



# ANNUAL REPORT

# Message from Executive Director Becky Carlson

Dear Friends,

Since its establishment in 1973, CFPC has remained steadfast in its commitment to serving the residents of Sussex County with exceptional programs and services that bring about transformative change. This past year was no exception as we continued to make a profound impact on the lives of those we serve and our community.

In 2022, our dedicated team of 58 professionals worked tirelessly to achieve the goals set for our numerous grants, programs, and initiatives. With the pandemic in our rearview mirror, we set our sights on attaining strong outcomes, ensuring the delivery of our prevention, counseling, and recovery support services to our clients, program participants, and the community.

We acknowledge that our achievements would not have been possible without the invaluable support of our collaborators. We take immense pride in our strong partnerships with various agencies, organizations, businesses, and individuals, all working together to foster a healthy and safe environment in Sussex County. True change and the betterment of lives and communities require a collective effort, and we are grateful for the collaborative spirit that drives our work.

On behalf of our Board of Directors, our dedicated staff, and all those we serve, I would like to thank our unwavering supporters in and around Sussex County. Your steadfast commitment to our mission has been instrumental in the significant impact we have witnessed as we tackle challenges as a unified team.

Reflecting upon our accomplishments in 2022, I am reminded of my journey since joining the CFPC team in November 2000 as the Coordinator of the Sussex County Coalition for Healthy & Safe Communities. For the past 23 years, I have devoted my time and expertise to making a positive difference in the community where I grew up and raised my family. It has been an absolute gift and a privilege to be part of an agency that embraces collaboration in addressing community issues and strives to build a healthy environment for our youth, individuals, and families.

Since assuming the role of Executive Director in 2015, I have witnessed an astounding expansion of our agency's impact and presence in Sussex County. We have experienced a remarkable 123% increase in our budget and doubled our staff to accomplish this exceptional work. We also introduced recovery support services, which now account for 29% of our budget, aiding and supporting a growing number of individuals in need. Furthermore, our prevention efforts have intensified, with 19 dedicated specialists making a meaningful difference in our community. At the heart of our mission lies our commitment to providing counseling services, and in 2022 alone, we served 468 individuals. The positive ripple effects that stem from one person's recovery bring hope and healing to that individual and their family and friends.

Leading the Center for Prevention and Counseling has been an amazing honor, affording me great satisfaction in serving our larger community through our wide array of services and programs. I am immensely proud to present our 2022 Annual Report, which truly showcases the extent of our impact on the community we are dedicated to serving. It also fuels our optimism for 2023 and beyond as we continue to serve Sussex County and make a lasting difference in the lives of many. I extend my gratitude to all of you on their behalf.

As I prepare for retirement and pass the torch to our new Executive Director, CFPC eagerly anticipates the continuation of our partnerships, relationships, and robust growth as we look forward to celebrating our 50th anniversary in 2024. We will embrace the future with gratitude and a shared vision for a brighter tomorrow.

With deep appreciation,

*Becky Carlson*

Becky Carlson, Outgoing Executive Director



# 2022 BOARD OF DIRECTORS



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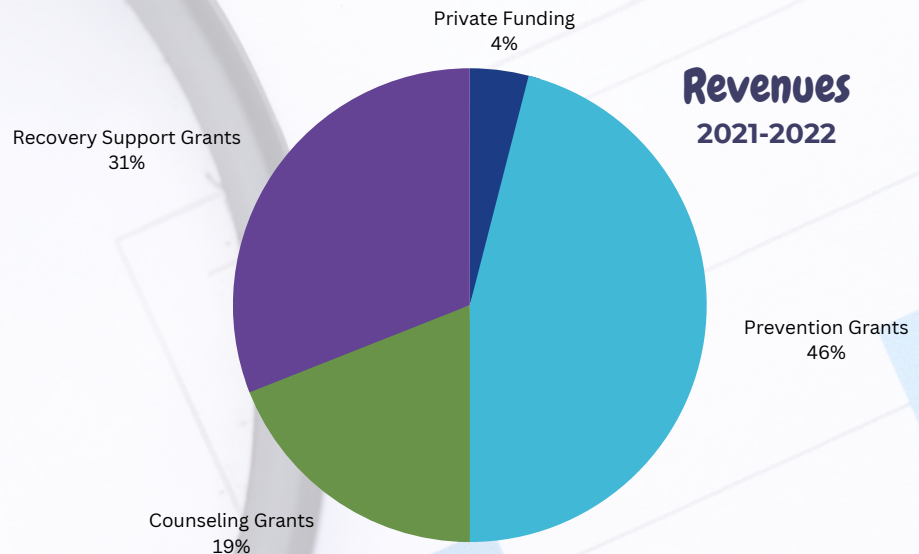
**Shawn  
Steffens**



**Ryan  
Hennion**

# Revenues & Expenses

Our revenue sources demonstrate a diverse funding base that sustains our vital work. A significant portion, 46%, comes from prevention services, reflecting our commitment to proactively addressing the root cause of substance use and addiction.



An additional 19% is allocated to counseling services, enabling CFPC to support individuals and families in need.

Furthermore, 31% of our revenue comes from recovery services grants, emphasizing our dedication to helping individuals overcome challenges and rebuild their lives. We also rely on private donations, an essential supplement to our grant funding.

## Expenses

### Program Expenses

96%

### Management & General

3%

### Fundraising

1%

On the expense side, 96% of the budget is allocated to program services, underscoring CFPC's primary focus on directly assisting individuals and communities. Additionally, 3% is dedicated to management and general expenses, while 1% is allocated to fundraising, indicating a strategic and efficient approach to resource allocation.

# Using a whole-community approach to foster addiction-free lives



## OUR MISSION



The Center for Prevention & Counseling is a 501(c)(3) nonprofit 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.

The Center for Prevention & Counseling's three departments work synergistically to foster addiction-free lives through education, counseling services, and recovery supports, creating a solid foundation for healthy living and ensuring a continuum of care for our clients.

## Prevention

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.

## Counseling

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, , anger management, and psycho-education groups for youth to address coping skills and healthy decision-making.

We primarily serve Sussex County residents with Medicaid or no form of insurance.

## Recovery

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, referrals to treatment, recovery-related events, educational opportunities, volunteer opportunities, and more.

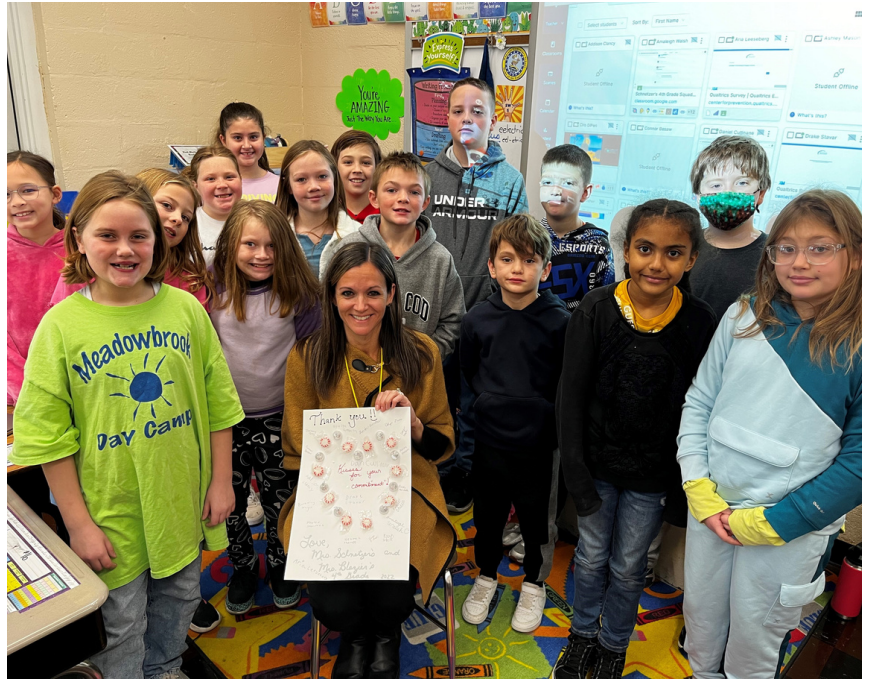
The Sussex County Recovery Community Center is located at 65 Newton Sparta Rd. in Newton, NJ



## Prevention ... School-based programs

This year's annual report demonstrates that our 2022 school-based prevention programs have significantly impacted Sussex County youth by equipping them with vital knowledge and skills to make informed decisions and lead healthy lives.

Students reported having regained valuable refusal skills required to navigate peer pressures of alcohol, tobacco, and other drug use with confidence.



Prevention Specialist Tania Bansemer receives a "Kisses for Your Commitment" thank-you gift from a 4th-grade class at Wantage School during their final week of Life Skills programming.

Our programs taught students essential coping strategies and the importance of seeking help from trusted adults, fostering a supportive environment where they feel comfortable reaching out for assistance.

Furthermore, gaining a deep understanding of the increased vulnerability of athletes to opioid addiction, empowering them to protect their well-being was also reported.

“ I overheard some students using 'I messages' and trying to compromise when choosing a recess activity. I like to refer them back to the lessons learned during Footprints to help them problem solve on their own. ”

Second Grade Teacher  
Sussex County Schools

“ The program provides excellent lessons and opportunities for students to reflect on future situations and the choices they may face. ”

Elementary School Teacher  
Sussex County Schools



## Developing Healthy Coping Skills and Identifying Risks

**97%** learned to understand how athletes are more susceptible to opioid addiction  
745 students

**85%** are able to identify at least 2 refusal skills when pressured to use alcohol or other drugs  
745 students

**91%** learned to identify health coping strategies  
444 students

**92%** understand it is important to ask trusted adults for help when needed  
444 students

**89%** are able to identify two positive role models in their life  
444 students

**90%** can identify prevention, treatment, and recovery resources in Sussex County  
288 students

**87%** can identify 3 steps of healthy decision-making  
607 students

**85%** have the ability to cope with stress in a positive manner  
607 students

**90%** can identify healthy coping strategies  
530 students

*"This program really helped me make better choices."*

Our programs have equipped students to make healthy decisions, giving them the tools to navigate life's challenges with confidence and discernment. Additionally, students have developed effective coping mechanisms to manage stress, positively promoting resilience and overall well-being. The impact of our school-based prevention programs on youth has been remarkable, and we remain dedicated to empowering young individuals and fostering healthier communities.

### 745 6th Graders



participated in **WNBI We're Not Buying It.** Students learned to deconstruct media messages that promote or glamorize substance use.

### 288 9th Graders



participated in **Peer Rx** to learn to deconstruct media messages that promote or glamorize substance use

*"I appreciate the lessons on Standing Up for Myself and not being scared."*

### 444 3rd - 6th Graders



participated in **Lion's Quest Skills for Adolescence.** Students worked together to learn concepts, practice thinking, and social skills, and discover the benefits of cooperating toward mutual goals.

### 850 2nd Graders



Participated in **Footprints for Life.** Through puppets and stories featuring real-life situations, students learn and practice new life skills in a non-threatening way.



## Addressing School Health

Our School Health Team collaborated with **7 schools in the 7 northern counties** to implement the Whole School, Whole Community, Whole Child (WSCC) model. Using the School Health NJ Project grant we enabled schools to enhance their capacity for sustainable healthy school initiatives. Working closely with our team, schools established team leaders, formed health and wellness teams, and developed and implemented their School Health Improvement Plans (SHIP) based on the 10 components of the program.

## Suicide Prevention

One school participated in Lifelines, a school-based suicide prevention program that incorporates trauma-informed principals and social-emotional learning. School staff received training to equip them with the necessary skills to identify and support at-risk students, ultimately, creating a safe learning environment that effectively prevents suicide.



## Leadership Development

**56 youth participated** in the 9th annual Youth Leadership Camp held at the YMCA Fairview Lakes Camp. Youth from northern and central New Jersey learned leadership skills and developed new friendships while enjoying the greater outdoors.

## Creating Parents as Champions

**10 parents graduated** from our 2022 Parents as Champions training. 4 Parents were awarded a \$1,000 mini-grant to implement their created initiatives, including service animal assistance, outdoor gardens, and one outdoor classroom.



## Addressing School Health

In the 2022-2023 school year, our School Health Team welcomed two new Whole School, Whole Community, Whole Child (WSCC) grantee schools, establishing strong Health and Wellness Teams. These schools developed School Health Improvement Plans centered on staff wellness and a student mentorship program to enhance social-emotional learning (SEL). Additionally, our School Health Team assisted five schools in their fourth year of partnership with many notable outcomes. These impactful initiatives have fostered positive change, increased awareness, and improved the overall well-being of the students and staff.

### Increasing Healthy Foods & Reducing Food Waste at School

Halsted Middle School in Newton collaborated with Sustainable Jersey, Sodexo Food Services, Sussex County Hunger Coalition, Local Share, and SOAR to raise food waste awareness. This resulted in a **Food Waste Audit highlighting 194.8 pounds of student-wasted food annually. A goal was established to reduce school food waste by 10% and offer healthier lunch options.**

**20 students worked with Local Share's gleaning program to harvest fresh produce from a local farm.**

### Increasing Hydration & Physical Activity

At Joseph H. Brensinger PS 17 School in Jersey City, the Eagles on the Move group hosted fitness challenges throughout the school year—the two most successful challenges included walking and hydration.

**Spring Recess Walking Challenge** - Total collective number of miles walked = 177 (approx. length of NJ)

**Water Wednesday Hydration Challenge** - **97 students participated in each challenge, with 62.9% drinking more water than usual and feeling more refreshed, 40.2% feeling more energized, and 13.4% feeling more alert during the day.**

### Fostering Connection After Remote Learning

Teaneck High School addressed challenges posed by distance learning and changes in school leadership through initiatives like School Spirit Week and Wellness Day, **fostering connections among students and staff.**

A Wellness Fair focused on coping strategies for stress was held, led by Filfredo Belance's Inspired Minds program, with 600 student participants attending.

### Creating an Inclusive Environment

West Caldwell Technical School established a Gener-Sexuality Alliance (GSA) that engaged students, administration, and the broader school community in creating an inclusive environment.

**Notable positive changes were observed in the feelings of the LGBTQ+ students and allies. The GSA grew in 2022 to over 20 members.**

### Spreading Love and Acceptance

Union City High School's PRIDE group hosted in-person events such as HallowQueen, Holiday Party, Valentine's event, vision-board-making workshop, and game night, promoting love, acceptance, and a sense of community. PRIDE collaborated with the Healthy and Wellness Team to create a sustainability plan for the group



# Prevention ... School-based Programs



## Fostering a Positive School Climate: Promoting Inclusivity and Empowering Students

Our 22nd annual **Taking Flight to Change Middle School Summit** on October 13 at the Sussex County Technical School had 600 middle and high school students, school advisors, and volunteers in attendance. **The Summit workshops, performances, and networking opportunities empowered students to initiate positive school transformations to address bullying and other risk factors.** The Summit created excitement for all students to make positive changes within their school communities. Notably, international motivational speaker Keith Hawkins delivered an impactful speech on 'Give What You Need,' emphasizing kindness, individual influence, and personal responsibility.

*"The Summit was inspiring to say the least! It was exciting to bring the students together in person to produce practical and creative ways to improve the overall climate of our schools."*

*Gina Ferraro, Sussex Middle School Guidance Counselor*

**600**  
students

*"I wanted to thank you and the entire staff at the Center for an incredible event last week. We appreciate the opportunity to participate. Our students are excited to implement some of the ideas shared. Keith was wonderful and inspired our students and advisors to contribute to a positive school community."*

*George Mihalik, Pope John School Advisor*

*Kindness*  
**MATTERS**  
**ANTI**  
**BULLYING**  
**MESSAGING**

**School Health**



## Social Emotional Learning

### Empowering Youth: Skills for Emotional Regulation, Goal Setting and Healthy Decision-making

Research has demonstrated that Social Emotional Learning (SEL) programs yield long-term benefits for youth, extending beyond the program's duration.

In 2022, our SEL Programming significantly impacted three Andover Schools: Florence M. Burd Elementary, Long Pond School, and Stillwater Township Elementary.

**Our SEL programs  
reached four school  
districts, benefiting  
336 youth in 2022.**



In 2022, we piloted PreVenture, a youth prevention program that uses personality-focused interventions to promote mental health and reduce the risk of substance use.

Workshops are designed to help students learn useful coping skills, set long-term goals, and channel their personality traits toward achieving them so they can thrive in all areas of their lives.

≥ 42 ≤ youth screened ≥ 18 ≤ referred to the program

PreVenture student participants shared the following enjoyable aspects of the program:

≥ The opportunity to hear inspiring stories and personal experiences shared by others fostering a sense of connection and understanding

≥ Discovering ways to express themselves and realizing their capacity for personal growth and transformation.

≥ Learning useful coping skills and long-term goal setting

≥ Feeling empowered to freely express their thoughts and opinions without fear of judgment, creating a supportive and inclusive environment.



The success of the PreVenture pilot program allowed CFPC to write and receive a grant to support this program on a larger scale in 2023.



## Celebrating 25 Years of Prevention in Sussex County

The Coalition for Healthy & Safe Communities celebrated its 25th anniversary of providing community-focused prevention messaging, activities, and resources through strategic community partnerships. In 2022, the Coalition focused on the following initiatives:





## Empowering Schools and Communities Through Action-Packed Initiatives

- »»»» Toolkits emailed to 4,323 school personnel and coalition members
- »»»» Junior Police Academy presentation to Sparta Township Police Dept. + 70 youth
- »»»» Provided Drug-Trend Updates to athletic directors, school counselors, and faith-based organizations
- »»»» Asset Building Family Night at Andover School
- »»»» 14 Hidden in Plain Sight simulations showing where youth may hide substances in the home
- »»»» Addiction 101 education event hosted at 3 middle/high schools with 311 student participants



Back to School Toolkit  
emailed to **1,538 educators**



Rx drug misuse prevention  
messages on Skylands Stadium  
jumbotron during baseball season  
reaching **17,360 attendees**



Hosted School Counselor Professional  
Development Day in partnership with  
School Counselor Association and  
Lincoln Technical School  
with **61 attendees**



Collaborated with  
Key Stakeholders including law  
enforcement, businesses, local  
legislators & school personnel



**Mental  
Health  
First Aid**

Held **3 Trainings**  
with **25 professionals**



Educational and  
awareness social  
media campaigns



Shared our family  
e-newsletter with  
**1,000+ families**



## Assisting Municipalities in Safeguarding Youth following Recreational Marijuana Legalization in New Jersey

As New Jersey faces many challenges in preventing youth use of marijuana, a priority of CFPC is to provide our communities with the most accurate and reliable information, facts, and resources about marijuana. Our Prevention Team played a pivotal role in helping municipalities navigate the landscape of recreational marijuana ordinances following its legalization in April 2022. Our Marijuana Workgroup offered supportive technical assistance to communities through its Marijuana Toolkit, equipping them with valuable information and best practices for effectively managing ordinances pertaining to cannabis growers, wholesalers, and retailers. Furthermore, we prioritized educating the community about the associated risks of retailing cannabis and its potential impact on youth. [[Learn more here](#)]



## **Blooming Resilience: Planting the Promise during Red Ribbon Week**

During National Red Ribbon Week, held October 23 through 31, our Prevention Team hosted facilitated educational opportunities and activities that fostered community engagement and raised awareness about drug prevention, addiction, and the year's campaign theme, Celebrate Life. Live Drug-Free.

[Red Ribbon Week Toolkits](#) with activities and lesson plans were distributed to 12 schools—a county-wide contest to was held, with 7 winning schools receiving a red tulip planting activity kit. The kits included ingredients to plant red tulips at the school in coordination with a lesson on the importance of being Drug-Free. The tulips will serve as a reminder of the beauty of staying drug-free when they bloom in the spring.

Plantings were held at Durban Avenue School, Hardyston School, Loundsberry Hollow School, Pope John Middle School, Helen Morgan School, and Sussex County Charter School for Technology.





## Driving Change: Uniting Community for Drug Use Prevention Awareness



CFPC, Sparta Elks Lodge #2356, and Sparta Girl Scouts Troop #95365 collaborated for the Plant the Promise activity during Red Ribbon Week. This partnership was particularly meaningful as it honored the memory of Cody Ulrich, son of a beloved bus driver and Elks member. The ninth-grade Girl Scouts earned their Silver Award Project Honors by donating a red planter and seating bench in front of the Sparta Elks Lodge.



The dedication plaques on the bench and planter represent the enduring memory of Cody and emphasize the importance of drug addiction prevention. This partnership showcases the power of community engagement in promoting drug awareness and prevention, highlighting CFPC's dedication to helping youth make healthy choices.





# Prevention ... Community Programs




## Empowering Youth: Through Creative Arts


In 2022, CFPC achieved remarkable outcomes in engaging youth and promoting healthy choices regarding alcohol and other drug use through two successful annual youth media contests. These contests focused on important message themes such as "What's Your Anti-Drug?" and "What Makes You Happy?" as well as "Everything is Awesome When You Are Alcohol-Free."



### 22nd Annual Alcohol Awareness Month Youth PSA Contest

These creative contests empowered youth, fostering resilience and informed choices about alcohol and other drugs. These initiatives showcased student creativity, building community, and addressing crucial issues, supporting CFPC's commitment to promoting resilience and healthy decision-making.

Alcohol Awareness Contest winners were recognized at a virtual town hall meeting, and winners received awards. Winners were featured on iHeartMedia Radio, New Jersey Herald newspaper, and social media. ([View winners](#)) 

What's Your Anti-Drug Contest winners were featured in a New Jersey Herald special supplement designed by volunteer coalition member Jamie Kerr. ([View winners](#)) 



### Annual What's Your Anti-Drug? & What Makes You Happy? Youth Media Contest 444 Entries



*"I thank you for making this 6-weeks successful. Your invaluable resources have helped me gain confidence and learn how to manage and improve for an active and healthy life."*

*~Wise Program participant*



## Older Adult Programs

### Empowering Older Adults: Enhancing Medication Management & Health Awareness

The **Wellness Initiative for Senior Education (WISE)** profoundly impacted aging adults by providing invaluable knowledge and effective behavior change strategies for managing prescription and over-the-counter medications. The program's education on non-opioid pain management options significantly reduces the risk of dependency or addiction. Participants have reported remarkable outcomes, including a heightened understanding of the importance of knowing alternative approaches to pain management and recognizing the influence of healthy lifestyle choices on overall health. Moreover, their knowledge surrounding the risk associated with medications has substantially increased. WISE has empowered seniors to communicate their concerns effectively with their healthcare providers and equipped them with the newfound information that they can eagerly share with others, fostering a supportive and well-informed community.



#### Participant reported program outcomes

- 99%** learned new useful information
- 87%** intend to change their behavior based on their new knowledge
- 100%** see the importance of seeking alternative approaches to pain management
- 97%** plan to use the information learned to effectively communicate with their healthcare provider
- 90%** have shared knowledge gained from the program with their peers





# Prevention ... Community Programs

The **Sussex County Prevention Hub** initiative launched in 2022. The Prevention Hub aims to address numerous risk factors that lead to early alcohol and other drug use, often the first step toward addiction.



The Prevention Hub provides a one-stop resource connection to various evidence-based prevention education programs, interventions, and strategies to support all community sectors, including youth, parents, schools, law enforcement, and faith-based and civic organizations. [[Visit the Sussex County Prevention Hub](#)]



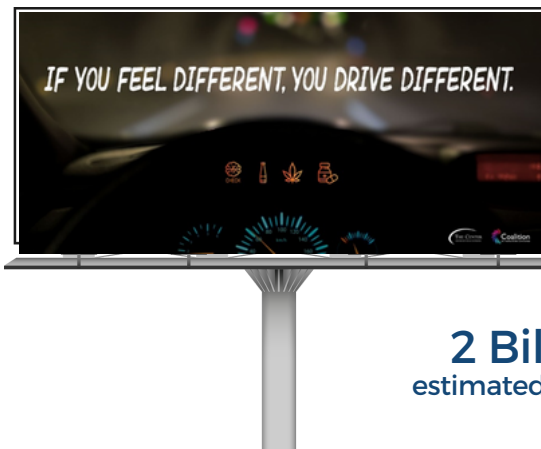
## Providing Community Prevention Resources



The **Sussex County Warmline** was created to link callers to local prevention resources and provides referrals to local and state support services. **In its first year, the Warmline received 60 emails and phone calls.**

## Impaired Driving Prevention Education

Impaired driving education for youth is paramount due to its significant impact on their safety and well-being. By providing education on the dangers and consequences of driving under the influence of alcohol, marijuana, or other drugs, we aimed to empower local youth to make responsible decisions, avoid risky behaviors, and cultivate a generation of responsible drivers who prioritize their safety and those around them.



Two Billboards were installed in high traffic areas with messages designed to encourage safe driving

**2 Billboards • 443,700**  
estimated total impact views for ages 18+

## Fatal Vision Marijuana Simulation Experience

Marijuana Fatal Vision simulation goggles were used to demonstrate and reinforce negative consequences of using marijuana and driving during our Summer Expansion program in Vernon, NJ.



**50 youth participants**



**Sussex County Incorruptible.U.s** youth group actively promoted teen health and awareness in 2022. They organized the **Great American Smokeout at Kittatinny Regional High School, raising awareness about smoking's harmful effects.** The 17 teen members created engaging social media content, educating and empowering their peers with monthly themes at KRHS.



Youth participation in Incorruptible.U.s was highlighted through events like the iPlay America and the Lindsey Meyer Teen Institute (LMTI) camp. These experiences foster personal growth and positive decision-making. **Sussex County Incorruptible.U.s prioritizes youth engagement, involving teens in health initiatives for personal development.**



Working Well Tobacco Free has established **12 local businesses as Tobacco-Free Workplaces for employees and guests.** In 2022, R.S. Phillips Steel in Vernon and DeBoer Auto in Hamburg made the impactful decision to prioritize the health and wellness of its staff and community by acquiring Tobacco-Free Workplace status.



Franklin Borough prioritized community health by installing 'Breathe Easy' signs at the Franklin Pond and other public places.

The photo shows Franklin Borough Councilman and Wallkill Valley Community Coalition member Concetto Formica and Tobacco-Free for a Healthy New New Jersey Northeast Regional Coordinator Elise McCaughan.



## Vernon Coalition to Be Drug-Free: Empowering Youth & Uniting a Community Against Youth Substance Use

The [Vernon Coalition to be Drug-Free](#) significantly impacted youth and the community through its various initiatives in 2022. The **monthly High School Action Group** meetings provided a platform for students to come together, share ideas, and take action against substance use. **These meetings empowered the students and fostered a sense of community and support.**

Similarly, the **monthly Middle School Action Group** meetings served as a crucial intervention point for younger students, equipping them with the necessary knowledge and skills to make informed substance-use decisions. **By targeting middle school students, the coalition ensures early prevention efforts and helps create a strong foundation for a drug-free future.**



The coalition's commitment to prevention extended even further with **monthly 4th and 5th Grade Above the Influence Group Meetings**. These meetings introduced younger students to positive role models, education on substance abuse, and the importance of making healthy choices. **By reaching children at an early age, the coalition sets the stage for building resilience and resistance against substance use.**

**Quarterly stakeholder and monthly coalition meetings** provided a collaborative space for key community members to share insights and develop strategies to address youth substance use effectively and facilitated coordination, creating a united front in combating drug-related issues in the community.

The **Summer Mentorship program**, featuring the We're Not Buying It 2.0 curriculum, offered an immersive learning experience for students. By educating them about substances and media influence, the program equips youth with critical thinking skills, media literacy, and resilience-building strategies. **This mentorship opportunity enhanced their understanding of the risks associated with substance abuse and empowered them to resist negative influences.**



## Wallkill Valley Community Coalition: Strengthening Collaboration, Data-Driven Strategies and Youth Empowerment

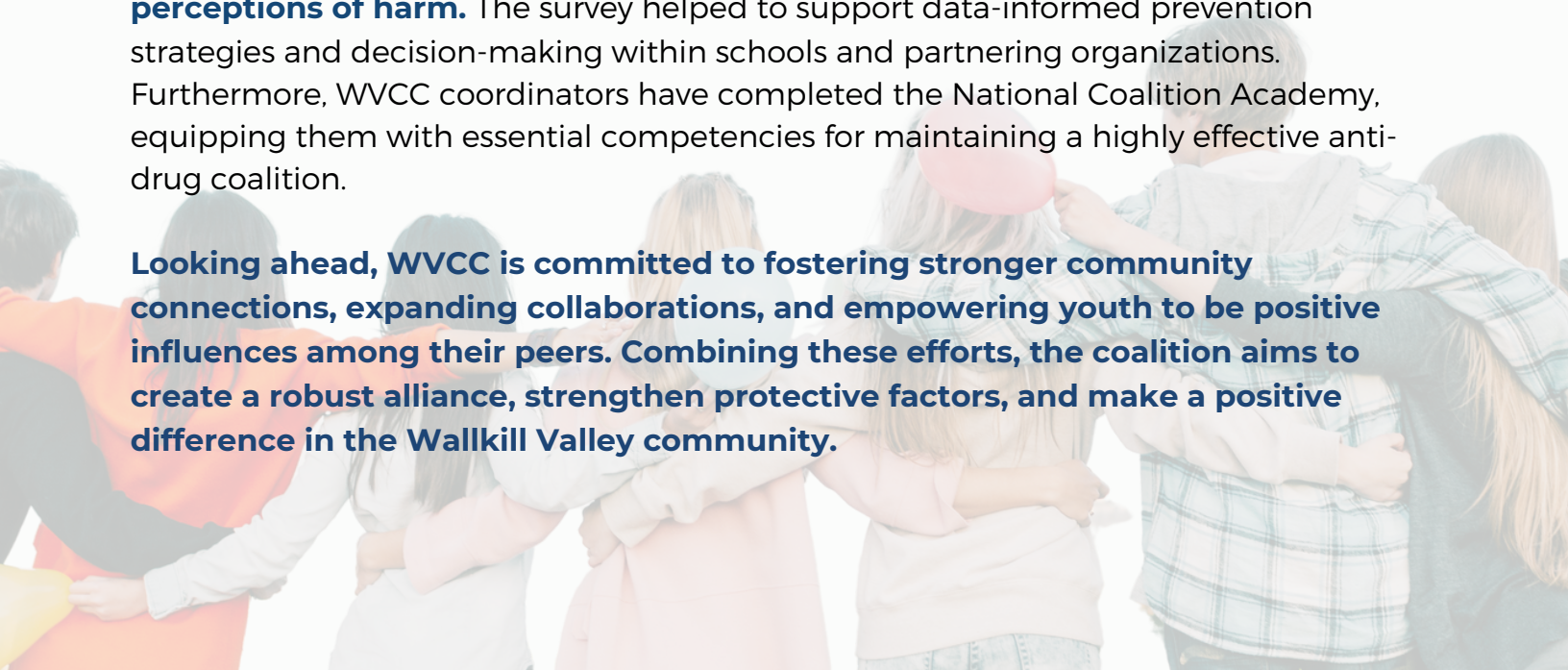
The [Wallkill Valley Community Coalition \(WVCC\)](#) achieved significant milestones in its mission to reduce youth substance use in Franklin, Ogdensburg, Hardyston, and Hamburg. Launched in the last quarter of 2021, the coalition realized its first full year of operation in 2022.

**Community collaboration was strengthened through increased coalition membership, outreach events, and youth participation.** WVCC stands strong with **over 150 coalition members, monthly meetings, workshops, youth group gatherings, and active participation in community events.**

Our partnership with Hardyston Middle School has been particularly instrumental in establishing a presence in multiple schools and initiating the **Above the Influence after-school youth groups.**

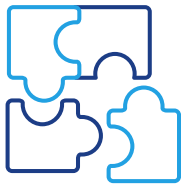
Effective communication methods, including social media, were utilized to share education and resources with community members, especially parents. **The administration of the Pride Survey to five school districts provided crucial insights into school climate, protective and risk factors, student behaviors, and perceptions of harm.** The survey helped to support data-informed prevention strategies and decision-making within schools and partnering organizations. Furthermore, WVCC coordinators have completed the National Coalition Academy, equipping them with essential competencies for maintaining a highly effective anti-drug coalition.

**Looking ahead, WVCC is committed to fostering stronger community connections, expanding collaborations, and empowering youth to be positive influences among their peers. Combining these efforts, the coalition aims to create a robust alliance, strengthen protective factors, and make a positive difference in the Wallkill Valley community.**





# Prevention ... by the numbers



## A Data-Driven Snapshot



### School-based Programs

- WNBI 2.0 – 745 students
- Lion's Quest – 444 students
- Peer Rx – 288 students
- Footprints for Life – 850 students
- Elementary Life Skills Training – 607 students
- Middle School Life Skills Training – 540 students
- Over-the-Counter Medication training – 17 students
- Middle School Anti-Bullying Summit – 600 students
- Fatal Vision Marijuana Simulation – 50 students
- Plant the Promise Contest winners – 7
- Red Ribbon Week participating schools – 12

### Media & Messaging

- Drive Sober Get Pulled Over campaign
- Bi-annual Newton Township Newsletter advertisement
- Advertisements positioned on Branchville Rotary dining tables during NJ State Fair
- 46 educational social media posts on topics ranging from mental health, fentanyl awareness, suicide, marijuana/cannabis, vaping, and tobacco cessation services, parenting tips, and more
- Family Newsletter 1,000 copies distributed
- Knock Out Opioid Abuse Day educational materials provided to Sussex County athletic directors, school counselors and administrators following a drug trend update virtual event
- Prevention Back-to-School Toolkits emailed to 4,323 coalition members and school personnel
- Asset Building Night at Andover School
- International Overdose Awareness Governor's Proclamation and event invitation
- Outreach tables at community events
- Presentations during youth leadership camps
- 20 30-second video PSA's shown on the Skylands Stadium jumbotron during Sussex County Miners minor league baseball games with 17,360 attendees
- 444 What's Your Anti-Drug? and What Makes You Happy? Creative Arts Contest participants
- 125 Alcohol Awareness Month Youth PSA Contest participants
- Sticker Shock Responsible Adult Alcohol purchasing activity – 1

### Presentations & Trainings

- Red Ribbon Week Don't Get Vaped In presentations – 2
- Red Ribbon Week Addiction 101 Presentations – 1
- Hidden in Plain Sight and Drug Trend Updates Presentations – 14
- Addiction 101 – 311 High School students at 3 schools
- 3 Mental Health First Aid Trainings serving 25 professionals

### Older Adult Programs

- 54 Wellness Initiative for Senior Education (WISE) graduates
- 167 Lunch & Learn attendees
- 584 Estimated seniors served by other community events – total estimated 850
- 3 6-week Wise programs
- 5 Lunch & Learn presentations
- 15 community/special events, including Spring Into Wellness Fair, Older American's Day, Annual Veteran's Picnic, Caregivers Expo, Hardyston Healthy Aging Bingo
- 62 Cards of Cheer Holiday mailed

### Vernon Coalition

- 18 Bi-monthly High School Action Group meetings
- 18 Bi-monthly Middle School Action Group meetings
- 9 Monthly 4th – 5th grade Above the Influence meetings
- 3 Quarterly Stakeholder meetings
- 9 Monthly Coalition meetings
- 850 attendees at Vernon Night Out
- 54 students attended the Summer Mentorship program

### Wallkill Valley Community Coalition

- 12 Monthly Coalition Meetings
- 12 Monthly Above the Influence meetings among 4 schools
- 75 Coalition Members
- 2 Lunch & Learn events
- Outreach table at numerous community events

# Community Connection

Connecting with our community is essential, as it fosters a sense of belonging, promotes understanding, and enables collective growth. By engaging with one another, we build stronger bonds, support each other's well-being, and create a collective positive impact that extends far beyond individual lives.



Vernon Coalition to be Drug-Free Appreciation Dinner hosted by Mountain Creek Resort, October 2022



Katie Walker, Recovery Specialist  
Recovery Outreach Table at Senior Wellness Fair



Annmarie Shafer  
Director of Recovery Supports  
C.L.E.A.R. Anniversary Celebration



Tabling at the Sussex County Chamber of Commerce Business Expo  
Prevention Specialist Tania Bansemer



TJ's Pizza & R-Wireless, Franklin, NJ  
Remember Their Smiles and Change-for-Change Fundraising



CFPC Staff Super Bowl Food Drive  
food donated to a local food pantry



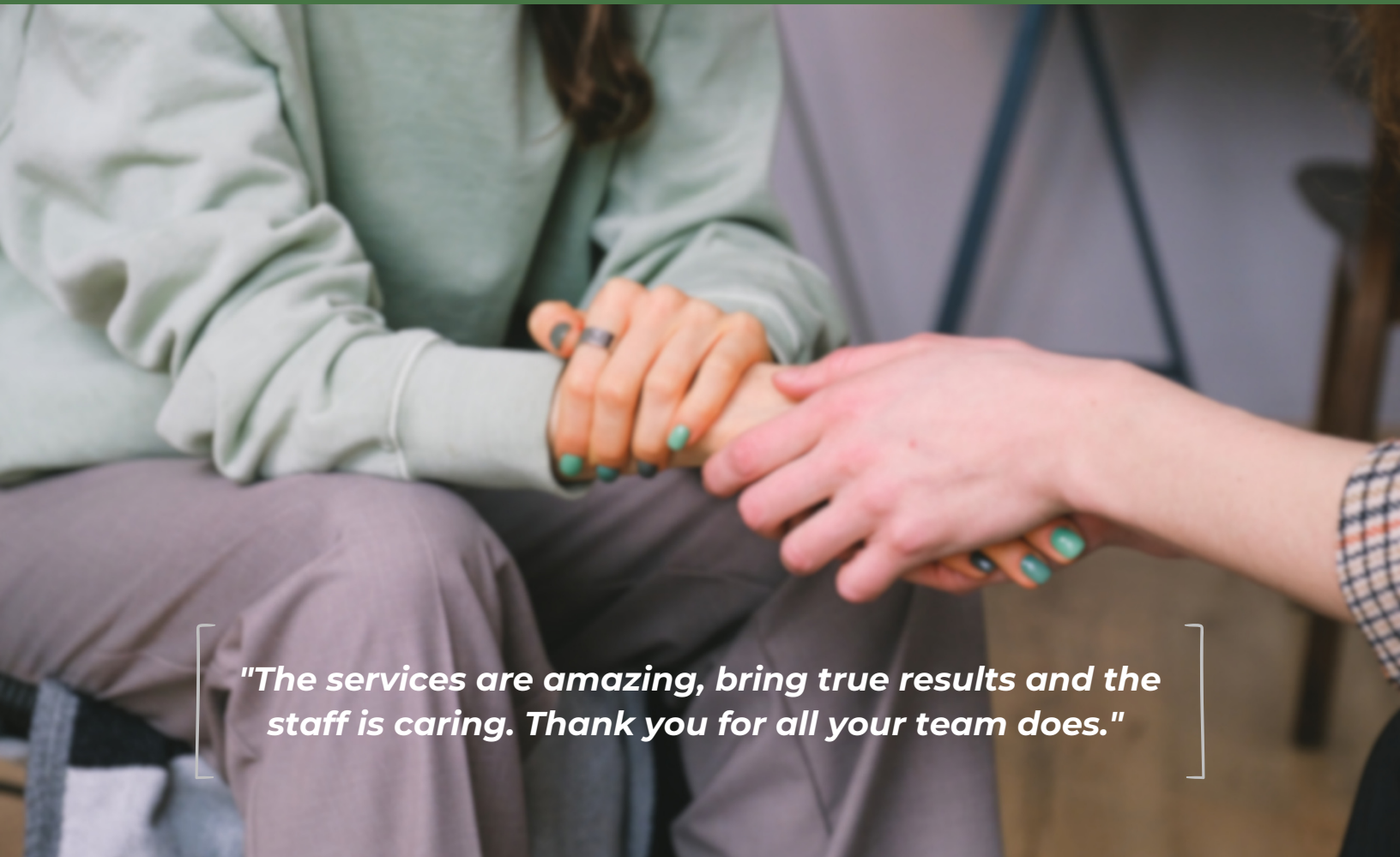
Prevention Team members attending Capital Hill Day at the CADCA forum to meet NJ Senators and Congressmen



Snack Attack Kindness Basket collected for Newton Medical Emergency Dept. staff during Random Acts of Kindness Week



5 Minutes to Help  
EMS Overdose Response Training hosted at the Sussex County Recovery Community Center



*"The services are amazing, bring true results and the staff is caring. Thank you for all your team does."*

## **Empowering Individuals and Transforming Lives: A Year of Compassionate Counseling and Lasting Recovery**

Guided by our philosophy of recognizing inherent strengths and capabilities, our clinical team empowered clients to create and lead healthy, substance-free lives in 2022. Upholding the values of courtesy, consideration, respect, and privacy, we ensured that everyone seeking our support was met with compassion and understanding.

Our professional team, driven by a commitment to best practices and while utilizing a wide range of evidence-based treatment interventions, including Cognitive Behavioral Therapy, Motivational Interviewing, Motivational Enhancement Therapy, Person-Centered Therapy, 12-Step Facilitation Therapy, and Family Systems Therapy, strived to meet the diverse needs of our clients and provide the highest quality of care.



271 ADULT OUTPATIENT &  
INTENSIVE OUTPATIENT CLIENTS



110 ADOLESCENT  
OUTPATIENT CLIENTS



110 ADOLESCENT EVALUATIONS  
264 ADULT EVALUATIONS



92 AT-RISK ADOLESCENTS  
SERVED THROUGH SCHOOL-  
BASED GROUPS



70 AT-RISK YOUTH SERVED  
THROUGH THINK.ACT.GROW  
(TAG) PROGRAM

The testimonials from our clients serve as a testament to the transformative power of our counseling services in 2022. By focusing on strengths, providing evidence-based interventions, and fostering a supportive environment, we empowered individuals and families to overcome challenges and achieve lasting recovery. The Center for Prevention & Counseling remains steadfast in our commitment to the community, providing unwavering support and guiding individuals and families toward healthy and fulfilling lives.

In our pursuit of empowering clients and fostering lasting change, we received the following feedback from our clients. Many expressed that the most valuable lessons they learned through our counseling services were:

1. **Perseverance and Growth:** Clients emphasized the importance of never giving up, acknowledging that mistakes are a part of life and an opportunity for learning and growth.
2. **Responsible Choices:** Clients recognized the significance of avoiding legal issues and refraining from drinking and driving, emphasizing the need for responsible decision-making.
3. **Awareness of Available Help:** Clients appreciated the knowledge that help is available and accessible, highlighting the importance of seeking support when needed.
4. **Self-Reflection and Self-Care:** Clients found value in understanding their addiction and attitudes, recognizing the need to slow down and take time for self-reflection. They learned to prioritize their well-being, say no when necessary, and ask for help when needed.



## **Embracing the Non-Linear Journey: Supporting Pathways to Recovery and Fostering a Resilient Community**

The journey to recovery from addiction is not a linear path. It is often filled with twists, turns, and challenges that require resilience and support. Recognizing this reality, the Sussex County Recovery Community Center (SCRCC) continued to play a vital role in offering multiple pathways to recovery, tailoring support to meet individuals where they are on their recovery journey, and fostering a supportive community in 2022.

As we reflect on the past year's successes, it is evident that the Sussex County Recovery Community Center has made remarkable strides in supporting recovery within Sussex County, NJ, and has shown an unwavering commitment to helping individuals find their path to recovery.

Our recovery support initiatives have saved lives and provided a sense of hope, support, and connection to those who need it most. The impact of our work extends beyond individual lives, reaching families, friends, and the broader community, creating a more resilient and compassionate Sussex County.



## Empowering Recovery Journeys: The transformative Impact of Addiction Recovery Coaching

Addiction recovery coaching programs have become a cornerstone of our agency's commitment to supporting individuals on their pathway to recovery. Over the past year, our recovery coaches, specialists, and case managers have profoundly impacted the lives of our clients. Through their dedication, guidance, and unwavering support, they have served as invaluable resources, providing individuals with the tools and strategies needed to navigate the complexities of their recovery journey.



In 2022, our recovery team approached each client with compassion and patience, tailoring their support to meet the individuals where they are and reduce barriers to their success. Providing guidance and knowledge to help our clients make informed decisions about their long-term path of sustained recovery has been instrumental in the success of our recovery clients and our coaching programs.

*"I have been working with a Recovery Coach for several months now. They have been a tremendous resource for me and have always been there when I need them and consistently give me excellent suggestions as I navigate this recovery. I am not the easiest person to work with, and they have patience and seem to know exactly the right pace for me. They don't push any specific path or thoughts for recovery on me but place all the options and concepts right in front of me to consider and be aware of. They help me understand each of them as I try to find the right longer-term path for myself to continue this recovery. I just don't know where I would be in this process without the consistent guidance and knowledge that is generously provided." ~ STAR Program Participant*



## Empowering Recovery Journeys: Through Compassionate Recovery Coaching Programs

Our Recovery Coach programs, including the **Support Team for Addiction Recovery**, **Opioid Overdose Response Program**, and **Maternal Wrap-Around Program**, served as a beacon of support and compassion for individuals facing their darkest moments of struggle with substance use. Through our dedicated response and ongoing support, we provided a lifeline to those who have experienced addiction or overdose, offering immediate assistance and a pathway to recovery. The impact of these programs is profound, as expressed through the heartfelt words of our participants, who share their gratitude and remarkable journeys of transformation. We have touched lives unimaginably through unwavering dedication, fostering hope, and empowering individuals to embrace a brighter future.

### Participant reported program outcomes

21 participants completing pre and post surveys reported

- »»» average of 29% decrease in cravings
- »»» 24% increase in their sense of well-being
- »»» 100% felt respected and supported in their goals



S.T.A.R. (Support Team for Addiction Recovery) Participant James needed a set of wheels to keep up with life and maintain his recovery. Thanks to his Recovery Coach, Dave, and a donation from Sussex Bike & Sport Shop, he was on his way!

*"You have been so awesome and helpful, I really appreciate you talking to me and listening, especially in the early days of motherhood when everything was so chaotic. It really helped me to have someone to talk to who has faced challenges as well."*

*"I just wanted to thank you for everything you've done for me. Whether you realize it or not, you really have done a lot in trying to help me get to a sober point. I want to let you know that I have 3 months in recovery now."*

### Total of Recovery Coach Program Participants 547



## Empowering Lives through Harm Reduction: A Year of Impactful Outreach and Support

A key initiative SCRCC implemented in 2022 is the increased focus on harm reduction outreach as a pathway to recovery. **Recognizing the importance of addressing the immediate needs of at-risk individuals, SCRCC developed harm-reduction educational materials and conducted extensive outreach efforts.** This includes monthly Narcan training and kits to empower community members with the knowledge and tools to respond effectively to opioid overdoses.

Additionally, SCRCC began a **proactive approach to addressing increased fentanyl overdoses by disseminating fentanyl test strips**, helping individuals make informed decisions about the substances they encounter. These initiatives save lives and provide an entry point for individuals to engage with SCRCC's comprehensive support services.

### Narcan Training & Kits

- »»» 18 group Narcan trainings
- »»» 248 total participants
- »»» 352 additional Narcan kits distributed

### Fentanyl Test Strips

- »»» 75 test strips distributed to 15 people  
(initiative began in November 2022)



### 24/7 Helpline Calls/Texts

- »»» 337 Callers served
- »»» 738 Calls for help

*"You have touched my life in a way that a stranger never has."*

-Opioid Overdose Response Program Participant

SCRCC strengthened its outreach efforts to overdose survivors in collaboration with Operation Helping Hand and the Sussex County Prosecutor's Office. **Understanding the critical juncture individuals face after surviving an overdose, SCRCC, and law enforcement officials joined forces to visit overdose survivors at their homes.** This personal connection offers survivors a compassionate link to support services, guiding them toward the resources available at SCRCC and fostering a sense of hope and encouragement for recovery.



Operation  
Helping  
Hand



**C.L.E.A.R.**  
Hope begins here.

- »»» 41 outreach events | 1529 interactions
- »»» 3 Police Dept referrals | 2 enrolled in services, other provided Narcan
- »»» Overdose survivor outreach - 3 calls and 11 home visits resulting in 5 survivors accepting resources and 2 consenting to follow-up services





## Fostering Healing and Connection: Providing a Safe Space for Recovery & Growth

Another cornerstone of SCRCC's impact is providing a safe space for individuals to heal and grow. Our community center has created an environment that fosters trust, support, and understanding, enabling individuals to share their experiences, challenges, and triumphs without fear or judgment.

Through diverse activities, meetings, and family-friendly events, SCRCC has nurtured a sense of camaraderie among its members, instilling a renewed sense of hope, purpose, and connection.

Attendees consistently report feeling better about themselves and their lives after engaging in these activities, highlighting the positive influence of SCRCC on their overall well-being.

By offering a safe and nurturing environment to support meetings, services, and sober events, the SCRCC continues to make a profound difference in the lives of those struggling with addiction and maintaining their recovery.



### Recovery Community Center

- »»» 111 Community Events
  - »»» 850 Attendees
- »»» 625 Support Meetings
  - »»» 4,451 Attendees
- »»» 50 Volunteers
  - »»» 35 Volunteer Applications
- »»» 12 Board Members
  - »»» 12 Monthly Meetings





## Testimonials

### Support Meetings



*"I have been in recovery with S.M.A.R.T. since 2019. It is a wonderful community of like-minded people who are there for each other. I am blessed to have found such a nice family (community)." ~ S.M.A.R.T Recovery Meeting Participant*



*"I have not ever regretted coming to the recovery community center. I always leave feeling better about myself and my life in general. The more activities and meetings I attend there is a marked improvement in my attitude about myself and those around me. I am grateful and mindful now, and I credit that to the SMART meetings and events at the recovery community center. I have been enlightened by a caring and compassionate community." ~ Community Member*

### Events

*"Very welcoming and comfortable. A safe place for recovering people to come together and support each other. Thank you for hosting parties on Holidays where many have nowhere else to go."*



*"I always felt uncomfortable "exercising" in a group format. I came to the center with an open mind to attempt yoga as it was recommended to help with my physical aches and pains. What I've experienced through these classes has done so much more for me than just that. It has helped me grow and heal in all aspects of life. This is the best form of self-care I have found and am so happy it's right here in our community... and it's FREE."*

### Coaching

*My recovery coach remains a steady and critical presence in my recovery. He's been there for all the rough spots; I know I can count on him. He's also been there for the little successes, and I'm not sure I would have been any of those if my coach wasn't supporting me over the past 9 1/2 months.*



*Currently, everything seems to be falling into place. My job is going exceptionally well, and I feel valued and appreciated. My family is starting to better understand my needs, including the importance of breaks and support. I now have my daughter with me full time and our relationship is blossoming. Although I'm dealing with various court matters, I am not financially stable enough to address them. Things are definitely looking up!*



Recovery ●●● Empowering our Community

## 8th Annual Changing the Face of Addiction Walk: Uniting Communities, Raising \$86,000 and Reducing the Stigma of Addiction



The 8th Annual Changing the Face of Addiction Walk, held on Saturday, August 6, 2022, was a remarkable event that brought together individuals, families, and community members who united under one cause: to reduce the stigma of addiction and foster a supportive environment for those affected by substance use disorders and addiction.

The impact of the annual walk was truly powerful, as demonstrated by the overwhelming support it received. Through the dedicated efforts of our 45 sponsors and 45 walk teams, we raised over \$86,000. Their collective presence of nearly 600 participants represented a united front against the stigma associated with addiction. It was truly inspiring to witness the solidarity among individuals, families, and community members, all committed to creating an environment where individuals with substance use disorders feel safe to seek help. The walk also provided a space for healing and remembrance. For those who have lost loved ones to substance use, the event served as a source of solace and support, allowing them to come together and honor the memories of those they have lost.

We extend our heartfelt gratitude to all the sponsors, walk teams, participants, and community members who made this event a resounding success. Your generosity and unwavering commitment have made a lasting impact on the lives of countless individuals affected by addiction. Together, we are creating a world where no one has to face the challenges of addiction alone. **This year's walk will be held on Saturday, August 5, 2023 in Franklin, New Jersey - please join us!**



Recovery



Empowering our Community



## Shining a Light of Hope: Honoring Lives Lost and Illuminating a Path to Recovery

SCRCC's annual International Overdose Awareness candlelight vigil on the Newton Green on August 31 was impactful. The solemn ceremony paid tribute to the lives lost to overdose and addiction while emphasizing the crucial message that overdose deaths are preventable and recovery is attainable. The walkways adorned with luminaries created a beautiful setting, and a powerful visual display showcased stories, achievements, and cherished memories of those who have passed away. The vigil served as a testament to the enduring love for the departed and promoted the uplifting message that recovery is possible and worth celebrating. Please consider joining us for this year's event as we stand together to provide hope.



*"I've been familiar with the Center for Prevention & Counseling for many years. In 2019, I participated in the CCAR Recovery Coach Academy at the Sussex County Recovery Community Center. I became a volunteer recovery coach, working with several recoverees over the past few years.*



*In 2022, I joined the Recovery Coach Committee and have had the opportunity to work with a recovery coach. Celebrating 43 years of sobriety in 2022, my recovery coach has become my number two person in my network, right after my sponsor. There's comfort and security in knowing that she is always available to listen and help me navigate through dilemmas. She provides wonderful guidance and offers honest feedback in a positive and gentle manner.*

*The center is a welcoming, warm, and caring place that embraces acceptance, health, and well-being. There's an instant sense of camaraderie when you walk through their doors. The counselors and recovery coaches are knowledgeable in every aspect of addiction and recovery and The Center provides a space for everyone on their unique journey."*

*~Helen Boyle*

# WE CAN DO SO MUCH MORE BECAUSE OF YOU



As we reflect on our annual report, we want to express our deep gratitude for the invaluable grant funding we receive from federal, state, county, and private sources. These grants are the backbone of our work in the community, enabling us to make a lasting impact.

We are also immensely thankful for the generosity shown through donations from our annual walk and private memorial, tribute, and charitable gifts. These contributions help supplement our grant funding streams, allowing us to respond swiftly and effectively to community needs.

In 2023, we aspire to expand our private funding to enhance the flexibility and reach of our services. We invite you to consider making a gift of any kind to support our holistic approach to fostering addiction-free lives in Sussex County, NJ, and beyond.

Thank you for your support. Together we can make a difference.



[centerforprevention.org/donate](https://centerforprevention.org/donate)



# Agency Leadership and Staff

## PREVENTION



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

## COUNSELING



**CHRISTINE MICHLIK**  
*Director of Counseling Services*

## RECOVERY



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

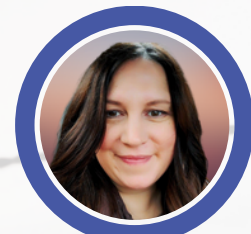
## FISCAL & HUMAN RESOURCES



**WILLIAM ABONDOLO**  
*Fiscal Director*



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



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



**GRACE DICKSON**  
*Executive Assistant*



**OONAGH SETTEDUCATO**  
*Bookkeeping/Billing*



**KAREN DALY**  
*Clinical Billing*



**NANCY POSTHUMUS**  
*Receptionist*

## 2022 Leadership, Administrative & Marketing

# Agency Department Staff



**PREVENTION**



**COUNSELING**



**RECOVERY**



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[centerforprevention.org/rcc](http://centerforprevention.org/rcc)