



2019

SUSSEX COUNTY PREVENTION, TREATMENT AND RECOVERY GUIDE

“You can’t stop what you don’t know.”
— Jermaine Galloway

CONFERENCE SPEAKERS



Jermaine Galloway
Keynote Speaker



William Stauffer
Supporting Recovery



Tim McMahon
Emerging Drug Trends



Erin Zerbo, MD
MAT Services

Emerging Drug Trends, Substance Use Disorders and Advances
in Recovery

INSIDE ISSUE

Drug Trends

A visual guide to reports on emerging and demonstrated trends and patterns.

Prevention

Useful tools to help recognize & address signs and symptoms of substance use.

Treatment

Information to assist in understanding and navigating substance use disorder services.

Recovery

Resources for individuals & families to support a life in recovery.

CONNECTING THE CONTINUUM GOLD SPONSORS



First Light Counseling

Edward Blevins, LPC, LCADC, ACS



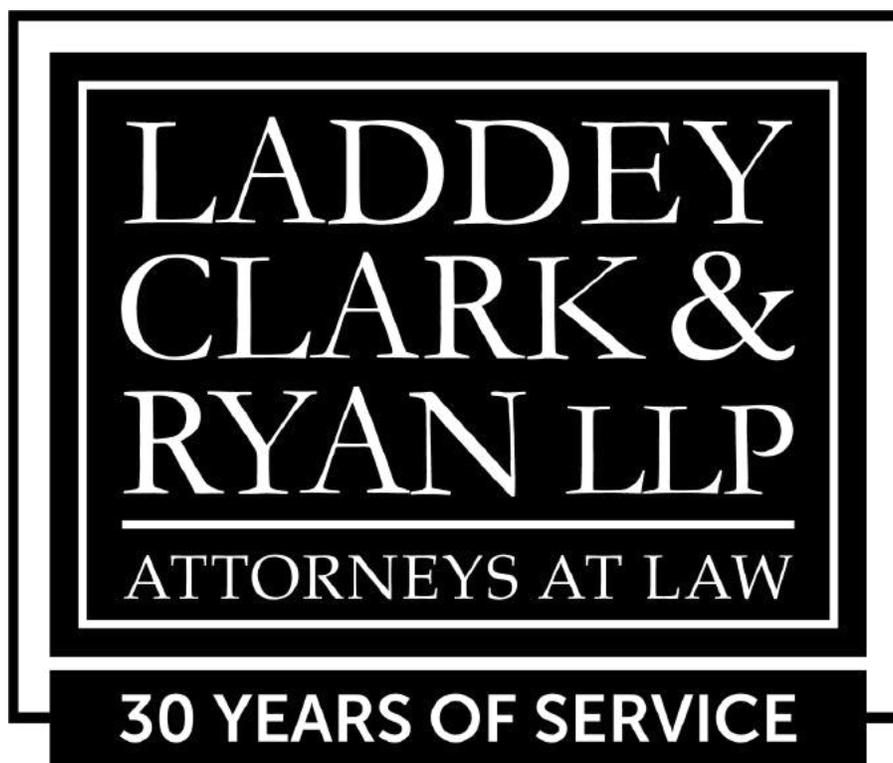
PHA
PREMIER
HEALTH ASSOCIATES

Richard Vaz, DO
Board Certified
Internal Medicine

WWW.MYPREMIERDOCTORS.COM

123 Newton Sparta Rd. Newton, NJ 07860
Tel: 973-579-6300 Fax: 973-579-1524

INNOVATIVE FIRM
COMMITTED TO THE
SUCCESS OF OUR CLIENTS
AND COMMUNITY



LOCAL FOOTPRINT. BIG IMPACT.

Business Law / Commercial Litigation / Employment & Labor
Government Services / Personal Injury / Real Property / Wills, Trusts & Estates
Workers' Compensation / Non-Profit

60 Blue Heron Road Suite 300 Sparta New Jersey 07871 | 973-729-1880 | www.LCRlaw.com

THE CENTER

SUSSEX COUNTY PREVENTION, TREATMENT AND RECOVERY GUIDE

Advertising

Laura Burger
Laura@centerforprevention.org

Listings or Inquiries

Call the Center for Prevention
and Counseling (973)-383-4787

Like us on

facebook.com/cfpcnj
instagram.com/cfpcnj
twitter.com/cfpcnj
pinterest.com/cfpcnj

Website

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 health, hope 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.

THE CENTER OPERATING PRINCIPLES

- Maintain confidentiality
- Have respect for clients and each other
- Have respect for the many pathways to recovery
- Honor personal and professional boundaries
- Be on time for meetings and appointments
- Be loyal to one's commitments



TABLE OF CONTENTS

Prescription Drug

Drop Box Locations

Andover - Andover Police
Department (Lake Illiff Rd)

Augusta - NJ State Police
Department, Sussex Barracks
(Rt. 206)

Byram - Byram Police
Department (10 Mansfield Dr)

Hamburg - Hamburg Police
Department (Orchard St)

Franklin - Franklin Police
Department (Cork Hill Rd)

Hardyston: Hardyston Police
Department (Wheatworth Rd)

Hopatcong - Hopatcong Police
Department (River Styx Rd)

Newton - Newton Police
Department (Trinity St)

Ogensburg - Police Department
(Highland Ave)

Sparta - Sparta Police
Department (Main St)

Vernon - Vernon Police
Department (Church St)

DRUG TRENDS

Alcohol _____	7, 20, 21, 36, 37
Tobacco and Vapes _____	6, 8, 10, 11
Prescription Drug _____	7, 36, 37
Illicit Drug _____	7, 14, 15
Marijuana _____	8, 12

PREVENTION

When in Doubt Reach Out _____	18
Warning Signs _____	16, 17
What is Drug Addiction? _____	27
Common Language _____	22, 27

TREATMENT

Levels of Care _____	24, 27, 30
CFPC Treatment Services _____	25
Sussex County Resources _____	25, 31

RECOVERY

Recovery Language _____	22
Traits of Recovery _____	23
Peer Recovery Support Groups _____	9, 28, 29

OTHER

Special Thanks to Our Exhibitors _____	32, 33, 34
Cage Substance Use Screening _____	35
SBIRT Screening _____	17
Substance Use & Mental Health _____	19



Monitoring the Future is an annual survey of 8th, 10th, and 12th graders conducted by researchers at the Institute for Social Research at the University of Michigan, Ann Arbor, under a grant from the National Institute on Drug Abuse, part of the National Institutes of Health. Since 1975, the survey has measured how teens report their drug, alcohol, and cigarette use and related attitudes in 12th graders nationwide; 8th and 10th graders were added to the survey in 1991.

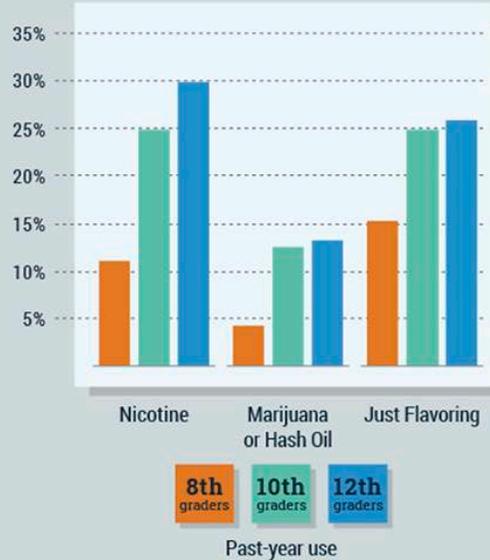
44,482 STUDENTS FROM 392 PUBLIC AND PRIVATE SCHOOLS PARTICIPATED IN THE 2018 SURVEY.

TEENS USING VAPING DEVICES IN RECORD NUMBERS

PAST-YEAR VAPING

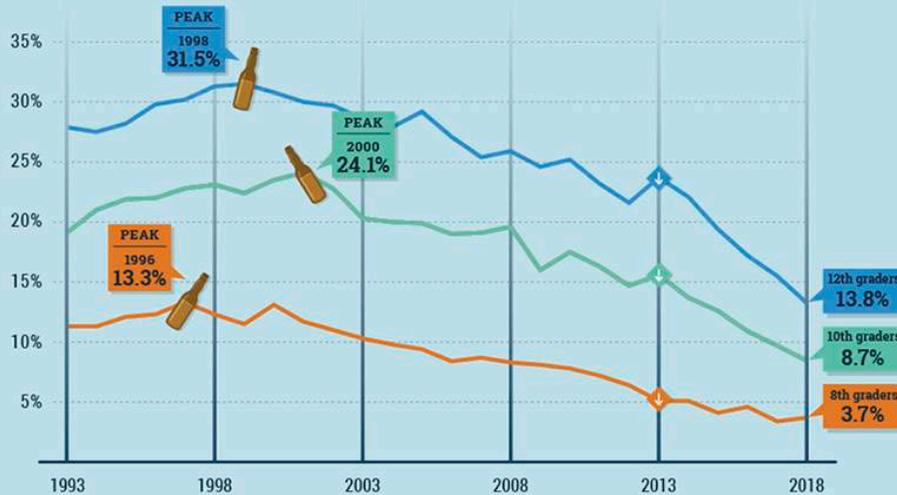


WHAT DO TEENS SAY THEY ARE VAPING?



NEARLY 2 IN 5 STUDENTS IN 12TH GRADE REPORT PAST-YEAR VAPING, RAISING CONCERNS ABOUT THE IMPACT ON BRAIN HEALTH AND POTENTIAL FOR ADDICTION.

BINGE DRINKING* RATES CONTINUE DOWNWARD TREND

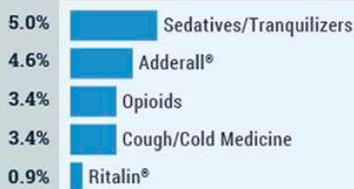


*Binge drinking is defined as having 5 or more drinks in a row in the last 2 weeks.

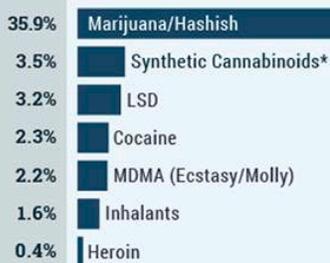
BINGE DRINKING: SIGNIFICANT DROP IN PAST FIVE YEARS ACROSS ALL GRADES.

PAST-YEAR MISUSE OF PRESCRIPTION/OVER-THE-COUNTER VS. ILLICIT DRUGS

PRESCRIPTION/OTC



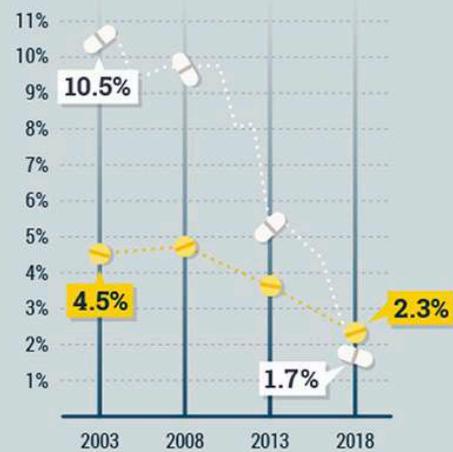
ILLICIT DRUGS



Past-year use among 12th graders

*Synthetic cannabinoids are called "synthetic marijuana" in the survey.

VICODIN® VS. OXYCONTIN®



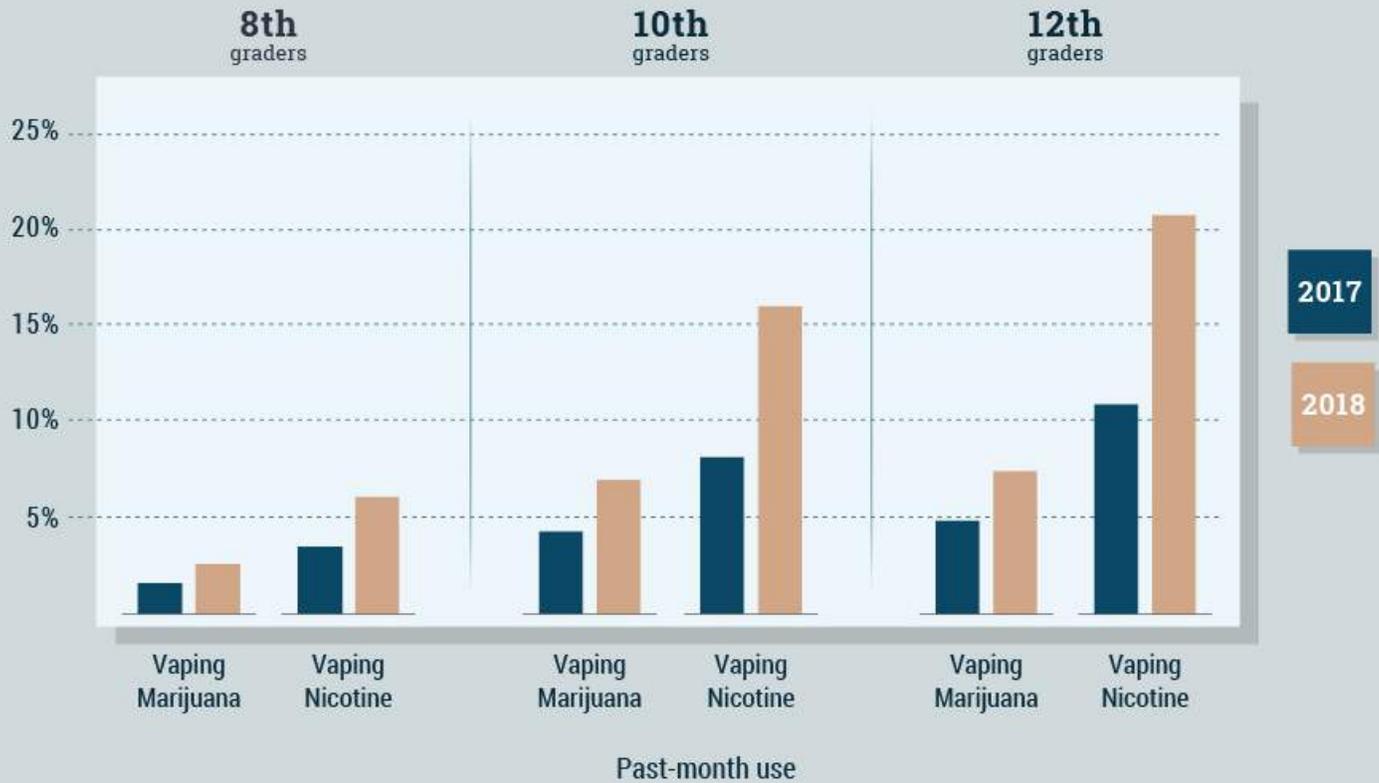
Past-year misuse of Vicodin® and OxyContin® among 12th graders has dropped dramatically in the past 15 years.

KEY
 Vicodin®
 OxyContin®

STUDENTS REPORT LOWEST RATES SINCE START OF THE SURVEY

Across all grades, past-year use of illicit drugs other than marijuana holding steady at the lowest levels in over 20 years.

TEENS VAPING NICOTINE OR MARIJUANA INCREASED ACROSS ALL GRADES



PAST-MONTH VAPING OF NICOTINE OR MARIJUANA JUMPED ACROSS ALL GRADES. PAST-MONTH USE OF MARIJUANA IS STEADY AS CIGARETTE USE DECLINES.

Deborah Kapka-Vitale, MS, PhD,
BCC, MFT, NCC, LPC, LCADC
Licensed Professional Counselor

Glenwood, NJ
Riverdale, NJ

973-764-8845
845-544-6330
northjerseycounseling.com

North Jersey
Counseling
Associates LLC

Michael Satter Mary Ann Satter

17 Main St / PO Box 2806 Branchville, NJ 07826
(973) 948-2492 (973) 383-1430

MEDICATION ASSISTED RECOVERY ANONYMOUS

M A R A

JUDGEMENT FREE • 12 STEP PROGRAM

**AN OPEN MEETING FOR PEOPLE THAT SUPPORT MEDICATION
TO AID RECOVERY FROM ADDICTION**

WHEN:

**SECOND THURSDAY OF EVERY MONTH
6:30-7:30 PM (3RD FLOOR)**

WHERE:

**THE CENTER FOR PREVENTION AND COUNSELING
61 SPRING ST NEWTON, NJ 07860**

**USE PUBLIC LOT 3 ON TRINITY STREET, USE REAR
ENTRANCE**

FOR MORE INFORMATION:

CALL OR TEXT (862) 266 7647

In the past year alone, **vaping** among **high schoolers** has increased **78%**

How much **do you know** about the epidemic?

E-cigarettes, also known as “vapes,” are becoming increasingly popular among teens.^{1,2}

In fact, they are the most commonly used tobacco product among both middle and high school students. You may have already seen or heard about students vaping in your school, but it is important to know that certain types of vapes can be used very discreetly.



SOME TEENS REPORT USING E-CIGARETTES IN SCHOOL BATHROOMS AND EVEN IN THE CLASSROOM.

Learning more about the different types of e-cigarette products is an important first step in addressing youth vaping.

DID YOU KNOW:

E-cigarettes come in a variety of shapes and sizes and may not look like a tobacco product, which can make them hard to spot.³

Some devices popular among teens—like JUUL and myblu—are as small as a USB flash drive and even look like one.

Certain products emit very low amounts of aerosol or “vapor,” which makes them easier to use discreetly than combustible cigarettes.

Most e-cigarettes contain nicotine, the same highly addictive drug in cigarettes.^{4,5} Some e-cigarettes may contain as much nicotine as a pack of 20 regular cigarettes.³

A Big Problem...

A SMALL DEVICE



Over **10.7 million** youth aged 12–17 are at-risk for using e-cigarettes.^{6,7}

Many teens have dangerous misperceptions that lead them to believe that vaping is harmless.

Common myths believed about vaping, along with the facts.

“It’s just flavoring.”

Vapes get their flavors from chemicals. While these flavorings are safe to eat in food, they’re not safe to inhale. Inhaling flavor chemicals can harm your lungs.¹¹

Want an example?

Some buttery-flavored vapes like caramel contain diacetyl and acetoin. Inhaling diacetyl has been linked to popcorn lung, a lung disease that doesn’t have a cure.¹¹

“It’s just water vapor.”

But it’s not.

Vaping can expose the user’s lungs to harmful chemicals like formaldehyde, diacetyl and acrolein, as well as toxic metal particles like nickel, tin and lead.^{4,8-10,11-13}

“I don’t have an addictive personality—I won’t get hooked on vapes.”

Vaping delivers nicotine to the brain in as little as 10 seconds.^{14,15}

A teen’s brain is still developing, making it more vulnerable to nicotine addiction.¹⁶

Some vapes that claim they are nicotine-free are not.^{8,17-22}

“My vape says it’s nicotine-free. There’s no way I’ll become addicted.”

“Nicotine isn’t that bad for me.”

Nicotine exposure during the teen years can disrupt normal brain development. It can have long-lasting effects, like increased impulsivity and mood disorders.²³⁻²⁵

“Just because I vape doesn’t mean I’m going to smoke cigarettes.”

Research shows teens who vape are more likely to try smoking cigarettes.²⁶

FDA’s Efforts to Curb Youth E-Cigarette Use

FDA is committed to protecting youth from the dangers of e-cigarettes. In addition to our national peer-to-peer public education campaign called “The Real Cost,” we’re joining forces with Scholastic to provide teachers and school administrators with the resources they need to educate their students about e-cigarettes.

Together, we’ve created a **free lesson plan and research activity** for teachers to educate their students on the health risks of e-cigarette use. Please visit the [Scholastic youth-vaping-risks](#) site to access these resources.

Share This Information



Please share this infographic with other teachers and school administrators. In addition, if you’d like to learn more about e-cigarettes, check out these resources:

- » [Surgeon General Fact Sheet](#) – E-cigarette use among youth and young adults
- » [Parent Tip Sheet](#) – How parents can talk with their teen about vaping
- » [CDC Infographic](#) – E-cigarette ads and youth infographics
- » [Smokefree Teen](#) – If you know a teen who is addicted to any tobacco product, including cigarettes and e-cigarettes, there are resources to help them quit

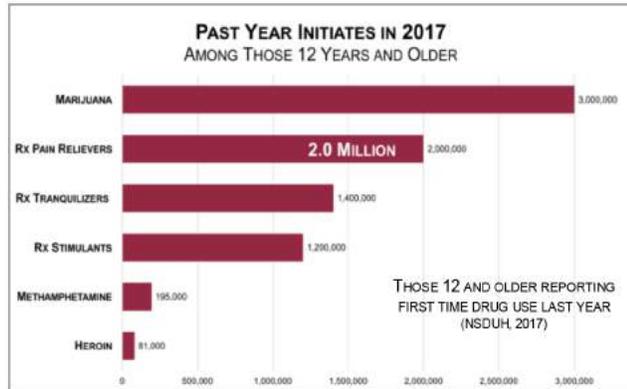
MARIJUANA LEGALIZATION: QUICK FACTS

MARIJUANA IS ADDICTIVE & HARMFUL

ENDORSED BY:

- WORLD HEALTH ORGANIZATION (2016)¹
- NATIONAL ACADEMY OF SCIENCES (2017)²
- NATIONAL INSTITUTES OF HEALTH
- AMERICAN SOCIETY FOR ADDICTION MEDICINE
- AMERICAN MEDICAL ASSOCIATION
- AMERICAN ACADEMY OF PEDIATRICS
- AMERICAN ACADEMY OF CHILD ADOLESCENT PSYCHIATRY

IN 2017 THERE WERE 8,300 NEW MARIJUANA USERS EACH DAY; ROUGHLY 1,200 MORE THAN THERE WERE IN 2016.³

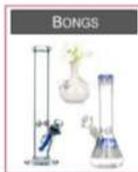


Regular use of marijuana is linked with increased risk of developing cannabis use disorder, higher rates of mental illness and higher rates of co-substance abuse with alcohol, among other drugs⁴.

THERE ARE 2X AS MANY DAILY OR NEAR DAILY MARIJUANA USERS THAN THERE WERE JUST A DECADE AGO.³

NOT THIS...

-5-25%
THC



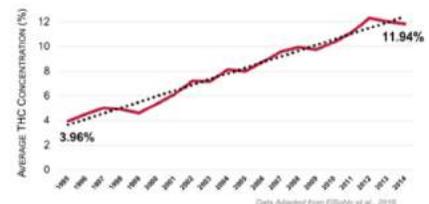
BUT THIS...

~20-95%
THC



NOT YOUR WOODSTOCK WEED

A STUDY ON THE WASHINGTON MARKET SHOWED AVERAGE THC LEVELS OF 20% IN FLOWER PRODUCTS AND 70% IN EXTRACTS FOR INHALATION IN 2016.⁷



"Epidemiological studies have clearly established that acute cannabis impairment increases the risk of motor vehicle accident involvement, including fatal collisions."

-AMERICAN JOURNAL OF PUBLIC HEALTH, 2017

IN COLORADO, DRUGGED DRIVING WENT FROM KILLING ROUGHLY ONE PERSON EVERY 6.5 DAYS TO NOW EVERY 2.5 DAYS, SINCE LEGALIZATION WAS PASSED.⁸

Tobacco Age of Sale

ONLY 21+

TOBACCO & E-CIG SALES AGE 21 AND OVER



Skylands Medical Group



Douglas P. Sieminski, D.O.
Family Practice
Diplomate, American Osteopathic
Board of Family Physicians

33 Newton-Sparta Road
Suite 1
Newton, NJ 07860
Telephone • 973 383 2244
Fax • 973 383 0448

Responding to the Heroin Epidemic



PREVENT People From Starting Heroin

Reduce prescription opioid painkiller abuse.

Improve opioid painkiller prescribing practices and identify high-risk individuals early.



REDUCE Heroin Addiction

Ensure access to Medication-Assisted Treatment (MAT).

Treat people addicted to heroin or prescription opioid painkillers with MAT which combines the use of medications (methadone, buprenorphine, or naltrexone) with counseling and behavioral therapies.



REVERSE Heroin Overdose

Expand the use of naloxone.

Use naloxone, a life-saving drug that can reverse the effects of an opioid overdose when administered in time.

SOURCE: CDC Vital signs, July 2015



THE LAW OFFICE OF
ANN M. POMPELIO, LLC

61 SPRING STREET
4TH FLOOR
NEWTON, NEW JERSEY 07860

TEL: 973-383-3900

FAX: 973-383-3903

ann@pompeliolaw.com

www.pompeliolaw.com

FENTANYL

WHAT IS IT?



Fentanyl is a potent synthetic opioid analgesic, 50 to 100x more powerful than morphine.



Fentanyl can be found in prescription form, introduced to the medical community in the 1960s and prescribed to relieve severe pain post-surgery or during end-of-life care. In its prescription form, fentanyl is sold under the brand names Actiq®, Duragesic®, and Sublimaze®. When prescribed by a physician, fentanyl is often administered via injection, transdermal patch, or in lozenges.



Fentanyl analogues are now being created in clandestine laboratories to be sold and used illegally. In its non-prescription form, fentanyl is found in powder form, spiked on blotter paper; mixed with heroin; or as tablets that attempt to mimic other opioids.



Effects:

Euphoria, relaxation, drowsiness, nausea, confusion, constipation, sedation, tolerance, addiction, respiratory depression and arrest, unconsciousness, coma, and death.



Like other opioids, Fentanyl binds to opioid receptors in the reward centers of the brain, increasing dopamine levels to cause a surge in endorphins and feelings of pleasure.



Through Fentanyl's effects on the opioid receptors in the brain stem however, it can inhibit normal breathing, causing breathing to stop altogether, leading to death.

WHY DOES IT MATTER?



540%

increase in fentanyl overdose deaths since 2016 (CDC)

While the fast-acting nature of the effects of fentanyl may create a more powerful and immediate euphoria, these effects wear off faster, leading to the more immediate return of cravings and discomfort.

In talking about Fentanyl, you may hear about Carfentanil, a synthetic version of Fentanyl designed to be less expensive and more potent. Originally created for veterinarians to anesthetize large animals such as horses, it is 10,000x more potent than morphine and 1,000x more potent than Fentanyl.



With a high profit margin, Fentanyl is often mixed into heroin or is made to mimic the appearance of other opioids. Many individuals will not be aware that Fentanyl has been mixed into their heroin or other opioid, and Fentanyl is so powerful that a dose the size of grain of sand can be deadly.

WHAT CAN WE DO?



- Increase availability and accessibility of naloxone (Narcan)
- Increase funding for research on effective opioid treatment and recovery
- Increase collaboration between public health and public safety
- Increase availability and accessibility of opioid treatment
- Increase education and awareness of the dangers of Fentanyl

Overdoses of fentanyl can be reversed through the immediate administration of naloxone (Narcan). Note, Fentanyl overdoses may require higher doses to be administered due to the potency of the drug.

Substance Use Warning Signs: What to Look For!

Many changes occur in an adolescent who is using drugs, from personality alterations to noticeable physical changes. The Sussex County Coalition for Healthy & Safe Communities has created the following list of drug use indicators. It is important to remember if a child shows one or more of the symptoms, it does not necessarily mean he or she is using drugs. Some of these behaviors could be the result of stress, depression or many other factors, in which case, an evaluation could determine the precise cause; however, the more symptoms exhibited, the greater the chance exists that he or she is using drugs.

SCHOOL BEHAVIORS

- Sudden or gradual drop in grades and achievement levels (reason unclear)
- Skipping classes entire days or class tardiness
- Disrespect/defiance towards teachers and rules
- Dropping out of school activities
- Present in classroom, but inattentive
- Frequent fights, suspensions, expulsions
- Difficulty studying or working a job
- Denies knowledge of ownership of paraphernalia
- Suspicion of being under the influence at school
- Hyperactivity, excessive talkativeness
- Frequent infections or infections which don't heal
- Blood shot eyes, frequent use of eye drops
- Easily upset (emotional state changes rapidly)
- Burns on hands or clothing; Self-mutilation
- Changes in speech pattern (slurred speech), tremors or shakes of the hands, feet or head
- Very defensive attitude
- Stumbling, confusion, disorientation
- Mood and/or personality changes
- Denial, minimizing, blaming, rationalizing
- Attention span shorter or memory lapses
- Blackouts
- Change in clothing choices, wearing drug oriented clothing or accessories
- Unreasonable anger and resentment

Changes in Physical or Psychological Conditions

- Smelling of alcohol, marijuana or stale smoke
- New use of mouthwash or breath mints to cover up the smell of alcohol
- Frequent minor illnesses (headaches, nausea, slight tremors, flu-like symptoms, vomiting, sluggishness)
- Neglects taking prescribed medications or takes more medication than usual
- Weight changes (dramatic loss or gain) or unusual eating patterns (types of foods, amounts, time of day)
- Pinpoint or dilated pupils (that don't react to light)
- Change in normal sleep patterns (more or less than usual, frequent naps)
- Injuries occurring more often



FAMILY AND COMMUNITY BEHAVIOR

- Changes in attitude toward rules, parents, brothers, sisters
 - Isolating (staying in room, etc.)
 - Breaking curfew, sneaking out, becoming secretive (excuses for late hours)
 - Lying (blaming others for irresponsible behavior)
 - Violence (physical and verbal)
 - Erratic sleeping/eating habits (too much, too little)
 - Vagueness about company kept and where time was spent
 - Strange telephone calls (parties hang up or refuse to be identified); Strange E-mail
 - DUI's, unusual car accidents, extreme wear and tear on car
 - Unreasonable resentments
 - Suspicion of money or alcohol missing from parents or siblings
 - Stealing and/or selling possessions for money (hocking clothing, CD's, gifts, etc.)
 - Manipulating parents; Playing one against the other
 - Seems to have money, but no job; Has job, but always needs more money
- Value conflict: lying, stealing, etc; Stops going to church/temple, family functions, meals, etc.
 - Having drug paraphernalia in bedroom, car or locker (pipes, rolling papers, lighters, etc.)
 - Reading drug oriented magazines
 - Using drug slang, talking about drugs
 - Increased secrecy about possessions or activities
 - Dropping out of sports and extra curricular activities
 - Use of incense, room deodorant, or perfume to hide smoke or chemical odors

FRIENDS AND PEER GROUP

- Changes in peer group and hangouts with little interest in old friends
- More frequent phone calls
- Social activities occurring more, sometimes at odd hours
- Peers that use drugs or have used drugs
- Parents don't know friends; Can't get names
- Begins to associate with an older crowd
- Thrill seeking behaviors– law breaking, promiscuity, and other dangerous physical situations



SBIRT
SCREENING, BRIEF INTERVENTION,
AND REFERRAL TO TREATMENT

Screening quickly assesses the severity of substance use and identifies the appropriate level of treatment.

Brief Intervention focuses on increasing insight and awareness regarding substance use and motivation toward behavioral change.

Referral to Treatment provides those identified as needing more extensive treatment with access to specialty care.

WHAT TO DO... WHEN IN DOUBT, REACH OUT!

While experimenting with drugs doesn't automatically lead to drug use, early use is a risk factor for developing more serious drug use and addiction. Risk of drug use also increases greatly during times of transition, such as changing schools, moving or divorce (parents.) The challenge is to distinguish between the normal, often volatile, ups and downs of the teen years and adolescence and the red flags of substance use.

PARENTS: WHEN IN DOUBT, GET HELP!

- Have your family doctor or local clinic examine your child to rule out any other physical problems.
- Never confront a child who is under the influence of alcohol or other drugs. Wait until he or she is sober. Then discuss your suspicions with your child calmly and objectively.
- If your child is **unresponsive**, seek **immediate** medical help by calling 911.
- If you think that your child is being untruthful, and the evidence thereof is strong, you may wish to have your child evaluated by a health professional experienced in diagnosing adolescents with alcohol and other drug-related problems.
- If your child is using alcohol, tobacco or other drugs- address it right away. If your child is drinking or smoking- while it might be early use- they are using drugs. Call the Center for Prevention and Counseling at 973-383-4787 for assistance! Early intervention WORKS!

If you find drugs or drug paraphernalia in your child's possession, the Sussex County Prosecutor's Office suggests that you do not touch the substance if unidentifiable and you can your local police station (Note a police investigation follows the retrieval of the drug/paraphernalia, and the child will be appointed a juvenile court lawyer). Parents and police officers involved will be subpoenaed. Each case is unique, and there are no guaranteed outcomes or sentences following trial.

TEACHERS: WHAT TO DO TO KEEP STUDENTS SAFE!

As an educator, you see students on a regular basis. While it isn't your job to understand all the types of drugs and their symptoms of use, having a general understanding can help you to be aware of changes in a student and refer them to the appropriate resources the school offers or can refer a student to.

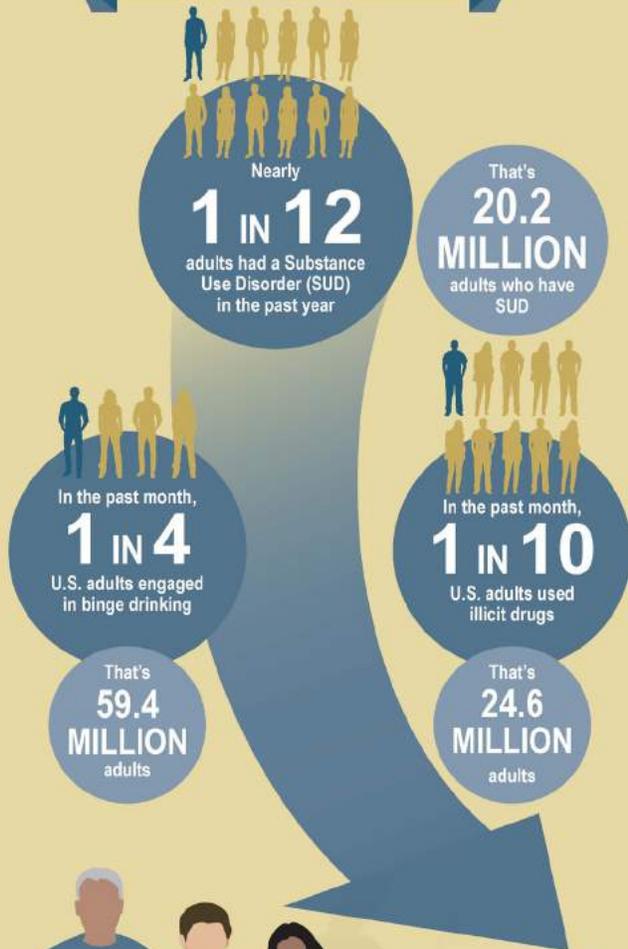
- NJ Law 18A says if a teacher suspects a student is under the influence of a substance, it is the teachers responsibility to report this to administration who in turn must send the student our of medical clearance. The student must be sent to an appropriate place to be drug tested. It is the law.
- If you suspect a student has a drug problem but is not currently under the influence, you can report that to administration, the Core Team (if applicable in your school) or the SAC for follow up.

SUBSTANCE USE & MENTAL ILLNESS IN U.S. ADULTS (18+)

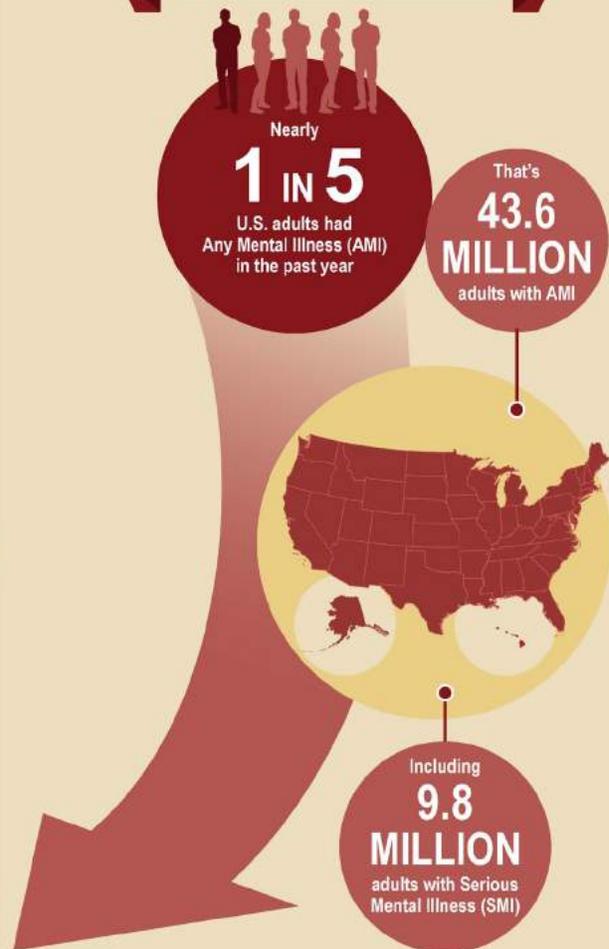
FROM THE 2014 NATIONAL SURVEY ON DRUG USE AND HEALTH (NSDUH)

Behavioral health (substance use and mental health) issues affect millions in the United States each year.

SUBSTANCE USE IN THE U.S.



MENTAL HEALTH IN THE U.S.



Co-Occurring Behavioral Health Disorders in the U.S.

- 1. Any Mental Illness (AMI)** is defined as individuals having any mental, behavior, or emotional disorder in the past year that met DSM-IV criteria (excluding developmental and substance use disorders).
- 2. Serious Mental Illness (SMI)** is defined as adults with any mental, behavior, or emotional disorder that substantially interfered with or limited one or more major life activities.
- 3. Substance Use Disorder (SUD):** Individuals with alcohol or illicit drug dependence or abuse are defined as having SUD. The questions used to measure dependence and abuse are based on criteria in the fourth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

SOURCE: Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality, 2014 National Survey on Drug Use and Health.





Talking to Kids About Alcohol and Other Drugs: 5 Conversation Goals

Research suggests that one of the most important factors in healthy child development is a strong, open relationship with a parent. It is important to start talking to your children about alcohol and other drugs before they are exposed to them—as early as 9 years old.

Young people are more likely to listen when they know you're on their side. Reinforce why you don't want your child to drink or use other drugs—because you want your child to be happy and safe. The conversation will go a lot better if you're open and you show concern.



1 Show you disapprove of underage drinking and other drug misuse.

Over 80 percent of young people ages 10–18 say their parents are the leading influence on their decision whether to drink. Send a clear and strong message that you disapprove of underage drinking and use or misuse of other drugs.

3 Show you're a good source of information about alcohol and other drugs.

You want your child to make informed decisions about alcohol and other drugs with reliable information about its dangers. You don't want your child to learn about alcohol and other drugs from unreliable sources. Establish yourself as a trustworthy source of information.

2 Show you care about your child's health, wellness, and success.

4

Show you're paying attention and you'll discourage risky behaviors.

Show you're aware of what your child is up to, as young people are more likely to drink or use other drugs if they think no one will notice. Do this in a subtle way, without prying.



5

Build your child's skills and strategies for avoiding drinking and drug use.

Even if you don't think your child wants to drink or try other drugs, peer pressure is a powerful thing. Having a plan to avoid alcohol and drug use can help children make better choices. Talk with your child about what they would do if faced with a decision about alcohol and drugs, such as texting a code word to a family member or practicing how they'll say "no thanks."

Keep it low-key. Don't worry, you don't have to get everything across in one talk. Plan to have many short talks.



SMA-18-5073

Learn the **Language** of Recovery

 Recovery Dialects	Mutual Aid Meetings	In Public	With Clients	Medical Settings	Journalists
Addict	✓	STOP	STOP	STOP	STOP
Alcoholic	✓	STOP	STOP	STOP	STOP
Substance Abuser	STOP	STOP	STOP	STOP	STOP
Opioid Addict	✓	STOP	STOP	STOP	STOP
Relapse	✓	STOP	STOP	STOP	STOP
Person w/ a Substance Use Disorder	✓	✓	✓	✓	✓
Person w/ an Alcohol Use Disorder	✓	✓	✓	✓	✓
Person w/ an Opioid Use Disorder	✓	✓	✓	✓	✓
Long-term Recovery	✓	✓	✓	✓	✓
Pharmacotherapy	✓	✓	✓	✓	✓

Language matters but can change depending on the setting we are in. Choosing when and where to use certain language and labels can help reduce stigma and discrimination towards substance use and recovery.



 SOURCE: Ashford, R. D., Brown, A. M., & Curtis, B. (2018). Substance use, recovery, and linguistics: The impact of word choice on explicit and implicit bias. *Drug and Alcohol Dependence*, 189, 131–138.

THE 10

ESSENTIAL TRAITS OF RECOVERY

Dr. Hal Baumchen



STAY HONEST

Stay honest with yourself and with others. A strong recovery is built on integrity and transparency.



STAY DETERMINED

Find your primary reason for doing the work of recovery and keep it first and foremost.



STAY AWARE

Know your vulnerabilities. Be aware of your own temptations and triggers to slip back again.



STAY INTENTIONAL

Get rid of haphazard and random living. Stay deliberate, planned and purposeful.



STAY GRATEFUL

Remain humble and accepting. Be grateful for another chance to get your life back.



STAY BALANCED

Keep work, love, projects, and people integrated in a finely tuned harmony.



STAY POSITIVE

Keep a positive, upbeat, and optimistic attitude. Smile, laugh, and enjoy your life.



STAY STRONG

Be known for best attitude, best effort and best character. Finish strong.



STAY CONNECTED

Stay close to those who support your recovery and stay distant from those who don't.



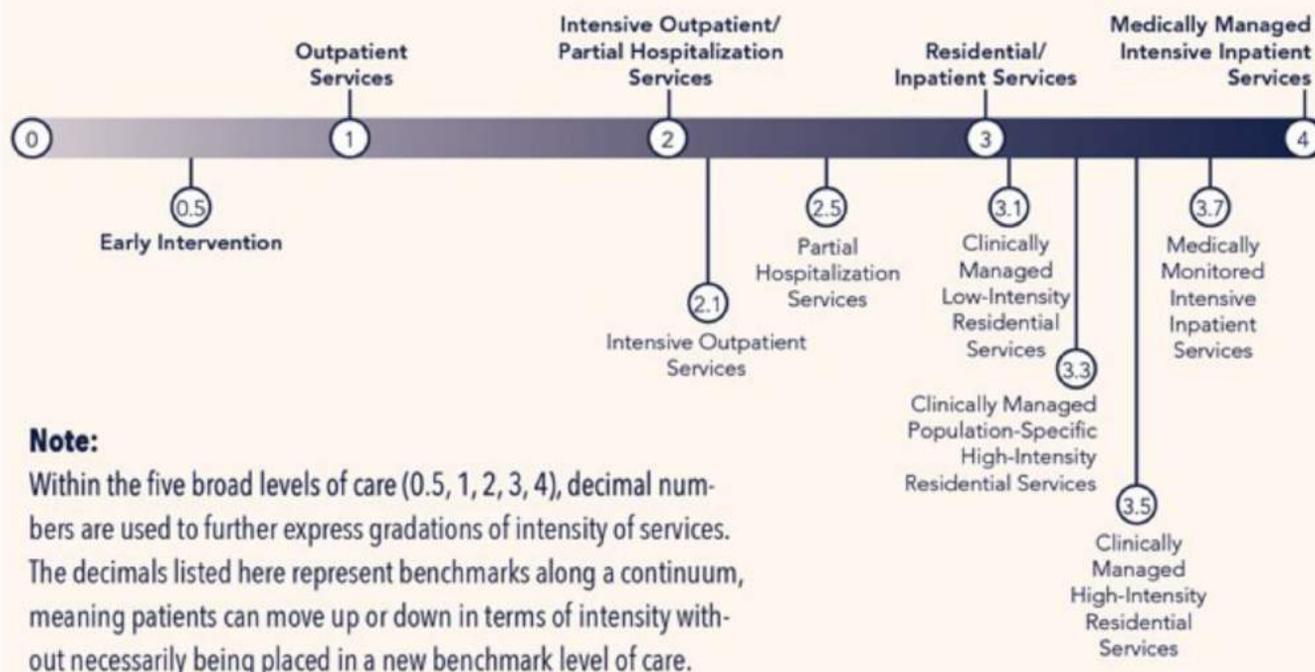
STAY HOPEFUL

Remain confident that your future is filled with the promise of good things to come.

www.JourneyToRecovery.com



REFLECTING A CONTINUUM OF CARE



- 0.5 **Early Intervention** is for individuals who, for a known reason, are at risk of developing substance-related problems.
- 1 **Outpatient** provides diagnostic and treatment services at a program site (clinic, counselor's office, hospital) and may include prevention, intervention, screening and/or assessment services. Some programs require daily attendance while others meet one to three times a week.
- 2 **Intensive Outpatient Treatment (IOP)** programs are typically 3-5 days per week with an average of 3-4 hours of treatment per day for a set number of sessions; also encourages participation in a peer support programs.
- 3 **Residential/Inpatient Treatment programs** provide more structure and intensive services than out-patient treatment. Individuals live in the treatment facility; short or long term; stay varies one month to over one year.
- 4 **Medically Managed Intensive Inpatient Treatment** including detox services take place in an acute care inpatient setting with 24-hour medical supervision when withdrawal can be physically overwhelming and/or even dangerous.



Treatment Resources

Local Treatment Providers

Sussex County Substance Abuse & Alcohol Office

To determine eligibility for grant funding and referrals to treatment, contact Alcohol and Drug Abuse Director Nick Loizzi

Phone: 973-940-5200 ext 1383

Email: substanceabuse@sussex.nj.us

Capitol Care – (844) 437-3482

Outpatient and Intensive Outpatient

Center for Prevention and Counseling – (973) 383-4787

Outpatient, Intensive Outpatient, Recovery Support and Medication Assisted Treatment

Sunrise House – (973) 862-4820

Detox, Short-term residential, Outpatient and Intensive Outpatient

Newton Medical Center – (888) 247-1400

Outpatient and Intensive Outpatient

Garden State Treatment Center – (973) 240-8055

Partial Care, Intensive Outpatient, Medication Assisted Treatment

Helplines

Council on Compulsive Gambling of NJ 1-800-GAMBLER

24/7 confidential help for compulsive gamblers and referrals to self-help groups and counseling services

National Suicide Prevention Lifeline 1-800-273-8255

24/7 confidential support for people in distress, prevention and crisis resources

NJ Addiction Hotline (Interim Managing Entity) 1-844-276-2777

24/7 assistance & referral to treatment for people with Medicaid or no form of insurance

NJ Connect for Recovery 1-855-652-3737

Free, confidential call line to speak with Certified Alcohol and Drug Counselors or Peer Specialists

NJ 2-1-1

Health & Human Services Hotline 211

Partnership for Drug-free Kids 1-855-378-4373

Parent helpline that offers tools and guidance and connection to coaching

Peer Recovery WarmLine 1-877-292-5588

Peer-run service providing ongoing telephone support to mental health consumers as they work towards their recovery

Center for Prevention and Counseling Treatment Services

The Center for Prevention and Counseling is licensed by the NJ Division of Mental Health and Addiction Services and our substance use assessments meet school, employment and court mandates. The Center offers many grant funded programs as well as a self-pay sliding scale, depending on eligibility, and accepts Medicaid.

"The Center saved my life! My counselors and the IOP team helped me work on me and helped me be the mom my kids deserve to have and to be the person that I truly am deep inside. Thank You."



TREATMENT SERVICES

The Center for Prevention & Counseling

Phone: 973-383-4787

Email: 61 Spring St, Newton, NJ 07860

- Adolescent & Adult Substance Use Counseling
- Adolescent & Adult Intensive Outpatient Program
- Evaluations of Substance Use & Co-Occurring Disorders
- Early Intervention Education
- Aftercare and Relapse Prevention
- Alcohol and Other Drug Screening
- Medication-Assisted Treatment Program

RECOVERY SUPPORT SERVICES

Recovery Support Center

Phone: 973-940-2966

Email: 65 Newton Sparta Rd, Newton, NJ 07860

- Recovery Coaching
- System Navigation
- Support Meetings
- Family Support Groups
- Educational workshops
- Anger Management Classes
- Social & Recreational activities and events
- Case Management

Many services funded through Sussex County Department of Human Services

Text @center65 to the number **81010** to get text messages about local recovery events.

 @CFPCNJ

 @SussexCountyRecoveryCommunity

Benjamin Moore®



Premium Products • Over 3,300 Colors • Painting Supplies • Special Orders

The
Paint
973-383-1650 **spot**

5% Cash
Discount

57 Trinity Street, Newton, New Jersey 07860

Hours: Mon-Fri. 7:30-6:00, Sat. 8:30-5:30, Sun. 10:00-3:00

Skylands Press



"Quality with price in mind"

Full Color Business Cards • Invoices • Flyers • Brochures
Envelopes • Newsletters • Yearbooks and so much more . . .

57 Trinity Street, Newton, NJ 07860

Phone: 973-383-5006

email: skylandspress@yahoo.com • website: <http://skylandspress.btobsources.com>

Common Terms

Addiction: the most severe form of substance use disorder, associated with compulsive or uncontrolled use of one or more substances; a chronic brain disease that has the potential for both recurrence (relapse) and recovery

Assessment: a process to define one's level of substance use severity, determine a diagnosis and to develop specific treatment recommendations

Continuum of Care: an integrated system of care that guides and tracks a person over time through a comprehensive array of health services appropriate to the individual's need.

Recovery: a process of change through which individuals improve their health and wellness, live self-directed lives and strive to reach their full potential

Recovery Coach: trained recovery mentors, often with lived experience, that help develop a recovery plan

Screening: process to evaluate and identify possible problems of risky substance use with feedback, arranging for further patient care, when necessary

Self-Pay: to pay 'out of pocket' for services without going through an insurance company

Sliding Fee Scale: fee charged for services on uninsured or under-insured individuals, based on annual income

Sober Living House: an alcohol and other drug free living environment for individuals in recovery where residents are required to adhere to certain rules

Substance Use Disorder: a condition in which the use of one or more substances leads to a clinically significant impairment or distress

Support Groups: community, peer-based groups such as Alcoholics Anonymous (AA), Narcotics Anonymous (NA), SMART Recovery, Al-Anon and Families Anonymous, etc.

Treatment Plan: a written guide to treatment including a person's goals and activities designed to help them meet goals, ways to tell whether a goal has been met and a timeframe for meeting those goals

Levels of care

Withdrawal Management (Detox): Provides medical supervision during the first few hours or days of sobriety to safely manage withdrawal symptoms; Detox can also be accompanied by counseling, therapy and support

Residential (Inpatient): Provides 24-hour care within a treatment center; Short-term can range from 2-4 weeks and long-term can range from 3-12 months.

Halfway House: Usually requires a referral from another treatment center and provides transitional housing and counseling for people in recovery

Partial Care: Usually provides an average of 20 hours a week of counseling in an outpatient setting

Intensive Outpatient (IOP): Usually provides an average of 3-4 hours of counseling 3-5 days per week

Outpatient Treatment (OP): Provides diagnostic and treatment services at a program site (clinic, counselor's office, hospital) and may include prevention, intervention, screening and/or assessment services. Some programs require daily attendance while others meet one to three times a week

Medication-assisted treatment

Medication-assisted treatment (MAT) uses FDA-approved medications in combination with counseling and behavioral therapies in treatment. There are three medications commonly used to treat opioid use disorder:

Methadone: clinic-based opioid agonist that does not block other narcotics while preventing withdrawal; daily pill

Buprenorphine: partial opioid agonist that blocks other narcotics while reducing withdrawal risk; sublingual film (Subutex, Suboxone)

Naltrexone: non-addictive opioid antagonist that blocks the effects of other narcotics; daily pill or monthly injection (Vivitrol)

Recovery Support Groups & Meetings



Meetings for Everyone



All Recovery

Open discussion meeting for anyone affected by addiction
Tuesdays 7:00-8:00 p.m. (Recovery Community Center)
Fridays 7:00-8:00 p.m. (Senior Center, 21 Church St, Vernon, NJ 07462)



Drop-in for Recovery

Speak to a recovery coach for guidance navigating recovery; no appt. needed
Mondays 12:00-6:00 p.m. (Recovery Community Center)



Journey through Arts & Music

Share art, poetry, music and more with an emphasis on hope, healing and recovery.
2nd Saturday 6:00-8:00 p.m. (Recovery Community Center)



Recovery Advocacy

NCADD-NJ Team meeting open to anyone interested in advocating for recovery.
2nd Monday 6:00-7:15 p.m. (Recovery Community Center)



Recovery Yoga

Recovery-friendly yoga class open to all levels; mats provided.
3rd Saturday 12:00-1:00 p.m. (Recovery Community Center)

Recovery Support Groups & Meetings (Continued)

For people with substance use/addiction issues



Alcoholics Anonymous

12-step program for anyone with a desire to stop drinking (Open, Big Book)
Tuesdays 7:30-8:30 p.m. (Main Office, 3rd floor)



Medication-Assisted Recovery Anonymous

12-step program for people that use prescribed medication to aid their recovery
2nd Thursday 6:30-7:30 p.m. (Main Office, 3rd floor)



Narcotics Anonymous

12-step program for anyone with a desire to stop using drugs
Sundays 6:00-7:30 p.m. (Main Office, 1st floor, Women's, Open, Rotating Format)
Mondays 7:00-8:30 p.m. (Main Office, 1st floor, Closed, Step Writing)



S.M.A.R.T. Recovery

Science based program to recover from addiction
Wednesdays 7:30-8:30 p.m. (Recovery Community Center)

For family and friends



C.R.A.F.T. Family Group

Evidence-based approach for families to help a loved one with a substance use problem
1st and 3rd Thursday 6:30-7:30 p.m. (Recovery Community Center)



Families Anonymous

12-step program for anyone concerned about a loved one's substance use/behavior
Thursdays 7:30-9:00 p.m. (Recovery Community Center)



Matters of the Heart

Counselor led codependency group for adults
Mondays 7:00-8:30 p.m. (Main Office, 1st Floor)



Parents Helping Parents

Professionally-led grief support group for parents that have lost a child to addiction
3rd Friday 5:45-7:00 p.m. (Recovery Community Center)

Medication Assisted Treatment (MAT)

How It Works

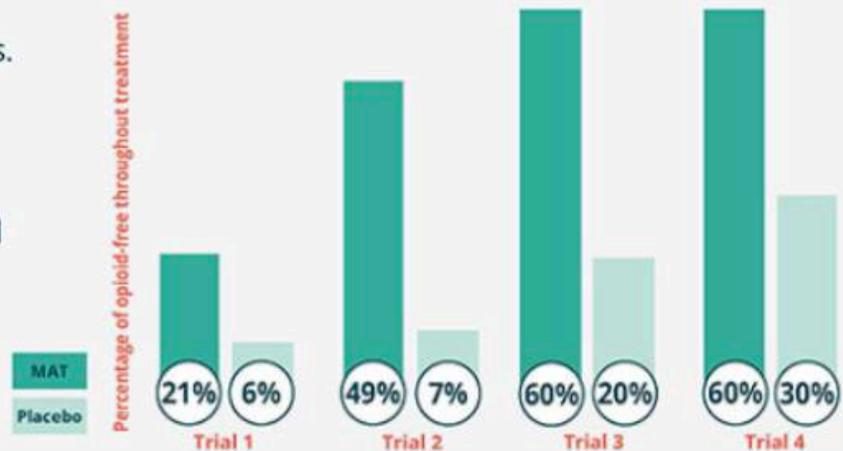
The prescribed medication operates to:



Source: Substance Abuse and Mental Health Services Administration

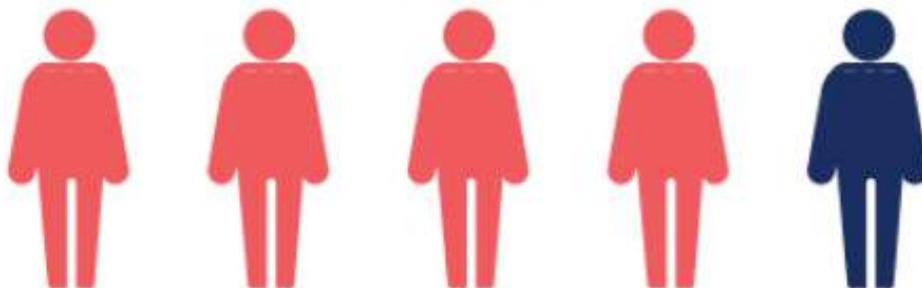
Success Rate

Medication-assisted treatment works. Clinical trials on methadone, buprenorphine, and naloxone show that twice as many patients have curbed their opioid use as compared to a placebo.



Source: Conner's 2015 study in the Harvard Review of Psychiatry. <https://www.ncbi.nlm.nih.gov/pubmed/25747920>

80% of people with OUD who receive treatment without MAT relapse within 2 years.



HOPE BEGINS HERE



C.L.E.A.R.

The CLEAR Program offers Sussex County adults and their loved ones help for a substance use problem by offering free recovery coaching services. Simply walk into a participating police department without fear of questioning, arrest or prosecution from law enforcement.

Participants are paired with a trained recovery coach that services as a personal guide and mentor to recovery by connecting them resources and offering ongoing recovering support.

Are you or a loved one
suffering from addiction?



1-844-SC-CLEAR

Or visit one of our 9 participating departments:

- *Newton* ■ *Hamburg* ■ *Ogdensburg*
- *Andover* ■ *Hardyston* ■ *Sparta*
- *Byram* ■ *Franklin* ■ *Vernon*

Walk-in hours: 8AM - 5PM MONDAY - FRIDAY

HOPE BEGINS HERE.

NO RISK OF ARREST

NO STIGMA

NO COST

Our **trained Recovery Coaches** with **lived experience of addiction** will **help** guide you through the recovery process.

LEARN MORE

☎ 1-844-SC-CLEAR

📘 @sussexcountyclear

🌐 www.clearprogram.org

SPECIAL THANKS TO OUR GOLD EXHIBITORS



First Light Counseling

Edward Blevins, LPC, LCADC, ACS



Ammon Labs Since 1998, we've been providing quality services and competitive pricing for the testing and detection of substance misuse. We specialize in personalized and targeted health solutions for our healthcare partners. Whether you're a small practice or a large treatment provider, Ammon Labs offers customized testing and medication assisted treatment programs based on the medical needs of your in-patient and out-patient clients.

Website: ammonlabs.com

Capitol Care, Inc.: We believe in empowering people with mental health diagnoses, developmental disabilities, and substance use disorders to own their treatment journey, identifying their goals and visions to maximize their potential. We are the premier provider of behavioral health services in New Jersey. Our facilities, outcomes, and inspection results are second to none, laying a foundation for the very highest quality of services to be delivered to our individuals.

Website: https://www.capitol-care.org/new_jersey **Contact:** 844-437-3482

First Light Counseling: I work with children in conflict, struggling couples, unhappy families, and adults who are motivated to change. I specialize in anger, anxiety, depression, grief, marital discord, bullying and harassment, behavioral disorders, substance abuse, school or job avoidance, and issues to specific to children and adults with developmental disabilities. I have 25 years of school experience working with children, backed by ten years of clinical experience assisting children and adults in improving their lives.

Phone: 908-669-4976 **Contact:** Ed Blevins- edwardcblevins@gmail.com

Hackensack Meridian-Carrier Clinic is a multi-disciplinary team of experts including primary care physicians, psychiatrists, and advanced practice nurses would closely coordinate all needs – addiction treatment, routine care, mental health issues – to provide optimal treatment throughout the 17-hospital network. Carrier Clinic's mission is to inspire hope and recovery through expert treatment, education, compassionate care, and outstanding service. Our specialized mental health and addiction treatment programs work to return adults, adolescents, and older adults back to enjoyable and productive lives.

Website: www.carrierclinic.org/ **Contact:** john.oneill@hackensackmeridian.org

Zoobook Systems LLC: We work with behavioral health, mental health and addiction treatment facilities to grow their monthly revenue, cut their expenses and improve their clinical outcomes. We bring a very deep understanding of the business and clinical process as well as what is needed for building an efficient operation by improving the effectiveness and efficiency, compliance with State and DMHAS regulations, help overcome audit problems and secure revenue.

Website: zoobooksystems.com

SPECIAL THANKS TO OUR SILVER EXHIBITORS

Caron Treatment Center blends addiction rehab and behavioral health treatment with the latest evidence-based practices and historically proven treatment modalities. We believe our success is grounded in our ability to apply a multi-disciplinary, integrated approach to true healing for every individual and family we treat.

Website: <https://www.caron.org/> **Contact:** hcunnane@caron.org

Discovery Institute believes that for individuals to stop using drugs and alcohol, our rehab in NJ is most successful when the client, family system, and social support network are integrated. Discovery's experiences in helping individuals seek recovery from drugs and alcohol has taught us there is more than one approach that can be successful

Website: <https://www.discoverynj.org/> **Contact:** drachel@discoverynj.org

Excel Treatment Center: Excel Treatment Center provides quality, customized and personalized substance abuse and mental health counseling to adolescents, adults and families. Excel is committed to constantly re-evaluating our services in light of the latest research and science so that we can continue to incorporate evidence-based treatment in everything we do.

Website: exceltreatmentcenter.com **Contact:** Carlton Tannis- ctanis@exceltreatmentcenter.com

Footprints to Recovery: We are a premier, outpatient drug rehabilitation center located in Hamilton, NJ. We follow a holistic style treatment plan rooted in the 12 Step principles. We prepare clients for a long-term sober lifestyle utilizing individual counseling sessions, family therapy groups and the development of a personalized continuing care plan.

Website: footprintstorecovery.com **Contact:** Nicholas Kratzer- nkratzerl@footprintstorecovery.com

High Focus: We are the premier provider of structured outpatient behavioral health and addiction treatment programs in New Jersey. Our experienced clinicians provide expert assessments and individual treatment for adults and adolescents who are struggling with emotional or substance abuse issues. We have seven facilities across central and northern New Jersey.

Website: highfocuscenters.com **Contact:** Kellie Kucinski- kkucinski@highfocuscenters.com

Pocono Mountain Recovery Center: We are a place of healing and hope where adults can get the comprehensive care that they need to overcome substance abuse, addiction and certain co-occurring mental health disorders. We provide a nurturing, structured environment, rooted in spiritual growth and exploration for individuals who wish to restore their lives.

Website: pinnacle-treatment.com **Contact:** Anna Arbolino- anna.arbolino@poconomrc.com

SPECIAL THANKS TO OUR SILVER EXHIBITORS (Continued)

Seabrook House: We are a substance use rehab and co-occurring disorders treatment network. We have been helping families find the courage to recovery from substance use disorders for more than 43 years. We are an internationally recognized private CARF accredited drug and alcohol treatment center. We offer gender-specific programming, including 90-day Seabrook Extended Care for Women and Extended Care for Men.

Website: seabrook.org **Contact:** Joyce Loch- jloch@seabrookhouse.org

Summit Oaks Hospital: At Summit Oaks, we are dedicated to excellence and we take pride in our wide spectrum of clinical programs and full continuum of care. We offer services for children, adolescents, and adults. Our multidisciplinary teams use best practices to provide patients with superior care. Through inpatient care and outpatient services, we offer mental health treatment programs for children, adolescents and adults.

Website: summitoakshospital.com **Contact:** Stacy Chia- stacy.chia@uhsinc.com

Surfside Recovery Services Inc. is a comprehensive 4 phase life development extended care program for young adult males 18-34. Engaging residents in action sports, adventure-based activities & 12 step immersion.

Website: SurfsideRecoveryServices.com **Contact:** Nick Geissler- nickgeissler@surfside.org

Quantum Wellness Center Energy/Sound Therapy accelerates the natural healing process, provides pain relief/reduction, reduces stress/insomnia, relieves anxiety/depression, releases toxins from the system, complements other medical treatments, is effective and beneficial for all ages.

Website: <https://www.quantumwellness.org/> **Contact:** T Love- info@quantumwellness.org



CAGE Substance Abuse Screening Tool

Directions: Ask your patients these four questions and use the scoring method described below to determine if substance abuse exists and needs to be addressed.

CAGE Questions

1. Have you ever felt you should cut down on your drinking?
 2. Have people annoyed you by criticizing your drinking?
 3. Have you ever felt bad or guilty about your drinking?
 4. Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (eye-opener)?
-

CAGE Questions Adapted to Include Drug Use (CAGE-AID)

1. Have you ever felt you ought to cut down on your drinking or drug use?
2. Have people annoyed you by criticizing your drinking or drug use?
3. Have you felt bad or guilty about your drinking or drug use?
4. Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover (eye-opener)?

Scoring: Item responses on the CAGE questions are scored 0 for "no" and 1 for "yes" answers, with a higher score being an indication of alcohol problems. A total score of two or greater is considered clinically significant.

The normal cutoff for the CAGE is two positive answers, however, the Consensus Panel recommends that the primary care clinicians lower the threshold to one positive answer to cast a wider net and identify more patients who may have substance abuse disorders. A number of other screening tools are available.

CAGE is derived from the four questions of the tool: Cut down, Annoyed, Guilty, and Eye-opener

CAGE Source: Ewing 1984

“ THESE NUMBERS ARE STAGGERING,
TRAGIC — AND PREVENTABLE. ”

— John Auerbach, president and CEO of TFAH

More than 1 million people died from drugs, alcohol and suicide over the past decade.
If these trends continue, the death rate could grow to claim 1.6 million more lives by 2025.



IN 2016

142,000

People died from drugs, alcohol and suicide

7 states

Had death rates above 60 per 100K people

IN 2025*

192,000

Projected annual deaths from drugs, alcohol and suicide

26 states

Projected to reach 60 deaths per 100K people

DRUGS

Opioids' grim toll

67,300

The number of drug deaths in 2016, nearly triple what they were in 2000.

329%

The drug death rate increased 329% in non-metro areas between 1999 and 2016.

ALCOHOL

An escalating crisis

34,900

Number of alcohol-induced deaths in 2016, a 35-year high.

55%

Between 2000 and 2016, death rates from alcohol increased 55 percent.

SUICIDES

Risks — and rates — grow

45,000

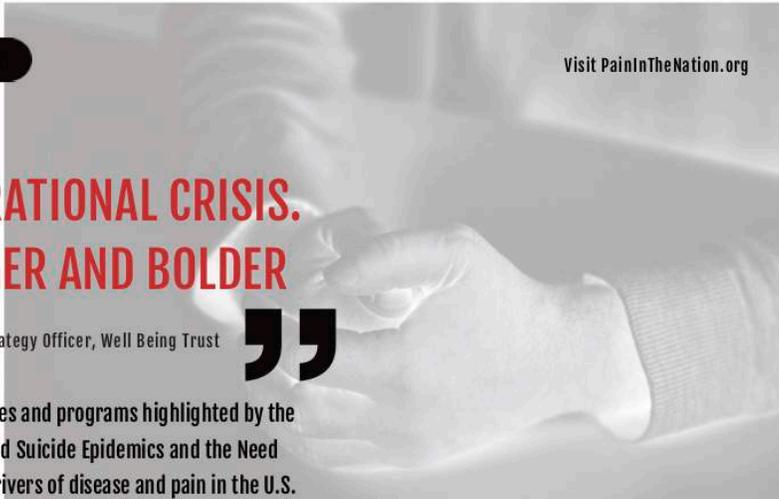
Number of suicides in 2016.

39%

Non-metro areas had suicide rates that were 39% higher than metro areas in 2016.

“ WE’RE FACING A GENERATIONAL CRISIS. AND IT CALLS FOR BIGGER AND BOLDER ACTION. ” — Benjamin F. Miller, PsyD, Chief Strategy Officer, Well Being Trust

60: The number of research-based policies, practices and programs highlighted by the new report, *Pain in the Nation: The Drug, Alcohol and Suicide Epidemics and the Need for a National Resilience Strategy*, to address the drivers of disease and pain in the U.S.



DRUGS

A full-scale approach to the opioid crisis includes:

- | Promotion of responsible opioid prescribing practices and public education about misuse
- | Expanded and modernized mental health and substance use disorder treatment services
- | “Hot spot” intervention strategies
- | Improved pain management and treatment

ALCOHOL

Evidence-based policies that reduce excessive consumption include:

- | Increasing pricing
- | Limiting hours and density of alcohol sales
- | Enforcing underage drinking laws and holding sellers and hosts liable for serving minors

SUICIDES

Effective approaches for preventing suicide include:

- | Expansion of crisis intervention services
- | Anti-bullying and social-emotional learning programs in schools
- | Support systems for veterans
- | Improved integration of mental health services into primary care

INVESTMENT PAYOFF

\$249 Billion

About 3.8% of the population had a diagnosis related to drugs, alcohol or suicide risk in 2014 – combined, these patients had annual health care costs of \$249 billion.

\$4-\$12

Early childhood education programs have a \$4-\$12 return for every \$1 invested.

80%

The Zero Suicide model program has shown an 80% reduction in suicides.

\$3.80-\$34

Top school substance misuse prevention programs have a \$3.80 to \$34 return for every \$1 invested.



Trust for America's Health is a non-profit, non-partisan organization dedicated to saving lives by protecting the health of every community and working to make disease prevention a national priority. For more information, visit www.healthyamericans.org. Twitter: @HealthyAmerica1

Founded in late 2016 with a \$100 million endowment from Providence St. Joseph Health, Well Being Trust is a national foundation dedicated to advancing mental, social and spiritual health of the nation. Created to include participation from organizations across sectors and perspectives, Well Being Trust is committed to innovating and addressing the most critical mental health challenges facing America, and to transforming individual and community wellness. www.wellbeingtrust.org. Twitter: @WellBeingTrust

I can stay the tears of others, if I can see myself
as diminished by their sorrows.

I can hasten the time when everyone will be able
to rejoice in freedom,

And if I can see myself as the companion
of those fighting against oppression,

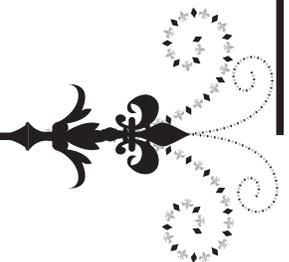
I can honor the struggle of people everywhere
to gain dignity and deliverance from bondage.

When I look at myself in the mirror
who will I see?

Excerpt from a Hebrew Saturday morning prayer.

In loving memory of Dr. David J. Meltz
who lived his life in accordance with this belief.

December 30, 1942 - February 14, 2019,





Nisivoccia LLP is proud to support The Center for Prevention & Counseling

We will individualize and deliver
the right services so you can succeed.

- Not-for-Profit Organizations
 - Governmental Entities
- Healthcare and Dental Providers and Facilities
 - Construction Contractors
 - Real Estate Developers and Managers
- Private Enterprise and Family Owned Businesses
 - Manufacturing and Distribution
 - Employee Benefit Plans



NISIVOCCIA LLP

Certified Public Accountants & Advisors

973.328.1825 | www.nisivoccia.com

Nisivoccia LLP is an independent member of BKR International.

Connected to Community

Giving back to the communities we serve has always been one of our top priorities.

Whatever it takes to keep our local towns and neighborhoods strong and thriving, you can count on us.



Lakeland Bank®

Connected to our community since 1969

LakelandBank.com ■ 866-224-1379

