



50 YEARS OF SERVICE

Proudly celebrating 50 years of impact in Sussex County, New Jersey. Since 1974, CFPC has been dedicated to building healthier communities through prevention education, substance use counseling, harm reduction services, and recovery support.

Over the past 5 decades, our nonprofit has empowered thousands of individuals, families, and youth to make healthier choices, strengthened community connections, reduced the stigma of addiction, and led people to recovery. As we mark this milestone, we remain committed to fostering resilience, offering compassionate support, and creating a brighter future for all.

our MISSION

To promote health, hope, and recovery among all people by fostering a community in which individuals and families thrive.

our VALUES

Faith... in each other and our collective potential
Integrity... what we say we will do, we will do
Resourcefulness... creatively uncovering opportunities and solving problems
Sense of urgency... recognizing our need to make a difference every day
Teamwork... leveraging our individual talents to produce positive results

Client Focus... discovering, understanding, and meeting client needs
Helpful Attitude... bringing a "how can I help?" attitude to everything we do
Open communication... ensuring open, honest, and timely communication
Innovative thinking... maximizing program effectiveness
Cooperating Spirit... having an unfailing desire to be the best at what we do
Exceptional personal and professional growth... empowering all of our colleagues





STRONGER TOGETHER

A MESSAGE FROM EXECUTIVE DIRECTOR MICHELE WOLF

Dear Friends and Supporters,

Since 1974, the Center for Prevention and Counseling has been dedicated to our community. In April 2024, we entered our 50th year. As we proudly reflect on the incredible journey that has led us to this milestone, I am grateful for the unwavering dedication and support we have received from our community. In the following pages, you'll find highlights of our team's significant achievements. None of this would have been possible without your generous support. On behalf of our agency, I want to express our heartfelt gratitude for your contributions. I hope you enjoy exploring the remarkable work shown here.

I'm honored to share that I joined this exceptional team in June 2023. In my first year, I have been humbled by our team's passion and dedication. I am filled with gratitude for the chance to serve and deeply appreciate the warm welcome from the organization and community.

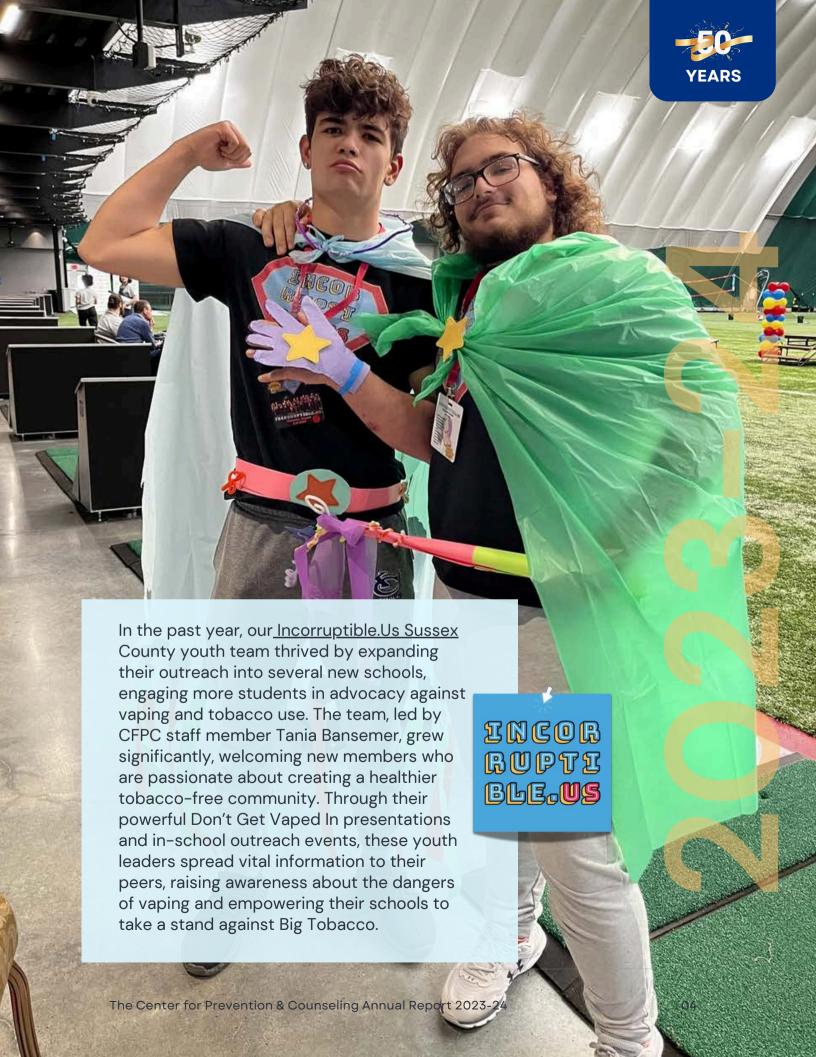
Within these pages, you will find highlights of the incredible work our team has accomplished during our 2023–24 fiscal year. We have nearly 60 dedicated team members working tirelessly to fulfill our mission of promoting health, hope, and recovery for all. From expanding services to deepening our community partnerships, each achievement is a testament to the generosity of our supporters. We hope you find inspiration in the stories and achievements shared in this report.

This past fiscal year brought exciting new developments, including the opening of our Spring Street Harm Reduction Center. This addition marks a significant step forward in our integrated approach to care, offering critical resources such as Narcan (Naloxone) training, Fentanyl and Xylazine test strips, syringe access, and safer use education. Through harm reduction, we meet people where they are, providing essential services that not only reduce the risks of overdose and disease transmission but also offer hope and compassionate support. The Harm Reduction Center also connects individuals to medical care, housing, transportation, and pharmaceutical assistance, ensuring everyone receives the help they need. Our 24/7 hotline remains available to those seeking guidance, whether for themselves or loved ones.

Our whole team has taken the time to strengthen connections and explore new collaborative approaches to better serve our community. This has led to cross-training among team members, which staff have found rewarding and refreshing. We are also in the process of expanding our Sussex County Recovery Community Center, this is just one example of the exciting initiatives we are working on, and we cannot wait to share more in next year's report.

Thank you again for standing with us. We look forward to celebrating our 50th anniversary at our Journey Through the Decades: 50 Years of Hope celebration on Friday, April 11, 2025, at Mountain Creek Resort. I hope to see you there as we honor the past and embrace the future – stronger together!







Empowerment through school health

In the 2023–24 academic year, our **School Health Team** partnered with 5 schools to implement the **Whole School, While Community, Whole Child (WSCC) model,** empowering students and school staff to **prioritize health and wellbeing.** Each school developed health and wellness teams and initiated or expanded multi-year **School Health Improvement Plans (SHIP)**, addressing student/staff wellness and mentorship programs to **boost social-emotional learning (SEL)**. These initiatives contributed to lasting positive change, fostering healthier school environments over each four-year partnership.

Through the SPARK program,

40 students engaged in SEL curriculum
designed to build resilience and coping skills.



SEL program participants reported improved mental and/or emotional health



Youth Leadership & Development

Our Youth Advisory Board (YAB) grew to 30 youth leaders who promoted substance use prevention, mindfulness, and awareness around vaping. Through initiatives like social media, school outreach events, and peer mentorship, youth across 7 counties collaborated virtually and increased their leadership skills.



YAB members reported enhanced leadership skills

5 Youth Advisors acted as peer mentors to over 60 middle and high school students during our annual Youth Leadership Camp in partnership with the Lindsey Meyer Teen Institute. Youth from northern and central NJ learned leadership skills and developed new friendships while enjoying the great outdoors.



Nearly all Youth Leadership Camp participants reporting a boost in their leadership skills



Empowerment and mindfulness



Urban Area Hiking Club

The Union City High School Hiking Club grew to 250 members, providing students in urban areas with monthly nature hikes, physical activity, mindfulness, and wellness. Club members also learned first aid, substance use prevention, and environmentalism



Mindfulness Walks

Our Sussex County STAR Program (Support Team for Addiction Recovery) hosted weekly forest-bathing-themed Mindfulness Walks for the Recovery community. Indoor journaling. mindfulness, and arts and crafts activities were provided on inclement weather days.



of School Hiking Club participants reported feeling "at peace" and "happy in the moment" during group hikes



of Mindfulness Walk participants reported noticing the positive impacts of quietly connecting with nature while increasing physical activity



3 out of 5 school grantees implemented Inner Explorer, an online mindfulness platform featuring short, audio-guided practices to help youth develop breathing, self-regulation, and coping skills. This program cultivates essential life skills like empathy, compassion, and resilience. Studies how that Inner Explorer can reduce schoolwide behavioral outbursts by up to 65%

Empowerment through education & awareness



Our Prevention programs empowered students, educators, and families with the tools and knowledge to make health choices. Through toolkits, staff development, and targeted campaigns we provided resources to foster youth well-being. By promoting leadership, education, and community initiatives, we continued to equip local youth with the skills to thrive substance-free.

Awareness & Education

Key Focus: Raising awareness about substance misuse, mental wellness, and healthy decision-making

Red Ribbon Week school-wide activities and toolkits fostered community engagement, raised awareness about drug prevention and addiction using the Be Kind to Your Mind, Live Drug-Free theme

Public Service Announcements through Big State Sports and Skylands Stadium provided awareness and education to normalize drug-free behavior among at-risk young athletes and spectators

Addiction 101 Events provided interactive education for middle and high school students

Social Media Awareness provided targeted messages to inform our community about substance misuse prevention, risks, and healthy behaviors

Drug Trend Updates to school counselors, parents, and community members

School Counselor Professional Development Day in partnership with School Counselor Association

Key Stakeholder Education collaboration with law enforcement, businesses, faith-based organizations, local legislators, and school personnel

Peer Influence & Leadership

Key Focus: Empowering youth to take ownership of their choices and lead by example

Youth Leadership Camps helped youth develop decision-making, collaboration, and leadership skills

Plant the Promise a youth-driven gardening initiative symbolized the beauty of staying drug-free

ATI Youth Action Groups encouraged youth to rise above underage substance use and misuse

Incorruptible Sussex youth action group empowered their peers to reject vaping and Big Tobacco

Driving Change Youth Billboard Campaign featuring local students highlighted a social-norming message Friends Don't Let Friends Drive High

Sticker Shock a collaboration between our ATI Group and The Right Bottle retail store in Franklin, NJ raised public awareness of the legal consequences for adults who purchase alcohol for minors.

What's Your Anti-Drug? and What Makes You Happy? and Alcohol Awareness Contests encouraged youth to use self-expression to highlight the positive influences and activities that keep them substance-free. Winners and entries were showcased at Sussex County Community College



Empowerment through increasing resilience

These results demonstrate the power of our youth prevention education programs in shaping the next generation, helping them build a foundation of resilience that empower them through challenges of today and into the future.

Goal Setting



students can recognize how to plan ahead and make positive choices

Coping with Stress



students can identify the sources of their stress and how to cope with that stress

Consequences



students are somewhat or very likely to consider consequences before decision making

Trusted Adults



students can identify a trusted adult in their life (other than parent/guardian

Social Media Impact



students can explain how social media can have an influence on substance use

Substance Use



students can recognize the effects of tobacco, alcohol and other drugs



students can suggest an alternative option if their friends are asking them to do something wrong or harmful

9 out of 10 students can indentify at least one way to calm down in a stressful situation



Empowerment through asset building

50

Our <u>Regional ACEs (Adverse Childhood Experiences) Collaborative</u> initiative fostered resilience by equipping families, youth, and community partners with the tools to navigate challenges and build a foundation for well-being. Throughout the year, 12 Asset-Building events were hosted, and Toolkits for Success were created for and disseminated to various community sectors.



SUSSEX COUNTY POSITIVE TICKETING INITIATIVE

We are very proud of our <u>Positive Ticketing</u> <u>Initiative</u>, developed in collaboration with school resource officers to strengthen the connections between law enforcement and youth. By recognizing acts of kindness and positive behavior, youth were issued Positive Tickets and earned Posi Tokens to be redeemed at participating long businesses.

Positive Ticketing Law Enforcement Partners

- Newton Police Dept.
- Franklin Borough Police Dept
- Hardyston Police Dept.
- Hamburg Police Dept.
- Hopatcong Police Dept.
- Ogdensburg Police Dept.



Positive Ticketing Business Partners

- Newton Starbucks
- The Nutrition Store
- Dominick's of Newton
- Quarry Grill
- Hamburg Hot Bagels
- Mama Cee's Pizzeria
- Maschio's Food Service



We are also grateful to Minisink Press for providing free printing services.





POSITIVE TICKET

In partnership with Sussex County Law Enforcement and local businesses, the Sussex County Positive Ticketing Initiative aims to create an environment where positive actions by youth are noticed, rewarded, and celebrated.

How Does it Work?





Step 2 and Posi token!



Step 3 Youth can redeem



Police (NJ)

Celebrating the outstanding students of the Newton Public Schools who have earned their stripes – or shall we say 'positive tickets' – for their exceptional behavior! — We're incredibly proud to witness the positivity these students bring to our community, and we're honored to recognize their efforts. Your declication to kindness and good citizenship doesn't go unnoticed. Keep shining bright, students! To see









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23rd Annual Youth Empowerment Middle School Summit • October 18, 2023

Our twenty-third annual Youth Empowerment Middle School Summit, held at Sussex County Technical School, brought together 725 students from all 26 Sussex County middle schools, with support from over 90 high school mentors from 8 local high schools. The event was a vibrant day of engagement, filled with interactive activities designed to empower students to take charge of their well-being and leadership skills.



The Summit featured keynote and motivational speaker Jared Campbell, group activities and an exciting dance party where each school selected a student to participate. The collaboration between middle and high school students created a dynamic atmosphere, fostering peer mentorship and leadership development. This annual event continues to be a cornerstone in our efforts to empower youth to lead with confidence, embrace healthy choices, and build connections within their school communities.



Hosted April II, 2024 at Sussex County Community College

On April 11, 2024, CFPC hosted its first Sussex County Youth Empowerment Showcase at in the Performing Arts Building at Sussex County Community College. More than 100 families and hundreds of community members attended the event to view an engaging and interactive display of drawings, paintings photos, and poems submitted to our annual Achieving My Dreams Alcohol-Free, What's Your Anti-Drug? and What Makes You Happy? youth media contests. A town hall presentation and award ceremony was hosted in the Performing Arts theater and a wonderful time was had by all!



through family connection and support

FAMILY FUN NIGHTS

CFPC Recognizes that strong family connections are essential to fostering resilience and well-being. To promote these bonds, our Prevention branch hosted Family Fun Nights focused on asset building, where families engaged in activities to strengthen relationships, and reinforce family values.

These events provide a welcoming space for families to connect, communicate, and build a foundation of trust and support.



FAMILY COUNSELING

Family substance use counseling was offered to address the impact of substance use on the entire family system, not just the individual. By engaging families in the healing process, counseling strengthens relationships and promotes a healthier, more resilient environment for everyone involved.

"My kids enjoyed counseling and my relationship with my wife has never been better. Seeing their side of the situation helped encourage me to stay away from alcohol." ~CFPC Family Counseling Client

SMART RECOVERY FAMILY & FRIENDS

Weekly SMART Family & Friends recovery support meetings to equip families with evidence-based strategies to support their loved ones in recovery or struggling with substance use disorders were offered virtually. By offering a flexible and accessible platform, we enable more families to participate in these vital support sessions, empowering them to stay connected and gain valuable tools for navigating their loved ones' recovery journey.

Empowerment through comprehensive family support



STRENTHENING FAMILIES

This year, we further recognized a gap for adolescents and families struggling with substance use disorders and deepened our focus to bridge the divide. Our comprehensive approach ensures that family members are offered seamless, wraparound services. Recovery Support staff provide guidance and evidence-based strategies tailored to fit families' unique needs, while our Prevention branch provided opportunities designed to improve parenting skills, reduce drug or alcohol use, and improve social competences.

Strengthening Families Program ice cream outing to Andersen Farms in Sparta

PARENT TESTIMONIAL



"As a scared quite shell-shocked parent of a child who was showing signs of possible substance use, I need to share how helpful it was to have a space of my own to be in while my child came to The Center for Prevention & Counseling for his first drug evaluation. The journey that led us here has many twists and turns, and the past few weeks have been some of the scariest. Meeting with Annmarie and having her share her journey and resources brought back some control that I had thought I had lost. I have already taken some time to review the materials shared with me and trying to make practical use of the suggestions. I see immediate results from some of the simplest yet very effective advice in these resources. I am grateful to The Center for Prevention & Counseling for having the services for parents so we can also receive the support necessary to help our children be the best version of themselves."

WRAPAROUND SERVICES

Evidence-based parenting and life skills training was provided through 2 cycles of the 11-week Strengthening Families Program. Prioritizing women in substance use treatment through our Maternal Wraparound Program (WRAP) and marginalized groups, we further removed barriers by offering transportation reimbursements.

Wraparound Recovery Support was provided to the parental guardians of 85 youth who received substance use evaluations at CFPC.

Empowerment through integrated counseling services

AT-RISK YOUTH COUNSELING

Our Think. Act. Grow. (TAG) program empowered at-risk youth by offering a continuum of services tailored to their unique needs. Whether they entered TAG through court referral or seek voluntary support, adolescents receive counseling, early intervention, and recovery support services. This comprehensive approach helped CFPC clients develop the skills and confidence to take control of their lives and make healthier choices.



AN INTEGRATED APPROACH TO COUNSELING FOR INDIVIDUALS & FAMILIES

Over the past year, CFPC's integrated counseling services have empowered individuals and families by expanding the use of evidence-based treatments like Cognitive Behavioral Therapy, Motivational Therapy, and Family Systems Therapy. Trauma-informed care has been central, creating a safe environment that fosters healing and recovery. Offering impactful support through more than 150 family sessions, our counseling branch strengthening relationships and equipped families with tools for sustainable recovery. Counseling approaches focused on relapse prevention, emotional well-being, and personalized strategies, with cultural responsiveness at the core. Through partnerships with healthcare providers and recovery courts, we expanded access to comprehensive care, empowering lasting change within the community.

Culturally Responsive Care

Empowerment through services that respect and incorporate clients' diverse backgrounds, recognizing how culture impacts substance use and mental health

Holistic Wellness Approach

Empowering clients to achieve emotional resilience through an integrated approach including physical activity, nutrition and lifestyle management

Community Partnerships

Empowering access to comprehensive support by building strong partnerships with healthcare providers, recovery courts, and community organizations



substance use counseling clients reported actively participating in the development of their treatment goals



substance use counseling clients reported having the opportunity to discuss their mental health needs with their counselor



Empowerment through animal-assisted therapy

In June of 2024, we welcomed Richard, the therapy dog to CFPC's Intensive Outpatient Program (IOP), where he quickly became an integral part of our counseling services. Richard offers participants a voluntary moment of calm during their breaks, providing a quiet space to relax in his presence. Just a few minutes of interaction with Richard can lower heart rates, reduce stress hormones, and promote a sense of ease. This simple connection offers participants emotional relief and often stirs fond memories of pets they've loved, creating a moment of comfort in a challenging time.

Richard's journey to becoming a therapy dog is a testament to his resilience. Initially trained as a Seeing Eye guide, he transitioned to therapy work due to a minor medical issue. He has since earned certifications, including the AKC Canine Good Citizen and therapy dog certification through The Bright & Beautiful Therapy Dogs. Through animal therapy, Richard empowers CFPC participants by offering a safe, nonjudgmental connection that promotes emotional well-being, helping them heal and build resilience on their recovery journey.

CFPC staff also benefit from Richard's presence. Spending their days supporting others through difficult challenges, they find comfort and an opportunity to decompress by spending a few quiet moments with Richard, helping them recharge and maintain their own well-being.



Empowerment through harm reduction services





We are excited to announce the **opening of our Spring Street Harm Reduction Center**, a vital addition to our community that focuses on empowering individuals through reducing the harms of substance use. This center offers critical resources, including Narcan (Naloxone) training, Fentanyl and Xylazine test strips, syringe access, and safer use education, all designed to reduce the risks of overdose and disease transmission.

Our harm reduction approach meets individuals where they are, providing compassionate support and hope to those facing substance use challenges. Beyond immediate safety, the center connects people to essential services such as medical care, housing, transportation, and pharmaceutical assistance. By offering a nonjudgmental space and linking individuals to broader support systems, we empower them to take steps toward healthier, safer lives. For those seeking guidance, our 24/7 hotline continues to be available for help and connection to resources.

"HARM REDUCTION IS A MOVEMENT FOR SOCIAL JUSTICE BUILT ON A BELIEF IN, AND RESPECT FOR, THE RIGHTS OF PEOPLE WHO USE DRUGS"

- National Harm Reduction Coalition

FREE HARM REDUCTION SERVICES

- SYRINGE ACCESS AND DISPOSAL
- SAFER USE/SAFER SMOKING SUPPLIES
- WOUND CARE KITS & REFERRALS
- NALOXONE (NARCAN) KITS/TRAINING
- HYGIENE SUPPLIES

- FENTANYL/XYLAZINE TEST STRIPS
- TREATMENT NAVIGATION
- CONNECTION TO HEALTHCARE
- PEER SUPPORT
- HIV/HEP-C TESTING & TREATMENT

Text/call 844-722-5327 24/7 9-4 | MONDAY-FRIDAY 61 Spring St, 2nd Floor, Newton, NJ

Empowerment through recovery coaching





SELF-INITIATED PEER-BASED RECOVERY COACHING PROGRAM

STAR PARTICIPANT TESTIMONIAL 🍲 🍲 🎓 🎓



My name is Kevin, and I'm a Sussex County resident. After losing my business, I faced homelessness, financial hardship, and struggled with PTSD, mental health issues, and alcohol abuse. I was living in my van with my dog, feeling lost and overwhelmed. After a month in a mental health and substance abuse hospital, I began Intensive Outpatient (IOP) treatment at the Center for Prevention and Counseling in Newton. That's when I met Linda and became a STAR program participant.

Living in my van in freezing February temperatures, I had nowhere to turn. The only consistent support I had was from the team at CFPC and STAR. They helped me find housing, emotional support, and resources. They also connected me with the Department of Vocational Rehabilitation, which is now funding my 3D Arts and Animation course at Sussex County Community College.

When my vehicle needed critical repairs to attend classes, STAR stepped in again, covering the costs and allowing me to continue moving forward.

Today, I'm writing this from my apartment, attending college, and rebuilding my life. I am forever grateful for the support of CFPC and the STAR program.



32 participants secured or improved their employment



11 participants achieved housing stability or made housing gains



5 participants improved their physical or emotional health



7 participants phased up in Recovery Court



7 participants advanced or completed their SUD treatment



32 participants successfully completed the STAR program

The Support Team for Addiction Recovery (STAR) program empowers individuals by offering personalized peer-based recovery support. Through self-initiated engagement with Case Managers and Recovery Coaches, participants set their own goals and work to achieve meaningful life changes in areas such as housing, employment, and health. STAR provides ongoing guidance, encouragement, and accountability, helping participants navigate the complexities of recovery while building a foundation for lasting success.



Empowerment through a recovery community



By creating a safe space for workshops, events, meetings and peer support, our Sussex County Recovery Community Center empowers individuals and families to regain confidence and control of their lives. This supportive, substance-free environment helps build connections and continues to strengthens the recovery community.

GIVING BACK

Collected food donations, hosted a packing party, and delivered 100 readymade Food Take Home Bags and cases of items to the food pantyy for food-insecure students in Sussex County, NJ



"I enjoyed the Giving Back Tree event, we helped another organization and it felt good to give back!"

I don't know where I would be without the RCC. It has given me a safe space, once I was willing to give myself a change at recovery. It's a no-judgment zone full of compassion.



VOLUNTEER APPRECIATION

Volunteers are the backbone of the recovery community center. RCC board members, volunteers, and participants comingled, shared recovery stories, and connected through food and fun.

OVERDOSE AWARNESS

In response to substance use disorders and overdose rates, hosting an International Overdose Awareness Day event provided education, and awareness to reduce the stigma of addiction.



"Thank you for what you are doing. We are recovering alcoholics and we know how important it is to those we lost.
The speakers were very powerful!"

Since my first walk, I immediately felt safe and supported. It was something new and honestly scary for my family and me. But, this event has incredibly impacted our healing journeys."



ANNUAL RECOVERY WALK

Our 9th Annual Changing the Face of Addiction Recovery Walk was attended by more than 600 people. This walk continues to grow each year and bring new attendees who are joining the cause to end the stigma of addiction and encourage individuals and families to speak openly about their struggles and ask for help and support.

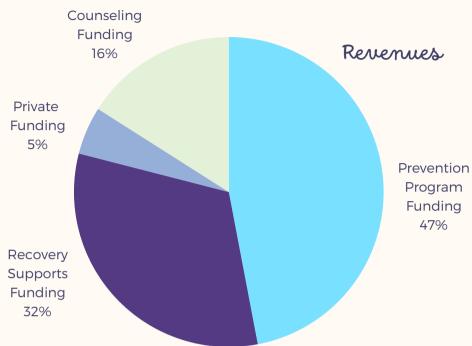


Revenues & Expenses

Fiscal Year July 1, 2023 to June 30, 2024

Our revenue sources demonstrate a diverse funding base that sustains our vital work.

A significant portion, 47%, 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.



On the expense side, 95% 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.

Expenses



2023-24 BOARD OF DIRECTORS



Cecelia Clayton *Board President*



Jamie LaCouture Board Vice President



Chris Dexter Board Treasurer



Lydia Zdunek Board Secretary

2023-24 BOARD MEMBERS



Carly Dripchak



Mario Inglima



Louis Ruggiero



Shain Steffens



Timothy Profetta



Orlando Rodriguez



Shawn Steffens



Ryan Hennion





We'd like to thank all our donors and voulunteers for their generous support



Acknowledgements

Thank you to our donors, volunteers, and supporters. For the past 50 years, your generosity has profoundly impacted the lives of countless individuals and families in our community. From individual contributions to our volunteers' dedicated time and effort, each act of kindness has helped shape a brighter, healthier future for Sussex County, NJ, residents. Your support has allowed us to deliver vital services, reach those in need, and create lasting change.

Whether you are a parent, educator, law enforcement officer, county agency, organization, corporation, business, client, staff member, or ally, your commitment has been the backbone of our mission. As we celebrate this milestone, we extend our deepest gratitude for walking alongside us on this journey. We look forward to continuing our work together, building a resilient and compassionate community for many years to come.



At The Center for Prevention & Counseling, charitable support empowers individuals an families across our community. Your generosity strengthens our prevention programs, harm reduction efforts, counseling services, and recovery initiatives, ensuring all people of all ages have the tools they need to thrive. Together, we are building a healthier, more resilient community, one step at a time.



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