Recovery Support Programs

Opioid Overdose Recovery Program
The Opioid Overdose Recovery Program, made possible through a grant from the New Jersey Division of Mental Health and Addiction Services (DMHAS), utilizes people in long-term recovery from addiction as Recovery Specialists and a Patient Navigator to engage individuals reversed from an opioid overdose to provide non-clinical assistance, recovery supports and appropriate referrals for assessment and substance use disorder treatment to help overdose survivors find recovery and improve their lives. Contact: Annmarie Shafer

Community Law Enforcement Addiction Recovery (C.L.E.A.R.)
The Sussex County C.L.E.A.R. Program offers free Recovery Coaching, improved access to treatment and support for families. Walk-in hours are 8 a.m. to 5 p.m. at the Newton Police Department, 39 Trinity St. For more information, visit www.clearprogram.org, or to speak to a Recovery Coach please call 1-844-SC-CLEAR.

Recovery Advocacy
Recovery Advocacy is a social movement led by people in addiction recovery, their families and allies aimed at altering public perception of addiction recovery and promoting a culture that supports recovery. The Sussex County Team meets the 2nd Monday of every month at 6pm at The Center*.

C.R.A.F.T.
The Community Reinforcement Approach and Family Training method helps people learn how to more effectively move their loved ones toward treatment and recovery. A C.R.A.F.T. discussion group is held the 1st Thursday of the month at 6:30 p.m. at The Center*.

All Recovery
All Recovery support meetings are offered every Tuesday at 7pm at The Center* and Friday at 7pm at the Vernon Senior Center. All Recovery is based on the philosophy that people from every recovery pathway have much in common and can benefit from sharing together. All who are touched by addiction, including friends and family are welcome to attend.

Drop-in for Recovery
Drop-in for Recovery the 2nd Monday of every month between 4 p.m. and 6 p.m. at The Center, 65 Newton Sparta Rd in Newton, to learn about treatment and recovery support resources for yourself or a loved one, and walk away with hope and a plan. No appointment is needed.

Journey through Arts & Music
This meeting offers the chance to share art, poetry, music and more with an emphasis on hope, healing and recovery from addiction. J.A.M. sessions are the 2nd Saturday of the month from 6 p.m. to 8 p.m. at The Center*.

*All Recovery Support programs are held at the Center, 65 Newton Sparta Rd in Newton, unless otherwise noted.
Coalition for Healthy and Safe Communities
The Coalition was founded by concerned local citizens in 1998 to support healthy youth development and protect against problem behaviors in children’s lives. In 2011, The Coalition was awarded funds from NJ Division of Mental Health and Addiction Services to develop evidence-based prevention strategies that target at-risk groups in Sussex and Warren counties. All community members are welcome to join the Coalition's efforts to keep our neighborhoods healthy and safe for everyone.  
Contact: Annmarie Shafer

Prevention Education and Initiatives
The Center’s Prevention Specialists use the latest science-based research to bring prevention programs regarding a wide variety of topics and issues affecting children and young adults to schools and communities. Age appropriate programs begin in nursery school and continue through college. Programs offered include: Straight Talk, Too Smart to Start, Get Bully Smart, Reality Check and Rx for Understanding. Contact: Rebecca Dorney & Gemma Chalkley

Vernon Coalition
The Vernon Coalition, funded through a Federal Drug-Free Communities Support Program grant and administered by The Center, works to reduce youth use of drugs through extensive community collaborations and youth involvement. Through the Federal STOP grant, initiatives focused on reducing underage drinking and binge drinking among special populations are implemented. The Above the Influence campaign, an initiative has been shown to effectively reduce teen use of marijuana, is currently implemented as part of the Vernon Coalition's youth movement. Contact: Rebecca Dorney & Gemma Chalkley

Mentoring Coalition
Warwick Coalition (NY) is being mentored by the Vernon Coalition through a federal grant with the Drug-Free Communities Support Program. Vernon Coalition is working closely to guide the Warwick Coalition as they develop and grow their coalition with the goal of reducing youth use of alcohol and other drugs. Contact: Tina Aue

Taking Flight to Change
Since 2000, The Center has collaborated with schools, organizations, and concerned citizens to empower youth and school staff to create a positive school climate. Each October, we hold a county-wide Positive School Climate Summit, attended by approximately 1200 middle and high school youth, educators and volunteers. Students return to their schools to implement their action plans. Through the monthly Kids2Kids newsletter, schools' progress and successes are celebrated and technical assistance to enhance the schools' enactment of successful strategies is offered. Support of the schools' Anti-Bullying Specialists is provided through monthly meetings, encouraging dialogue among Sussex County schools. Contact: Tina Aue

Coalition and Prevention
Celebrate without alcohol!
Parents Who Host Lose the Most
Money Fit Program
Youth Entrepreneurship Program
Prescription Drug Abuse Prevention Initiative
Child Assault Prevention (CAP)
Resource Center

Parents Who Host Lose the Most: Don’t be a party to teenage drinking! Is a comprehensive program that encourages parents and the communities in which youth live to send a clear message that underage drinking is unhealthy, unsafe, unacceptable, and against the law. This message is promoted at celebratory times for youth, such as holidays, proms and graduations. Contact: Annmarie Shafer

This program is a literacy building program serving individuals and families. Participants build savings and assets while receiving comprehensive financial education and developing money management skills. Participants are eligible for the Individual Development Accounts Program (IDA). Contact: Mary Ann St John

The From Learning to Earning Youth Entrepreneurship program (YEP) is an 22-week after-school, three phase program designed to teach youth entrepreneurial skills, business plans, marketing, operation strategies and financial concepts. YEP also addresses skills such as communication, problem solving, creative thinking, empathy, stress, understanding employment culture, critical thinking, analyzing solutions and understanding social norms. Personal assurance skills include confidence, self-evaluation and self-monitoring. All of the aforementioned skills are critical to the development of an individualized employability skill toolbox necessary for success. Contact: Mary Ann St John

Through partnerships with local law enforcement, physicians, dentists and pharmacists, this initiative seeks to decrease the availability of prescription drugs by those seeking to abuse them. This multi-pronged initiative utilizes information dissemination, skill-building and policy change to attain its goal of reducing the abuse of prescription drugs across the age span. Contact: Annmarie Shafer

As part of a statewide initiative, CAP facilitators provide educational workshops in schools throughout Sussex County. CAP is a three-pronged prevention program designed to reduce child abuse that includes teacher/staff in-services, parent programs, and student workshops for preschool through 12th grade. Call to learn about bringing CAP to your school. Contact: Patrice Reilly

The Center’s lending library houses hundreds of videos, books, research materials & school curricula. A variety of pamphlets are available to schools, businesses, and the medical & social service communities. Visit our Resource Center in person or go to The Center’s website at centerforprevention.org or parentadvicenj.org for information including Sussex County meeting lists, recovery support materials, newsletters, current events and great links to other addiction-related resources. Contact: Patrice Reilly
7 Habits of Highly Effective Teens
This program introduces the 7 Habits, modeled after Sean Covey, as they apply to teens and how each can enrich their lives and the lives of those around them. This program utilizes evidence-based strategies, such as being strength-based, culturally competent and focused on resiliency and youth protective factors. The goal of this program is to improve social competencies among teens through various skill-building opportunities designed to increase their resiliency and ability to make healthy life choices. Contact: Tina Aue

WISE (Wellness Initiative for Senior Education)
WISE is a wellness and prevention program developed to help older adults celebrate healthy aging, make healthy lifestyle choices, and avoid substance misuse. The curriculum is designed to take place two hours per week over a six-week period and includes breakfast or lunch. Call for a fee schedule or possible grant funding. Contact: Ayla Bower

Altitude
Altitude is an empowerment program for 8th graders in Sussex County, inspiring students to “Take The Climb” toward their highest and best selves. The Altitude program helps students to develop life skills, believe in their own strength and goodness, and feel excited about using their time and talent in service to others. Taking place over the course of the entire 8th grade school year, students participate in workshops, service clubs, full day Challenge Day assemblies, community service projects, and more. Contact: Louie Lavin

Girls Circle Group
These are 10-week, evidence-based programs designed to meet the unique challenges 9-18 year olds girls face by creating support groups that focus on increasing connections, building strengths, and developing resiliency. Essential life skills are taught through team building games, art projects, creative writing and role playing. Call for fee schedule or possible grant funding. Contact: Natalie Yanoff-Smith and Tina Aue

Sticker Shock
The Sticker Shock Campaign is designed to reach adults who might purchase alcohol legally and then provide it to minors. Youth place stickers warning adults of the penalties for providing alcohol to minors on multi-packs of beer, wine coolers and other alcohol products that might appeal to underage drinkers. Media coverage and signage displayed by participating retailers enhance the impact of the project. Contact: Ayla Bower

Search Institute Developmental Assets
Interactive workshops are designed to empower parents, teachers and other community members to initiate, increase and strengthen asset-building efforts in order to help children develop social and emotional skills that enable them to navigate and thrive in today’s society. Contact: Tina Aue

Family Night Out Project - Strengthening Families
The Strengthening Families Program, a 14–week education program, is offered to families throughout Sussex County during the summer months. Parents, caregivers, and their children learn how to create and sustain strong family bonds, strengthen family relationships and have fun while learning new skills. Additionally, Military Family Nights is also offered to families that are involved in the United States Armed Forces. Contact: Natalie Yanoff-Smith

Whole School, Whole Community, Whole Child
The Whole School, Whole Community, Whole Child Initiative utilizes an ten component Center for Disease Control and Prevention (CDC) model. It systematically incorporates nutrition, family and community, staff wellness, health and physical education, counseling, a healthy school environment, and health services. Mini-grants are offered to schools in the northern region of NJ with oversight and support from the state. The grants are designed to increase overall student health, thereby improving school performance. Contact: Pamela Pastorino & Ashley LeBelle

Hidden in Plain Sight
Throughout this event, prevention specialists, local law enforcement and other professionals guide attendees through an exhibit of a teen’s bedroom to explain various trends of teen substance use, signs, symptoms and lingo in an effort to raise awareness about substance use disorders. The event also provides resources and tools for parents and community members to help keep youth healthy and drug-free. Contact: Tina Aue

Olweus Bullying Prevention Program
Olweus is a comprehensive school based program designed to prevent and reduce bullying in elementary, middle and junior high schools. Olweus is a SAMHSA Model Program with proven results including 30-70% reduction in student reports of being bullied and bullying others. Olweus results also include significant reductions in antisocial behavior and improvements in classroom management. Contact: Tina Aue

WNBI 2.0
We’re Not Buying It! 2.0 is a 6-week media literacy program targeting middle school– aged youth in sixth through eighth grades. Youth learn how to deconstruct media messages that promote or glamorize substance use. With a deeper understanding of marketing, students are better able to resist messages and to make healthy decisions. Contact: Tina Aue

Model Smoking Prevention Program
MSPP is an evidence-based, comprehensive curriculum designed specifically for middle school students. The program addresses all forms of products that contain nicotine, including smokeless tobacco and alternative products such as e-cigarettes and vapes. A variety of educational strategies are utilized, including the use of peer leaders for a parallel learning experience. Contact: Elise McGaughran
Clinical Services

Individual and Group Counseling The Center is licensed by the NJ Division of Mental Health and Addiction Services. We provide services for adolescents and adults including outpatient and intensive outpatient counseling, early intervention, relapse prevention, counseling for substance use disorders and co-occurring mental health disorders, substance use evaluations, counseling for co-occurring disorders, trauma support and couples and family counseling. Treatment is tailored to the individual’s needs and includes a variety of “best practice” interventions, such as cognitive behavior therapy, motivational enhancement therapy, motivational interviewing, and 12-Step Facilitation Therapy. The Center’s substance use evaluations meet school, employment, and court mandates. The Center offers a sliding scale, depending on eligibility, and is supported by many grant funded programs. We are a Medicaid Provider. Contact: Heather Dunn

Recovery Support Recovery supports are available at no cost. These programs include anger management, trauma support, case management, support for clients on probation or parole, and support for family members affected by substance use disorders. Contact: Kim Westley

Anger Management Utilizing Century Anger Management, adults are assisted in gaining the skills necessary to appropriately manage anger and deal with stress. Contact: Kim Westley

Support for Families Matters of the Heart group provides education and support for those affected by a loved one’s substance use. All are welcome. Contact: Ava LaMorte

Youth Services Aimed at reaching “at risk” adolescents, the program provides assessments (including urine screens) to rule out or indicate substance use as a factor in behavioral problems. Referrals can be made by schools, courts, parents, physicians or other social service providers. Following an evaluation, a recommendation is provided to the family. Our youth programs include early intervention, outpatient and intensive outpatient counseling. We offer a sliding scale and most services for youth are funded through grants to ensure there is no barrier to accessing treatment. Contact: Jane Lupo

IDRC Education and Screening Weekend Program 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. Contact: Rachel Wallace

Intensive Out-Patient Counseling At times clients are in need of more structure and support to achieve and maintain abstinence. Our agency offers IOP for adolescents who participate in treatment three times a week for two hours each day. We offer a daytime and nighttime IOP for adults who participate in treatment three times a week for three hours each session. Our treatment team works together to provide quality services to individuals at this level of care. Contact: Jane Lupo (adolescent IOP) or Heather Dunn (adult IOP)

Contacts: Heather Dunn, Intake Coordinator; Jane Lupo, Adolescent Coordinator; Rachel Wallace, Clinical Supervisor

About Us...Our History
Founded in 1973 as the Alcohol Information Center of Sussex County, the agency was incorporated in 1974 as a 501(c)(3) private, non-profit organization providing information and referral services. In 1988 the organization chose to expand its mission to include other drugs, and the agency became known as the Sussex Council on Alcohol and Drug Abuse, Inc. In the late 1990’s, the organization became a multi-faceted social service agency. With the knowledge that the insidious disease of addiction touches the lives of our parents, grandparents, teens and infants from all economic and cultural backgrounds, the agency’s reach expanded and inspired its name change in 2001 to the Center for Prevention and Counseling, Inc. The agency’s work now includes a focus on building strong families and healthy adolescents, as well as preventing violence, suicide, HIV/AIDS, bullying and all forms of addiction. The Center became licensed by the NJ Division of Addiction Services in 2005 to provide out-patient and intensive out-patient counseling to people with substance abuse and mental health issues, thus enabling the agency’s staff of more than 30 professionals to positively impact the Sussex County community more than ever before. Whether through new funding opportunities, new collaborations or new programs created to respond to the latest drugs of abuse and related current issues, The Center’s dedication to fighting the disease of addiction remains as strong and as constant as it was in 1974.

We TRULY appreciate your support!

To donate to the Center, go to our website www.centerforprevention.org and click on the donate button. You can pay by credit card or print out a donation form and send us a check.

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