



2018

Annual Report



Prevention

Recovery

Counseling



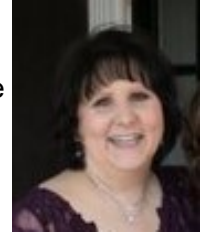
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The Center for Prevention and Counseling is a 501©(3) nonprofit agency that has provided advocacy, education, counseling and referrals and recovery support since 1973.

Message from the Executive Director

As we approach our 45th anniversary of serving Sussex County residents, I am proud to say that our dedicated Board and staff approach our work with a collaborative spirit to work with all sectors of our community. What makes us unique is our desire to help people by staying true to our mission to “promote health, hope and recovery among all people by fostering a community in which individuals and families thrive.”



2018 was a year of huge growth for our agency allowing us to offer more services and programs for those we serve with 52%% increase in our budget. The increase in grant funding for programs has also increased our staff by 45% bringing more incredibly talented and passionate people to our agency to join our efforts in Sussex County. The addition and expansion of five grants and initiatives enabled us to assist more people in finding treatment services and recovery support and to bring quality, evidence-based prevention to people of all ages. 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.

Our dedicated staff of talented professionals have achieved many successes in expanding our programs and services. Some of the highlights from 2018 include:

- ★ Introduced Medication Assisted Treatment (MAT) services through a unique collaboration with Genesis Addiction and Behavioral Medicine to provide this service to our clients, those referred from the community and Newton Medical Center;
- ★ Receipt of a competitive national SAMHSA grant for Medication Assisted Services (MAT) where our program, Integrated Recovery Innovations, reflects a client centered approach, as well as providing an emphasis on health and wellness related goals;
- ★ Expansion of our state funded Opioid Overdose Recovery Program, serving 408 community residents with 24/7 on-call service by trained Recovery Specialists who meet those in need of addiction support services at Newton Medical Center and at our Recovery Community Center;
- ★ Continued growth of the Vernon Coalition, funded by SAMHSA, working to reduce youth use of alcohol and other drugs in the Vernon community with a growing and active youth group committed to achieving the Coalition's goals;
- ★ Receipt of two exciting state funding prevention grants to address opioid use among young athletes and also older adults;
- ★ Expansion of our countywide Coalition for Healthy and Safe Families, which celebrated 18 years of active work in Sussex County, working to reduce youth and adult use of alcohol and other drugs;
- ★ Celebration of the second year of active growth of C.L.E.A.R (Community Law Enforcement Addiction Recovery) initiative by strong collaboration with Newton Police Department, Sussex County Prosecutors Office, Newton Medical Center and other community partners to assist individuals in finding treatment and recovery utilizing trained recovery coaches;
- ★ Graduation of two Recovery Coach Academy classes with over 25 new recovery coaches;
- ★ Growth in the Changing the Face of Addiction recovery walk with over 500 people in attendance along with local police from around the county assisting at the walk;
- ★ Unique collaboration with Zufall on a state funded grant to address opioid use among pregnant women by offering case management and recovery support services in Sussex, Morris and Warren counties.

This past year was one of continued growth and achievement as the Center for Prevention and Counseling's prevention, treatment and recovery support services reached so many individuals and families utilizing our many services and programs. 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. We thank each of them for all they do to support our agency and the work being done in Sussex County and the northern region of New Jersey. We truly believe a community problem needs a community solution and working with our many partners in Sussex County everyone benefits with healthy youth, families and individuals.

Becky Carlson

About CFPC



Prevention

We offer engaging and relevant presentations and programs to a variety of populations utilizing evidence based curricula and strategies to reduce substance use and promote health.

- Schools, Businesses and Communities
- Youth, Adults and Older Adults
- Individuals and Families
- Coalitions
- Trainings and Workshops



Prevention Team



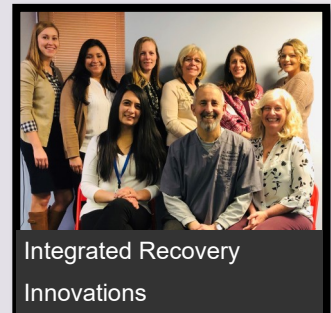
Treatment

We provide a variety of outpatient clinical services for both adolescents and adults through grant funding, Medicaid and sliding scale, self-pay options.

- Adolescent and Adult Substance Use Disorder Counseling
- Adolescent and Adult Intensive Outpatient Program
- Substance Use Disorder and Mental Health Evaluations
- Early Intervention Education
- Aftercare and Relapse Prevention



Counseling Team



Integrated Recovery
Innovations



Recovery

We provide recovery support services for people with substance use disorders, as well as programs for family members.

- Recovery Coaching
- System Navigation
- Support Meetings
- Advocacy Initiatives



Recovery Team

STAFF AND LEADERSHIP

Leadership



Becky Carlson, CPS
Executive Director



Annmarie Shafer, CPS
Director of Recovery Services



Tina Aue, CHES, CPS
Director of Prevention



Rachel Wallace, LCSW, LCADC
Director of Counseling



Bill Abondolo
Fiscal Director

Staff

Aimee Quinn
Ashley Brown, CHES
Ashley LeBelle
Ava LaMorte
Ayla Bower
Christina Grimaldi
Conor Brennan
Deborah Kopko-Vitale Dr.
Elaine Catanzaro
Elise McGaughran
Erica Zaleck
Erma Ogar
Gina Marra, MA, LPC
Heather Dunn
Jacqueline Nunn
Jane Lupo
Jecksenia Chaparro
Jenn Boyle
Jessica Restel
Jodi McCarthy
Julianna Alfonso
Kathryn Quinn
Katie Calvacca
Kim Westley

Kristina Thompson
Laura Burger
Louie Lavin
Maria Mera
Michelle Bove, CHES
Natalie Yanoff-Smith
Oonagh Setteducato
Pam Pastorino
Patricia White, MA, LCADC, CCS
Rebecca Dorney
Sarah MacMillan
Stephanie Iacopelli
Tara Fincher
Tom Caines
Amber Milne
Brian Ford
Chris Ogar
Elise Ehlberg
Jill Conti
Lori Grambo-Davina
Mary Lou Kweselait
Matt Carmichael
Michael Ganon, MD
Pete Kelly
Todd Shafer

"I feel everyone here at The Center is so dedicated and knowledgeable. There are so many resources and the staff works so well together. I am thankful to all." -Client Testimonial

Board of Directors



Wendy Cooney

Board President,
College Professor, SCCC & Retired NJ State
Police Trooper

Jonathan McMeen

Board Vice-President
Attorney, Laddey Clark & Ryan, LLP

Chris Dexter

General Manager, Mendham Audi

Robert Griner

Rector, Christ Episcopal Church

Cecilia Clayton

Executive Director, Karen Ann Quinlan Hospice

Jaime Sella

Addiction Counselor Intern

Janine M. Cerra

Attorney, Janine M. Cerra, Attorney at Law, LLC

Julie Shotwell

Board Treasurer
Retired Teacher and Business Owner

Shain Steffens

Financial Advisor/Planner, Steffens & Steffens,
LLC

Shawn Steffens

Financial Advisor/Planner, Steffens & Steffens,
LLC

Glen Vetrano

Former Freeholder, Retired Battalion Chief

Louis Ruggiero

Funeral Director, Iliff-Ruggiero Funeral Home

OUR OBJECTIVES

- *Support children and teens by providing skill-building education and creating environments that help them to overcome adversity and make healthy choices.*
- *Empower parents to raise healthy children*
- *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 to attain, maintain and thrive in their recovery.*

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. We also offer Medication-Assisted Treatment on site. Our team meets regularly each week to ensure all of our clients needs are being met to the best of our ability.



610 intakes

administered for clients in need of evaluation or treatment services



137 Clients

received Medication Assisted Treatment, supporting their abstinence and recovery from alcohol use disorders and opioid use disorders.



15,870 hours

of individual and group counseling to clients in 2018.

A **59%** increase from the previous year!



49 treatment groups

each month in morning, afternoon and evening to accommodate the needs of our clients. In addition to individual counseling sessions.

Testaments from Clients:

"My counselor keeps me encouraged and as a result, my goals are being met, thank you."

"This IOP has been very helpful in my recovery! The program is very informative and interactive. The counselors are very caring and welcoming and it helped me open up and feel comfortable."

"The Center, and my therapist are fabulous! My quality of life has immensely improved and I am very happy to be part of this group"

"Excellent program. Respect and dignity are well given. I am able to be more open and honest with myself and others."

Prevention Programs



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

- ★ 31 schools represented
- ★ 55 winners highlighted

650 Students participated in **Altitude.**

- ★ 7 media projects created
- ★ 2 of the school PSA's were shown on MTV, VH1, Nickelodeon and Channel 12*

229 community members and

65 school staff served with **Drug Trend Updates**

"I have a better understanding of the signs and symptoms to look for, having sample paraphernalia available to see was educational"

756 Students served during **(ENDS) Electronic Nicotine Delivery System Education**

- ★ 94% of participants report an increase in knowledge regarding risks associated with using e-cigarettes
- ★ 93% of participants better understand their school policies regarding e-cigarette use

10 WISE programs held through **Wellness Initiative for Senior Education**

- ★ 145 participants served
- ★ 88% of participants report that they have changed at least one behavior over a six week period to achieve a healthier lifestyle.

School Prevention Programs

Rx for Understanding

337 students through **11** programs completed Rx for Understanding. *96% of participants are aware of the addictive nature of prescribed pain medication.*

WNBI 2.0

496 students served in **6** schools completed WNBI 2.0. *"This program helped me understand the seriousness of recreational drug use."*

Botvin's Life Skills Training

230 participants
92% of participants are able to identify things that make them angry.

Footprints for Healthy Living

256 second graded students served through **9** programs held. *90% of participants know how to tell someone how they are feeling.*

Get Bully Smart

321 fourth grade students served through **9** programs held. *85% of participants understand intimidation, gossiping, and cyberbullying are considered bullying.*

Girl's Circle & Boy's Council

44 students served through **5** programs. *"This group ended up really becoming a tight knit group who utilized this time to explore their thoughts and feelings on many, sometimes controversial, issues."*

7 Habits of Highly Effective Teens

164 youth served through **4** programs held. *"I learned it is important to put "first things first" and to be proactive not reactive."*

Prevention Programs

Coalition for Healthy and Safe Communities:

670 Total Coalition Members

Over 3,500 pounds of prescription drugs were collected and properly disposed

Distributed over 10,000 educational materials throughout the county including; 88 dentist offices, 189 physician offices, 25 pharmacies, and all Sussex County School districts.

75 bar and restaurant staff members were trained and TIPS certified

Hosted Marijuana's Real Deal: The Impact on our Environment, Roadways, Workplace and Youth. Nearly 200 people in attendance including elected officials, public health officials and school administrators

Hosted 2 successful Vaping Summit's educating over 85 school administrators, teachers, and parents about the negative effects of vape use and youth.

Provided education to Sussex County Board of Chosen Freeholders and Town Councils on the potential legalization of recreational marijuana and the negative impact on our youth and communities; resulting in the passing of a countywide Resolution, 1 local Resolution (Montague) and 1 local ordinance (Wantage)

10 Sticker Shock events

5,690 Stickers were placed on products



Anti-Bullying Specialist Meetings:

8 meetings were held with **27** school districts represented.

- ★ 100% of participants report that they plan to use information discussed at meetings to address a positive school climate in their school/district.

"The networking and sharing of ideas and programs, such as the Anti-Bullying Specialist meetings provide us with excellent opportunities to address bullying and school climate issues and concerns." -meeting attendee

Prevention Programs

“Taking Flight to Change” Summit:

Over **900** Middle School students and High School Mentors attendees

Surveys indicated:

- ★ **100% of high school leaders** said the Summit prepared them to be strong group leaders.
- ★ **97% of middle school students** said that through teamwork their school can be a safe, supportive place for everyone.
- ★ **100% of advisors** said the event helped their students understand the value of having a positive school climate.



Tobacco-Free for a Healthy NJ (TFHNJ – Northern Region)

Bergen, Essex, Hudson, Morris, Passaic, Somerset, Sussex and Warren Counties

16 Collaborative meetings engaged local partners

8 policy changes centered around smoke-free parks, housing and workplaces and vape shop licensing

7 Housing Authorities received technical assistance with smoke-free housing policy, resident engagement and cessation referral in partnership with municipal and county Health Departments, Regional Chronic Disease Coalitions and the American Lung Association's Freedom From Smoking program

Increased access to cessation by providing Ask, Advise and Refer training, **65 clinician were trained and 22 physicians registered with the NJ Quitline's Refer-to-Quit (Referral Form) service.**

STOMP outreach brought awareness to merchants about the Tobacco 21 Law



Prevention Programs

Vernon Coalition Success:

- ★ Vernon Coalition received the Coalition of Excellence Award for Intermediate Outcomes at the 2017 CADCA (Community Anti-Drug Coalitions of America) National Leadership Forum, the nation's leading youth substance use prevention organization.

Adults served: **9,240**

Children served: **7,266**

Overall membership increased from **192 to 272**

Focus groups held: **12**

- ★ Collaborated with Vernon High School Theater Youth to participate in SAMHSA's National Prevention Week Kickoff Webcast- 1 of 2 coalitions in the United States to be invited!
- ★ Continue to partner with neighboring town, successfully submitted and were awarded a Drug-Free Communities Mentoring Grant for the Warwick Valley Prevention Coalition.
- ★ Continued to engage local Chamber of Commerce and the Vernon Township Women's Club in the coalition's work.



Vernon Coalition Youth:

7,266 Youth Served

- ★ **45** programs to engage Vernon's youth.
- ★ Created "Make Your Mark" campaign to encourage youth to share with their community about living a healthy, drug-free lifestyle
- ★ Presented to all Lounsberry Hollow Middle School student health classes on the facts regarding e-cigarettes and tobacco
- ★ 2 Vernon High School students attended the Lindsey Meyer's Teen Institute Leadership Conference
- ★ "Above the Influence" youth member was invited to speak during a Vernon Town Council Meeting regarding their participation
- ★ Graduates of the Above the Influence group continue to stay in touch and involved with current youth group members

Recovery Support



- ★ **Over 500 people** in attendance at the 4th annual Changing the Face of Addiction Walk, raising \$57,000 helping those not able to afford treatment

The Recovery Center hosted two dozen **educational events** in 2018 reaching more than 400 people.

- 3 Recovery Talk Lunch & Learns
- 1 Our Stories Have Power Training
- 8 Narcan Trainings
- 12 Recovery Advocacy Meetings



More than 650 people participated in 2018 awareness events hosted by The Center.

- Changing the Face of Addiction Walk
- Overdose Awareness Day
- Recovery is Real
- Recovery Art Exhibit



Approximately 140 people attended recovery friendly social events during 2018.

- St. Patrick's Day
- Families in Recovery
- Gift of Recovery

Over 111 support meetings held.

- All Recovery meetings
- Journey through Arts & Music





RECOVERY Support

What's happening at the Recovery Community Center?

- ★ **All Recovery-** 1st support meeting of its kind in Sussex County that brings together people in recovery with family members, showing strong attendance each week.
- ★ **CRAFT Monthly support group for families**– Support meeting led by a Recovery Coach, pursuing a C.R.A.F.T. Therapy Certification, hosted twice a month due to great success.

***Comment from attendee-** “At first I was skeptical about this approach, but after learning and using the techniques of C.R.A.F.T., my relationship with my child has improved.”*

- ★ **Recovery Coach Meetings**– Monthly supervision provided to volunteer Recovery Coaches to support personal recovery as they work with C.L.E.A.R. participants.
- ★ **Drop in for Recovery**- Each month individuals and families are given guidance on how to get connected to treatment and recovery services; in December person with substance use disorder was connected to detox and inpatient treatment and given follow-up peer support.
- ★ **Drug Court Alumni Meetings**- Offers opportunities to assess needs of the Drug Court population, collaboration and guidance offered to all Alumni initiatives.
- ★ **Journey through Arts & Music “JAM”**- an opportunity to share music and the arts with many recovery allies attending each month.

Meetings

- ◇ 84 All Recovery meetings
- ◇ 9 Journey through Arts & Music
- ◇ 18 Drop ins
- ◇ 18 C.R.A.F.T. meetings



2018

105 people contacted CLEAR for information or assistance

31 people with a Substance Use Disorder were connected to Recovery Coaches

20 concerned family members were connected to Recovery Coaches



- January 18, 2018 Press conference was held announcing program expansion
- February 5, 2018 Recovery Coaches began responding to patients experiencing any drug-related crises at Newton Medical Center
- February 18, 2018 Sixteen new volunteer Recovery Coaches completed 2nd in-house CCAR Recovery Coach Academy©
- June 11, 2018 Recovery Coaches participated in Operation Helping Hand which offers help to people arrested for a drug offense
- June 18, 2018 First Drop-in Center in Montague was held with plans for an additional location in Sussex
- July 18, 2018 Training was provided to officers from Hamburg and Ogdensburg Police Departments

"This expansion will now make the incredibly successful C.L.E.A.R. program even more accessible to all residents in Sussex County."

-Francis Koch, Sussex County Prosecutor

We have been truly grateful to have continued community support and appreciate all the donations received in 2018!

- ★ We **are good stewards** of money given to us with a budget of \$ 2,749,088 million and a low administrative cost of **2.5%**.
- ★ 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**, our agency has shown steady, sustainable growth over the last ten years.

We gratefully accept donations.

www.centerforprevention.org



**“Recovery is a solution
that benefits everyone.”**





Main Office

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Recovery Community Center

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**FOR MORE THAN 45 YEARS DEDICATED TO BUILDING
HEALTHY FAMILIES AND COMMUNITIES**

Prevention

Recovery

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