,000** youth served in the 2014 year. **24** Above the Influence (ATI) Youth Group meetings for Grades 5-12 were held with **202** youth in attendance. **6** youth had the opportunity to participate in Public Service Announcements with Clear Channel Radio.

**59** youth participated in events including National Chat Day, SCA Meetings at Walnut Ridge, Back to School Nights, EarthFest and Vernon Day.

**3** youth were recognized at Vernon Town Council Meeting for being winners of the What's Your Anti-Drug Contest.

### Outcomes:

- ★ Helen Hernandez from the Office of National Drug Control Policy attended the Town Hall Meeting in April as a guest speaker.
- ★ An ATI member was asked to be the focus of the January edition of *Inspire Magazine*.
- ★ For the 3rd consecutive year Gemma, Vernon Youth Coordinator, was accepted to present on behalf of ATI at CADCA's Ideas Fair in Washington, DC.



**Sticker Shock** is a campaign in which youth place stickers on beer and alcopops stating the legal penalties for purchasing alcohol for minors. **9** Sticker Shocks were completed with over **5000** stickers being placed.

**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. Throughout this year **5** programs were held with **55** girls being served. During the group, girls take turns talking and listening to one another about their concerns and interests and express themselves through creative or focused activities such as role playing, drama, journaling, poetry, movement, drawing, collage, clay, computers and so on.

### Surveys indicated:

- ★ 93% stated that after the program they were able to treat girls who were NOT their friends with respect.

*"I learned more of my positive features."*

*"That I am a strong, smart, independent girl."*





**Regional Coalition:**

**579** total members

**30** Tobacco Education for Merchants completed

**70** Servers TIPS certified

★ **7** establishments reported changes in their policies which include adopting birthdate verification policies and Incident Report Binder policies.

Reached MAXIMUM capacity with **7** total Medicine Drop Boxes in Sussex County

★ **2,001** pounds of prescription drugs were collected



**Asset Building Workshops**

In 2014, **9** workshops were held for **260** parents, school staff and pre-school staff.

**Surveys indicated:**

★ **99%** report they will further incorporate Asset Building into their daily interactions with children.

*"This was a wonderful reminder of how important it is to make every child feel worthy, recognized and loved."*

**"Taking Flight to Change" Summit**

Over **1100** Middle School Students and High School Mentors attended.

**Surveys indicated:**

★ **98%** will be more accepting of those who are different

★ **95%** learned new information

★ **93%** of advisors said they event prepared their students to be effective leaders

★ **100%** of advisors said the event helped their students understand the value of having a positive school climate



**Project Alerts**

In 2014, **11** workshops were held for **475** school staff, parents and other community members.

**Surveys indicated:**

★ **96%** learned strategies to help prevent youth from using alcohol and other drugs.

*"Always informative and we need the review to keep up with the changes in the county."*

**Community Trials Intervention Project (CTI)** is a multi-component, community-based program developed to alter alcohol use patterns of people of all ages. This program will benefit Hopatcong Borough residents. The CTI program is collaborating with local police, local businesses, Hopatcong schools and interested community members to address drinking and driving, underage drinking and binge drinking among people of all ages. It focuses on reducing various types of alcohol-related accidents, violence and resulting injuries.

CTI Youth Involvement Surveys indicated youth involved:

- ★ 100% increased their knowledge of goal setting and achievement
- ★ 100% increased their leadership skills
- ★ 86% increased their public speaking skills



*"How to work in a group, as part of a team. It has helped me in school and in the community."*



**Coordinated School Health Program** was able to offer mini-grants to schools to offer programs or projects in a specific area. Some were fitness and nutrition focused while others focused on healthy school climate or staff wellness. A total of **14** schools were served. Halsted Street School chose to serve **50** staff members with a staff wellness program.

**With the money mini-grants schools were able to:**

- ★ Purchase t-shirts for peer leaders and posters for a positive school climate
- ★ Institute the Fitnessgram program for the student body and purchase iPad minis for the staff to keep track of all the Fitnessgram information
- ★ Purchase fitness equipment and offer after school programs for students

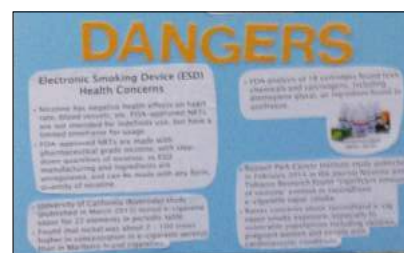
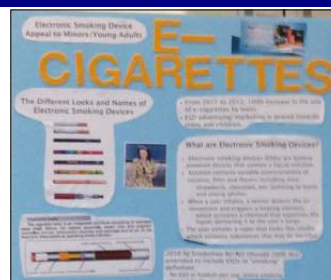
**Through this program we were also able to:**

- ★ Hold our 3rd Youth Leadership weekend at the 4H camp in Branchville for 100 students
- ★ Fund 12 students to attend the Lindsay Meyer Teen Institute camp in August in Hardwick





**Tobacco– Diabetes Project** was successful in serving Sussex, Passaic, Morris, Bergen, Essex and Warren Counties throughout the 2014 year. **900,000** adults were served throughout the year and **2,000** youth were served throughout the 2014 year. A total of **23** smoke-free park ordinances passed.



#### 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

#### SUCCESSES IN NUMBERS:

- **79,180** handouts and newsletters were distributed
- **548** “help” calls handled
- **17,523** youth were reached through The Center’s prevention programs
- **92,174** “hits” to our website
- **20,848** visits to meeting list pages on our website
- **320** college students attended 18 Reality Check presentations this year

**Vernon Coalition**– The Vernon Township School District hired a consulting firm to survey the community and school population to create a vision plan for the district. This plan resulted in the Vernon Coalition being written into the vision for the school district by the consulting firm. The need to “Create/Implement Strategies to Address Drug Use/Abuse” was a bullet point written into the Vernon Township School District’s Strategic Vision Plan, stressing “continuing to work with the Vernon Coalition and redefine relationship with coalition.”

Vernon Coalition Coordinators presented information at a Town Council meeting with youth who spoke regarding coalition youth group activities with **50** people in attendance.



**508** followers on Facebook/Twitter  
**1,945** adults served



### Our Values

Faith

Integrity

Resourcefulness

Sense of Urgency

Teamwork



Client Focus

Helpful Attitude

Open Communication

Innovative Thinking

Cooperative Spirit

Exceptional Personal



### 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!

The Center operates utilizing a diversified funding base, details of which are available on our website.

#### Make a Tax-Deductable Donation to Us Because...

- ★ We **are good stewards** of money given to us with \$1.96 million budget and a low administrative cost of **3.6%**.
- ★ 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**, thus recognizing our need to make a difference everyday, **by 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 13 Years

