

# Prevention *WORKS!*

## Kick Butt's Day



March 24<sup>th</sup> is Kick Butt's Day. REBEL is busy getting their projects underway to show their support on the dangers of Tobacco. On March 24<sup>th</sup> thousands of youths in every state and around the world will STAND OUT! SPEAK UP!

And SEIZE CONTROL AGAINST BIG TOBACCO. Kick Butts DAY is a day our youth take action against tobacco use. This event goes coast to coast; more than 2,000 events will take place. Sussex County REBEL will be showing their support by incorporating Kick Butt's Day and the Hands of Hope Project, including Newton H.S and Pope John.

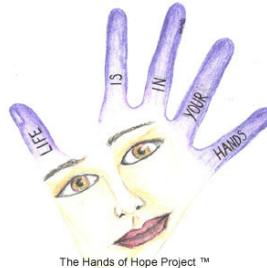
We are drawing our hands and decorating our schools. More than 1200 Americans die each day from tobacco use; Sussex County REBEL says: Enough is enough. We will unite to fight! REBEL is so wired for KICK BUTTS DAY, some of our schools such as Sussex Tech have decided to extend KICK BUTTS DAY; and add it to their BATTLE of the Bands on March 26. Go REBEL!

*Cindy Meakem*  
REBEL Coordinator

## Circles<sup>tm</sup> of Sussex County

Circles<sup>tm</sup> of Sussex County is a nationwide campaign to end poverty. All Circles 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 the family and support them on their bridge to success. Mentors share a laugh, listen, support, and encourage individuals to overcome barriers and achieve success. Join us and become a mentor; the life you change might just be your own. For more information contact Dianna Morrison at 973-383-4787.

*Dianna Morrison*. CSW, CEPF  
Coordinator, Circles Program



The Hands of Hope Project<sup>tm</sup>



## Partnership for Healthy Adolescents



It has been a very busy month for the Partnership. Our youth driven project was a socio drama that was written by members of the Youth Leadership Institute which focused on bullying.

They performed it and engaged in a question and answer session with participants at the YMCA Teen Night on February 19<sup>th</sup>. They did a wonderful job in performing and responding to questions that arose during the session.

The Stillwater School completed their "pedometeropoly" program. An awards ceremony was held on March 10<sup>th</sup> to recognize the students hard work and teachers dedication to the program.

We also held the Cardiac Kids program for fifth graders at the Wantage School the week of February 23<sup>rd</sup>. The screening was facilitated by Saint Claires Hospital and breakfast for the students was provided by the Partnership.

*Jane Lupo*, Coordinator  
Community Partnership for Healthy Adolescents

## Strategic Prevention Framework Project

On March 1<sup>st</sup> Becky Westra submitted a working outline of the Strategic Plan to DAS (Division of Addiction Services) on behalf of the SPF Project. The working outline included a summary of collected data from the needs assessment, the identified harmful consequences and the identified target communities within Sussex County. Becky Westra will be meeting with the SPF-SIG DAS Coordinator as well as Rutgers Evaluators on March 12<sup>th</sup> to review the working outline. The completed Strategic Plan is due to DAS on April 15, 2010.

The Strategic Plan is comprehensive. It includes a complete description of the needs assessment process, an explanation of how and why the harmful

consequences were determined within each of the respective communities, the strategies and activities that will be implemented to reduce the number of harmful consequences and performance measures and baseline data to monitor progress and results.

For more information contact Becky Westra at 973-383-4787 x244 or [beckyw@centerforprevention.org](mailto:beckyw@centerforprevention.org).

*Becky Westra*

SPF Project Coordinator

### Financial Stability Project Update

#### America Saves Week

In recognition of America Saves Week, a week-long national campaign to promote savings for future financial goals, Dr. Barbara O'Neill renowned author, professor and financial expert conducted an interactive presentation addressing all the tools individuals need to become an effective saver in this difficult economic climate.

Participants learned about different savings strategies, how to set realistic savings goals, and obstacles to building savings. Dr. O'Neill presented creative expense reduction ideas and ended the workshop identifying future planning approaches. An attendee said: "This program helped me in addressing how to save and manage my money more efficiently."

#### Taking Control: A Women's Financial Workshop

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.

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. To register call 973-383-4787 or go to:

[www.centerforprevention.org/financial-workshop-4-22-10.htm](http://www.centerforprevention.org/financial-workshop-4-22-10.htm) .

The event, which is presented in cooperation with MoneySmart week in Sussex County is sponsored by the Sussex County Coalition for Financial Education, a program of the Center for Prevention and Counseling, New Jersey Society of CPAs, DECNU.org, NJ Herald and Sussex County United Way.

*Dianna Morrison,*

CSW, CEPF

Coordinator, Financial Stability Project



**Taking Control**  
A Financial Workshop for Women

Time: 5:30 pm to 8:30 pm  
Date: 4/22/2010  
Location: Lake Mohawk Country Club  
21 The Boardwalk  
Sparta, NJ 07871  
Cost: \$10 in advance, \$15 at door  
Dinner provided  
RSVP: call CFPC at 973-383-4787 or online at  
[www.centerforprevention.org](http://www.centerforprevention.org)

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 event, which is presented in cooperation with MoneySmart week in Sussex County is sponsored by the Sussex County Coalition for Financial Education, a program of the Center for Prevention and Counseling, New Jersey Society of CPAs, DECNU.org, and Sussex County United Way.

### Resource Center Update

Studies have shown that as the perception of harm goes up, usage of a substance goes down. Conversely, as the perception of harm decreases, the usage of that substance increases. Unfortunately, with the increasing popularity surrounding the legalization of marijuana for medical purposes, many of today's youth are getting the impression that marijuana isn't dangerous and the number of youth abusing this drug is increasing. To learn more about the harmful effects of marijuana and why it should remain an illegal drug, please stop by the Center to pick up our new pamphlet "Let's get real—STOP POT—the facts: why marijuana should not be legalized!" NOTICE!! Remember, next month is Alcohol Awareness Month. Feel free to stop by the agency and peruse the many pamphlets, books and videos we have on hand addressing the topic. Find out the facts behind the myths of underage drinking. And listen for our upcoming broadcasts on SCCC's educational television channel 20, such as "Teens and Alcohol—Promoting Dialogue on Underage Drinking" (April 1<sup>st</sup> and 2<sup>nd</sup>) and "Binge Drinking and Youth: What Everyone Needs to Know" (April 8<sup>th</sup> and 9<sup>th</sup>). The shows air on Thursdays, 4 PM and 10 PM, and on Friday mornings, 6 and 10 AM.

*Dot DelCampo*

Resource Center Coordinator

### REBEL

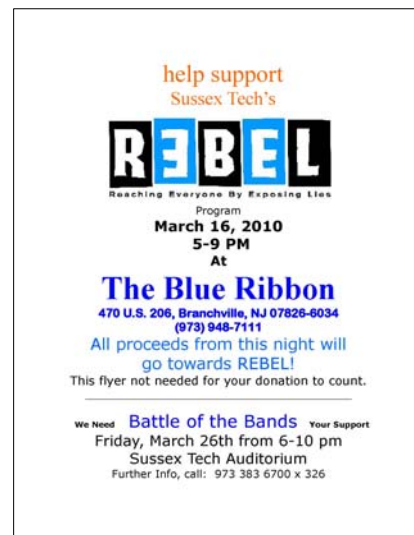
#### Battle of the Bands

A fundraiser will be held at Blue Ribbon in Branchville on 3/16 from 5-9. REBEL will receive 15% of the proceeds which will go towards the Battle of the Bands. 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.

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

*Cindy Meakem*

REBEL Coordinator



help support  
Sussex Tech's

**REBEL**  
Reaching Everyone By Exposing Lies

Program  
March 16, 2010  
5-9 PM  
At  
**The Blue Ribbon**  
470 U.S. 206, Branchville, NJ 07826-8034  
(973) 948-7111

All proceeds from this night will go towards REBEL!  
This flyer not needed for your donation to count.

We Need **Battle of the Bands** Your Support  
Friday, March 26th from 6-10 pm  
Sussex Tech Auditorium  
Further Info, call: 973 383 6700 x 326

\* 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.

## The Tree City Open

Looking for something to do this spring? The 1<sup>st</sup> Annual Tree City Mini Golf Fundraiser at Cobblestone Village at Mountain Creek in Vernon is only weeks away! Mark your calendar May 1, 2010 from Noon-8:00pm (rain date: May 8, 2010). There will be mini golf for all ages. Prizes will be awarded for winners in each age group. The cost is only \$5 per player and the proceeds will help provide counseling and support to all families in need in Sussex County. In addition, the day's events will include an Art and Music Festival. The festival will feature live local teen bands and art work from Sussex County youth.



For questions or to make a donation please call 973-383-4787 or go to: <http://www.centerforprevention.org/2010-tree-city-open-flyer.html>

## School of Alcohol and Drug Studies

**FREE RECERT CLASS!** – On March 26<sup>th</sup>, 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 flyer go to: [www.centerforprevention.org/pdf-files/helpers-training-3-26-10.pdf](http://www.centerforprevention.org/pdf-files/helpers-training-3-26-10.pdf).

For information about the rest of our classes, call 973-383-4787 or visit our website at [www.centerforprevention.org](http://www.centerforprevention.org)

*Shelley Stuart*

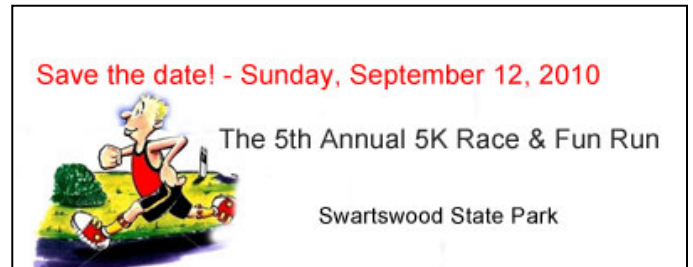
Coordinator, School of Alcohol & Drug Studies

## Tea Hive Hosting Spring Tea to benefit CFPC

Do you know someone who loves American Girl dolls? Looking for something to do to kick off the spring season? The Tea Hive is hosting an American Girl themed spring tea party to benefit the Center for Prevention & Counseling and the children and families they serve, whose lives have been affected by substance abuse and addiction, on May 21<sup>st</sup> from 6:00-8:00PM.



Bring your American Girl doll or favorite doll for a 3 course tea. The evening will include interactive readings from American Girl books, an interactive craft activity and a gift auction of an American Girl doll, doll clothing & accessories. See the attached flyer for complete details! Reservations are required and payment is due prior to date. Call 973-579-7177 to reserve your spot today!



**Watch future newsletters and our website for more information!**

## Coalition for Healthy & Safe Families

### Bad News about Booze

With April approaching quickly, the Coalition has been busy preparing for Alcohol Awareness Month. Each year, the Coalition hosts a PSA contest and this year's theme is **The Bad News about Booze**. There is a lot of information that alcohol companies don't want you to know about—they make it seem like its all fun and games, but we all know that's not the truth. Students in grades 4<sup>th</sup>-12<sup>th</sup> are asked to create a poster or essay highlighting their best message that tells friends and classmates: **The Bad News about Booze!** This year the PSA contest will also include a digital mixtape contest entitled: **How do you KEEP IT FRESH?** For more information regarding both contests, go to: <http://www.centerforprevention.org/2010-psa-contest.htm>

### Alcohol Poisoning Cards to be Distributed

Also in preparation for Alcohol Awareness Month, members of the Coalition are getting ready to deliver Alcohol Poisoning Cards to all 9<sup>th</sup>-12<sup>th</sup> graders in Sussex County. These cards, along with bottle hangers, were purchased through the STOP, (Sober Truth on Preventing Underage Drinking) grant. The bottle hangers are another tool used in an effort to reduce youth use and access to alcohol and are intended to be placed on alcohol bottles in the home and they incorporate a message of parental disapproval of underage drinking. They will be distributed to all 5<sup>th</sup>-12<sup>th</sup> grade parents in Sussex County.

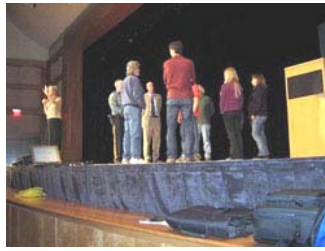
### Town Hall Meeting

On March 31<sup>st</sup>, the Coalition will host their annual Town Hall Meeting at the Newton Movie Theater. Members are excited, as this is the first time the event will be held at such an exciting venue. This year's focus will be "Alcopops", a starter drink for kids. Kids who don't have a taste for beer or hard liquor turn to Alcopops. **Why?** They're sweet, flashy and fruity-but with an alcohol content of up to 13%, they are also dangerous! Interested in attending or learning more about it? Go to: <http://www.centerforprevention.org/coalitiontownhallmeeting.htm>

\* 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.

## Project Alerts

Finally, we are busier than ever presenting Project Alerts throughout the county. Just recently, we presented a Project Alert at Sparta High School and had a wonderful turnout of 125 people! To see one in action, visit our website for a list of upcoming events.



<http://www.centerforprevention.org/events.htm>

For further information about the Sussex County Coalition for Healthy & Safe Families or to get involved, please contact us at 973-383-4787.

Sincerely,

*Becky Carlson*, Coordinator

*Meg Samuel-Siegel*, Assistant Coordinator

Sussex County Coalition for Healthy & Safe Families

### 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

### Calendar of Meetings and Events

Tuesday, March 16, 2010, 8:30 AM – 3:00 PM

Recert Class Co-Occurring Assessment, facilitated by Mary Beth McDonald. CFPC Offices, go to:

[www.centerforprevention.org/classes-spring2010.htm](http://www.centerforprevention.org/classes-spring2010.htm)

Tuesday, March 16, 2010, 10:00 AM - 12:00 PM

Responsible Beverage Server Training for Retailers - Please RSVP at 973-383-4787, Newton VFW Hall

Tuesday, March 16, 2010, 5:00 - 9:00 PM

Fundraiser for REBEL Battle of the Bands at Blue Ribbon, <http://www.centerforprevention.org/pdf-files/rebel-blue-ribbon.pdf>, Blue Ribbon, Branchville

Tuesday, March 16, 2010, 7:00 - 8:30 PM

Underage Drinking presentation for Hopatcong Rec League soccer coaches, Civic Center, Hopatcong

Friday, March 19, 2010, 12:00 - 1:00 PM

LUNCH 'n LEARN workshop - The Effect of Addiction on Children: Just because they look okay, doesn't mean they are okay. CFPC 2nd floor classroom. For a flyer go to <http://www.centerforprevention.org/2010-lunch-n-learn.html>

Saturday, March 20, 2010, 8:30 AM - 3:00 PM

Recert Class Fears, Phobias and Anxiety in the Recovering Alcoholic/Addict, facilitated by Barry Bocchieri, CFPC offices. For more info go to:

<http://www.centerforprevention.org/classes-spring2010.htm>

Monday, March 22, 2010, 6:00 PM

REBEL CFB meeting, CFPC offices

Monday, March 22, 2010, 7:00 - 8:00 PM

Youth Matters Parent and Youth interactive under age workshop for the Action Alliance, Long Pond School, Andover

Tuesday, March 23, 2010, 8:30 AM - 3:00 PM

CPS Class P105 - Prevention Program Evaluation, facilitated by Pamela Clark, CFPC Offices. Go to:

<http://www.centerforprevention.org/classes-spring2010.htm>

Wednesday, March 24, 2010, 8:30 AM - 3:00 PM

Recert Class Co-Occurring Assessment, facilitated by Mary Beth McDonald, CFPC offices. For more information go to:

[www.centerforprevention.org/classes-spring2010.htm](http://www.centerforprevention.org/classes-spring2010.htm)

Thursday, March 25, 2010, 10:00 AM - 12:00 PM

"Bad News on Booze" PSA contest judging, CFPC offices

Friday, March 26, 2010, 9:00 AM - 2:00 PM

FREE RECERT CLASS! - "Helpers Training", YOU MUST PRE-REGISTER FOR THIS CLASS. For flyer go to: [www.centerforprevention.org/pdf-files/helpers-training-3-26-10.pdf](http://www.centerforprevention.org/pdf-files/helpers-training-3-26-10.pdf)

Friday, March 26, 2010, 6:00 PM

REBEL Battle of the Bands - \$5 admission - for flyer, go to: <http://www.centerforprevention.org/rebel-battle-of-bands2010.htm>, Sussex Tech, McNeice Auditorium

Wednesday, March 31, 2010, 6:30 - 8:30 PM

Journey to Financial Security, A Personal Financial Series: "Managing Income and Expenses and Using Credit Wisely" Call CFPC at 973-383-4787 or for a flyer, go to: <http://www.centerforprevention.org/financial-workshop-3-31-10.htm>, TRICO, Augusta

Wednesday, March 31, 2010, 7:00 - 8:30 PM

Town Hall meeting for parents, community members and teens on underage drinking: trends, problems, solutions! Newton Theater, Spring Street, Newton [www.centerforprevention.org/coalitiontownhallmeeting.htm](http://www.centerforprevention.org/coalitiontownhallmeeting.htm)

Wednesday, April 7, 2010, 8:30 AM - 3:00 PM

CPS Class P201 - Dynamics and Process of ATOD Dependency and Abuse, facilitated by Pamela Clark. CFPC offices. <http://www.centerforprevention.org/classes-spring2010.htm>

Thursday, April 8, 2010, 10:00 AM - 2:00 PM

National Alcohol Screening presentation, SCCC, Building D, (lobby outside cafe)

Thursday, April 8, 2010, 12:30 - 1:15 PM

Drug Trend Update (Project Alert) for Presbyterian Women's Group, Sparta Presbyterian Church, Main Street, Sparta

Friday, April 9, 2010, 8:30 AM - 3:00 PM

Seniors and Substance Abuse recert class, facilitated by Dr. Elizabeth Hill, CFPC offices.

[www.centerforprevention.org/classes-spring2010.htm](http://www.centerforprevention.org/classes-spring2010.htm)

Friday, April 9, 2010, 5:30 - 7:30 PM

Youth Leadership Institute meeting (formerly DEFY), CFPC 3<sup>rd</sup> floor lunch room

Saturday, April 10, 2010, 8:30 AM - 3:00 PM

The GLBT Client, facilitated by John Cameron CFPC offices, <http://www.centerforprevention.org/classes-spring2010.htm>

Tuesday, April 13, 2010, 5:30 - 6:30 PM

REBEL CFB (Chapter Representative Board) Meeting, Pizza Hut, Newton

Thursday, April 15, 2010, 11:00 AM - 1:30 PM

Wellness Matters Fair - CFPC will give 2 half hour presentations - one on smoking and sun/tanning damage and the second will be about Alcohol, Tobacco and Other Drugs - CFPC will also have a display table in the Gallery for the event, SCCC, One College Hill, Newton - Building D Gallery as well as several classrooms in that building

## **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 and 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