

January 2012



Center for Prevention and Counseling  
Substance Abuse Treatment & Prevention Agency  
For over 30 years dedicated to building healthy communities...one person at a time.



## Upcoming Programs

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In February, two staff members will present a new workshop entitled **Cyberbullying and Sexting** for the Frankford School District. This is an interactive presentation regarding the dangers and consequences of cyberbullying and sexting. Participants will hear firsthand from a young adult about the

devastating effects of sexting. Strategies for prevention will be discussed along with time for audience questions to be answered. We offer many different programs and presentations for parents and youth. If you are interested in learning more or would like to book a presentation, contact Ayla at 973-383-4787.

cyberbullying hurts



## POVERTY SIMULATION

**Experience first hand the daily struggles of life without enough money and plenty of stress**

During this simulation participants take on the role of low income families. Each family must provide food, shelter and other basic necessities while interacting with community social service agencies.

This interactive evening is for all members of the community including students, clergy, congregations, community leaders, elected officials, teachers, business leaders, employers, health workers, and social service providers.

Learn about the harsh realities of poverty and what we can do as a community to create a culture where all families can thrive not just survive.

Come join us for this profoundly moving and unforgettable evening.

### POVERTY SIMULATION

**Experience first hand the daily struggles of life without enough money and plenty of stress**



**Time:** 6:30 pm to 9:00 pm  
**Date:** 2/29/12  
**Location:** Sussex County Community College  
 Gymnasium - Building E  
 One College Hill Road  
 Newton, NJ 07860

**Reservations required and limited to the first 50 participants.**

**Call 973-383-4787 to register or visit [www.centerforprevention.org](http://www.centerforprevention.org)**

Donations accepted to benefit Sussex Circles, a unique initiative to end poverty right here in Sussex County.

### Don't miss...

- Poverty Simulation
- Strategic Prevention Framework State Incentive Grant in full swing
- Visit our Resource Center!
- Strengthening Families Family Night Out Program
- Visit our website at [www.centerforprevention.org](http://www.centerforprevention.org)

### Do you have what it takes to survive?

Reservations required and limited to the first 50 participants.  
Call 973-383-4787 to register or visit [www.centerforprevention.org](http://www.centerforprevention.org)

Donations accepted to benefit Sussex Circles, a unique initiative to end poverty right here in Sussex County.

## Taking Charge

**"This program helped by preparing me for life on my own and how to deal with different obstacles."**

CFPC piloted Taking Charge, a series of workshops assisting Birth Haven residents to expand their financial skills, set financial goals, and build a strong future for themselves and their babies. Through Taking Charge, the new moms explored savings techniques, ways to reduce or eliminate debt, the importance of budgeting, banking basics, the

difference between needs and wants, as well as establishing financial and life priorities. The true impact of Taking Charge can be found in the words of the participants. "This program helped by preparing me for life on my own and how to deal with different obstacles." "You motivated me to work towards being financially stable." This

program was sponsored by the United Way of Northern NJ.

For additional information call Dianna at 973-383-4787 or email [dianna@centerforprevention.org](mailto:dianna@centerforprevention.org).

*Dianna Morrison, CSW, CEPF, FSW*  
Financial Stability Coordinator

## Vernon Coalition Attends National Leadership Forum

It's DC time again! Gemma and Kristi are preparing for the National Leadership Forum down in Washington. From February 6<sup>th</sup> through the 9<sup>th</sup>. We will be learning about the latest environmental strategies on fighting substance abuse. During this conference we will also have the opportunity to meet our state representatives. We are looking forward to bringing

back important information so we can continue to build a strong coalition in Vernon. The fun doesn't stop there, some upcoming events to watch out for are, Sticker Shock and our kickoff event in the spring!

*Gemma Chalkley*

Vernon Youth Coordinator

*Kristi Young*

Vernon Coalition Coordinator



## January is National Mentoring

January is National Mentoring Month. A month to celebrate the fun, laughter, and magic of mentoring. President Obama proclaimed January 2012 National Mentoring Month with a notation that, "Every day, mentors help young Americans face the challenges of growing into adulthood." The real impact of mentoring can truly only be experienced by a mentee. For James, Joe, his mentor, came into his life approximately 2 years ago.

James is separated from his family and being raised by his

aunt. Joe provides James with some much needed male companionship. They go fishing, to the movies, out to eat, rake leaves, laugh, celebrate good grades and spend time talking about school, sports, relationships, and future goals. James, an avid basketball player, was elated when Joe took him to his first College basketball game over the holidays.

For Christmas James made Joe a "wordle" with all the words he uses to describe Joe. James' Aunt thinks Joe is one in a

million, a mentor extraordinaire, just the best! James considers himself very lucky to be able to spend time with Joe...they are memories he will cherish forever. James' future looks brighter and brighter thanks to the care and guidance of his mentor, Joe. Thanks a bunch Joe for being such a wonderful role model! We would like to thank all the mentors who give the greatest gift of all, their time and care.

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



## SPF SIG Update

The Strategic Prevention Framework State Incentive Grant is beginning 2012 with many plans for the upcoming months. We are purchasing 2012 I.D. Checking Guides to deliver to some Sussex County liquor stores and bars.

At the Sussex County Community College, we are

promoting upcoming events and programs, such as Alcohol Awareness Day, eCHUG and Reality Check. The students at the college also have the opportunity to participate in the second Campus Culture Survey and win a prize.

Through the planning and promotion of these activities,

the spring is sure to be busy and productive!

*Ayla Satter*

Youth Educator

*Becky Carlson*

SPF SIG Coordinator

**"The students at SCCC have the opportunity to participate in the 'Second Annual Campus Culture Survey' and win a prize."**

## Strengthening Families-Family Night Out

Are you looking for something fun to do with your family during the cold winter months? Strengthening Families Program Family Night Out will begin two new cycles in February 2012. One cycle will be held on Tuesday evenings in Sussex Wantage and the second cycle will be held on Wednesday evenings in Byram. Spots are filling up quickly! For more information or to sign up please contact Natalie or Patrice 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,*

CADC

Strengthening Families Program Coordinator

**"Are you looking for something fun to do with your family during the cold winter months?"**

## Resource Center Update

Happy New Year! It's the start of a new year and we want to remind everyone about our informative satellite broadcasts on Sussex County Community College's local station, Channel 20. Upcoming shows include topics such as prescription drug abuse, how to know

what's happening in your community, and drug-free workplaces. The shows run weekly on Thursdays at 4 and 10 PM, and on Fridays at 6 and 10 AM. For a complete listing of upcoming broadcasts, check call-out box on the right and please tune in!

As always, feel free to come in and checkout materials from our Resource Center library.

### SCCC/ETV- Channel 20

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

#### Dispelling Drug Myths

1/19/2012 @ 4 and 10 PM,

1/20/2012 @ 6 and 10 AM

#### Prevention Prescription Drug Abuse

1/26/2012 @ 4 and 10 PM,

1/27/2012 @ 6 and 10 AM

#### Drug Abuse and the Boomer Generation

2/2/2012 @ 4 and 10 PM,

2/3/2012 @ 6 and 10 AM

#### Countering the Drug Culture

2/9/2012 @ 4 and 10 PM,

2/10/2012 @ 6 and 10 AM

#### How to Know What's Really Happening in Your Community

2/16/2012 @ 4 and 10 PM,

2/17/2012 @ 6 and 10 AM

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Newton, NJ 07860  
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We're on the web!

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



#### Our Vision...

To develop the capacities of adults and children to sustain healthy lifestyles by providing services designed to foster addiction-free lifestyles, emotional wellness, financial stability and safe communities.

#### Our Mission...

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

#### Our Strategies...

To use proven prevention strategies in all education program

To provide client-centered counseling

To network with other service providers

To be involved in the Sussex County community by maintaining active committee memberships

To maintain an extensive Multimedia Resource Center

To provide ongoing staff education

To maintain a full range of no cost services through grant and foundation funding, and to charge reasonable rates for fee for service programs

## Coalition for Healthy and Safe Communities

Happy New Year! The start of 2012 has been extremely busy and productive for the Coalition. Our Prevention Team is in high demand to conduct workshops in the community. In an effort to meet the needs of those requesting our services, the Prevention Team held an in-service to plan and modify presentations. The in-service was very productive and staff members are excited to implement new programs in the upcoming year.

The Coalition continues to meet monthly and part of our meeting is always spent with drug trend updates. According to the recent 2011 [Monitoring the Future](#) survey, one in every nine high school seniors (11.4%) reported using synthetic marijuana in the prior 12 months. We continue to have issues with K2 and prescription drugs here in Sussex County. We have our countywide survey in the works to be done this winter

so we can see what trends are happening here in Sussex County. To read articles about K2/K3/Spice, visit [www.jointogether.org](http://www.jointogether.org) and type K2 in the search menu.

With the new Harassment, Intimidation and Bullying (HIB) law that is mandated in all school districts, teachers, administrators and support staff are seeking trainings regarding bullying along with information on the implementation of the HIB requirements. Since last June, the Coalition has offered monthly meetings for HIB coordinators and specialists to address issues and requirements surrounding HIB. This month's topic was all about school climate. Topics on character development and school climate are addressed in our monthly Kids2Kids newsletter and are given to each school district as well. Click on the following link to view this month's newsletter.

[www.centerforprevention.org/coalitionkidstokids.htm](http://www.centerforprevention.org/coalitionkidstokids.htm)

Since 2008, the Coalition has coordinated numerous Sticker Shock events, using youth volunteers from its youth group and teen leadership trainings, Girl Scouts and SCCC's U-MADD chapter. This collaborative activity has proven to be a great way to engage youth who want to keep themselves and their peers alcohol-free. We recently decided to expand this initiative by engaging high school youth groups and empowering them to conduct Sticker Shock events in their communities. We are thrilled to announce that High Point High School has volunteered to conduct a Sticker Shock event in their community! Stay tuned for updates.



The Coalition works to help setup several prescription drug disposal days each year. It has always been a goal to work towards finding a way to have a designated spot in the county where residents can properly dispose of unwanted medications throughout the year rather than on a few specified dates. It has recently been announced that the Division of Consumer Affairs would like to expand this program to include police departments in each of New Jersey's 21 counties. We are thrilled with this announcement and are working towards getting a disposal box here in Sussex County. Stay tuned for more details!

To learn more about the Coalition or to get involved, contact us at 973-383-4787.

Sincerely,  
*Becky Carlson,*  
Coalition Coordinator