

2016 ANNUAL REPORT

THE CENTER
FOR PREVENTION & COUNSELING

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

THE BEST OF 2016



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 since 1973.

The Center for Prevention and Counseling
61 Spring Street, 3rd Floor, Newton NJ 07860
Phone: 973-383-4787
Website: www.centerforprevention.org
Email: info@centerforprevention.org

Message from the Executive Director:



Dear Friends,

It truly takes a team effort to build a great agency. In reviewing this past year, it is evident that the many accomplishments shared within this report are a result of the remarkable teamwork by the Center for Prevention and Counseling's most important asset, all the people involved at our agency! The Board of Directors, the staff and our many volunteers and partners each play a valued part in moving us forward. The progress being seen provides tangible results of our recovery support work that has been expanded along with an increase in our counseling reach. Additionally, our prevention work continues to see wonderful outcomes within and around the county due to three regional grants.

Due to our strong commitment to long-term stability, we embarked upon looking at the future as our Board and staff worked together to create a three year strategic plan. Building upon our strengths, we looked back to our roots with our focus on prevention and treatment and decided to add to our foundation a third pillar of recovery support. In doing so, we looked at all of our current programs and made the difficult decision to bring to a close our active collaboration with Pathways to Prosperity (P2), a program of NORWESCAP, which we have been a partner since 2008. In 2017, P2 will be under the NORWESCAP umbrella with the same commitment to those they serve, and they will be embraced by Christ Church in Newton as their new home. P2 has been a valued partnership serving a broad array of clients. We will continue to support the work of P2 and its ongoing growth as it is a vital service in Sussex County helping many achieve financial stability. We wish P2 success in all its endeavors and will remain committed in supporting their longevity and strength in their mission to those they serve.

Our dedicated staff has done a wonderful job of expanding our outreach and with strengthening our many programs and services offered to individuals and families. Here are some of the highlights from 2016:

- ◆ Collaborated with Newton Police Department, Sussex County Prosecutors Office, Newton Medical Center and other partners in the successful launch of the C.L.E.A.R. (Community Law Enforcement Addiction Recovery) initiative to assist individuals in finding treatment and recovery utilizing trained recovery coaches;
- ◆ Graduation of 19 certified Recovery Coaches through our Recovery Coach Academy to serve as peer recovery coaches with the C.L.E.A.R program;
- ◆ Growth with our recovery support work as seen with numerous workshops and trainings, including the introduction of All Recovery and SMART Recovery meetings in Sussex County;
- ◆ Passage of underage drinking ordinance in two more municipalities in Sussex County;
- ◆ Passage of 3 outdoor recreational ordinances and 3 ordinances to raise the sale of tobacco from 19 to 21 in northern New Jersey municipalities;
- ◆ Increase of counseling hours by 25% through the wide variety of treatment services offered;
- ◆ Receipt of the Federal Drug-Free Communities grant for an additional five years of funding for the Vernon Coalition and receipt of two years grant to mentor the neighboring Warwick (NY) Coalition;
- ◆ Continued growth in our *Changing the Face of Addiction* recovery walk with 55% increase in number of people walking to address the stigma surrounding addiction;

We are proud to share our work from 2016 as it was one of growth and achievement for our agency. The work we do would not be possible without the generous support and commitment of our Board of Trustees, donors, community partners and staff as we work together to provide hope, health and recovery to those we serve. Thank you wholeheartedly for being a part of the Center for Prevention and Counseling and our mission to serve individuals and families. We look forward to doing more great work in 2017!

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

Becky Carlson, Executive Director

2016 Board Members:

Becky Carlson

Ex-Officio

Executive Director, CFPC

Wendy Cooney

Board President

College Professor and Retired NJ State Trooper

Chris Dexter

General Manager, Mendham Audi

Robert Griner

Christ Episcopal Church Reverend

Jonathan McMeen

Board Vice-President

Attorney

Margie Morville

Board Secretary

Realtor

Jennifer Reynolds

Instructional Coach

Jaime Sella

Addiction Counselor Intern

Julie Shotwell

Board Treasurer

Retired Teacher & Business Owner

Shain Steffens

Financial Advisor/Planner

Shawn Steffens

Financial Advisor/Planner

Glen Vetrano

Former Freeholder/Retired Battalion Chief



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 and other caregivers** to raise healthy kids
- **Work with senior citizens** to manage medications, develop healthy coping skills and deal with isolation and loss
- **Offer high quality** counseling skills and best practices to adults and adolescents regardless of a persons ability to pay
- **Work with incarcerated adults** to address their drug use and other issues and to assist in building lifeskills 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

2016 Staff:

Tina Aue, CHES, CPS
 Ed Blevins, LPC
 Ayla Bower
 Jennifer Boyle
 Katie Calvacca
 John Cameron, LCADC
 Elaine Catanzaro
 Rebecca Dorney
 Heather Dunn
 Elizabeth Hill, LCADC
 Deborah Kopko-Vitale, LPC,
 LCADC
 Ava LaMorte, CADC
 Louie Lavin
 Ashley LeBelle
 Michele Leonard, CSW
 Jane Lupo, CADC
 Elise McGaughran
 Brianne Meade, MSW
 Cindy Meakem, CHES
 Dianna Morrison, CSW, FSW, CEPF
 Vance Mulholland
 Ellen Pagano
 Pam Pastorino, MPH
 Patrice Reilly
 Bill Rust
 Gemma Chalkley-Saum
 Annmarie Shafer, CPS
 Mary Ann St. John, CPA
 Eric Struble
 Kristina Thompson
 Rachel Wallace, LCSW, LCADC
 Natalie Yanoff-Smith, CADC

**Congratulations to...**

- ★ Vance Mulholland for becoming a certified anger management specialist.
- ★ Jenn Boyle, Heather Dunn and Ellen Pagano for graduating from their respective programs.
- ★ Annmarie Shafer for becoming certified in CRAFT.
- ★ Tina Aue, Ayla Bower, Ava LaMorte and Deborah Kopko-Vitale for large milestones in their personal lives.
- ★ Heather Dunn for becoming certified in TF-CBT.
- ★ Vernon Coalition for receiving GOT OUTCOMES! Coalition of Excellence Award for Intermediate Outcomes.
- ★ Ava LaMorte for being accepted into the Bowden Advanced Family Systems Programs at Rutgers.
- ★ Becky Carlson, Katie Calvacca and Annmarie Shafer for becoming Certified Recovery Coaches.
- ★ Katie Calvacca for becoming certified in SBIRT.
- ★ CFPC for being published in *Behavioral Sightings* a national magazine

Counseling:

Our clinical team is dedicated to ensuring best practices in treatment of substance use disorders and co-occurring mental health 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 twice weekly to ensure all of our clients 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 addictive substances.

In 2016, we provided **6,099** counseling hours for adults and youth. This was a **25%** increase over the prior year.

- ◆ 53% (3221 hours) were within one of the numerous groups for adolescents or adults.
- ◆ 47% (2878 hours) were one on one counseling sessions.



Testimonials:

“The Center gave me a second chance which saved my life. I am very grateful to The Center and their staff.”

“My counselor was very patient, and insightful to my story. She was able to stay focused on my needs. Thank you for a great experience.”

“The Center and Celebrate Recovery has definitely changed my life. It feels good to have my life in order.”

“I look forward to coming each week. I feel counselor is truly involved and caring for each of us (no matter if I can be long winded at times.) I consider many in the group as friends.”

“I have found group therapy to be extremely helpful facing my day to day issues. I find everyone in the group to be really supportive and considerate. My counselor is inspirational, helpful and never judges me.”



Outcomes:

99% stated they feel better about themselves as a result of their treatment.

97% stated they are better able to deal with their alcohol/drug problem after receiving counseling services at The Center.

99% of clients agreed that they helped to create their treatment goals.

99% stated they have a better understanding of addiction/substance use disorder after treatment at The Center.

96% agreed that as a result of their treatment, they are getting along better with their family.



Coalition for Healthy and Safe Communities:

10 Sticker Shock events were completed
5,690 Stickers were placed

- ★ 611 total members
- ★ Reached out to over 130 physicians, oral surgeons, dentists and other community members during the statewide “Knock Out Opiate Abuse Day” on October 6th
- ★ Over 2000 pounds of Prescription drugs were collected and properly disposed of
- ★ Assisted two townships in the county to successfully adopt Local Underage Drinking Ordinances, giving us a total of 22 who have done so
- ★ 2 County Police Departments received Mobile Rx disposal boxes



Anti-Bullying Specialist Meetings:

8 meetings were held with 28 school districts represented.

- ★ 96% of participants reported that they plan to use information discussed to address school climate in their school/district
- ★ “The meetings always help to generate ideas, helps me to strengthen what we already do– it’s a time to focus on these activities, which is really helpful.”

1 School Safety Team Training for 130 school teachers and counselors

- ★ “I believe it is important for us to get together and share ideas more often. I really felt that this was the best part of the workshop.”



“Taking Flight to Change” Summit:

Over 1,000 Middle School and High School Mentors attended.

Surveys indicated:

- ★ 100% of high school leaders said that the Summit prepared them to be strong group leaders.
- ★ 99% of middle school students said that the Summit prepared them to be a person who goes out and makes a difference
- ★ 100% of advisors said the event helped their students understand the value of having a positive school climate.

“The Summit has become a long standing success story. Thanks for your vision, dedication and tenacity.”

“I have benefitted tremendously from this Summit and will always be grateful towards the Coalition for putting on such a wonderful event.”

Hidden In Plain Sight:

10 Exhibits held
461 People in attendance



- ★ 99% of participants surveyed report they learned strategies to help prevent youth from using alcohol and other drugs.

“Being aware of what drugs are being misused by kids is helpful. But, even more valuable was understanding how teen brains are so susceptible to addiction and that’s really important for me to talk to my kids about!”

Project Alerts:

10 Presentations held
536 People in attendance

- ★ 90% of participants surveyed report that their knowledge of signs and symptoms of substance abuse was increased.

“Thank you! Information is constantly changing. You shared current research and trends I was unaware of. It’s always good to be kept up-to-date.”



“What’s Your Anti-Drug?” Poster Contest:

900 Entries submitted
29 Schools represented
11, 800 NJ Herald supplements distributed
56 Winners highlighted

Asset Building at Westside Enrichment Center

- ★ 95% of teachers incorporate asset building activities into their daily routines

Westside Enrichment Center concluded a one year Asset-Building program for their pre-school students. Quarterly asset building trainings were held for staff and quarterly parent workshops were also provided. Center for Prevention staff members provided weekly asset-building lessons for 45 pre-school children. Funded by United Way of Northern New Jersey.



Vernon Coalition:

1,622 Adults Served
80 New Members Joined the Coalition
17 Focus Groups Held
654 Programs Held

2016 Successes:

- ★ Received the Coalition of Excellence Award for Intermediate Outcomes from CADCA
- ★ Received \$4,100 in donations after being named the Vernon Chamber of Commerce’s charity of choice
- ★ Received the Drug-Free Communities Mentoring Grant to work with the Warwick Valley Prevention Coalition
- ★ Worked with Vernon School’s Superintendent to implement and educate staff on the new Transgender Policies
- ★ Received the Drug-Free Communities Support Grant for Years 6-10



Vernon Coalition Youth:

Over 2,000 Youth Served



2016 Successes:

- ★ 45 programs to engage the youth were held
- ★ Created the “Make Your Mark” campaign in order to encourage youth to share with their community how they live a healthy, drug-free lifestyle
- ★ Presented to all Lounsberry Hollow Middle School student health classes on e-cigarettes and tobacco
- ★ 2 Vernon High School students attended the Lindsey Meyer’s Teen Institute Leadership Conference
- ★ An Above the Influence youth member was invited to speak during a Town Council Meeting regarding their participation
- ★ Graduates of the ATI group continue to stay in touch and involved



Prevention Programs:

Girl's Circle & Boy's Council:

8 Programs held
79 Students participated

- ★ 92% of boys stated that they are able to help their friends solve problems after Boy's Council
- ★ 95% of girls reported that they pick close girlfriends and boyfriends who treat them the way they want to be treated

"I now feel more confident about myself and with others."

Strengthening Families:

19 Families served
647 Newsletters distributed

- ★ 100% of parents/caregivers and 91% of the youth reported spending increased quality time together to talk, have fun and bond

"It's more fun when we spend time with our families."

Child Assault Prevention (CAP):

Implemented in 18 Schools
1760 Students served

WISE Wellness Initiative for Senior Education:

8 Programs held
102 Adults served

- ★ 100% of older adults report that they plan to use information they learned to effectively communicate concerns to their doctor.

Botvin's Life Skills Training:

12 Programs held
134 Students served



7 Habits of Highly Effective Teens:

5 Programs held
91 Students participated

- ★ 90% of students felt the training was a useful tool that they will be able to apply to their personal lives

"I learned how to relax myself when I'm stressed, how to be a good leader and how to work in a group better."

Straight Talk & Too Smart to Start:

11 Presentations held
370 Students served

- ★ 97% of students agreed that they learned information that will help them stay alcohol and other drug-free

"I learned that top cause of death for minors is alcohol."

OLWEUS Bullying Prevention Program:

Implemented in 2 School Districts

- Byram Intermediate School
- Sussex-Wantage School

WNBI 2.0 We're Not Buying It:

5 Programs held
300 Students served

- ★ 91% of students can compare the difference between movie portrayal of underage drinking and real life consequences of underage drinking

- ★ 94% of students know two skills for responding to bullying



**WHOLE SCHOOL
WHOLE COMMUNITY
WHOLE CHILD**



2016 Successes:

- ★ **10** schools were funded through this year's grant cycle
- ★ Through the funding these schools were able to:
 - ★ Improve the school's culture and climate
 - ★ Enhance after school fitness programs to include more students and incorporate new activities
 - ★ Create a composting system and expand school gardens
- ★ Held the first Parents As Champions training in Partnership with the Statewide Parent Advocacy Network for 10 parents
 - ★ 3 of these teams were awarded \$1,000 mini grant to complete their initiative
- ★ Held the 5th Youth Leadership weekend in Branchville for **54** students



Pathways2Prosperity

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



120 Adults and Youth Served

2016 Successes:

- ★ **93%** of program participants improved emotional health
- ★ **96%** of participants demonstrate improved employment procurement/ maintenance practices
- ★ **86%** of adult and children participants demonstrated an improved social competence (i.e. the ability to understand other perspective, conflict resolution)
- ★ **89%** demonstrated improved self-control (ability to control emotions and focus)
- ★ Held the **7th** Annual Carousel fundraising event
- ★ Began the P2 Degree Up program in collaboration with Sussex County Community College

Tobacco Project:

- ★ Served Sussex, Warren, Passaic, Somerset, Morris, Essex, Bergen and Hudson Counties
- ★ 3 communities passed Outdoor Recreational ordinances
- ★ 3 new communities passed ordinances to raise the age of sale for tobacco from 19 to 21



SUCCESSSES IN NUMBERS:

- 98,951 handouts and newsletters were distributed
- 997 “help” calls handled
- 10,281 youth were reached through The Center’s prevention programs
- 74,686 “hits” to our website
- 9,364 visits to the 12– step meeting listing on our website
- 328 college students attended 16 Reality Check presentations this year

CLEAR (Community Law Enforcement Addiction Recovery):

2016 Successes:

- ★ Program launched on July 18th
- ★ 19 volunteers were trained as certified Recovery Coaches
- ★ Over 60 people contacted CLEAR for information and/or recovery support
- ★ 18 people with a Substance Use Disorder were connected to peer recovery coaches
- ★ 13 concerned friends/family members were connected with family recovery coaches

Recovery Support:

2016 Successes:

- ★ 2nd Annual “Changing the Face of Addiction” Walk with over 425 walkers
- ★ *Recovery is Real* a community listening forum honoring law enforcement
- ★ 51 people trained through “Our Stories Have Power”
- ★ Introduced SMART Recovery to Sussex County and All Recovery Meetings
- ★ Served over 1,100 people through programs and meetings



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

Our Values

Faith

Integrity

Resourcefulness

Sense of Urgency

Teamwork

THE CENTER
FOR PREVENTION & COUNSELING

Client Focus

Helpful Attitude

Open Communication

Innovative Thinking

Cooperative Spirit

Exceptional Personal

Donate



We gratefully accept donations. Credit cards are accepted. A donation form can be accessed at www.centerforprevention.org.

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

We TRULY appreciate your support! **Make a Tax-Deductible Donation to Us Because...**

- ★ We **are good stewards** of money given to us with a budget of \$ 2,042,307 million and a low administrative cost of **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**, 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.