



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

61 Spring Street, Newton, NJ 07860

Phone: 973-383-4787

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

Email: [info@centerforprevention.org](mailto:info@centerforprevention.org)

### Message from the Executive and Assistant Directors:

On behalf of our board and staff, it is our pleasure to bring you this 2010 Annual Report. As you can see by the information contained in these pages, the staff at CFPC helps many people in a variety of ways. It's exciting and fulfilling to be a part of the process of change as youth and adults learn new information, acquire healthy living skills and ultimately change behaviors. Helping one person at a time is significant and important. It's called "individual change." At CFPC, we also engage in "population-level change," helping to create an environment in which safe and healthy behaviors are encouraged and supported.

The following are examples of the community impact we have achieved:

- Through advocacy and education, we saw the successful adoption of the Underage Drinking on Private Property Ordinance in 20 of the county's 24 municipalities and the passing of the statewide 911 Hold Harmless legislation.
- We brought Operation Medicine Cabinet, a Florida initiative, to NJ, thus creating an infrastructure that supports appropriate disposal of prescription medications.
- Our counseling and education programs help youth and adults acquire new behaviors and skills, thus creating healthier and more stable communities.
- By establishing relationships with law enforcement and alcohol retailers, we work with them to reduce underage drinking by providing training on current underage drinking laws, thereby changing policies and procedures among police and business owners.
- Through a partnership with Sussex County Community College, the use of alcohol by students under 21 and the abuse of alcohol by students between 21 and 25 are being addressed on the campus via changes in policy and practice.

The effectiveness of CFPC's work can also be seen in some of the county's current crime trends. According to the most recent Uniform Crime Report, CFPC's focus on reducing underage drinking and empowering youth to make healthy life choices is working. The report indicates a decrease in overall arrests of juvenile males and females. In fact, the total number of juveniles arrested in 2009 was the lowest since 2003. Juvenile and adult arrests for liquor law violations also decreased significantly, as did criminal mischief offenses and drug abuse violations. These impressive trends are not the result of CFPC working alone, but rather show the powerful outcomes that can be attained through effective partnerships, programming and policy-setting.

CFPC's staff and Board of Directors look forward to another successful year in 2011!

Barbara Adolphe and Becky Carlson

### OUR MISSION...

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

### 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.

**Bad news about booze contest winners**



Poster winner Amy S. from Franklin School

"When you drink, you put your grades, friendships, health and your future on the line and underage drinking is against the law. That's a big risk to take and far from being worth it because Booze is Bad News. The world today is full of opportunities and possibilities and each of those is one more reason to stay away from alcohol." *Laura M., High Point High School*

One of the three winners of the PSA contest featured on WSUS.



33 Youth and adults participated in the **Sticker Shock Initiative (STOP Program)** and distributed **16,000** bottle hangers, **16,000** letters to parents, **8,000** alcohol poisoning cards, **5,000** sticker shock labels and sponsored a billboard.



"**What's Your Anti-Drug Contest**" had over **1,375** entries representing **30** schools and **56** winners were published in the NJ Herald Supplement. A total of **6,000** copies were distributed to schools with an additional **12,000** distributed to NJ

"As an elementary school principal, I applaud CFPC and the NJ Herald for giving our youth an opportunity to showcase their anti-drug."

**Strategic Prevention Framework** grant has a 34 member Community Advisory Panel focused on reducing the consequences of substance abuse among 18-25 year olds. Through their work, 205 SCCC students completed eChug and 256 students attended Reality Check presentations. The group is featured on Facebook.

"I learned that one drink doesn't mean one 'solo cup' drink."

**SUCCESSES IN NUMBERS:**

- **119,316** "hits" to our website received.
- **20,915** information gathering visits to our website.
- **5,194** "help" calls handled.
- **165,729** handouts, meeting lists and newsletters disseminated.



**Youth Leadership Institute** involves youth in leadership and community activities. The **20** current members presented Straight Talk game shows to **235** elementary school children.

**Circles** is a nationwide campaign to end poverty in which families are matched to mentors who help them attain specific goals. In Sussex Circles, graduates have enrolled in educational or training programs, secured employment, obtained housing, increased earned income, saved homes from foreclosure and become financial stable.

"I used to always think about what couldn't be. Now I think about what can be and I am working to getting there."



"My mentor is one of the closest people to me. We talk about making decisions and weighing if it is a good idea."

"My mentor is always there if I need him."

**Mentoring Plus Community Based Program** had **53** matches. Among the youth who were matched with mentors, **75%** improved their academic performance, **98%** regularly attended school, **80%** improved interpersonal relationships, and **76%** engaged in at least two community service activities.

**Project Alert Drug Trend Updates** reached **1,538** community members in 2010.

**94%** of attendees increased knowledge of signs and symptoms of youth drug use.



**Asset Building Workshops** reached **397** teachers and community members. There are 40 assets—among them are: positive values, responsibility, self-esteem, support, positive reinforcement and cultural competence.

"As a teenager that lives and talks to the other kids, this presentation gives very accurate with information and has a very good idea of what is going on in the streets."

**COLLABORATIVE EFFORTS:**

- Underage Drinking Task Force
- Prescription Drug Task Force
- Coalition for Financial Education
- Community-based Street Gang Prevention Task Force
- Sussex County Coalition for Healthy and Safe Families



**“Building Bridges in our Community Asset Building”** trainings held in Hopatcong and Vernon served **75** seniors and **45** youth. Building Bridges is an intergenerational asset building program designed to connect youth and older adults.

**95%** of participants reported that the presentation increased their overall ability regarding using credit wisely.

Of the 4,175 youth served, an average of **98%** increased their ability to make healthy life choices.

**4,175 youth were reached through the Center’s prevention programs**

- Alcohol Awareness Contest
- Building Bridges Program
- Coalition for Healthy and Safe Families
- Community Trials Intervention Project
- Financial Stability Project
- Life Skills Program
- Mentoring Plus
- STOP Project (Sober Truth On Prevention of Underage Drinking)
- Strengthening Families
- Taking Flight to Change
- Tobacco-Diabetes Project
- What’s Your Anti-Drug Contest
- Youth Leadership Institute
- Youth Matters Workshops

**98%** of participants reported their knowledge of asset building has been increased and **99%** of participants reported that these workshops were a positive learning experience.

“I learned the severity of bullying nowadays and how to help prevent it from increasing and happening.”



**861** 6<sup>th</sup> - 8<sup>th</sup> graders along with **146** high school mentors, **86** advisors and volunteers attended the Coalition’s tenth annual **Middle School Anti-Bullying Summit**. Adult and youth presenters armed students with specific tools to reduce bullying. The summit presenters taught how to best handle being cyberbullied, and increased attendees knowledge of how students and schools can provide support and protection to reduce cyberbullying through clear rules and strong social norms.



**Financial Stability Project** served **642** adults and **823** youth through **57** Financial Literacy workshops on budgeting, savings, tax preparation, credit reports, and retirement planning.

**91%** of participants reported being better able to manage their finances as a result of the workshops.

**Community Trials Intervention to Reduce High Risk Drinking—CTI**, a community based prevention program designed to decrease alcohol use among people of all ages is being implemented in Hopatcong.

CTI consists of a 14 member planning committee and 20 member youth advisory board. Accomplishments include implementing Responsible Beverage Server (RBS) Training and the Sticker Shock Campaign, in which over 5000 stickers were placed on alcoholic beverages in Hopatcong’s liquor-selling establishments.

**75%** of establishments used RBS procedures to eliminate alcohol sales to minors.



**WISE (Wellness Initiative for Senior Education)** celebrates healthy aging and educates older adults on a variety of topics. Three 6 week programs attended by **65 seniors** were held in Hopatcong, Sussex and Vernon.

Participants reported that they enjoyed the topics covered, interactive team games and role plays. They also stated that they shared the new information they received with friends and family members.

**775 Counseling** clients attended **4,478** appointments this year through individual sessions, Intensive Outpatient Treatment, weekly treatment groups as well as a co-dependency support group for family and loved ones affected by addiction.

“Working with my counselor has allowed me both to unburden myself of internal problems and to get constructive feedback on them.”

**74%** of clients stated that because of their counseling relationship, they have been able to remain substance free.

**Prevention Education for Incarcerated Adults and People on Probation**

A licensed counselor provided weekly prevention education to **250 people** incarcerated in the Keogh-Dwyer Correctional Facility and **299 individuals** on probation.

## BOARD OF DIRECTORS

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Ex-Officio

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Superintendent of Schools

## 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;
- **Increase financial capability among adults and youth** by providing education and skill-building activities;
- **Foster and encourage community collaborations** in order to strengthen our prevention and recovery efforts.

Donate

We gratefully accept donations! Credit cards are accepted and a donation form can be accessed at [www.centerforprevention.org](http://www.centerforprevention.org) We TRULY appreciate your support!

CFPC operates utilizing a diversified funding base, details of which are available on our website.

## WOW Story

"Thank you and your staff, as always for a most productive and informative site visit. Each time that I pay you a visit, I am most impressed with the quality/quantity of services delivered by your agency within your county. Your county is truly enriched by having an agency of your ilk, providing them with the most timely and needed services based on feedback and input from various levels of the county's population. If there is an identified need you folks are there to fill it now, sometimes without monetary support. Wow, that is commitment above and beyond the call of duty. Keep it goin' on!"  
*NJ DHS Grant Monitor*

### MAKE A TAX-DEDUCTIBLE DONATION TO US BECAUSE...

- We are **good stewards** of money given to us...with a \$1.54 million budget and a low administrative cost of **3.5%**.
- 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.

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

