

## Impaired Driving is an American Tragedy

In 2006, 17,602 people were killed in alcohol-related motor vehicle accidents. Fatalities in accidents, where the highest blood alcohol content (BAC) was .08 or above, amounted to 15,121 people in 2006.

Each year, 1.4 million impaired drivers are taken off America's highways by law enforcement agencies because of tougher laws, sobriety check points and saturation patrols.

Reducing alcohol-related traffic fatalities is one of the nation's top priorities. In support of this national goal, law enforcement, the criminal justice system and community leaders, are working in partnership to prevent impaired driving in their neighborhoods, cities, counties, and states, through tougher enforcement and punishment for impaired offenses.

Drunk driving is simply not worth the risk. Not only do you risk killing yourself or someone else, but the trauma and financial costs of a crash or an arrest for impaired driving can be significant. Violators often face jail time, the loss of their driver's license, higher insurance rates, attorney fees, time away from work, and dozens of other expenses.



### *Our Mission...*

To promote hope, health and recovery among all people by creating an environment that is safe and free from the harmful effects of substance abuse and addiction.

Center for Prevention & Counseling

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Newton, NJ 07860

973-383-4787

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

**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!

*A 501(c)(3) non-profit agency  
Member of United Way of Sussex County  
NJ Prevention Network Member*



## CHANGES Program



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

# CHANGES PROGRAM

## A PROGRAM OF THE CENTER FOR PREVENTION & COUNSELING

### Driving...

#### Think about the risks:

Safe driving requires an observant eye, a steady hand and a clear head.

### Education...

#### Break through denial:

Learn the consequences of drugs and driving. Learn about different drugs and how they affect the body.

### Safety...

#### Make healthier decisions:

Alcohol is a factor in 50% of America's highway deaths. Effects of a drug vary from one individual to another.

We encourage our clients to become designated drivers once their driving privileges are restored. We are building a force of alumni to carry prevention education beyond the CHANGES classroom.

We believe clients that are treated with respect and dignity will become able to make healthier choices and we seek to meet each client where he or she is on the path to making positive life changes. We help our clients to gain the knowledge and the insight they need to make healthier decisions/choices in their lives.

### Program

The purpose of the CHANGES program is to coordinate the education, prevention, and intervention of DUI/DWI offenders, so they can make more informed decisions about the influence alcohol plays in their daily lives. The program is a minimum of sixteen consecutive weeks providing a structured intervention into a person's drinking or drug use, and offers the person services that include hands-on, experiential formats, along with educational programming for rehabilitation and treatment.

While most of the clients are court mandated to attend, the class is geared toward awareness, improvement of self-esteem and communication skills. The effects of alcohol abuse on one's self, family and friends is the main topic, but many associated topics are discussed as well.

In addition to attending weekly sessions, clients are also required to attend eight AA meetings during the duration of the program.

Most clients feel they know about alcoholism when they come into the class, but soon discover how little they really know. Some clients are very angry when they arrive to class, but after participation in group interactions, most reduce their feelings of anger and show changes in their behavior.

Most also acknowledge that they have learned something not only about alcohol, but about themselves as well.

### Payment

This CHANGES substance abuse treatment is designed to meet the requirements of the IDRC. The fee for the program is \$475.00 and payment plans are available.

### Intakes

Intake evaluations are performed only at  
The Center for Prevention & Counseling

61 Spring St, 3rd Floor

Newton, NJ 07860

Call 973-383-4787 x243 for an appointment.

### Locations

For convenience, classes are offered at several different times and locations. Each session runs for one hour and fifteen minutes.

- Newton (Saturday 9:00AM)
- Vernon (Friday 6:30PM)

### Program Coordinator

Ava LaMorte, CADC

Updated 6/10/09