

# Prevention WORKS!



**CENTER FOR PREVENTION AND COUNSELING... For over 30 years dedicated to building healthy communities... one person at a time.**  
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## Center for Prevention and Counseling News and Events...

### Center For Prevention And Counseling Named the Recipient of The 2008 New Jersey Nonprofit Excellence Award

We're very pleased to announce that the Center for Prevention and Counseling was just named the recipient of the 2008 New Jersey Nonprofit Excellence Award in the large agency category by the Center for Non-Profits! The award, launched in 2008 for the first time, is designed to



Linda M. Czipo, Executive Director, Center for Non-Profits; Barbara Adolphe, Executive Director, Center for Prevention and Counseling; Jennifer Farrington, Senior Program Coordinator of Community Partnerships, BD

highlight and reward nonprofits that demonstrate exemplary achievements in impact of programming; sound, ethical management and governance; and innovation and resourcefulness.

"The Center for Non-Profits was thrilled to be able to launch the New Jersey Nonprofit Excellence Award as a way to showcase exemplary non-profits in the Garden State," commented Linda Czipo, Executive Director of the Center for Non-Profits.

"We believe that the practices and innovations presented by the winners and the many other applicant organizations will serve as inspiration and learning opportunities for others. We congratulate the winners and all of the applicants for the work they are doing for the people of New Jersey."

CFPC's 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 abuse and addiction. Unfortunately, in the current economic climate it is getting harder to find funding to support the valuable substance abuse prevention and counseling services the Center provides for Sussex County children, teens, adults and families

regardless of cultural background, socioeconomic status, age, gender or sexual orientation. Please consider making a contribution today to help us continue to provide the exceptional level of service to our community that we have for 34 years. As a 501-C3 non-profit agency, all donations to the Center are tax deductible. Go to: <http://www.centerforprevention.org> and click on the donate button.

### Resource Center Update

#### Resource Center is Dedicated to Jennifer Guerra



On Thursday, December 11<sup>th</sup>, the Resource Center Library was dedicated in the memory of Jennifer Guerra, for her commitment to the Center for Prevention & Counseling, the CHANGES Program and to the recovery process. This was Jennifer's life's work and love,

and we hope she would be honored by this dedication. Jennifer's family and friends were in attendance, to recognize and remember Jenn. For those of you who didn't know, Jennifer Guerra worked for us for many years doing the CHANGES program. Each Saturday morning, Jenn was here with the CHANGES group and over the years she made a huge difference to so many people, as she was excellent at what she did- helping people in recovery. She is greatly missed. Next time you visit our Resource Center, be sure to view the beautiful plaque on the resource center room door.

#### New Journal and DVD Available

A new resource for counselors, those in recovery and their families has been added to our Resource Center: "A New Day, A New Life, a guided journal and DVD", by William Cope Moyers, the author of "Broken". "Grounded in both addiction science and Twelve Step spirituality, it is designed to serve as a companion for those facing the challenges and joys of early recovery". Also check out our many other

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books, videos and pamphlets. We look forward to seeing you in the New Year.

Happy Holidays to one and all!!

Sincerely,

*Dot DeCampo*

Resource Center Coordinator

### **Center for Youth Kids Brave the Elements for a Good Cause**

The Center for Youth, an after-school program for Newton students, held a bake sale at the Newton Wal-Mart



on Sunday, November 30<sup>th</sup>. As of July 1<sup>st</sup> of this year the Center for Youth program has no funding. As a result, the Center for Youth families have helped to plan and organize fundraisers. When planning for this event, the children did not anticipate the weather being quite so cold; this did not deter the Center for Youth families. The children came bundled up and their parents donated a large amount of delicious baked goods to help raise funds to allow the program to continue. The students that helped man the table included Courtney Strus, Nicole Strus, Ben Austin, Krystopher LaFlamme, Sam Paparella, Brielle Cintron. Fortunately, their dedication resulted in the bake sale being a huge success.

*Kristy Lavin*

Coordinator of the Center for Youth

### **School of Alcohol and Drug Studies**

Limited scholarships are available for CPS classes! If you are interested in pursuing a profession in the addiction field, whether it is in the counseling or prevention spectrum, or simply looking to enhance your knowledge of addiction and/or prevention, the School of Health & Addiction Studies has a wide variety of classes available to fulfill certification and recertification requirements. One of the classes was rescheduled to early January and we anticipate our Spring Brochure will be ready next month. All classes have been approved by the Certification Board of NJ. Please visit our website at: <http://www.centerforprevention.org/classes-fall08.htm> for a detailed listing of all available classes and registration form.

*Allyson Patascher*

Coordinator, School of Alcohol & Drug Studies

### **Coalition for Healthy & Safe Families**

#### **Life Is Sweet Drug-Free:**

Over 500 youth and their families attended the annual Red Ribbon Day event held at Sussex Tech on November 16. Exhibitors hosted fun and interactive tables to engage youth and their families in an effort to bring drug awareness and information to those in attendance. The highlight of the day was the performance of over 110 talented young people, ranging in age from 7 to 18, in the annual Showcase of Talent. The children shared their many anti-drug activities and talents and it was clear that they have many things to do that help keep them away from alcohol and other drugs. Fun was had by all who attended. So, WHAT'S YOUR ANTI-DRUG? For a slide show of this event, go to: <http://picasaweb.google.com/cfpcnj/RedRibbonDay2008#>

#### **Holiday Stress**

The holidays can be fun and enjoyable but they can also be stressful. Expectations to recreate past memories and traditions can get the best of us. Family and financial pressures can make it hard to enjoy the season. Need some coping strategies to get you through? Look at your expectations and try to keep them realistic. Take a break when you can. Turn off the holiday music and play some of your favorites. Get the family together and enjoy a cup of cocoa or a favorite board game or movie. Remember, children get stressed too and seeing you relax can help them cope with the fast pace of the season.

#### **Guess What?**

Teens abuse prescription drugs because they are easily accessible and either free or inexpensive. In fact, 64% of kids ages 12 to 17 who have abused pain relievers say they got them from friends or relatives, typically without their knowledge. A recent countywide survey showed a 42% increase in 12th grade use of painkillers and a 250% increase of tranquilizers over a two year period. To address this alarming trend, the Coalition formed a Prescription Drug Task Force. To learn how you can join the task force call 973-383-4787. Get involved and help to reduce the abuse of prescription drugs in Sussex County. [www.drugfree.org](http://www.drugfree.org)

#### **Pressure:**

Times have changed since you were a teenager. Sure, every teen is worried about being popular, but for today's teens, that's just the tip of the iceberg. Some pressures your teen faces today: to be perfect...successful... fit in... be sexually active. How can you help your teen? Appreciate how different their world is from when you were a teen. Be involved. Challenge your teen to be an

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individual or a leader, not a follower. Encourage independence and integrity. Spotlight the positive instead of criticizing. Avoid commenting on your teen's appearance – instead, focus on other things. Hopefully, together, you can help them find ways to “ease their stress”.

<http://www.theantidrug.com/advice/pressures-on-teens.asp>

Sincerely,

*Becky Carlson*, Coordinator

Sussex County Coalition for Healthy & Safe Families

### **DEFY Update**

DEFY plans to take part in the Coalition's upcoming Sticker Shock, Youth in Action project. The goal of this project is to bring awareness to the community on the drinking age law. Members will be a part of raising awareness by working with local liquor stores in the community and placing stickers on multi-packs of beer, wine coolers, and other alcohol products that appeal to underage drinkers.

The purpose of the stickers is to discourage adults and older peers (those who are 21 or older) from providing alcohol to minors. Several members have

already expressed their interest, but if there are other adolescents or adults who would like to be a part of this project please call Courtney at 973-383-4787 X232 or [courtney@centerforprevention.org](mailto:courtney@centerforprevention.org). The project is scheduled to take place on January 31<sup>st</sup>, the Saturday before the Super Bowl.

*Courtney Verrilli*,

DEFY Coordinator

### **Calendar of CFPC Events**

Below is a partial list of events and meetings. For a full list and more information go to

[www.centerforprevention.org/events](http://www.centerforprevention.org/events)

Wednesday, December 17, 2008, 8:30 AM - 3:00 PM

P204: Prevention of Violent and Compulsive Behaviors facilitated by Pamela Clark. CFPC Offices. Go to:

<http://www.centerforprevention.org/classes-fall08.htm>

Friday, December 12, 2008, 9:00 AM

Coalition for Healthy and Safe Families Steering Committee meeting, CFPC offices, 3rd floor

Wednesday, December 17, 2008, 10:30 - 11:30 AM

Senior Sense Generations Sharing Together, Vernon Nutrition Site, Vernon

Wednesday, December 17, 2008, 6:00 - 7:30 PM

Byram Strengthening Families-Family Night Out, Byram Lakes Elementary School

Thursday, December 18, 2008, 6:00 - 7:30 PM

Newton Strengthening Families-Family Night Out., Christ Episcopal Church, Newton

Tuesday, January 6, 2009, 8:30 AM - 3:00 PM

Diversity Issues in Addiction Counseling recert class facilitated by Joseph Hodges. CFPC offices. Go to: <http://www.centerforprevention.org/classes-fall08.htm>,

Tuesday, January 13, 2009, 9:00 - 11:00 AM

"Who's Knocking at Your Door" Clergy workshop, TRI-CO, Route 206, Augusta

Tuesday, January 13, 2009, 6:00 - 7:30 PM

DEFY Youth Group Meeting, CFPC 3<sup>rd</sup> Floor

Tuesday, January 27, 2009, 9:30 AM - 12:45 PM

Princeton House Workshop on Self-Injury and Eating Disorders. Includes Continental Breakfast. **Reservation Required.** For a PDF flyer, go to:

<http://www.centerforprevention.org/pdf-files/1-27-09-free-seminar.pdf>, CFPC Offices, 2<sup>nd</sup> floor

### **SCCC/ETV– Channel 20**

Tune into Sussex County Community College's Channel 20 for prevention programs about current drug problems and issues.

#### **Upcoming Broadcasts**

Amy's Story/ Prevention Works

12/18/08 @ 4 & 10 PM, 12/19/08 @ 6 & 10 AM

Bringing Effective Prevention to Every Community

12/25/08 @ 4 & 10 PM, 12/26/08 @ 6 & 10 AM

Peers Influence Peers: Kids, Crimes and Consequences

1/1/09 @ 4 & 10 PM, 1/2/09 @ 6 & 10 AM

Raising Drug-free Kids

1/8/09 @ 4 & 10 PM, 1/9/09 @ 6 & 10 AM

Stress Induced Drug Abuse/ Peers Making Peace

1/15/09 @ 4 & 10 PM, 1/16/09 @ 6 & 10 AM

