

2019 Annual Report



Celebrating 45 years!
Prevention, Treatment
& Recovery



THE CENTER FOR PREVENTION & COUNSELING
NIGHT OF HOPE
Gala



Message from the Executive Director:

We celebrated our 45th anniversary of serving Sussex County residents and I am proud to say that our dedicated Board and staff approach our work with a collaborative spirit to work with all sectors of our community. In 2019, the message for our Night of Hope Gala was to build upon our foundation in the community for continued growth. Our gala's success is helping us to build upon the work we do with youth offering them the skills they need to make wise choices, our work with parents to create strong families and our mission to build communities that support healthy, drug-free lifestyles. With over 250 people who attended our big event, each person was a part of the movement embracing families and people with substance use disorders, positively effecting change for our communities. Our success is our community's success and we all benefit when a recovery-oriented mission is supported.

At the Gala, Daryl Strawberry shared his story and his message of hope was powerful for all who are struggling. Honoree Steve Oroho, NJ State Senator, encouraged attendees to get involved with the work being done by our agency to help those in our community. Samantha shared her story showing the power of recovery in her life.

What makes our agency unique and successful is our desire to help people by staying true to our mission to "promote health, hope and recovery among all people by fostering a community in which individuals and families thrive." The addition of new grants and continuation of other grants and initiatives, enabled us to assist more people in finding treatment services and recovery support and to bring quality, evidence-based prevention to people of all ages. Our reach encompasses all ages and economic groups. The results of our efforts are powerful and extensive, as lives are changed for the better.

Some of the highlights from 2019 include:

- ❖ Receipt of two competitive recovery support grants. Support Team for Addiction Recovery (STAR) provides case management and recovery support services to 40 individuals for a year, addressing issues that impact a person's recovery. Community Peer Recovery Center (CPRC) provides funding to build upon our recovery center;
- ❖ Implementation of a new evidenced-based prevention program, Lions Quest, focused on social and emotional learning for grades 3-6 in four school districts;
- ❖ Expansion of C.L.E.A.R (Community Law Enforcement Addiction Recovery) with the introduction of Operation Helping Hand, a grant under the Prosecutors office, featuring a unique collaboration between police officers and Recovery Coaches that engaged people with treatment and recovery support options at their homes, at municipal courts and even the county fair;

This past year was one of continued growth and achievement as the Center for Prevention and Counseling's prevention, treatment and recovery support services reached so many individuals and families utilizing our many services and programs. The work we do would not be possible without the generous support and commitment of our Board of Trustees, donors, community partners and staff as we work together to provide hope, health, and recovery to those we serve. We thank each of them for all they do to support our agency and the work being done in Sussex County and the northern region of New Jersey. We truly believe a community problem needs a community solution and working with our many partners in Sussex County everyone benefits with healthy youth, families, and individuals.

Sincerely,

Becky Carlson, Executive Director

Board of Directors

Executive Members



Cecelia Clayton
Board President



Jonathan McMeen
Board Vice President



Father Robert Griner
Board Treasurer



Jamie Sella
Board Secretary

Board Members



Janine Cerra



Chris Dexter



Jamie LaCouture



Mike Richards



Louis Ruggiero



Shane Steffens



Shawn Steffens



Glen Vetrano



Lidia Zdunek

Thank You



Julie Shotwell
18 years



Wendy Cooney
19 years

Thank you for serving our agency with many years of dedicated service to our mission. Your devotion and commitment is appreciated and leaves an impact upon the community we serve.

Our Objectives

- **Support children and teens** by providing skill-building education and creating environments that help them to overcome adversity and make healthy choices.
- **Empower Parents** to raise healthy children
- **Work with senior citizens** to manage medications, develop healthy coping skills and deal with isolation & 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

About CFPC



Prevention

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

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



Treatment

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

- Adolescent and Adult Substance Use Disorder Counseling
- Adolescent and Adult Intensive Outpatient Program
- Substance Use Disorder and Mental Health Evaluations
- Early Intervention Education
- Aftercare and Relapse Prevention
- Anger Management Support and Education
- Alcohol and Other Drug Screening



Recovery

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

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

2019 School – Based Programs

Rx for Understanding

321 students through **14** programs completed Rx for Understanding.
98% of students surveyed understand the difference between prescription drug use and misuse.

WNBI 2.0

354 students served in **6** schools completed WNBI 2.0.
95% of participants could identify negative consequences of using marijuana.

Botvin's Life Skills Training

125 students completed Life Skills Training.
92% of participants could identify goals that they would like to do in the future.

Footprints for Healthy Living

255 second graded students served
94% of participants know how to tell someone how they are feeling.

Get Bully Smart

208 fourth grade students served through **10** programs held.
99% of students surveyed recognized that nicknames can be hurtful even if a person is only joking around.

Girl's Circle & Boy's Council

126 students served through **12** programs.
"I think this program is great because it helps me clear my mind from all of my stress and we just get to know people more."

7 Habits of Highly Effective Teens

205 youth served through **5** programs held.
"My listening skills improved because they were a big part of the 7 habits."

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD

PARENTS AS CHAMPIONS

3

grants approved



YOUTH LEADERSHIP CAMP

65+

students attended the camp.

LEADERSHIP

HOPE



1 2 3 4 5 6 7 8 9

Annual

SCHOOL HEALTH NJ PROJECT

6

schools selected



School Initiatives included Nutrition Environment & Resources, Family Engagement, Social & Emotional Climate, Physical Environment, Health Education and Much more!



PARENTS AS CHAMIPONS

The Parents as Champions training is an in depth two day course where parents learn how health promotes achievement in school and life! Throughout these two days parents have the opportunity to discover the important role they play in shaping the school environment and acquire the tools and knowledge they need to make a difference throughout their school's community. At the end of the training parents had the opportunity to apply for a \$1,000 mini grant to put their school wellness initiative into action. This year we funded three Parents as Champions Grants which focused on; staff wellness, access to healthy drinking water and student philanthropy.

YOUTH LEADERSHIP CAMP

Our annual Youth Leadership Camp weekend focuses on growth and bonding with students both as members of a team and individually as leaders. This unique dynamic of individual and group activities allows them to expand their social emotional toolkit and truly reinforces the importance of being stakeholders in each other's lives.

SCHOOL HEALTH NJ PROJECT

The School Health NJ Project is an initiative through the New Jersey Department of Health that promotes the integration of the Whole School, Whole Community, Whole Child model into the mission and framework of its six grantee schools. The goal of this project is to create sustainable improvements in regards to health and wellness throughout the school's community by incorporating the 10 components of the WSCC model along with an active health and wellness team.

These initiatives and events were made possible with the funding from the New Jersey Department of Health, Child and Adolescent Health Program, Title V Maternal and Child Health Block Grant.



753
Participants



85
High School
Mentors

Addressing Positive

"Taking Flight to Change" Summit

9
Meetings
Held

Kindness

275
Participants

26
Middle
Schools



6
School
Performances

Anti-Bullying Specialist Meetings



1
School Climate
Team Training



80
Participants

"My students absolutely loved it and were truly inspired. It was well organized and so much fun"

-Advisor

"Thank you for changing lives for the better and rejuvenating me to keep doing what I'm doing."

-Advisor

"I learned I could improve my school climate by showing everybody that you matter."

-Middle School Student

"I can discourage bullies and help my friends be good people."

-Middle School Student

"I can improve my school climate by spreading awareness of the power of one."

-Middle School Student

"I benefitted from being a leader because I learned to not give up on myself."

-High School Student

"I liked seeing the kids enjoy the program throughout the day."

-High School Student

VERNON COALITION



Highlights

- Vernon Youth Action Group participation increased by 10%.
- Vernon Coalition had a 10% increase in Coalition membership.
- Vernon Coalition youth participated in many community projects, including a marijuana PSA, a park clean-up of tobacco products and having a seat at a local health fair.

Above the Influence



- The Coalition has a thriving Above the Influence program at the elementary school level.

Town Hall Meeting

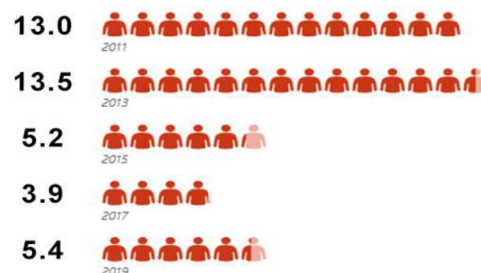
- Vernon Coalition held an Annual Town Hall meeting to honor the youth (grades kindergarten-12) involved in our 45 youth programs.

Our Partnerships

- Partnerships include the local Chamber of Commerce, VTPD, Vernon PAL, Vernon Township, Women's Club and the SCA in our coalition work.



30 Day use of Alcohol in grades 6-12 decreased from 27.1% in 2011 to 11.2% in 2019 (which is a 142% decrease).



30 Day use of marijuana in grades 6-12 decreased from 13.0% in 2011 to 5.4% in 2019 (which is a 140% decrease)



12 Months of Coalition Meetings

Including special presentations such as:

- Overview of GIS Mapping by the National Guard,
- Narcan Training by the Recovery Center,
- Marijuana Landscape by the NJ Poison Control Center
- Incorruptible Us, Peer to Peer by Sussex County Youth Tobacco Action group

55

bar and restaurant staff
members were trained and
TIPS certified

688

total Coalition members

10,000+

Knock Out Opioid Abuse
educational materials
distributed

**200+
entries**

successful Alcohol
Awareness Month Town
Hall Meeting celebrating
PSA youth contest winners

**3,500+
pounds**

of prescription drugs were
collected and properly
disposed

**200+
attendees**

Annual Conference:
Connecting the Continuum

- ★ A statewide initiative with a goal to reduce opioid and other drug use among athletes
- ★ Hosted a Workshop for Athletic Directors, Coaches and Athletic Trainers with **50+ attendees**
- ★ Provided education reaching **590 youth**
- ★ Social Media Campaign reached **7,191 individuals**

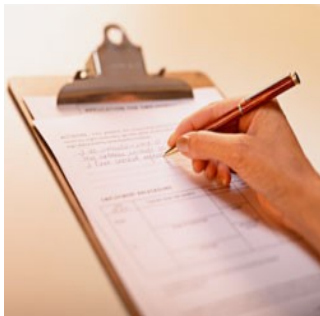
**Tackling Opioids
through Prevention
for Athletes**

Distributed over **51 TOP Athlete Toolkits**



Counseling

Our clinical team is dedicated to ensuring best practices in treatment of substance use disorders and co-occurring mental health disorders. All of our committed team members are trained in a variety of treatment interventions including Cognitive Behavioral Therapy, Motivational Interviewing, Motivational Enhancement Therapy, 12 Step Facilitation Therapy and Family Systems Therapy. We also offer Medication-Assisted Treatment on site. Our team meets regularly each week to ensure all of our clients needs are being met to the best of our ability.



840 intakes

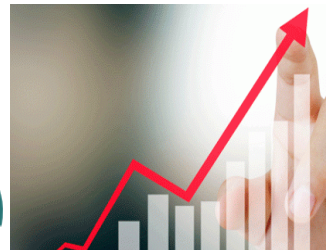
administered for clients in need of evaluation or treatment services.

A **38%** increase from the previous year!



362 Clients

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



20,310 hours

of individual and group counseling to clients in 2019.

A **28%** increase from the previous year!



56 treatment groups

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

Testaments from Clients:

"I am thankful for the Center and helping me get my life back on track. I would recommend coming to The Center for anyone that needs help with getting their addiction under control and turn their life around, it's a great program."

"My counselors are the best people I have ever had to deal with during my treatment. They are sensitive to my needs and take the time to explain and help me with all my treatment needs. I can't thank them enough!!! They truly are unbelievable."

"I am very grateful for the help and support I have received and feel better equipped to move forward with my life."

"The Center helps me cope with life's issues. Things would be much more difficult if I didn't have The Center as a help resource."



Year 1 Snapshot

Sept. 30th 2018– Sept. 30th 2019

INTEGRATED RECOVERY INNOVATIONS

PROGRAM OVERVIEW

Year 1 of this program has proven to be very successful. The IRI staff is looking forward to Year 2 which will bring more positive change to Sussex County.

The program anticipates serving approximately another 250 new participants in the next program year.



Clinical Treatment



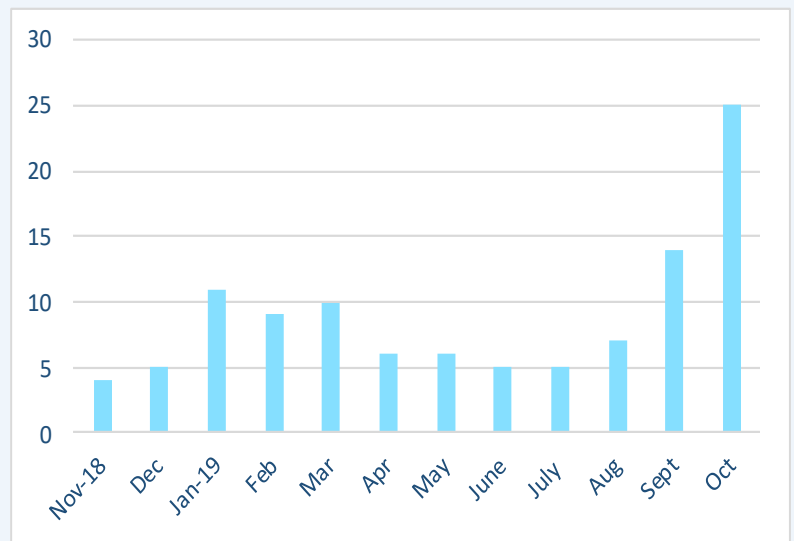
Medical Treatment



Recovery Support

MONTHLY ENGAGEMENT STATS

These numbers are reflective of participants who completed a Government Performance and Results Act (GPRA) measurement tool, which accounts for the target rate of enrollment. As of September 2019, the strategy to collect this data has changed which is reflected in the increase seen from August to September and October.



366

Individuals were served in
365 days

64%

Of participants had
Co-Occurring Mental
Health Disorders

100%

All participants
successfully discharged
achieved opiate related
goals

Recovery Community Center

The Center is a Recovery Community Center, serving as a physical location in Sussex County that supports and promotes all pathways of recovery. Individuals in, or considering recovery, family members and friends, and other allies of recovery are welcome to receive as well as offer support.



The Center provides recovery support services including meetings, recovery social events, educational workshops and recovery coaching. Many advocacy initiatives and other events for peers, families & friends and the recovery community at large are regularly held at The Center.

Community

6 social events for more than 235 people

- Recovery Community Center 2019 Kick-Off
- St. Patrick's Day Celebration
- Summer Family Picnic
- Game Night
- Fall Family Event
- Gift of Recovery

4 types of wellness events for more than 160 people

- 11 Recovery Yoga Classes
- 9 Journey through Arts & Music Sessions
- 3 Drum Lessons
- 1 Health and Wellness Recovery Workshop



Education

145 people at 7 trainings learned how to prevent an opioid overdose as well as how to obtain, store & administer Narcan

20 people completed the CCAR Recovery Coach Academy

13 people attended the recovery center volunteer orientation

20 people learned about resources and programs to support pregnant women in recovery

Recovery Community Center

Advocacy

7 recovery *awareness* events reaching more than **650** people

Faces of Recovery at Sussex County Community College

High on Life at Wild West City

Anonymous People Film Screening at the Hopatcong Community Resource & Wellness Center

Darren Prince at Sussex County Community College

Changing the Face of Addiction Walk in Franklin

Overdose Awareness Day at the Newton Town Green

Recovery Month Art Exhibit & Reception

8 County Recovery Advocacy Meetings engaging **80** people



Support

50 Drop-in for Recovery Days connected **56** people to recovery coaches and **21** people to treatment

40 people participated in meetings over a 3-day 2019 Thanksgiving Weekend Support Open House

5 recurring recovery coach or counselor-led *support* meetings held for **839** participants

35 All Recovery Meetings

8 Center for Prevention & Counseling Alumni Meetings

41 Matters of the Heart Meetings

11 Parents Helping Parents Grief Support Meetings

29 C.R.A.F.T. / SMART Family & Friends Meetings

8 community-based groups and recovery meetings

American Chronic Pain Association Support

Alcoholics Anonymous

Families Anonymous

Medication Assisted Recovery Anonymous

Narcotics Anonymous

Noble Steps

SMART Recovery

Sophia Inclusive Catholic Community

Sussex County Drug Court Alumni Association



Recovery Coach Programs

Community Law Enforcement Addiction Recovery &



Operation Helping Hand

funded by NJ Attorney General's Office, Department of Law & Public Safety and the

Launched in 2016, the Sussex County CLEAR Program is a grassroots, collaborative initiative that uses law enforcement as a resource to link community members with substance use problems to recovery support. In 2019, the Sussex County Prosecutor's Office was granted funding for Operation Helping Hand which was implemented through the CLEAR Program by means of community outreach and collaboration with municipal courts in addition to the participating Police Department Drop-in Centers and the CLEAR telephone helpline.

Contact was made with **126** people in the community through door-to-door outreach and information tables at municipal courts and **16** people with Substance Use Disorder (SUD) agreed to follow-up services as a result. **31** people with SUD sought help by calling the helpline or walking into a participating police department, **11** were paired with Recovery Coaches for ongoing support, and **8** were directly linked to treatment.

Opioid Overdose Recovery & Expansion

Recovery Coaches and Patient Navigators provide 24/7 assistance and a minimum of 2 months of follow up services to patients admitted to Newton Medical Center as the result of an overdose or other substance related crisis.

Recovery Coaches responded to **846** patients with a 77% engagement rate.



Direct Linkage Outcomes:

234 Treatment

374 Recovery Support

180 Refused Services

58 Could not offer services

S.T.A.R.

**SUPPORT TEAM for
ADDICTION RECOVERY**



Support Team for Addiction Recovery

funded by the New Jersey Division of Mental Health and Addiction Services

The Center was awarded The Support Team for Addiction Recovery (STAR Grant) in October 2019. STAR is a non-clinical, voluntary program providing one year of recovery coaching and case management for adults with a history of Opioid Use Disorder in Sussex County. In October, November & December of 2019, the Sussex County STAR team provided:

111 Face-to-Face Visits and **306 Telephone Recovery Support Calls**

Maternal Wrap-Around Program

funded by the New Jersey Division of Mental Health and Addiction Services

M-WRAP provides intensive case management and recovery coaching for women who have used opioids at least once during their pregnancy. Support is provided up to their child's first birthday. Through a partnership with Zuffall Health Centers, since January 2019,

The Center provided Recovery Coaching for **11** women from Sussex and Morris Counties.





Main Office

Center for Prevention and Counseling

61 Spring Street

Newton NJ 07860

Phone: 973-383-4787

Recovery Community Center

The Center

65 Newton - Sparta Road

Newton, NJ 07860

Phone: 973-940-2966

**For more than 45 years dedicated to building
healthy families and communities**

Prevention

Recovery

Counseling