

# Prevention *WORKS!*

## Mentoring Plus

Fun was had by all at Mentor Plus's Annual National Mentoring Month Event. Mentors and mentees came together to share lunch, laughter, memories and fabulous bowling skills. The impact of mentoring was evident in every mentee's smile. Mentoring Plus would like to thank our



mentors for all they do! If you have a few free hours a month, you too could make a difference in a child's life while having fun yourself. Mentoring Plus even has a new couples program where you and your partner can mentor a child together. Interested? Go to [www.centerforprevention.org](http://www.centerforprevention.org) or call 973-300-4149 to find out more. Think fun...think laughs...think friendship...think Mentoring Plus.



*Dianna Morrison*, CSW, CEPF  
Coordinator, Mentoring Plus Program

## Counselors Receive Training

CFPC Counseling staff received training on utilizing the New Jersey Substance Abuse Monitoring System (NJ SAMS) as an effective assessment tool with clients. In addition, NJ SAMS data is utilized by the state to determine treatment and funding needs for clients who seek treatment for substance abuse and co-occurring mental health disorders.



## Resource Center Update

**National Inhalants and Poisons Awareness Week**  
Along with more snow and St. Patrick's Day, March also brings about Inhalant Abuse Awareness week. Our resource center is ready to assist parents, caregivers, educators, youth group leaders, coaches and interested community members in providing information about inhalant abuse, including warning signs and prevention

tips. We can provide quantity of handouts for your school, neighborhood, house of worship or organization. We also have excellent curriculums that can be used with youth to reduce inhalant abuse. Please stop by the Resource Center at our office in Newton to borrow a video, book or pamphlet. And while you are here you can see the many other wonderful and informative material stocked in our Resource Center. Hope to see you soon!

*Dot DelCampo*

Resource Center Coordinator

## Strategic Prevention Framework Project

The SPF Project held a meeting for a working group of the Community Advisory Panel (CAP) on January 26<sup>th</sup>. Becky Westra shared data that had been gathered from the Needs Assessment. Two Harmful Consequences: Arrests for DWI's and non-fatal alcohol and substance related motor vehicle crashes among 18-25 year olds were identified to be addressed in the upcoming Strategic Plan due April 15, 2010. These consequences were submitted to DAS (Division of Addiction Studies) at the January 27th site visit. For more information contact Becky Westra at 973-383-4787 x244 or [beckyw@centerforprevention.org](mailto:beckyw@centerforprevention.org).

*Becky Westra*

SPF Project Coordinator

## REBEL

### Battle of the Bands to be Held

REBEL is busy with our upcoming "BATTLE OF THE BANDS" contest. Sussex County Technical School, will be hosting this event on March 26, 2010. Bands from high schools in Sussex County will be competing to see who has the best band. Newton High School was the big winner at last year's event. One of our judges will be Tim Grins; a valuable friend to The Center for Prevention and Counseling.

<http://www.centerforprevention.org/rebel-battle-of-bands2010.htm>

### Kick Butts Day

All of the REBEL members throughout our county are also getting ready for **Kick Butts Day** on March 24.



Newton H.S. will be promoting special attention to "HANDS OF HOPE", on this day. For more information, go to: <http://www.centerforprevention.org/rebel-battle-of-bands2010.htm>

Cindy Meakem  
REBEL Coordinator



For more information, go to:

<http://www.centerforprevention.org/2010-tree-city-open-flyer.html>

### Strengthening Families Program

At the end of February, we will begin two spring sessions (in Byram and Sussex-Wantage) of Strengthening Families Program-Family Night Out. While spaces are filling up quickly, there is still room for you to sign up so your family can participate. Also, on Sunday, February 21<sup>st</sup> from 1:00 - 3:30 PM we will be having a family fun day at the Sussex County YMCA in Hamburg where we will enjoy some snacks, swimming, and other fun activities. For more information on signing up for our program, or for joining in on our family fun day, contact Natalie at 973-383-4787.

### It's Time to Talk!

Sometimes it can be hard for parents and children to communicate with one another. That is why the Partnership for a Drug-Free America has brought us the family strengthening initiative *Time to Talk*. It can be accessed via the internet at [www.timetotalk.org](http://www.timetotalk.org). This interactive and user-friendly website gives parents helpful tips on effectively communicating with their children verbally as well as through such venues as texting, promotes teachable moments, encourages the use of clear no drug messages, and how to address high risk behaviors. You can also access the website via [www.centerforprevention.org](http://www.centerforprevention.org) by clicking on the Strengthening Families link.

Natalie Yanoff-Smith  
Strengthening Families Coordinator

### PACES – Save the Date!

Save the date! - Sunday, September 12, 2010



The 5th Annual 5K Race & Fun Run

Swartswood State Park

Watch future newsletters and our website for more information!

### Community Partnership for a Tobacco-Free New Jersey

The CPTF NJ will be partnering with the Sussex County Cancer Coalition to kick off the Hands of Hope project. This statewide event is geared toward raising awareness to the harms of tobacco through advocacy.

County residents will be asked at various events

to trace their hand on brightly colored paper and put a message of inspiration or a story of loss or some other way in which tobacco has affected their lives. Several of the county's REBEL chapters will be participating in the project as well. The hands will be collected and put on boards and together with the other NJ counties, will wrap the hands around the statehouse in Trenton on May 21<sup>st</sup>, to advocate for tobacco education and prevention.



The Hands of Hope Project™

Shelley Stuart, Coordinator

SC Community Partnership for a Tobacco-Free NJ

### Circles Bridges to Success

Everyone has the capability to be financially stable and independent given the appropriate resources. So, what does it take for hardworking, play by the rules Sussex County individuals and families to reach their highest potential? It takes Circles™ of Sussex County. Circles is a nationwide campaign to end poverty. All participants complete 20 weeks of education culminating in the development of a personalized action plan to reach their goals. Following graduation each participant is matched with community volunteers or mentors who befriend a family and support them as they reach their highest potential. Through this initiative individuals and families can make real and positive changes in their life. Learn more by attending a Bridges to Success informational presentation on March 23, 2010 at Sparta First Presbyterian Church, 32 Main Street, Sparta from 7:00 to 8:00 pm. Come and learn how this community collaboration is changing the face of Sussex County.

Dianna Morrison, CSW, CEP,  
Circles Coordinator

\* CFPC is a member of the New Jersey Prevention Network, Inc., a network of community-based organizations, dedicated to the prevention of alcoholism, drug dependence and related problems throughout the state.

**Applebee's**  
**DINING TO DONATE**  
 Enjoy a meal that's filling and fulfilling.  
 Eat in or try our Carside To Go™ service!

Dine at Applebee's® and  
 10% of your bill will be donated to  
**REBEL:**  
**Sussex Tech Chapter**  
 Present this flyer to your server on  
**February 23<sup>rd</sup>**  
**5:00pm - 11:00pm**  
 at Applebee's of  
**Newton**  
**North Park Drive @ Rte. 206/94**  
**(Across from Home Depot)**  
**973-940-3003**

**You must present a flyer for  
 your donation to be credited**

Applebee's Community Connections

**You MUST bring a copy of this flyer to the restaurant.**

**Go to:** <http://www.centerforprevention.org/rebel-dining-to-donate.htm>

### **Taking Control - A Financial Management Workshop for Women**

Today every woman, whether single or married, needs to plan for her personal and family security. Taking Control a Financial Management Workshop for Women will cover six keys to effective financial management – cash management, risk management, investment planning, tax planning, retirement planning, estate planning and other concerns women often face. All women should attend this workshop and learn how to live a life free of financial stress by taking advantage of the best and being prepared for the worst. Presenters include Noah B. Rosenfarb, CPA, ABV, PFS, CDFA; Mike Ringel, CPA, CDFA and Naim Bulbulia, Esq. The program will be held at Lake Mohawk Country Club on April 22<sup>nd</sup> from 5:30 to 8:30 pm. Dinner will be provided. The cost is \$10 in advance or \$15 at the door. Space is limited so register early at <http://www.centerforprevention.org/financial-workshop-4-22-10.htm> or by calling 973-383-4787.

*Dianna Morrison, CSW, CEPF*

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

**FREE RECERT CLASS!** - The Sussex County Community Partnership for a Tobacco-Free New Jersey presents "HELPERS" - This training is funded by the Comprehensive Tobacco control Program, New Jersey Department of Health and Senior Services. **YOU MUST PRE-REGISTER FOR THIS CLASS** - even though it is free, we **MUST** order materials for class participants in advance.

For an informational flyer go to:

<http://www.centerforprevention.org/pdf-files/helpers-training-2-26-10.pdf>

For information about all of our classes, please visit our website at [www.centerforprevention.org](http://www.centerforprevention.org)

Contact me at 973-383-4787 or

[shelley@centerforprevention.org](mailto:shelley@centerforprevention.org)

*Shelley Stuart*

Coordinator, School of Alcohol & Drug Studies

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

#### **Inhalant Abuse**

Inhalant abuse is an area that may be overlooked because people are unaware that common products used in homes, offices and schools can be abused. When misused these products are very dangerous; even posing the risk of Sudden Sniffing Death the first time and each subsequent time they are inhaled.

In 2008 (the last time the countywide drug survey was done), 14% of Sussex County 7<sup>th</sup> graders admitted they have tried inhalants! When reviewing these percents, we were curious to see what it actually meant in the number of youth that tried inhalants for all of the grades and here is what we found- over 1,100 Sussex County 6-12<sup>th</sup> grade youth tried inhalants in 2008. This is should be a wakeup call for everyone. What can you do to learn more and to help spread the word with parents, co-workers, friends, and family and community members about inhalant abuse and how to recognize a child in trouble?

- Read, copy and disseminate the Parent Newsletter which focuses on inhalants <http://www.centerforprevention.org/coalition-parent-newsletter.htm>
- Share the Youth Leadership Institute (formerly DEFY) newsletter with youth: <http://www.centerforprevention.org/youth-leadership-newsletter.htm>
- Call us to order some FREE inhalant awareness brochures for your place of work or in your community
- Watch a show about inhalants airing 3/25 at 4 & 10 PM and 3/26 at 6 & 10 AM on SCCC's Channel 20
- Call us to schedule a "drug trend update" in your community or at a staff meeting. The program is continually updated with new drug trends and can be tailored to fit your time needs. In March we have events scheduled around the county, please check out our flyer to see the locations and dates. <http://www.centerforprevention.org/pdf-files/project-alert-flyer-march2010-dates.pdf>

Find out about inhalants before your children do and talk to them about the dangers of sniffing and huffing.

#### **Bad News about Booze Contest**

### **'THE BAD NEWS ABOUT BOOZE'**

The 'Bad News about Booze' contest is open to all students in 4<sup>th</sup> to 12<sup>th</sup> grade. There is a lot of information out there that can make kids think that alcohol use is all fun and games. Youth can get involved and create a poster or essay telling their peers and classmates the 'bad news about booze.' Interested youth can go to <http://www.centerforprevention.org/2010-poster-essay-contest-entry.htm> to get an entry form and share their message.

\* CFPC is a member of the New Jersey Prevention Network, Inc., a network of community-based organizations, dedicated to the prevention of alcoholism, drug dependence and related problems throughout the state.

## How do you keep it fresh?



There is an overwhelming amount of pressure placed on teens to be a part of the crowd that consumes alcohol and other drugs. This exciting contest is asking youth who are 14-20 to share how they maintain a lifestyle free from alcohol and other drugs in song or prose. Selected entries will get a chance to record their entry in a professional studio and they will be a part of a 'digital mix tape' created for the Center for Prevention and Counseling. The question asked of youth is "How do you KEEP IT FRESH?" <http://www.centerforprevention.org/2010-poetry-music-contest-entry.htm>

### Join us at the Steering Committee Meeting

Come join steering committee members at the next Coalition meeting on Friday, March 12<sup>th</sup> at 9 AM and be a part of the solution in reducing youth use of alcohol and other drugs in Sussex County.

Sincerely,

*Becky Carlson*, Coordinator

Sussex County Coalition for Healthy & Safe Families

### Partnership for Healthy Adolescents

The Adolescent Partnership has been very busy with current events and planning for numerous spring programs. We are busy in local schools with pedometer programs to encourage kids to get more physical activity. On January 27<sup>th</sup> a gang awareness presentation was delivered to over 80 local business people in an effort to educate the public from a law enforcement perspective on the issue. In the next couple of months we are partnering with local hospitals and schools for the Cardiac Kids program, which facilitates the screening of 5<sup>th</sup> graders for high cholesterol and related conditions that could impact children's heart health.

*Jane Lupo*

Coordinator, Community Partnership for Healthy Adolescents

### Calendar of Meetings and Events

Tuesday, February 16, 2010

Circles Meeting, Sparta Presbyterian Church

Friday, February 19, 2010, 12:00 – 1:00 PM

Lunch 'n Learn workshop, "Addiction: New Knowledge, New Hope" <http://www.centerforprevention.org/2010-lunch-n-learn.html>

Sunday, February 21, 2010

Strengthening Families Family Fun Day, YMCA, Hamburg

Tuesday, February 23, 2010

Circles Meeting, Sparta Presbyterian Church

Tuesday, February 23, 2010, 7:00 – 8:30 PM

Savings, Investing and Surviving in Tough Times workshop; <http://www.centerforprevention.org/financial-workshop-2-23-10.htm>

Friday, February 26, 2010, 9:00 AM – 2:00 PM

Free Recert Class, "Helpers" – YOU MUST PREREGISTER for this class. For more information, go to: <http://www.centerforprevention.org/pdf-files/helpers-training-2-26-10.pdf>

Friday, February 26, 2010, 6:00 – 7:30 PM

Youth Leadership Institute meeting, CFPC

Wednesday, March 3, 2010, 7:00 – 9:00 PM

Drug Trend Update (Project Alert), Sussex Middle School

Monday, March 8, 2010, 7:00 – 9:00 PM (snow date 3/10/10)

Drug Trend Update (Project Alert), Sparta High School

Wednesday, March 10, 2010, 8:30 AM – 3:00 PM

CPS Class P104-Evidence Based Prevention Models, facilitated by Pamela Clark. For more information go to: <http://www.centerforprevention.org/classes-spring2010.htm>

Thursday, March 11, 2010, 7:00 – 8:30 PM

Drug Trend Update (Project Alert), Fredon Elementary

Friday, March 12, 2010

Coalition for Healthy & Safe Families meeting, CFPC

### SCCC/ETV– Channel 20

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

Understanding Addiction

3/18/2010 @ 4 & 10 PM

3/19/2010 @ 6 & 10 AM

Household Highs – Understanding Inhalants

3/25/2010 @ 4 & 10 PM

3/26/2010 @ 6 & 10 AM

Teens and Alcohol – Promoting Dialogue on Underage Drinking

4/1/2010 @ 4 & 10 PM

4/2/2010 @ 6 & 10 AM

Binge Drinking & Youth: What Everyone needs to know

4/8/2010 @ 4 & 10 PM

4/9/2010 @ 6 & 10 AM

The Dangerous Frontiers of Substance Abuse: A look at Alcohol and Drug Use Trends

4/15/2010 @ 4 & 10 PM

4/16/2010 @ 6 & 10 AM

\* CFPC is a member of the New Jersey Prevention Network, Inc., a network of community-based organizations, dedicated to the prevention of alcoholism, drug dependence and related problems throughout the state.