

# *2021 Annual Report*

## A WHOLE COMMUNITY APPROACH

to fostering addiction-free lives



**Prevention**   **Counseling**   **Recovery**





## DIRECTORS MESSAGE

As the Covid-19 pandemic entered year two, 2021 delivered new challenges. Adolescents, individuals, and families struggled to manage increased anxiety, stress, depression, and other mental health concerns, along with economic troubles. As many tried to cope with and escape their circumstances, substance use increased, including relapse and both fatal and non-fatal drug overdoses. Pandemic-related fatigue and the virus continued to spread, but our agency remained focused and adaptive, with a renewed commitment to strengthening our solution-based approaches to support the evolving needs of our clients and community.

In July, we reopened our doors to in-person counseling and recovery support services, including at the Sussex County Recovery Community Center for in-person meetings and sober social events. Thanks to funding from a local foundation, we welcomed clients to our main office's newly renovated counseling and recovery support meeting spaces. Our annual Changing the Face of Addiction Walk returned to in-person after being held virtually the previous year. More than five hundred participants, forty-three sponsors, and forty-one teams contributed to our highest-yielding fundraising event on record.

In the fall, our prevention services team began responding to an increased need for evidence-based elementary, middle, and high school programs. A new grant from the Division of Mental Health and Addiction services allowed us to expand our prevention staff to meet the needs of the community demand. A new five-year federal Drug Free Community Coalition grant award and strong support from our community allowed us to embark on developing our third Drug-Free Community coalition, the Wallkill Valley Community Coalition.

Our 2021 annual report highlights the numerous services, programs, and initiatives deployed by our nonprofit agency to continue our commitment to offering hope through a whole-community approach to fostering addiction-free lives. I'm proud of the staff's hard work and dedication, as they were indeed not immune to personal pandemic-related challenges and fatigue of their own. In the following pages of supporting data and heartfelt client and community testimonials, you will see snapshots of the tremendous effort of our agency. The Center for Prevention & Counseling, its staff, board of directors, community coalition members, and volunteers continue to stand ready to evolve with the needs of our community through unprecedented times.

**BECKY CARLSON**  
*Executive Director*

# 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**



**Carly  
Prendergast**



**Glen  
Vetrano**

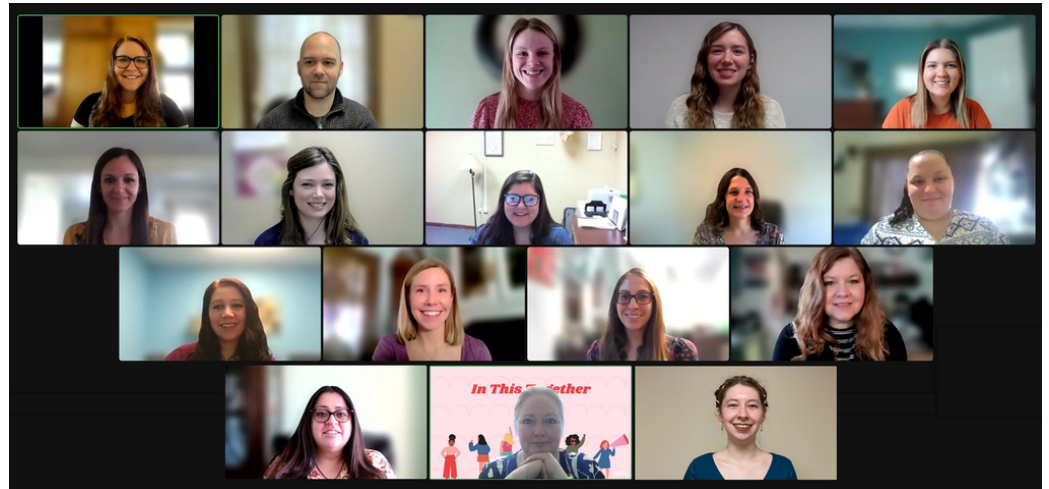


**Lydia  
Zdunek**

*A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history."*

~Mahatma Gandhi

## AGENCY STAFF

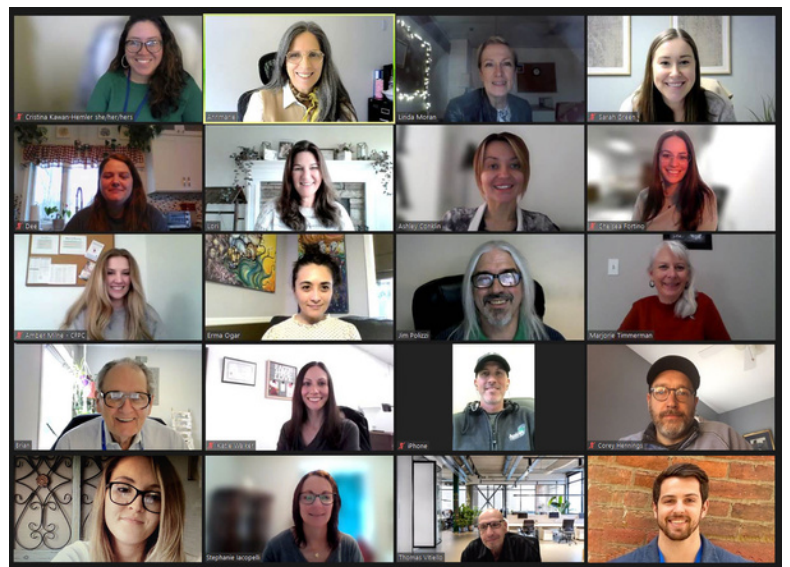


## PREVENTION



## COUNSELING

## RECOVERY





## AGENCY MANAGEMENT



**TINA AUE**  
*Director of Prevention Services*



**PATRICIA WHITE**  
*Interim Director of Counseling Services*



**ANNMARIE SHAFER**  
*Director of Recovery Support Services*



**WILLIAM ABONDOLO**  
*Fiscal Director*



**JACQUELINE NUNN**  
*Fiscal & Human Resources Manager*



**GRACE DICKSON**  
*Executive Assistant*

## AGENCY ADMINISTRATION



**SHANNON DERSTINE**  
*Marketing &  
Communications Coordinator*



**OONAGH SETTEDUCATO**  
*Bookkeeping/Billing*



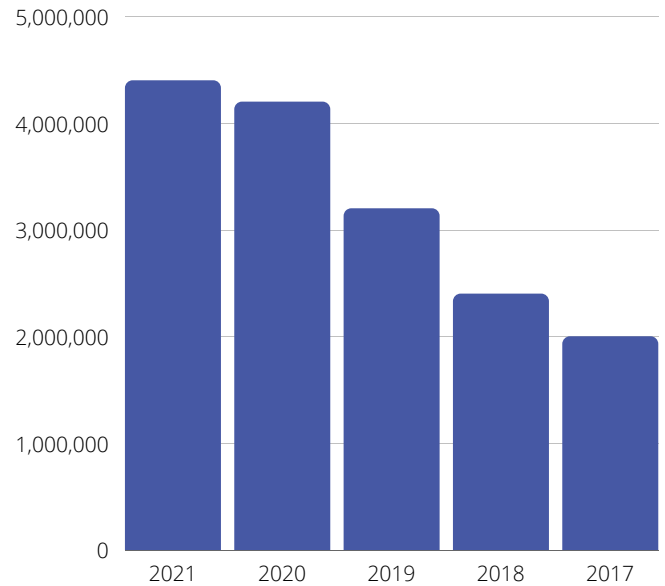
**KAREN DALY**  
*Clinical Billing*



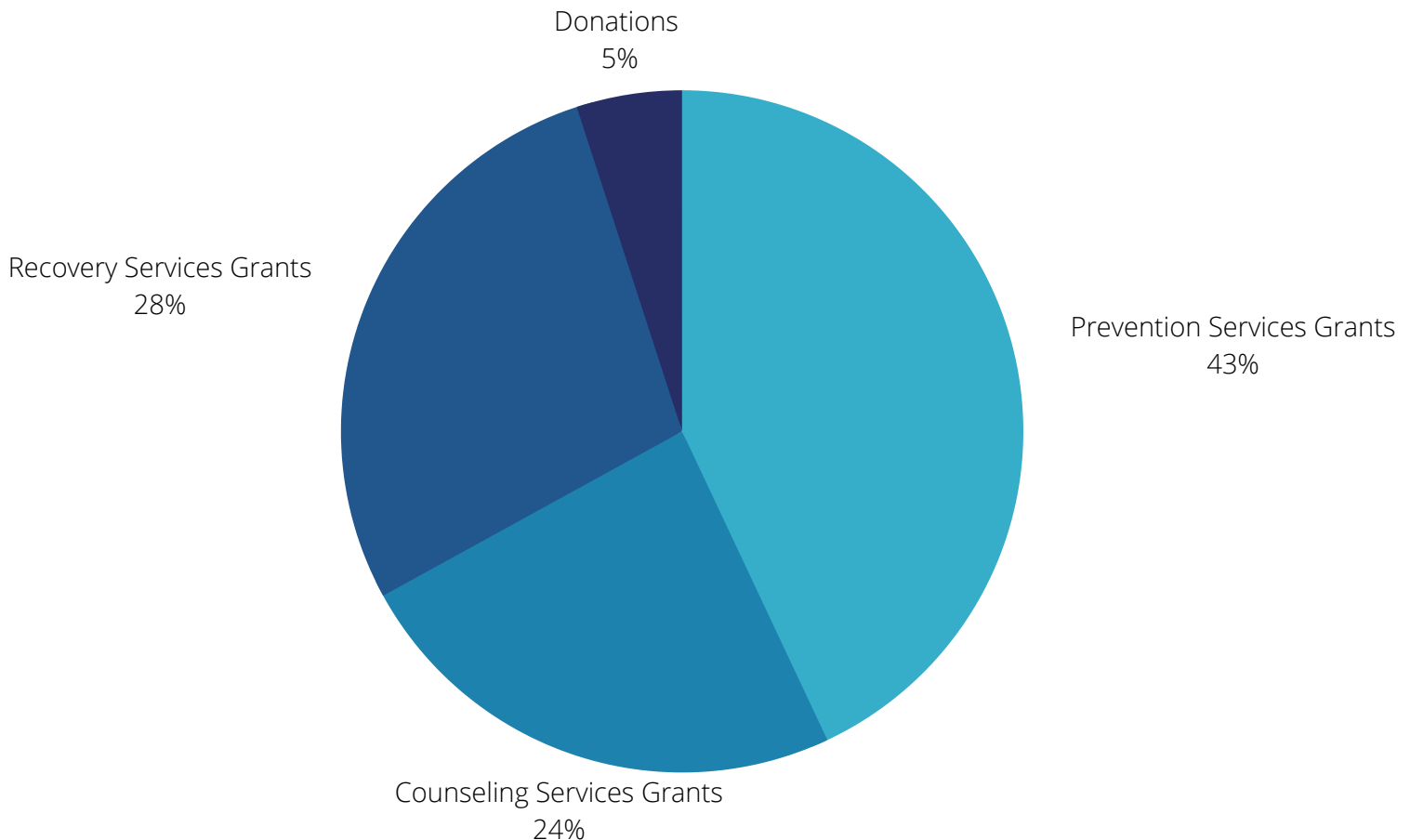
**NANCY POSTHUMUS**  
*Receptionist*

# 2020-2021 FISCAL UPDATE

The Center for Prevention & Counseling's annual budget grew 120% in the five-year period from 2017 to 2021. This increase is largely due to new state and federal grants and program opportunities. Agency staff capacity has nearly doubled over the same five-year time period to meet the needs of new program initiatives and services.



## Annual Budget Funding Sources





# 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 other communities in Northern New Jersey through several initiatives.

### COUNSELING

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Counseling is available in an outpatient setting for adolescents and adults with substance use disorders. Our team offers a variety of clinical and non-clinical services, including substance use evaluations, outpatient counseling, intensive outpatient programs, medication-assisted treatment and anger management.

### 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. Recovery support services are located at both 61 Spring Street and 65 Newton-Sparta Rd in Newton.

# Prevention Services



education SOCIAL emotional  
youth outreach schools  
prevention  
community impact  
SENIORS health FAMILIES  
wellness PARENTS

ENGAGEMENT learning





# School-Based Programs



**WNBI 2.0** 689 6th Grade Students  
WE'RE NOT BUYING IT

94%

of students who completed WNBI can identify at least one negative consequence of cyberbullying

89%

of students completing WNBI can identify at least 2 refusal skills to use when pressured to use alcohol or drugs

93%

of participants completing the WNBI program are able to identify at least one negative consequence of using marijuana and misusing prescription drugs



**298 2nd Grade Students**

*"My students truly grasped the lessons provided in each session. We often talked more about the lessons/strategies during our 'Morning Meeting' and they were always excited to share out their thoughts and ideas."*



**247 3rd Grade Students**

*"Lion's Quest has been essential to our learning this year. Participating students learned valuable life skills and tools to help them problem solve better and navigate through the school year."*

## Rx for Understanding

**261 8th and 9th Grade students**

*"This program helped me learn more about drugs and drug use. I think this program is useful because I now know what to do in certain situations, including overdose, and overall more about prescription drugs and how they should be used."*

*~Sparta High School student*

99%

of students completing the program reported they understand the difference between prescription drug use and misuse

99%

of students completing the program reported they could understand how athletes can be even more susceptible to becoming addicted to pain medication

*"This was an interesting class as we actually got to learn about things that can apply in life. Drug use is an interesting topic and I appreciate it going more in-depth."*

*~ Sparta High School Student*



## School-Based Programs



### 21st Annual Taking Flight to Change Middle School Virtual Summit

4,128 middle school students participated

*"So glad we have a virtual option again this year, but can't wait to be back in person together. My class loved the videos. We had some powerful discussions and they are excited to share their learning with the school, but nothing beats the energy of all physically being at the Summit together. Thanks for another great year and everything you do for our students."*

91%

of students reported they would consider an action's potential impact before they do or say something.

90%

of students reported they recognize that our differences are what help us to make a change

85%

of students reported they now feel they can react and respond better to difficult situations

## Anti-Bullying Specialist & Coordinators

Since 2011, CFPC has been bringing Sussex County Anti-Bullying Specialists and Coordinators together on a monthly basis to network, gain professional development and learn about resources, policy updates, and training opportunities to assist with their work within their respective districts. A special presentation was held on January 12th, 2021 featuring David Nash's presentation on **Addressing HIB in the Age of Covid and Social Unrest**.

96%

of participants reported that they plan on using information they had learned to address the HIB law in their school/district.

100%

participants reported that they plan to utilize information discussed to address school climate in their school/district

**9 Sussex County Anti-Bullying Specialists**  
Meetings were held virtually

**Average attendance/meeting was 30**  
**25 school districts represented**



## WHOLE SCHOOL WHOLE COMMUNITY WHOLE CHILD

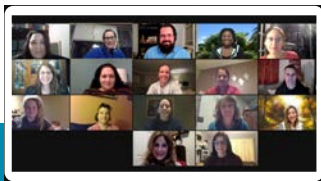


The Whole School, Whole Community, Whole Child (WSCC) model is an evidence-based model that highlights ten key school health components to ensure students are **safe, engaged, supported, challenged, and healthy**. The model represents a collaborative approach to health and learning and emphasizes the role of the schools, families, and communities supporting the students.



Our Prevention Team works with **7 schools** over **7 northern counties** through the WSCC School Health NJ Project Grant. **7 WSCC school teams** with designated **team leaders** worked to create a **School Health Team** whose goal is to create and implement a **School Health Improvement Plan (SHIP)** over the course of three to four years. Each year, the school teams focus on incorporating new areas of the **10 components of the WSCC model** as created by the CDC with the ultimate goal to create a sustainable health and wellness-focused program by engaging all ten components of the WSCC model.

### Parents as Champions Training 16 Parent Participants



4 Parent Teams were awarded a \$1,000 grant to implement initiatives that were created during the training in their children's school.



### NJDOH Readiness to Stand United Against Youth Suicide (RS2 Challenge)

#### 1 school participated in the Garret Lee Smith Youth Suicide Prevention Grant

Through this grant, the NJDOH hopes to lay a foundation that will help youth-serving school professionals effectively identify, refer, treat and prevent youth suicide. For this initiative, NJDOH has partnered with our School Health Team to bring Lifelines Trilogy, an evidence-based suicide prevention curriculum to school districts and communities throughout the 7-county WSCC footprint.

2nd Annual Statewide  
School Health NJ  
Virtual Health Summit in  
collaboration with  
NJPSA/FEA LEGAL ONE

**Responding to Student Behavior  
and Crisis Situations in the Age  
of Covid and Social Unrest**

Effectively understanding and responding to crisis situations in a remote setting, addressing challenging school behaviors caused or made worse by our uncertain world, and proactively identifying students in need of support to address their underlying social, emotional, and physical safety needs.

## Youth Leadership Camp at Fairview Lakes Campground

**52 Youth participants from  
Northern and Central New Jersey**

Youth Leadership Camp provides an opportunity for youth to connect with other teens, build leadership skills, and enjoy the great outdoors. The program is funded by the New Jersey Department of Health.



## Social and Emotional Learning (SEL)

Research has shown that SEL programs can promote long-term benefits for youth that go beyond the length of the program. These beneficial outcomes increase academic achievement, promote positive social behavior, and reduce conduct issues. decrease the likelihood of substance use and enhance a child's ability to manage emotional stress.

As Sussex County youth returned to the classroom in 2021, CFPC partnered with three districts to provide social and emotional learning programs, in an effort to complement and support the hard work already being done by the teachers throughout the county.

Program services in Andover, Stillwater, and McKeown School Districts got off to a strong start with **over 300 students participating** in evidence-based programs that included managing emotions, setting and achieving goals, healthy relationship building, and positive decision-making.



**300 STUDENT PARTICIPANTS**



# DFC Community Coalitions

Since 1998, the impact of community coalitions in all 50 states has reduced youth use of alcohol and other drugs by strengthening collaboration among community sectors to foster a safe environment for youth to learn, grow and thrive.

In 2000, the Center launched its first community coalition, the **Coalition for Healthy and Safe Families**, using a newly awarded Drug-Free Communities (DFC) grant, a five-year federally funded grant awarded to coalitions with the potential to apply for an additional five years. After ten years of funding, in 2012, the coalition adjusted its name to the **Coalition for Healthy & Safe Communities** and mentored a new alliance in Warren County, which adopted the same name. The current coalition chairperson is a founding member who has stayed active for the full twenty-two years. There have been many positive outcomes of the coalition, most notably, a reduction in youth use of alcohol and other drugs, as seen with a bi-annual county survey to monitor trends in youth use of alcohol and other drugs.

In 2010, due to an increase in overdose deaths of young people in Vernon, the **Vernon Coalition To Be Drug-Free** was developed and received DFC grant funding for ten years. The positive outcomes seen in Vernon include a dramatic reduction in youth use of alcohol and other drugs. In addition, community support remains strong for the coalition with numerous active coalition members and organizations. Especially important has been the participation of many middle and high school youth, who are active coalition members working to make a difference in their community. With the end of ten years of funding, the Joseph Hession Foundation stepped up to the plate and now provides sustaining funding to the Vernon Coalition.

In the fall of 2021, the Center applied for and received a third DFC grant for the **Walkkill Valley Community Coalition** to support Franklin, Hamburg, Hardyston, and Ogdensburg. This new coalition, with tremendous support from its community, is poised to grow and make a positive impact.



Over its years 24 years of existence, the Coalition for Healthy & Safe Communities has become a well-recognized resource for schools, parents, students, community members, and the media looking for information and programs about alcohol and other drugs; including signs, symptoms, effects, and current local and national trends; youth violence; and prevention tools. Membership in the Coalition represents a cross-section of the community, and diverse leadership, representing different perspectives and expertise, is an essential component of the Coalition's success. The Coalition's membership also draws from the various community sectors; education, local government, law enforcement, juvenile justice, social services, health services, parent groups, students, religious and business leaders, and the media.

**12 Monthly Coalition Meetings** were held in 2021 with an **average attendance of 25 members** representing diverse sectors of the community. Training and special presenters were included to increase member knowledge and to enhance coalition productivity.

### Marijuana / Cannabis Community Education & Youth Use Prevention



6 Presentation on youth marijuana use and mental health



10 Coalition Workgroup meetings



Ongoing media awareness campaign



Fall Conference: Cannabis Legalization & Impact of Emerging Drug Trends - 137 attendees



Family Newsletters shared with **900+ families**



Materials provided to **63 county prescribers and athletic directors**



Health Curriculum training held in Frankford. **39 school health educators** attended a day of learning featuring CFPC staff, Mental Health Association and DEA



Educational and awareness media campaigns



Social-Emotional Learning (SEL) and Alcohol, Tobacco and Other Drug (ATOD) resources shared via email with over **2,000 views**



Collaborated with Key Stakeholders including police depts., businesses, local politicians & school personnel

## RED RIBBON WEEK PLANT THE PROMISE AT SUSSEX COUNTY SCHOOLS



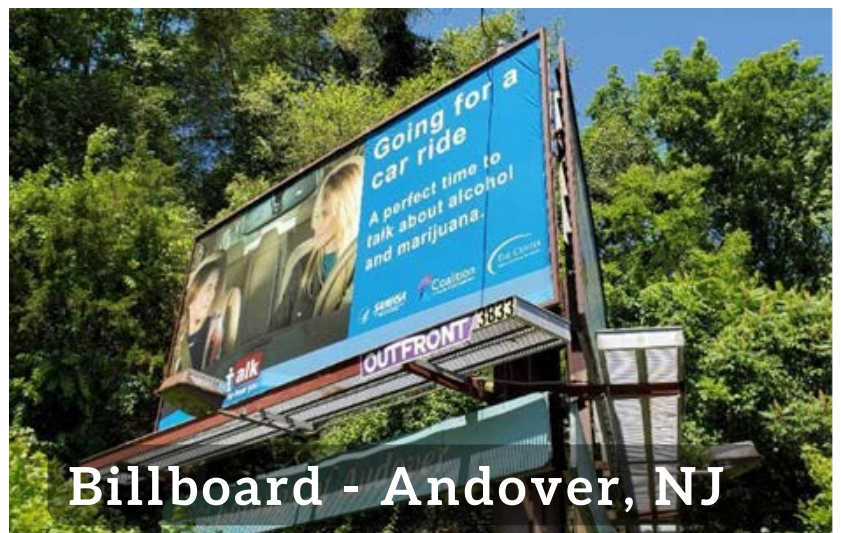
The 2021 theme for Red Ribbon Week was 'Drug Free Looks Like Me!' To celebrate, CFPC awarded 13 Sussex County schools who submitted applications with a "Plant the Promise" kit. The kits included ingredients needed to plant red tulips at the school in coordination with a lesson of the importance to be Drug Free. The tulips will serve as a reminder of the beauty of being drug free when the bloom in the spring.



**TIPS Responsible Beverage Training** for Mountain Creek Resort Staff. This training is a vital risk management tool for the education and training of responsible service sale and consumption of alcohol.

## TALK THEY HEAR YOU! BILLBOARD

Two billboards were installed in high-traffic areas with a message to parents that car rides can be a great time to talk with your kids about alcohol and other drugs.



**Billboard - Andover, NJ**





## 21st Annual What's Your Anti-Drug? Youth Poster Contest

Annual contest held for grades 4th - 12th. This year grades K - 3rd were included by asking the students to share their drawing or written entry of "What Makes You Happy?"

**591**  
POSTER  
ENTRIES



21st Annual Alcohol  
Awareness Youth PSA Contest  
received more than 150 entries.

**150+**  
ENTRIES



A Town Hall meeting, in which Senator Oroho attended, recognized students for their winning entries, which included posters, videos, and written PSA's that were recorded for WSUS 102.3

*"Thank you for continuing to provide these educational presentations throughout the pandemic as they are necessary to keep us seniors connected and having some sort of socialization."*



## Older Adult Programs

**Wellness Initiative for Senior Education**   
Nutrition • Medication Use • Non-Opioid Pain Management

### Health & Wellness Workshops with 87 participants

#### 6-Week Wellness Program with 90 participants

100%

of participants shared they understand how lifestyle choices and behaviors can impact overall health

98%

of participants shared they have learned to effectively communicate their health concerns to their doctor

100%

of participants shared they have a better understanding of supportive senior resources and social opportunities available in their community

95%

More than 95% of participants have reported having an increase in knowledge of local resources available for those over the age of 55 years.

### 2,100 Grab & Go Bags

Health and wellness materials were delivered to Franklin, Vernon, and Hopatcong Senior Centers







**18** Bi-monthly High School Action Groups Meetings

**18** Bi-monthly Middle School Action Groups Meetings

**4** Quarterly Stakeholder Meetings

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 240 adults, 80 youth, and growing. Following the ending of the coalition's 10-year Drug-Free Communities funding, the coalition is currently sustainable due to community funding from the Joseph P. Hession Foundation and the Vernon Township School District.



***"We learn all about our community problems while having so much fun and it really shows when we create positive change in our community with the help of the coalition."***

*~Cynthia Schneider -Coalition Alumna*

Monthly Coalition Meetings **9**

Vernon Night Out **1,200 ATTENDEES**

Summer Mentorship **50 STUDENTS**

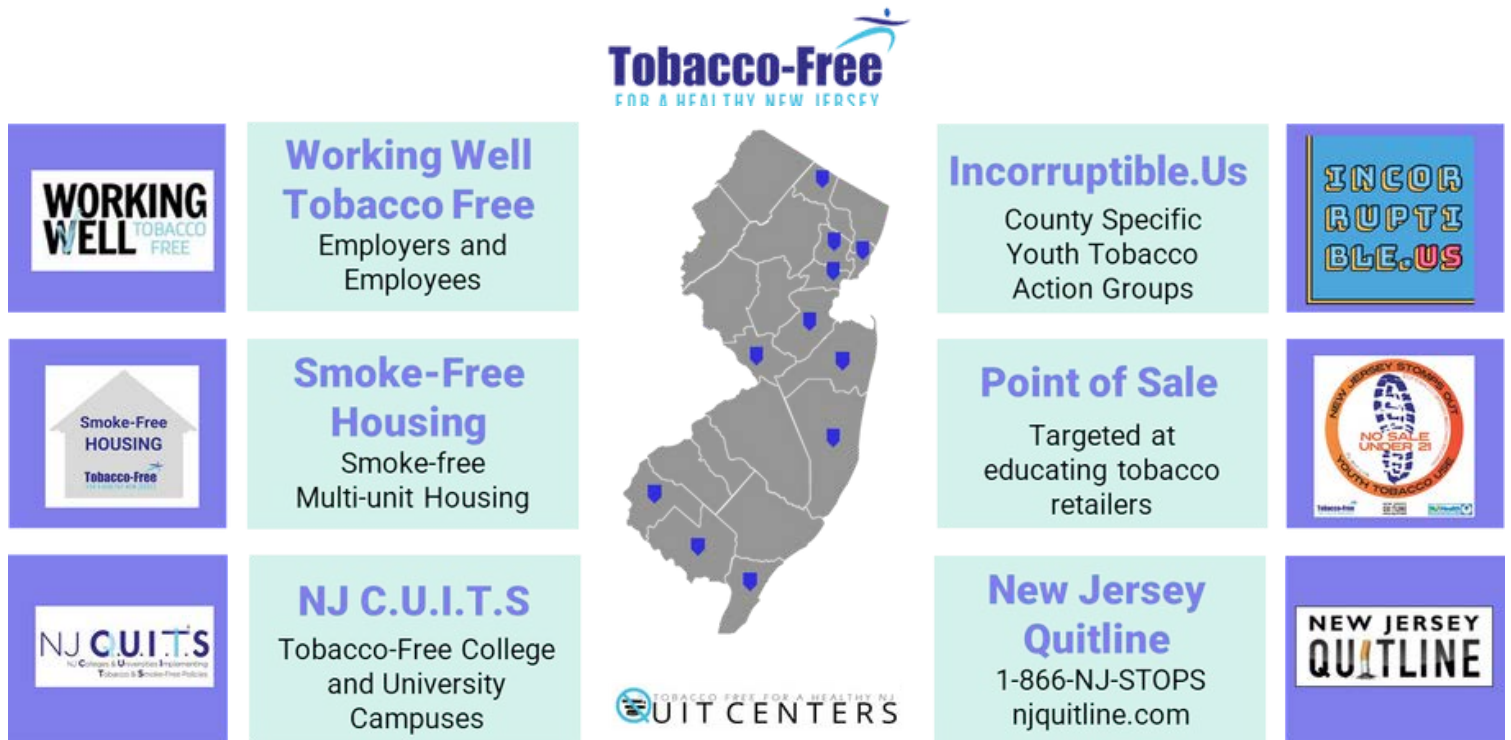
Monthly Above the Influence Meetings **9**

### Summer Mentorship Program

Students learned about developmental assets







The Tobacco Prevention Team contributed to and collaborated with many local and statewide projects to help with tobacco use cessation and prevention efforts.



Working Well Tobacco-Free currently has 10 local businesses that are promoting a tobacco-free workplace for their employees and guests.

Working Well Tobacco-Free offers wellness challenges, incentives, and partners with the worksites for events.



Through a partnership with TFHNJ, the New Jersey State Fair became a smoke-free event in 2021 for the first time in the history of the fair!



Sussex County Incorruptible.US members promoted the Great American Smokeout in November. The teen members also created social media content and attended community events.

TFHNJ partnered with the Paterson Housing Authority, the Hackensack Meridian Quit Center and the Paterson Coalition Against Substance Abuse to promote the Smoke-free Housing Pledge and provide cessation resources

# Counseling Services



*"I have directed many families and students to CFPC because of the outstanding care it provides, such as efficient and thorough evaluations with reasonable and appropriate recommendations."* ~Sussex County SAC (High School Student Assistance Counselor)



195 OUTPATIENT CLIENTS



113 INTENSIVE OUTPATIENT CLIENTS



56 ADOLESCENT EVALUATIONS

340 ADULT EVALUATIONS

Our clinical team is dedicated to ensuring best practices in the treatment of substance use, mental health, and co-occurring 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. Our team meets regularly each week to ensure all of our clients' needs are being met to the best of our ability.



## ADOLESCENT HEALTH:

# Think, Act, Grow®

### 48 youth clients

*"My son has gone from being a frustrated and volatile teen to a normal person! He has taken on more responsibility around the house and has learned to use his words. I feel like my son has learned the skills he needs to be able to feel confident and successful."*

~TAG Participant's Parent

## Think, Act, Grow Program (TAG)

TAG provides a comprehensive continuum of services utilizing evidence-based, informed programs for any at-risk and /or court-involved youth in Sussex County. In 2021, **48 youth** were served using grant funding from the County of Sussex. With the pandemic, we saw an increase in our numbers served. Our team worked with youth and their parents to assist youth clients in learning new skills to change their behaviors,



Adolescent Substance Use Treatment Services (SUTP) include comprehensive substance use evaluations, early intervention, and education, outpatient treatment, and intensive outpatient treatment for at-risk and court-involved youth in Sussex County. In 2021, **38 adolescents** were served using grant funding from the County of Sussex. The pandemic did not stop us from offering services to youth in need. Our team used telehealth services and, in July, transitioned to seeing our youth program participants in person again.

## Adolescent Substance Use Treatment Services (SUTP)

### 38 adolescent clients

*"My experience has been great. I would recommend this program to anyone who is in need of services, they make it easy. I learned beneficial skills that will take me into my adult years."*

~Adolescent Client





## Integrative Recovery Innovations Program (IRI)

IRI was a three-year SAMHSA-funded grant serving the Sussex County community by providing Medication Assisted Treatment to adults with moderate to severe opioid use disorder. This treatment included Clinical Care, Medication, and Peer Recovery Services to all participants and was incredibly successful.

**332**

INDIVIDUALS RECEIVED  
DIRECT SERVICES

**28%**

OF CLIENTS INCREASED THEIR  
STABILITY OF HOUSING

**497**

INDIVIDUALS RECEIVED  
ADDITIONAL VARIED  
SERVICES THROUGHOUT  
THEIR 3 TERMS OF CARE

**72%**

OF CLIENTS REPORTED NO ILLICIT  
OPIOID AND PRESCRIPTION DRUG  
MISUSE 6 MONTHS AFTER  
PROGRAM COMPLETION

**24%**

OF CLIENTS INCREASED  
THEIR EMPLOYMENT OR  
EDUCATIONAL TRAINING

**94%**

OF CLIENTS REPORTED THEY HAD  
NOT BEEN ARRESTED WHILE  
ENGAGED IN THE IRI PROGRAM

# Integrative Recovery Innovations Program (IRI)

## 8 TOBACCO/NICOTINE CESSATION EVENTS - 24 PARTICIPANTS

Participants learned about the harms of nicotine and tobacco products, how smoking and vaping relate to body health, and how quitting can support their long-term recovery from substance use. Each participant was also connected with a free 8-week program to kick start their quit journey, Program was hosted by Atlantic Health Systems.

## 3 CELEBRATE YOUR RECOVERY EVENTS - 14 PARTICIPANTS

Participants were able to connect virtually and celebrate their own specific recovery milestones which they may not have otherwise celebrated within regular Peer Support Meetings. each session also had a raffle prize winner who go to celebrate their milestone with a 'Sober Summer' prize including tickets to a Skylands Baseball Game (fireworks included!) and tickets to the New Jersey State Fair at the Sussex County Fairgrounds.

*"No matter the issue, they always seemed to have a solution. They made me feel like they supported me and believed in me."*

*"I am living a life beyond my wildest dreams and I am thriving without the use of drugs and alcohol for once!"*

*"I have maintained sobriety by taking the suggestions and following all the doctors, counselors, and staff directions"*

*"I just want to thank the Center for being there for me when I was at my lowest. I definitely consider that a turning point in my recovery. Without the Center and without having the Peer Recovery Coaches, there's no way I would have made the right decision because I wouldn't have had that hope that maybe things could work out."*

33 New Participants

348 In-Person  
Medical Appointments

2,511 Telemedicine  
Appointments

153 Narcan Kits  
Disseminated

3,545 Recovery  
Outreach Texts

1,367 Recovery  
Outreach Calls



# Recovery Services

*The Sussex County Recovery Community Center is an asset to the citizens of Sussex County, New Jersey. Support groups, art and writing workshops, sober holiday celebrations, and hybrid outreach to those who are in recovery or still struggling, are just a sampling of all the programs offered.*

*The staff at the Recovery Center truly care about our county and have an open door to all who need assistance or are just looking for information. Our community is treated with respect, kindness, and compassion.*

*It is my goal to inform all of our local citizens that the Recovery Center exists to benefit all Sussex County residents, regardless of their situation. I have personally called many times asking for guidance with a family member's addiction. There was help available immediately for me and my family member. I have participated in their programs and workshops which were well attended and informative. It is my honor to support the Sussex County Recovery Community Center in any way I can.*

Sincerely,  
Lori Bubigkeit  
Community Member  
Andover, NJ





## Recovery Supports

Recovery Supports are now integrated into systems, policies, and communities because we know that all people benefit and thrive when supportive measures are recognized for the health and wellness of those with substance use disorder. In Sussex County, our community can access recovery support in various ways. Whether virtually, in-person, or a combination of both, CFPC offers many opportunities to discover recovery as a lifestyle for individuals, family members, and friends. In 2021, our Recovery Supports grew and thrived with a new understanding of how we could meet people exactly where they were at. Our recovery support staff excelled in offering new meetings, holding innovative classes, and bringing people together to recover as only a community can.

### Recovery Community Center



86,623 Texts  
to subscribers



274+ hours of  
telephone  
recovery support

470 total  
support groups

317 in-person  
support groups

92 Hybrid  
7 Virtual

35 Total Events

24 in-person  
events

7 Virtual events  
4 Hybrid events

37 Volunteer  
Applications

7 Board Member  
Applications

# of volunteer  
board meetings

# Recovery Community Center



## Recovery Community Center

*The Recovery Center gives me a place to come, hang out and have fun alcohol-free!*

## Recovery Community Center

*I really enjoyed the Gingerbread House Party. I've also been to recovery meetings and I plan on using the recovery center more. Grateful you are here!*

## Recovery Community Center

*"I love all the parties and fun people!"*

## JAM (Journey Through Arts & Music)

*"It's so good that you're doing this. We are always looking for ways to connect with sober events on the weekends."*

## JAM (Journey Through Arts & Music)

*"This was a really positive event that helped me reengage with music for the first time since I stopped using!"*



## Writers Workshop

*"I just moved to Newton and I'm new to Recovery so I wanted to build a network and become part of the recovery community here in my new hometown. The Recovery Community Center has been awesome. Since the day I saw the flyer, I've especially been enjoying the Writer's Workshop - it's a great outlet for me and has also brought me together with many other recovering addicts. The workshop and events have made me feel more a part of this community and for that I am grateful."*



## Maternal Wrap-Around Program

*All the staff at the office have been not only there to support my recovery, but also to guide me when I needed it, listen when I needed to be heard and mostly celebrate life with me. I am blessed to have found them when I needed it most and to count them as my dear friends. The positive impact they have had is profound and I only wish everyone would be so lucky as to have a team like them in their corner. I love all of you with all of my heart and thank you for all you have done for me and for others suffering. You make the world a better place!*

~Meagan  
MRAP Program Participant

M-WRAP is an initiative funded by the *New Jersey Division of Mental Health and Addiction Services* and managed by Zufall Health to provide intensive case management to pregnant/postpartum individuals in Morris, Sussex, and Warren counties who are using or have recently used alcohol or other drugs (including prescription narcotics).



**Baby Niko**



23 women served



7 women delivered babies



212 outreach attempts



18 hours In-person meetings



256 hours virtual meetings



53 hours of telephone support





**Baby Bayleigh**

*No judgement, always compassionate and caring~ Kori*

*I am so grateful for everyone's kindness, love, and support, Since reaching out I have been sober. I gave birth to a beautiful, healthy baby girl Olivia and someone very special has asked me to marry him! I couldn't be happier! ~Jessica*



**Baby Olivia**

*I am clean and stronger than I've ever been! Thank you all so much for helping me fight and most importantly saving me! ~Casey*



**Baby Stephen**

*Today I am a mother! I've learned so much about myself through this program. I never dreamed I'd get my life back. The Center has helped save my two sisters and me. I am truly grateful to have been important enough to be helped. The Center and everyone there will always be a part of my story. Thank you to you all! ~Jhess*



**Baby Nova**


# RECOVERY

## SUPPORT PROGRAMS & 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.

**44** New Participants Enrolled

**32** Participants successfully completed the program 

**25** participants secured employment 

**6** participants secured housing 

**3** participants enrolled in educational programs 



Weekly 'Strategies for Change' workshops focused on the Dimensions of Wellness were held virtually to offer participants. Healthy incentives were offered for regular participation.



406 hours In-person meetings



256 hours virtual meetings



590 hours of telephone support

## 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.



4,149 outreach attempts



316 patients spoke to a recovery coach



84% of patients participated in the program



10% of patients linked to treatment



73% received recovery support



25 hours In-person meetings



42 hours virtual meetings



304 hours of telephone support

## Recovery Coaching Programs



92% of participants reported feeling understood and supported at the onset of their coaching relationship with a 4% overall increase over time.

Recovery Coaches use lived experience and professional training to assist people in developing recovery plans. Coaches offer help with navigating systems, obtaining community-based services, and connection to resources while supporting all paths to recovery. These services provide hope and positive role modeling for people to recover.



53 total participants



53% increase in recovery capital



20% increase in outcomes (overall life and well-being)



24% decrease in cravings



## Recovery Outreach



Meeting our community where they work, live, and play!





## Recovery Outreach



195.5 community outreach hours  
400 interactions



12.5 hours face-face meetings

*"It was an eye-opener to learn that help was available right away, and it triggered me to want to stop drinking asap - that is important!"*



## Overdose Prevention & Narcan Training

*"I don't like leaving a general comment, but the entire thing was helpful. This hits close to home for me and having a different view on it and understanding will help me in my own personal day-to-day life." ~Narcan Training Participant*

Through grant funding and partnerships with other organizations, the Center for Prevention & Counseling provides free overdose prevention training and distributes free Narcan kits in Sussex County. The training covers overdose prevention strategies, including how to recognize the signs and symptoms of an overdose and how to administer Narcan, as well as local recovery information and resources.



**100 PARTICIPANTS**



331 Narcan kits distributed



7 Group trainings



247 Individual trainings



# Recovery Community Center Annual Summer Picnic



## International Overdose Awareness Day August 31, 2021

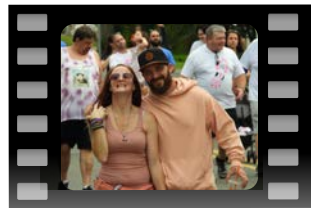
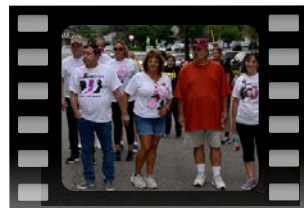




# Changing the Face of Addiction Walk



Our 7th Annual Changing the Face of Addiction Walk to Save Lives raised over **\$86,000** resulting in the highest outcome since the fundraising event began. More than **500 walkers**, hundreds of individual donations, **43 sponsors** and **41 walk teams**, and many in-kind donations contributed to the success of the event.







61 Spring St., Newton, NJ 07860  
973.383.4787  
[centerforprevention.org](http://centerforprevention.org)