



# 2020

## ANNUAL REPORT

# PREVENTION

youth social emotional learning  
parents kindness family  
connection wellness awareness  
education teamwork outreach

# HEALTH TREATMENT

diversity community discovery  
strengthen approach transformation

# RECOVERY self-love freedom

gratitude volunteer mindfulness thrive  
charity GIVING self-care partnership



**BECKY CARLSON**  
Executive Director

# IN 2020, WE DIDN'T SKIP A BEAT.

This year was different from ever before. The challenges we faced as an organization due to the pandemic stretched everyone to their limit and beyond. The year began with a record number of opioid overdose deaths - eleven in six weeks. We jumped to action with our community and state partners to offer solutions to address this health crisis. By the end of March, our recovery team had disseminated 134 Narcan kits, with a total of 222 kits distributed by the end of the year.

In March, the global pandemic hit, and we made the difficult decision to close our doors on March 17th to all in-person counseling, recovery support work, and prevention programs. What happened next was truly inspiring as our innovative staff moved into action, adjusting our 'sails' and adapting our operations. We did not miss a beat in serving our clients, program participants, and community. We quickly adapted and learned how to utilize telehealth, Zoom, and other online platforms. We purchased all the webcams we could find, trained staff in numerous virtual programs, adapted to remote work or safely distancing in the office, and consistently adhered to CDC COVID-19 guidelines.

The optimism and solution-based attitudes were evident as our entire staff moved forward in the growing pandemic. Our prevention staff held daily 'coffee chats' via Zoom, training each other to use online platforms and adapt our programs. Our counseling staff converted to telehealth and using best practices to serve their clients. Our recovery support team outreached via handwritten notecards, phone calls, and text conversations and our recovery coaches continued operating our Opioid Overdose Recovery Program in partnership with the Newton Medical Center Emergency Department via a cell phone or iPad.

In our 2020 annual report, you can see the numbers reached by our many services and programs and impactful testimonials. Our Recovery Center has reopened with limited in-person programs and are seeing recovery support clients one-on-one at the office or outside at parks. We hope to be doing in-person prevention work soon.

We look forward to hosting our annual Changing the Face of Addiction Walk to Save Lives on August 7th in-person and virtually, allowing everyone to participate comfortably. We proudly continue to follow our mission and remain at the ready to serve our community and all those in need of our support. Stay safe and be well in 2021.

“  
*We are proud to have served our clients and program participants with a new way of outreach. We adapted, made changes, and implemented new strategies to continue to offer our prevention, treatment, and recovery supports with innovative, creative new ways of connecting.*



## Our Objectives

**Support children and teens** by providing skill-building education and creating an environment that helps 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.

## BOARD OF DIRECTORS



### Executive Members



**Cecelia Clayton**  
Board President



**Jonathan McMeen**  
Board Vice President



**Father Robert Griner**  
Board Treasurer



**Jaime Sella**  
Board Secretary

### Board Members



Janine Cerra



Chris Dexter



Jamie LaCouture



Mike Richards



Louis Ruggerio



Shain Steffens



Shawn Steffens



Glen Vetrano



Lydia Zdunek

“ Leadership is not about titles, positions or flowcharts.  
It is about one life influencing another. ~John Maxwell ”

# AGENCY SERVICES

## PREVENTION

## TREATMENT

## RECOVERY



### OUR MISSION

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The Center for Prevention & Counseling is a 501(c)(3) non-profit agency located in Newton, New Jersey. Our mission, since 1973, has been to promote hope, health and recovery among all people by creating an environment that is safe and free from the effects of substance use and addiction. The Center provides substance use prevention, evaluation, counseling, and recovery support services, primarily serving Sussex County, NJ children, teens, adults and families regardless of cultural background, socioeconomic status, age, gender or sexual orientation.

### PREVENTION

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Prevention provides the solid foundation needed for our youth to thrive and become resilient young adults. Our team supports the community with evidence-based strategies, education and programs to make healthy life decisions. Programs for youth and adults, accommodating schools, after-school clubs, businesses, organizations, and other community groups, include tobacco and vaping cessation programs, senior health and wellness events, life-skills groups and more. We primarily serve Sussex County and reach many other communities in Northern New Jersey through several initiatives.

### TREATMENT

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Treatment is available in an outpatient setting for adolescents and adults with substance use disorders. Our team offers variety of clinical and non-clinical services, including substance use evaluations, outpatient counseling, intensive outpatient programs, medication-assisted treatment, anger management and psycho-education. We primarily serve Sussex County residents with Medicaid or no form of insurance.

### RECOVERY

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Recovery support services are open to anyone affected by substance use and can help individuals and families begin and continue on their journeys in recovery. Our team consists of trained recovery coaches, case managers, navigators and volunteers that provide recovery coaching, group support meetings, recovery-related events, educational opportunities, volunteer opportunities, and more. The Sussex County Recovery Community Center is located at 65 Newton Sparta Rd in Newton.





# PREVENTION SERVICES

*"I just wanted to tell you what a great time Jack and Julia had at the Leadership Camp. They enjoyed all the activities and meeting other kids from the area. They're still talking about it. It was fun to hear them sharing their experience."*

# PREVENTION SERVICES



**TINA AUE**

*Director of Prevention Services*

The Center for Prevention and Counseling's Prevention Team, including our two community coalitions [the Vernon Coalition and the Coalition for Healthy and Safe Communities] quickly and seamlessly pivoted to remote and virtual programming at the very start of the COVID-19 pandemic and continued to host trainings, programs, and workgroup committee meetings as scheduled. In our experience, the virtual nature of these events increased our attendance and participation! Our staff became proficient in several teaching platforms, including Zoom, Google Classroom, and Microsoft Teams which enabled them to continue to deliver prevention curriculums to school-based partners. Our Prevention Team worked with curriculum developers to ensure the fidelity of the programs. To provide additional tools and support to our Sussex County students and school staff, social and emotional skills (SEL) were infused throughout our curriculum enhancements and delivery. In addition, the 20th Annual Taking Flight to Change Positive School Climate Middle School Summit took place virtually in October 2020. The Summit, which focused on kindness, hope, and resiliency, was held over five days, with over 4000 Sussex County middle school students participating and including nearly all of our school districts, prevention staff, high school mentors, and five National keynote speakers. This was an amazing accomplishment - I'm so proud of our Prevention Team!

## 20th Annual Taking Flight to Change Middle School Virtual Summit



Students reported learning that "through teamwork and thoughtful action, my school can be a safe and supportive place for all."

Participants reported they now know how to make an action plan that could make a positive change in their school



5 days  
5 speakers  
2 Instagram  
Live Events



**4,800**  
virtual  
participants

***"I just wanted to let you know that your team is doing such a terrific job! Your knowledge and the way you are all sharing it is so on point! You're covering topics that we don't get to spend much time on. I hope that we can continue this every year. So valuable!"***

~Mrs. Catherine White, Health & Physical Education Teacher, Sparta High School



# PREVENTION SERVICES

## 2020 School-Based Programs

### WNBI 2.0

275 6th Grade Students  
92% increase in students ability to identify media and relate how media can impact their decisions



### FOOTPRINTS FOR HEALTHY LIVING

346 2nd Grade Students  
85% of classroom teachers report students are able to express their needs and feelings more appropriately



### 7 HABITS OF HIGHLY EFFECTIVE TEENS

75 Student Participants  
"The 7 Habits Find The Courage program created sense of team bonding with the seniors"

### LIONS QUEST SEL

175 Students Completed  
"The Lion's Quest program has been such a worthwhile attribute for our students, especially with the challenges we are currently facing."

### GET BULLY SMART

210 4th Grade Students  
97% participants recognized that nicknames can be hurtful, even if you're only joking around



### 20th Anniversary What's Your Anti-Drug? Contest



School  
Districts

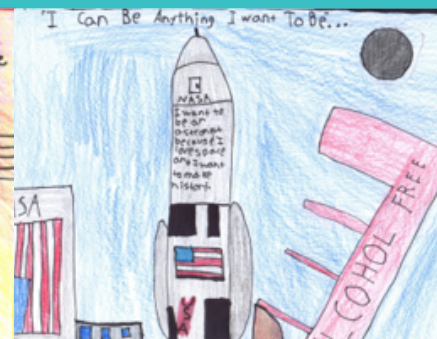


400  
Entries

20th ANNUAL

### Alcohol Awareness Youth PSA Contest

150 Entries



# PREVENTION SERVICES

**90 ATTENDEES** CREATING A TRAUMA-INFORMED COMMUNITY  
VIRTUAL CONFERENCE

**2,100 views** 20 Social Emotional Learning digital resources newsletters

**YOUTH SUBSTANCE USE DRUG TREND UPDATE & PREVENTION RESOURCE TRAINING**

**200** SUSSEX COUNTY SCHOOL PROFESSIONALS

**VIRTUAL WSCC GRANTEE SCHOOL YEAR-END SUMMIT**

**7** ANTI-BULLYING SPECIALIST MEETINGS



*"This was absolutely relevant to my work with teens in a high school situation; during this time of uncertainty and increased mental health needs among my students, this training provided the education and resources I need to address mental health concerns."*

## ACES EDUCATION

PROVIDED TO 160 SUSSEX COUNTY YOUTH-SERVING PROFESSIONALS

**SAFE SPACE TRAININGS**  
65 PARTICIPANTS

**150** SCHOOL ADMINISTRATORS  
TEACHERS & COUNSELORS

STATEWIDE SCHOOL HEALTH NJ VIRTUAL SUMMIT  
IN COLLABORATION WITH NJPSA-LEGAL ONE

**QUARANT-TEEN-ED**  
**Apart But Not Alone**

MENTAL HEALTH AWARENESS  
STATEWIDE YOUTH PSA CONTEST

PLANT-THE-PROMISE INITIATIVES HELD DURING RED RIBBON WEEK **6** SUSSEX COUNTY SCHOOLS





# PREVENTION SERVICES



## COALITION FOR HEALTHY & SAFE COMMUNITIES

Coalition membership draws from the various community sectors of Sussex County, NJ. The group represents different perspectives and expertise aimed at creating healthy and safe communities that are free from substance misuse, addiction, and related issues among people of all ages.



## MARIJUANA

### Special Presentation

Marijuana Prevention Webinar to educate public on new cannabis laws and policies

### 3-Part Virtual Series

What We Need to Know to Keep Our Communities Healthy & Safe with Marijuana Legalization

### Social Media Messaging

Focus on the effects/risks of youth marijuana use and adolescent brain development

## OPIOIDS

### Town Hall Meeting

Virtual Knock-Out Opioid Abuse

### Virtual Education & Media Campaigns

Prevention messaging and education to young athletes, sports coaches, athletic directors and parents

### Alternate Approaches to Pain Management for Older Adults

Virtual wellness workshops, mailings and media campaigns

### High School Drug Trend Update

Addiction 101 Presentation

## ALCOHOL

### Responsible Beverage Service Trainings

TIPS Training provided to 8 county business that serve alcohol

### Sticker Shock Campaign

Youth project held at local alcohol retailers in partnership with local law enforcement

**Recognized Initiatives** including Celebrate Without Alcohol and National Drug and Alcohol Fact Week

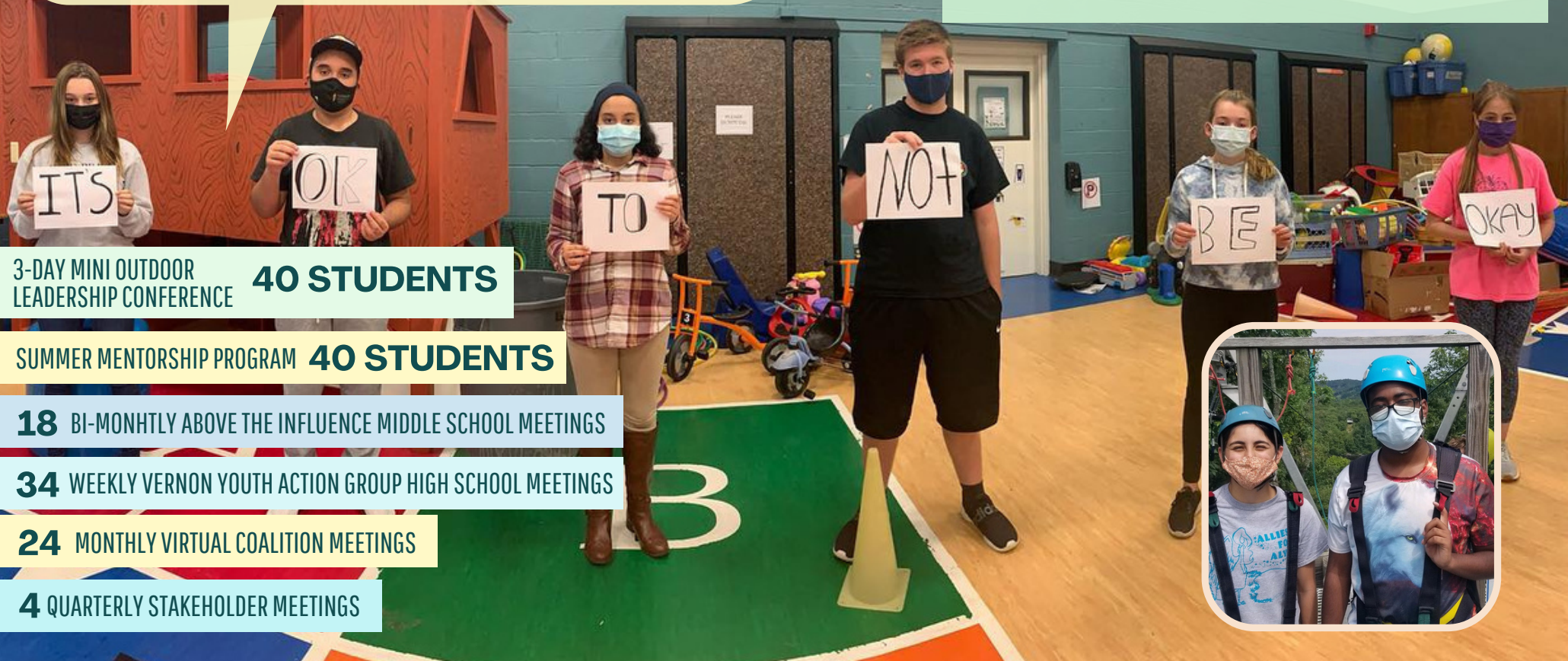
# PREVENTION SERVICES



## VERNON COALITION TO BE DRUG-FREE & Youth Action Group

Meet Lorraine! She joined our Youth Action Group because, "I was already interested in helping our community and I thought that joining the Coalition would help better myself and my community. We learn so much while also having a lot of fun! The group of kids is so amazing". #vernonyouthactiongroup

The Vernon Coalition was established in 2010, when the community came together following the tragic loss of five young people due to heroin overdoses in a short period of time. The coalition's mission is to build a strong Vernon by preventing and reducing youth substance use. Community engagement includes over 225 adults, 75 youth and growing.



3-DAY MINI OUTDOOR  
LEADERSHIP CONFERENCE

**40 STUDENTS**

SUMMER MENTORSHIP PROGRAM **40 STUDENTS**

**18** BI-MONTHLY ABOVE THE INFLUENCE MIDDLE SCHOOL MEETINGS

**34** WEEKLY VERNON YOUTH ACTION GROUP HIGH SCHOOL MEETINGS

**24** MONTHLY VIRTUAL COALITION MEETINGS

**4** QUARTERLY STAKEHOLDER MEETINGS





# PREVENTION SERVICES

Cessation Resources



Tobacco-Free Workplaces



Smoke-Free Housing



Tobacco-Free College Campuses



**WORKING WELL** TOBACCO FREE  
A PROGRAM OF THE NEW JERSEY DEPARTMENT OF HEALTH

**NJ QUIT.S**  
NJ Colleges & Universities Implementing Tobacco & Smoke-Free Policies



**Tobacco-Free**  
FOR A HEALTHY NEW JERSEY

The Tobacco Prevention Team contributed to and collaborated with many special projects during the COVID-19 pandemic to help reduce tobacco use, create tobacco- and smoke-free workplaces and colleges and provide education and resources on tobacco cessation. 94 statewide tobacco team meetings and 13 Northern Regional Tobacco Collaborative meetings were held with 180 participants.

Engaging Youth In a Digital World - 150 Participants  
Addressing Vaping in a Virtual Setting - 176 Participants  
Flavored E-Cigarette Webinar - 180 Participants  
Social Media Campaigns



The Strengthening Families Program teaches families three research-proven skills: bonding, setting boundaries and monitoring kids 'activities to help create happy families and healthy brains. This program addresses risk factors for substance use and youth mental illness, while training parents in skills to increase protective factors. This program provides families with an opportunity to increase their ability to express their feelings and concerns to one another.

## 24 FAMILIES GRADUATED

*"We learned many helpful techniques to improve our communication as a family. I'm so thankful we did this program!"*





# TREATMENT SERVICES

*"I've enjoyed working with my counselors at The Center more than I have at previous agencies. People talk and listen to you and are there to help you. I have never had that in a treatment program or facility and I am truly grateful!"*



# TREATMENT SERVICES



**STEPHANIE IACOPELLI**  
*Director of Counseling Services*

Since transitioning to telehealth due to the Covid-19 pandemic, The Center has not skipped a beat in offering treatment services.

Clients reported feeling an increase in their comfort levels by engaging in telehealth virtual services and expressed that telehealth IOP is less physically taxing from the comfort of their - some clients expressed that they prefer the "protective boundary" that telehealth offers.

Through a telehealth environment, clients find themselves talking and sharing more freely. Several clients reported that they feel "safer" using telehealth and better able to control how they interact with group members.

Telehealth appears to have inadvertently offered a trauma-informed mode of care by offering clients a safe space to access treatment in their own home.

"With last night being my first IOP Group, I was impressed. I was happy to be a part of the conversation and I feel at home and happy to be part of the group."

Being able to communicate with others and get a better understanding of their issues has helped me learn about my own. The moral support and socialization has helped us all during Covid with places shut down and not being able to go out as we used to with friends and family.

"I've never felt more comfortable and uncomfortable, meaning, I get to voice my concerns and/or problems and they are ACTUALLY dealt with and not ignored. People talk and listen and are there to help you. I have never had that in a treatment program or facility and I am truly grateful for this."

I am happy  
and I am  
SOBER!

My counselor was great and really helped me get through so much. I don't think I would have been able to get through by myself.

# TREATMENT SERVICES

## BENEFITS OF TELEHEALTH SERVICES

Clients who experience social anxiety or isolation have found that telehealth has provided them with a chance to engage with others and obtain feedback through a safe platform. Telehealth offers increased time efficiency regarding coordinating work schedules while attending IOP ground. This has been further evidenced with clients released from prison who are trying to comply with parole mandates while re-engaging with society and employment. In addition, transportation is no longer a barrier to participation.

**Matters of the Heart Recovery Supports** 1x Weekly

**Adolescent IOP** - 3x Weekly

**Adolescent Early Intervention Level 1**  
Outpatient Group - 1x Weekly

**537** INTAKES

**424**  
EVALUATIONS

**501**

Clients served in  
Outpatient and  
Intensive  
Outpatient Services

**Daytime  
IOP Adult  
Intensive  
Outpatient**

2 Sessions  
3x Weekly

**Nighttime  
IOP Adult  
Intensive  
Outpatient**

1 Sessions  
3x Weekly

**Co-  
Occurring  
Group**  
1x Weekly

**Level 1  
Outpatient  
Group**  
1x Weekly

**Anger Management Session**  
1x Weekly

**4**

**TAG PROGRAM WEEKLY  
PSYCHOEDUCATIONAL  
GROUPS**



POSITIVE YOUTH DEVELOPMENT



LIFE SKILLS



JOB READIDNESS



ANGER MANAGEMENT

**397**

Unduplicated clients served  
in Outpatient and Intensive  
Outpatient Services

**39**

Clients  
served in Anger  
Management  
Group Services

**18** **Total  
Weekly  
Groups**

**41**

YOUTH  
PARTICIPANTS

**27**

SUSSESFULLY  
DISCHARGED

**TAG  
Program**

WITHDREW  
FROM  
PROGRAM

**1**

RECOMMENDED  
FOR HIGHER  
LEVEL  
CARE

**2**

# TREATMENT SERVICES

## Integrative Recovery Innovations Program (IRI)

Our Integrative Recovery Innovations (IRI) program is a SAMHSA funded grant that provides Medication Assisted Treatment to adult residents of Sussex County with Opiate Use Disorder. MAT has proved to be clinically effective and provides a more comprehensive, individually tailored program for individuals. IRI's medical team (Genesis Addiction Health & Behavioral Medicine) used FDA approved medications to reduce cravings and support abstinence, the clinical team utilizes evidence based counseling and behavioral therapies to treat substance use along with its related symptoms and our recovery support team employs peer to peer engagement to build long term recovery, offering support throughout treatment.



**5 Healthy Babies Born in 2020**

**New Program Participants 153**

**In-Person Medical Visits 1,393**

**Telemedicine Medical Visits 2,808**

**Medical Yearly Updates 236**

**Narcan Kits Disseminated 217**

**MARA Meetings Conducted 24**

## Covid-19 IMPACT & TELEHEALTH

Year 2 of this grant shifted the way that IRI provided care to its participants due to Covid-19. Without any interruption, Genesis Addiction Health put into place a plan to ensure the continuum of care for clients utilizing full telehealth services while IRI's administrative and recovery support team implemented an enhanced outreach program in order to increase communication with participants and maintain much needed support and relationships. Throughout the challenging year, IRI has remained singularly focused on creative solutions in order to maintain the quality of care that the program has become known for within the community.

# TREATMENT SERVICES

## RECOVERY SUPPORTS OUTREACH

Total 5,869 communications



3,711 Text Messages



1,879 Phone Calls



279 Handwritten Notes



"I want to be the first to thank you for walking me through this process and giving me my life back. I can't thank you enough for everything you have done to ensure that I am successful in this fight. I am as happy as I have ever been and my future in sobriety looks so bright."



"No judgement,  
always compassionate  
and caring!"



"I first started with IRI the day I got out of jail. I knew Dr. Ganon from (being in) jail, he was prescribing my Suboxone. I remembered getting a card while I was in jail with Erma's contact information. I was sitting there with a needle because I hadn't cleaned out my house before I left, and I just remember thinking 'no, call Erma'. I got in the next day with Dr. Ganon and they helped me. "



"The IRI team has been so very supportive of my recovery over the last two and a half years, and also a major outlet of support during the last seven months of my pregnancy. They have made me feel as though my path of recovery during this time is my choice and have offered me expert advice on maintaining a healthy pregnancy being a person in recovery. I am an especially grateful patient of theirs."



"I came to The Center with my life in shambles - every aspect of it was a disaster and trying to imagine a better life was nearly impossible. At the lowest point, everyone at The Center welcomed me with open arms, gave me hope, encouragement, love and support when the rest of the world gave up on me. The IRI team never treated me like a washed-up worthless addict, but as human being - worthy of love and a better life. That made all the difference in the world. 2 and half years later I am clean and sober, very happily married with my family intact and living my happily-ever-after. I wouldn't be here without all of you amazing angels who helped along the way!"



"To be honest, if I had not found your office, who knows really where I would be today. I am so thankful that I had the help of such amazing people who not only do their job fantastically, but who also care about their patients."





# RECOVERY SERVICES

*"Everyone at The Center has made me feel cared about.  
You saved my life, I am a new person."*



# RECOVERY SERVICES



**ANNMARIE SHAFER**

*Director of Recovery Support Services*

When St. Patrick's Day 2020 came and went without allowing us to gather for our annual recovery center get-together, we knew there was an immediate need to switch gears, regroup and put our heads together (while masked and socially distant) to discover a new way to ensure our community members still felt supported, safe and significant. While we knew that substance use could thrive in isolation, we also knew we had the staff and recovery support services in place to outreach by phone, text and creative mailings. Our caring staff went right to work contacting all those who had ever stepped into our recovery center, those who had called for help and those who we had engaged through the programs of OORP, STAR, MWRAP or CLEAR. Recovery Center volunteers were further involved to be part of our recovery staff's social media efforts, providing us with the pictures and messages of themselves and their friends and families for us to share with the community at large. We learned about recoveree's pets, their self-care routines, what their imminent needs were, how we could help them access ZOOM, where to find a virtual meeting, and the list goes on. Our recovery support services adapted and blossomed, defying the odds that a community requiring connection to survive could also thrive online. When community members previously could not attend meetings due to inclement weather, no transportation or limited time, this meant they missed out on a meeting. With our meetings and recovery events on Zoom, we have made our resources more widely available than ever before. In fact, with our family recovery support meetings, participation of families and loved ones regularly attending more meetings has increased. Although there was an adjustment to navigating recovery online and there are some members of the community who will be happier when in-person options open back up, we learned that offering a hybrid model of meetings will now serve a larger population than ever, post-pandemic!



65 Newton Square Rd., Newton, NJ 07854-1000

# RECOVERY SERVICES



The Sussex County Recovery Community Center, or, "The Center," as it is commonly known, is a physical location and gathering spot for the community to represent, support and promote all pathways to recovery from substance use, whether you have one day or many years sober. Individuals, family members and allies of recovery make up the volunteer base of this caring community that does not turn anyone away. Trained recovery support staff with lived experience in recovery provide peer-to-peer support, navigation to addiction treatment services and guidance in life-skills while honoring the right of individuals to choose the path that best meets their own personal preferences. The Center offers a variety of non-clinical, peer-driven recovery support services to help build the recovery capitol of participants and the community. Weekly meetings include SMART Recovery for both individuals and family & friends, a variety of 12-Step meetings, special meetings for Moms, Raising Recovery for families, CFPC Alumni meeting and regular monthly recovery-friendly special events.



# RECOVERY SERVICES



*"My family recovery coach changed my life! I call it "change talk" or "rearranging my brain". Our family's journey was long and hard, but because of my coach, I was able to see things in a different light - Hopeful! In our situation we experienced a loss and also saw a family member thrive in recovery. To be supported at any time and in any situation brought me to a place of life to accept all things as they will be. This kind of change can make all the difference in your life. I highly recommend a family coach from the Sussex County Recovery Community Center for anyone who wants to help themselves as well as their loved one."*  
~SMART Family Recovery Participant

*"It's cool that you don't even have to get out of bed to attend meetings anymore! I hope when things go back to normal you will still offer Zoom meetings."*

MONTHLY EMAIL UPDATES

MONTHLY BOARD MEETINGS


## RECOVERY COMMUNITY CENTER

**68,866** Texts sent  
to Recovery  
Community  
Subscribers

**97** IN-PERSON MEETINGS  
VIRTUAL MEETINGS **315**

**76** MAILINGS

**41**  
VOLUNTEERS

  
CURBSIDE  
RESOURCES  
FOR PICK UP

**NEW**  
Moms In Recovery  
Raising Recovery  
The Noble Steps

VIRTUAL OUTREACH  
TO TREATMENT CLIENTS



# RECOVERY SERVICES



**20** IN-PERSON  
RECOVERY  
EVENTS

VIRTUAL  
RECOVERY  
EVENTS

**27**





# RECOVERY SERVICES

222 People Trained to Prevent Overdose

244 Narcan Kits Distributed

48 Individual Trainings

13 Group Trainings



New Jersey's Opioid Overdose Prevention  
Network (OOPN) Program

*"The information the Recovery Center gave me on  
harm reduction saved my life after an overdose!"*

**OVERDOSE  
PREVENTION  
& NALOXONE**



# RECOVERY SERVICES

Newton Medical Center



Opioid Overdose  
Recovery Program

## HOSPITAL RECOVERY COACH PROGRAM

The Opioid Overdose Recovery Program (OORP) utilizes Recovery Coaches and Patient Navigators to provide bedside interventions and follow-up support for patients at Newton Medical Center experiencing problems related to substance use. Recovery Coaches are notified by the hospital 24/7 to meet with patients and maintain contact for a minimum of eight weeks after discharge, providing non-clinical peer support through a recovery coach model.



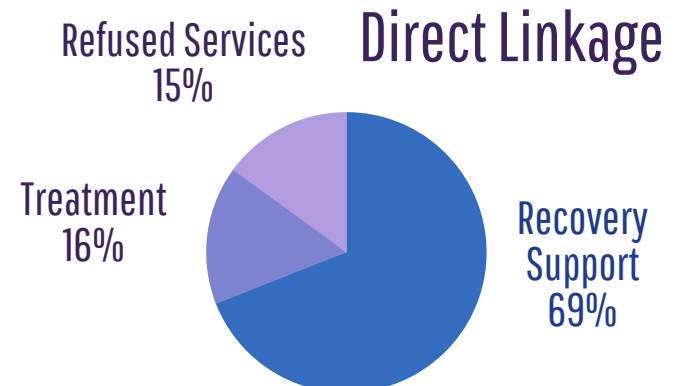
MARCH 17 - Recovery Specialists began responding to hospital patients remotely via telephone

AUGUST 10 - Recovery Specialists began meeting with patients face-to-face via Zoom.



**327** community members served in 2020  
**86%** program participation  
**62 people** linked directly to treatment services

“ You have revolutionized the care for substance use patients. We were completely hopeless treating these people before this program. If I'm ever rich, I'll donate millions to keep this program going. It's truly God's work you are doing, bless you all. ~ Physician's Assistant - Newton Medical Center ”





# RECOVERY SERVICES



The Support Team for Addiction Recovery (STAR) utilizes Recovery Coaches and Case Managers to provide one year of recovery support services for adults with a history of Opioid Use Disorder in Sussex County.

## 68 TOTAL PARTICIPANTS

18 Successfully completed program | 2 re-enrolled

23 Secured employment | 9 Secured housing

3 Enrolled in educational programs

2 Became volunteers at the Recovery Community Center



*"STAR has been so extraordinarily interactive/supportive of both my needs and dreams. I don't trust easily, but STAR plowed right through my security walls and made me feel so comfortable, safe, supported and cared for. STAR is truly exceptional and has amazing people." ~STAR Participant*



APRIL 13 - Zoom with STARS  
twice-weekly virtual group began



JULY 29 -STAR staff resumed  
in-person meetings  
following COVID-19 state  
health & safety protocols



## MATERNAL WRAP-AROUND PROGRAM

MWRAP provides Recovery Coaching and Case Management for pregnant women who have used opioids at least once during their pregnancy

## 20 WOMEN SERVED IN 2020

18 pregnant women delivered babies with 2 participants expecting children in 2021

90% accomplished recovery goals | 85% accomplished parenting goals  
80% participated in treatment | 30% participated in recovery groups

# RECOVERY SERVICES

## TELEPHONE RECOVERY SUPPORT



With the help of my recovery coach and case manager, I got my license back, bought a car, got my GED, and started college!!

**50** individuals with substance use disorder were linked to recovery coaches for telephone recovery support

"The Recovery Center gave me an amazing recovery coach who has helped me so much and made me really want to help others now that I am further into my recovery.



**23** community members served in 2020  
**21** linked to recovery coaches  
**10** linked to treatment services  
**2** Narcan trained



APRIL 27 - Recovery Coaches began speaking to individuals in the police department via telephone following a substance-related arrest



DECEMBER 18 - Police Officers called residents who had previously overdosed to refer them to recovery services





# CHANGING THE FACE OF ADDICTION



## 5th Annual Walk to Save Lives

Our 5th Annual Changing the Face of Addiction Walk to Save Lives was held virtually in 2020 due to Covid-19. Supporters walked in community parks and town streets throughout Sussex County, NJ resulting in over \$62,000 raised - the highest outcome since the fundraising event began. This year, our 6th Annual event will be held in-person with an option to participate virtually. We are excited to return to the town of Franklin and to gather with families, friends, sponsors and supporters.







# GROWTH

## AGENCY OVERVIEW

*"Individual commitment to a group effort - that's what makes a team work, a company work, a society work, a civilization work." ~Vince Lombardi*

# AGENCY MANAGEMENT



**JACQUELINE NUNN**

*Fiscal & Human Resources Manager*

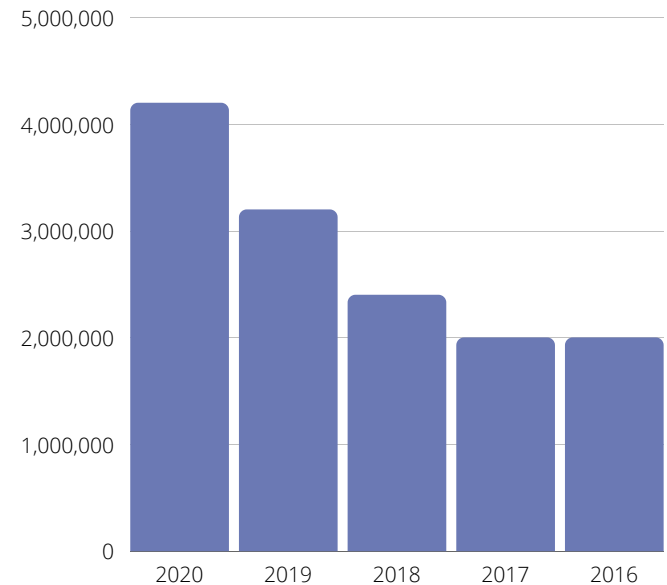


**WILLIAM ABONDOLO**

*Fiscal Director*

The Center for Prevention & Counseling's annual budget grew 110% in the five-year period from 2016 to 2020. This increase is largely due to new grant and program opportunities and paid counseling services. Agency staff capacity has nearly doubled over the same five-year time period to meet the needs of new program initiatives and services.

## 5-YEAR AGENCY BUDGET GROWTH



**GRACE DICKSON**

*Executive Assistant*

This year CFPC evaluated, demoed and eventually selected and implemented an Electronic Health Records program that best fit our needs and was paid in full for the first year by grant funding. CFPC also created its first Cultural Competency plan in April of 2020 and went on to form our own Multi-Cultural Services Advisory Committee in August of 2020. We recognize that improving organizational cultural competence can improve engagement, treatment retention, and client outcomes. By acknowledging and validating someone else's worldview, we can address the diversity within the populations we serve. Executive Director, Becky Carlson hosted the agency's first Open Door Meeting, where the staff could come together monthly, in a brave space, to share their feelings and thoughts on Covid, current events, agency policies, and more. I'm proud to work for and serve with an agency that, even in the face of a global pandemic, remained innovative and progressive.





The Center provides a wellness-focused and inclusive workplace where the staff treats each other with respect and where kindness, meaningful interactions, and collaboration between colleagues are encouraged. Our agency culture is closely tied to our organization's mission and our people feel empowered to make a difference as individuals, see value in their work, and are eager to do well in their roles. In 2020, the staff grew and pulled together, supporting one another personally and professionally. Our agency bond is stronger than ever before as we continue to grow.







*It's hard to put into words how much we appreciate the support of our donors, sponsors, grantees, community stakeholders, agency management, and staff for their support in 2020. In the year of the pandemic, The Center for Prevention & Counseling innovated like never before and your support allowed us to serve more people and build the capacity to impact even more lives in 2021. Our 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 is why we do what we do, but YOU are the how. You are the essential piece of the puzzle that allows us to carry on. Your support is what makes our mission to promote health, hope, and recovery among all people imaginable and allows us to think broader, dream bigger, and challenge ourselves to do better every day. Thank you!*

*~Becky Carlson, Executive Director*



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