



For over 30 years dedicated to building healthy communities...one person at a time.

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2007 ANNUAL REPORT

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OUR OBJECTIVES

- **Help people of all ages** attain and maintain their recovery;
- **Help children** from alcoholic or drug addicted families to learn the skills necessary to overcome their adversities and thrive;
- **Provide support for teens** desiring a drug-free lifestyle by offering drug-free activities;
- **Empower parents** to raise healthy kids;
- **Work with seniors** to manage medications, develop healthy coping skills and deal with isolation and loss;
- **Work with incarcerated teens and adults** to address their drug use while incarcerated so they can maintain a drug-free lifestyle when they return to the community;
- **Foster and encourage community collaborations** in order to strengthen our prevention and recovery efforts.



Three "Building Bridges-Intergenerational Asset Building" trainings served 250 seniors. At Liberty Towers, Angela played the piano and Ryan sang while the group chimed in!



The Center's Becky Carlson appeared on Fox News with E. D. Hill for a live interview about Cyber-Bullying



A special Congressional Briefing was held in Washington, DC on March 13, 2007 entitled, "Preventing School, Gang and Youth Violence: Community Solutions that Work." Among the experts offering key testimony was The Center's Executive Director, Barbara Adolphe.

OUR MISSION...

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.

WHO WE ARE...

The Center for Prevention and Counseling is a 501(c)(3) nonprofit agency that has provided advocacy, education, counseling and referrals since 1973.

See "yellow" callout boxes for program outcomes

PROJECT ALERT: WHAT YOU DON'T KNOW COULD HURT OUR KIDS



SUSSEX COUNTY COALITION FOR HEALTHY & SAFE FAMILIES
A PROGRAM OF
THE CENTER FOR PREVENTION AND COUNSELING

Project Alerts reached **1,512** community members through **35** events in 2007.

96% of participants stated that after being a part of the Project Alert presentation, their knowledge of the signs and symptoms of drug use has been increased.

The **Methamphetamine Task Force Conference** with **130 attendees** raised awareness about dangers of methamphetamine use and manufacturing.

Sussex County Healthy Kids Day

was held in April 2007 at the YMCA in Hamburg. Healthy Kids Day is a National Campaign by the YMCA organization has been expanded in Sussex County through the efforts of The Center's Partnership for Healthy Adolescents in collaboration with its members. Over 400 children and families attended the day's events which focused on health, nutrition, physical activity and safety in a fun, interactive environment.



Sue Zellman, Sussex County Freeholder at Healthy Kids

Life Skills participants increased their knowledge of life skills such as the effects of alcohol and tobacco and refusal skills from **41% to 75%**.

The 14 week **Life Skills Training (LST)** Program served **58 family members** and **45 students** (in grades 3-8). LST teaches children about healthy coping skills and making good decisions.

92% of the **KIV** participants reported their decision making skills were excellent or good after the cycle compared to 45% before, resulting in an **increase of 47%**.

Keys to InnerVisions (KIV) – served **60** adolescents and young adults. They learned creative ways to make decisions in their lives.

Gang Awareness Presentations—

11 gang awareness educational presentations for **1,360** people including **680** youth were held by the Sussex County Partnership for Healthy Adolescents.



96% of Gang Awareness participants stated that these presentations increased knowledge of gang signs and symbols; **90%** stated that the presentations increased their awareness of gangs.

My Anti Drug is my

Brother



Anti-Drug Poster Contest Winner—11 year old Allen Schultz, Montague School

"What's Your Anti-Drug Contest" - Over **900 entries** representing 29 schools; **55 winners** published in the NJ Herald Supplement. A total of **28,450 copies** were distributed, 10,000 to county schools by Coalition members and county DARE officers with an additional 18,450 distributed to NJ Herald readers.



Asset Building Workshops

reached **379 people** through eight events. There are 40 assets—among them are: positive values, responsibility, self-esteem, support, positive reinforcement and cultural competence.

98% of Asset Building participants stated that the interactive activities broadened their knowledge of assets.



"What's Your Anti-Drug?" Winners honored by the Sussex County Municipal Alliances

Cybersmarts Internet Safety

workshop for parents and educators was presented to **573** parents and educators at **4** presentations.



Changes Program

served **134 people** in four locations. Changes serves DUI offenders and others who face legal consequences due to substance abuse.

75% of the Project YES youth stated that "participating in this program helped improve my relationships with my family members." In the schools, there was a **39%** decrease in discipline referrals.



Project YES served **334** youth, **140 parents** and **122 families**.

Juvenile Detention Center—

Each week, our counselors travel to the Juvenile Detention Center to engage the adolescents in educational forums addressing substance abuse and the development of drug-free lifestyles. Counselors made **113** contacts there.

Project YES seeks to reduce juvenile delinquency through peer mediation services, parenting education, community service projects for families and adult and youth Policy Prevention Boards.



REBEL (Reaching Everyone By Exposing Lies) has **256 teen members** in **15** Sussex County School Chapters. In April, REBEL members attended the annual Altria shareholders meeting and spread the work about REBEL and the dangers of tobacco. The **Project 1200** Event in Fredon featured REBEL's collection of 1200 pairs of shoes to represent the number of people who die daily of tobacco related diseases.



CATT (Community Action for Tobacco Truth) served **729** youth and **342** adults. Through CATT training, 25 Ambassadors signed up to help promote the NJ Quit 2 Win programs.

90% of middle school students stated that after the days activities, they felt more confident that they could handle a bullying situation in an appropriate way.



A 6th grade workshop at Middle School Anti Bullying Summit brought awareness about cyberbullying and the hurt it causes.



Approximately **800** 6th-8th graders along with **110** high school students attended the Coalition's sixth annual **Middle School Anti-Bullying Summit**.

I was a complete mess when I first met my counselor. She could relate to me, wasn't pushy, and kept everything between us. I eventually was put into inpatient by her and it saved my life. It was the best help I could have gotten and I thank her so much!

Prevention Education for Incarcerated Adults—

In 2007 a licensed counselor provided weekly prevention education to **240 people** incarcerated in the Keogh-Dwyer Correctional Facility, through a grant from the County of Sussex. **370 individual** probation clients were also served and **17** clients were counseled for Gambling problems.

92% of youth in our programs reported an increase in goal setting and achievement skills and **86%** of youth in our programs reported an increase in decision making skills and **96%** improved their life skills, making it more likely that they will make healthy life choices.

8,236 youth reached through the Center's prevention programs

- Anger Management
- Center For Youth
- CATT (Community Action for Tobacco Truth)
- Coalition for Healthy and Safe Families
- DEFY Youth Group
- Keys to Innervation
- LifeSkills Program
- Partnership for Healthy Adolescents
- Project STRONG
- Project YES
- REBEL and REBEL 2 Youth Leadership Groups
- Strengthening Families

444 counseling clients attended **1,761** appointments this year.



CFY Girl Power Club

"It was a wonderful insight into my life. Please continue this program. It was very encouraging. Thank you."

Four Suicide Prevention presentations were given to **559 teachers** this year.

96% of participants stated that after attending a **Suicide Prevention** program that their knowledge of the warning signs of suicide had been increased.



Senior Sense reached **135 seniors** with Generations Sharing Together and Senior Sense Speaks plus **224** people at AARP Presentations. **600 Golden Chronicle newsletters** and **2000** informational handouts were distributed.

Project STRONG served **725 youth** and distributed **1,560 newsletters** in 2007.

There was between a **10% and 50% decrease in discipline referrals** after schools participated in Project STRONG's Phoenix Curriculum.

Strengthening Families Program served **44** families, **98** youth and **54** parents at 4 locations.

87% of parents participating in the Strengthening Families Program (SFP) reported increased knowledge of effective communication and disciplinary skills; **80%** of youth involved in SFP stated they had increased their life skills; and **60%** of families stated that they started to hold regular family meetings.



CFY youth present a puppet show

Donate

We gratefully accept donations! Credit cards are accepted and a donation form can be accessed at www.centerforprevention.org. We TRULY appreciate your support!



"Somebody Like You" by John Shanks and Keith Urban.

On **Red Ribbon Day**, **700 kids and parents** attended with **38 agencies collaborating**. There were **63 entries** in the talent show. A highlight of the day was a fourth grader who wowed the crowd with his vocal and guitar performance of

We operate utilizing a diversified funding base, as detailed below.

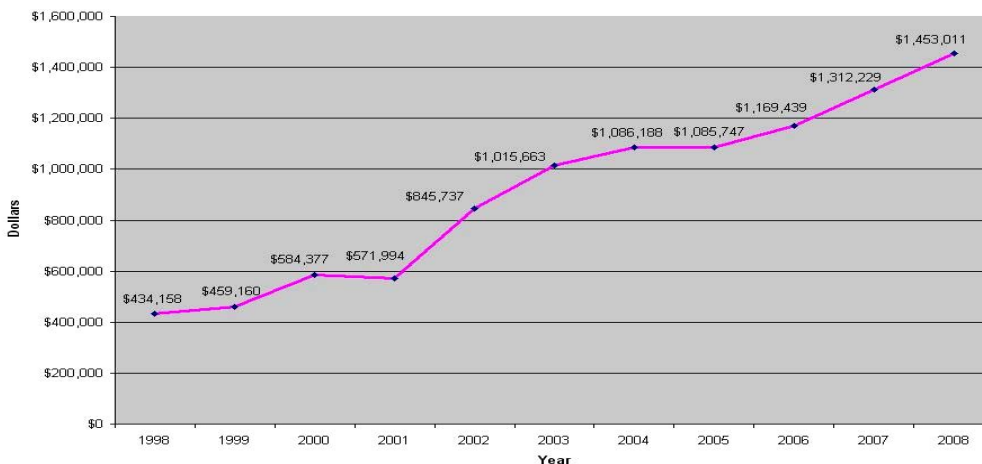
- NJ Department of Human Services, Division of Addiction Services (LST, SS, KIV, SFP and Resource Center)
- NJ Juvenile Justice Commission and Hudson Farm Foundation (Projects YES and STRONG)
- NJ Department of Health and Senior Services, Division of Family Health Services (Partnership for Healthy Adolescents)
- NJ Office of Faith Based Initiatives, SC Arts and Heritage Council and SC Prosecutor's Office (Center for Youth and El Refugio)
- NJ Department of Health and Senior Services, Division of Epidemiology, Environmental and Occupational Health (REBEL and CATT)
- SAMHSA (SC Coalition for Healthy and Safe Families)
- United Way of Sussex County (Counseling Services)
- County of Sussex (Community Prevention Education)
- Various foundations, program income and donations

WHY DONATE TO US?

We are **good stewards** of money given to us...with a \$1.45 million budget and a low administrative cost of **7.5%**.

- We **serve diverse populations** and high risk groups of individuals, assisting people of all ages and backgrounds to attain and maintain recovery.
- We **collaborate and cooperate** with other agencies and organizations in the county to avoid duplication of services.
- We have a **sense of urgency**, recognizing our need to make a difference everyday, **using teamwork** to leverage our individual talents to produce positive results.
- Our **programs get results!** We document increased skills and positive changes in behavior among those participating in our programs.
- Through the exercise of **fiscal responsibility** we have shown steady, sustainable growth over the last ten years, as seen in the graph below.

The Center's Growth Over the Past 10 Years...See How We've Grown!



COLLABORATIVE EFFORTS:

- Partnership for Healthy Adolescents
- Underage Drinking Task Force
- Methamphetamine Task Force
- Community-based Street Gang Prevention Task Force
- Prevention Policy Boards
- Sussex County Coalition for Healthy and Safe Families
- Center For Youth
- DEFY & REBEL Youth Groups

SUCCESSES IN NUMBERS:

- **13,956 "hits"** to our website received.
- **2,649 "help"** calls handled.
- **19,579 requests** for information processed.
- **176,619 handouts** and newsletters disseminated.



On September 30, 2007 we held our second annual **Paces for Prevention Walk-Bike-Run Fundraiser**. A good time was had by all!



DEFY Members gave **19 Straight Talk** presentations to **505 middle school youth**.