

Sussex County Coalition for Healthy and Safe Families

The Coalition aims to empower all community members through our prevention work to support healthy youth development and protect against problem behaviors in adolescence, by reducing risk factors and enhancing protective factors in children's lives. Since the receipt of a Drug-Free Communities Support Grant in 2000, the Coalition has become a well-recognized resource for schools, parents, students, community members and the media looking for information and programs about alcohol and other drugs, including signs, symptoms, effects, and current local and national trends, youth violence, and prevention tools.

Key to achieving our goals has been to establish a foundation of membership in the Coalition that represents a cross-section of the Sussex County community. Leaders have been identified from education, local government, law enforcement, juvenile justice, social services, health services, parent groups, students, religious and business leaders, and the media.

The Coalition's monthly meetings afford members and guests the opportunity to:

- Learn something new
- Share information about projects or events
- Discuss & develop solutions for community issues
- Learn about committee work & progress
- Connect with other community members
- Request assistance/partners to address an issue

We would like to invite you to join with other community leaders to improve the lives of local youth. We would love for you to attend our monthly Steering Committee meetings. Please contact Becky at 973-383-4787 to confirm your interest or for more information.

Although I am unable to participate at this time, I support the mission of the Sussex County Coalition for Healthy & Safe Families. Enclosed is my tax-deductible contribution of \$ _____.

Thank you for your interest and support!
Please make your check payable to
The Center for Prevention and Counseling
(or CFPC) and mail your donation to:
S.C. Coalition for Healthy & Safe Families
61 Spring St., 3rd floor, Newton, NJ 07860
Call 973-383-4787 or email
becky@centerforprevention.org with any questions

Every child deserves a safe place to grow. How can you help?

- Join the Coalition
- Attend community prevention events
- Initiate "alcohol-free" events in your family
- Initiate "alcohol-free" events in your community
- Participate in National Alcohol Awareness Month each April
- Participate in Red Ribbon Week each October 23-31
- Don't allow unsupervised parties in your home or on your property
- Educate your children about the dangers of alcohol and other drug use
- Don't permit youth use of alcohol, tobacco, inhalants, or other drugs
- Don't supply alcohol or tobacco to underage youth
- Communicate with and welcome communication from other parents regarding your children's activities
- Arrange for a responsible adult to monitor your home when you are out of town

Thank you to all our Sponsors, Supporters and Affiliates for your contributions!

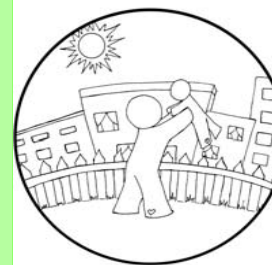
Sponsors & Supporters	Sponsors & Supporters
Andover Chiropractic Center	S.C. Department of Education
Andover School District	S.C. Municipal Alliances
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Camp Iliff	Sussex County Technical School
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Clear Channel Communications	United Way of Sussex County
Club Z in Home Tutoring	Vernon High School
County of Sussex	Vernon Police Department
Glen Meadow School	Vernon School District
Glen Vetrano, Freeholder	Villa Capri II of Sparta
Green Hills School	Village Book Cellar LLC
Franklin/Hardyston Alliance	Wantage Township
Franklin Township Board of Ed.	Wendy Cooney
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Hopatcong Police Department	Center for Evaluation & Counseling
Hopatcong School District	Center for Prevention & Counseling
Jim Sekelsky, Mayor of Ogdensburg	Community Partnership for
Kittatinny Reg. School District	Tobacco Free NJ
Kiwanis Club of Sparta	Division of Youth and Family Services
Lafayette Township School	El Refugio
Lenape Valley High School	Family Intervention Services
Long Pond School- Jon Sinclair	Gary Gustavson, SCCC
McKeown School	Halsted Middle School
Michael Francis,	Kittatinny Regional High School
Hopatcong Borough Councilman	Leslie Malnak
Montague Elementary School	New Jersey Department of Labor
Morville Insurance Company	New Jersey Herald
National Guard of New Jersey	Newton Memorial Hospital
New Jersey Herald	Newton Police Department
New Jersey State Police	Office of Children's Services
Newton Memorial Hospital	Pass-It-Along
Newton Rotary Club	Reckitt-Benckiser
Noble Bank	St. Clare's Intensive Family Support Svcs
Ogdensburg Borough	Steve Oroho, Senator
Ogdensburg Municipal Alliance	Sussex County Chamber of Commerce
Ogdensburg Police Department	SCCC/ETV Channel 20
Reckitt-Benckiser	Sussex County Community College
Selective Insurance	S.C. Department of Education
Service Electric Cable TV, Inc.	S.C. Dept of Health & Human Services
Signs, Etc. of Sparta	S.C. Div. of Public Health Nursing
Sparta Lanes Bowling Alley	Sussex County Municipal Alliances
Sparta Middle School	Sussex County Narcotics Task Force
Sparta Police Department	S.C. Office of the Prosecutor
St. Clare's Hospital, Inc.	S.C. Office of the Public Defender
Stillwater School	Sussex County Probation
Sussex Bank	Sussex County Technical School
Sussex County 4-H Teen Council	Sussex County YMCA
Sussex County Charter School	Sussex Elks Lodge #2288
for Technology	Sylvia Petillo, Mayor of Hopatcong
Sussex County Community College	United Way of Sussex County



Sussex County Coalition for Healthy and Safe Families Annual Report Card

Coordinating community efforts for a healthy Sussex County since 1998.

2007-2008



Sussex County Coalition for Healthy and Safe Families

A program of The Center for Prevention and Counseling
61 Spring Street, 3rd floor, Newton, NJ 07860 Phone 973.383.4787 Fax 973.383.6576

From the Coalition...

Dear Community Member,

We would like to take this opportunity to thank everyone who has been involved in our efforts over the last eight years to help every family in Sussex County to be healthy, safe and free from the effects of substance abuse and addiction. We are so fortunate to be a part of this caring community, whose members have assisted us in our mission through use of our services, volunteering, and in-kind and monetary donations. We would like to acknowledge all of the county businesses, houses of worship, and schools, who have hosted our programs and disseminated our material. Also, members of the media who have helped us reach a greater audience. A special shout out to teens who belong to our DEFY (Drug Education for Youth) group and children who have participated in our annual Anti-bullying Summit, Red Ribbon Day Celebration, What's Your Anti-Drug and Alcohol Awareness contests. A huge debt of gratitude is owed to our Coalition members, whose dedication and commitment have made our accomplishments possible. Last, but certainly not least, parents and other concerned adults who attend our educational programs, utilize our newsletters and handouts and talk to children about the importance of remaining free of alcohol and other drugs.

Becky Carlson, Coalition Coordinator Meg Samuel-Siegel, Assistant Coordinator

Our Mission . . . The Sussex County Coalition for Healthy and Safe Families is comprised of community leaders and other concerned persons of all ages who have enthusiastically come together with a singularity of purpose, a shared vision, and the highest level of commitment to help every family in Sussex County to be healthy, safe, and free from the effects of substance abuse and addiction.

Our Goals:

Goal 1: Enhance collaboration among all sectors of the community by strengthening and supporting the efforts of the Sussex County Coalition for Healthy and Safe Families.

The Coalition strives to establish, maintain, and increase membership across all sectors of the Sussex County community. Sub-committees are established to address specific issues and events as needed.

Goal 2: Reduce the use of alcohol, tobacco, and other drugs by county youth.

The Coalition works to educate the community about drug use trends, signs and symptoms and build awareness of the importance of assets in order to affect positive change in our youth.

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A comparison of the results of our 2005-2006 and 2007-2008 countywide American Drug and Alcohol Survey showed a reduction in 8th, 10th, and 12th graders who have ever tried alcohol, who have used it in the last 12 months, and who have used it in the last month!
You get more by working together!



Coalition Signature Events

Taking Flight to Change VII– Countywide Anti-Bullying Summit

“Be the One!” was the theme of this year’s Summit. Be the one courageous person... the one who reached out a helping hand... the one who spoke up... the one who made a difference. Over 1,000 people were in attendance to hear this valuable message reinforced through inspiring presentations by keynote speakers The Quiet



When asked to share one thing they learned at the Summit, middle school attendees said,

- I can reduce bullying by listening and making good choices
- Accept everyone
- Stand up for targets
- Telling my friends that everything will be ok cause I'm on your side

Riot and county youth. The Quiet Riot encouraged students and adults to take a stand against bullying by living by the simple rule that everyone in their presence will be treated with respect. Amazing youth presenters from the Vernon and Kittatinny high schools and the Sussex County Charter School provided role models by sharing personal experiences and performing skits about being “The One”.

One of the primary goals of the summit is for students to gain the knowledge, motivation, and confidence to make their schools safe and inclusive. To assist in this regard, students and adults who attend the summit are given a binder full of information to help them work independently and together to build leadership skills and affect positive change. Armed with great new ideas and the binders, students and advisors developed an action plan, an activity or idea, which they will implement throughout the year to improve their school’s climate. In previous years, many went beyond their original idea and implemented additional activities to help them accomplish their goals. The Coalition looks forward to following each school’s progress and highlighting their exciting work in its monthly Kids2Kids newsletter, which is distributed to each middle school.

95% of student respondents agreed that the Summit prepared them to address bullying in their school.

Countywide Red Ribbon Day Event

The Coalition continued its celebration of anti-drugs during its 8th countywide Red Ribbon Day Celebration. Over 30 exhibitors, from the Drug Enforcement Administration and the NJ National Guard, to local law enforcement, agencies, civic groups, and businesses were present to engage and educate the approximately 500 people who came out for this fun, free event. Our new location in the McNeice Auditorium of the Sussex County Technical School worked out extremely well for the exhibitors and the highlight of the event, the Showcase of Talent. The Showcase featured students of all ages demonstrating or telling about their anti-drug. Everyone in the audience heard the same message loud and clear from over 100 participants from throughout the county, “I have better things to do than drugs!”

We call this event our Red Ribbon Day *celebration* for a number of reasons. First, it is an opportunity for county students to share the hobby, passion or person that keeps them drug free. Secondly, it is a chance to celebrate the fact that the Showcase participants are not only talented but are positive role models. Thirdly, families get to spend a fun, free afternoon together, while learning about resources available to them and information about alcohol, tobacco and other drugs. Last, but not least, it is a time to honor the life of DEA agent Enrique “Kiki” Camarena, who was killed in the line of duty. He believed, as we do, that a child could become anything he or she wanted to, if given the chance.

When asked for one thing they learned from participating in Red Ribbon Day a parent answered, “How great it is to expose the kids at young ages to anti-drugs.” Another responded, “There is help.”



Project Alert Drug Trend Updates

The Coalition continues to offer Project Alert drug trend updates to county schools, businesses, civic organizations, parents and other interested community members. Becky Carlson has reached over 12,000 community members with her presentations since 1998! This grant year she educated **over 1,400 people** through **26 Project Alerts**. These presentations are continually updated with current local and national drug trends, signs and symptoms, and are tailored to meet the needs of individual communities. Becky is frequently accompanied by law enforcement officers, treatment professionals, and/or youth in recovery from within the county.

98% of attendees reported that the workshop was a positive experience. 94% of attendees agreed that their knowledge of the signs and symptoms of drug use was increased.

Asset Building Workshops

Search Institute’s Asset Building is a concept the Coalition continues to promote and educate about through fun, interactive workshops. Assets are the positive building blocks that young people need to grow up to be healthy, principled and caring adults. Search’s research has identified 40 positive experience and characteristics which are powerful influences on adolescent behavior – both protecting young people from many different problem behaviors and promoting positive attitudes and behaviors. The Coalition facilitated **12 Asset Building Workshops** for **322 parents, teachers and other community members**.

99% of Asset Building attendees agreed that the workshop was a positive learning experience. One participant said they learned, “That it does take a village and we must realize the power of our actions.”

Coalition Highlights

DEFY (Drug Education for Youth) Youth Group

DEFY is an incredible group of 8th-12th graders from across Sussex County who have joined together to share ideas of living a healthy and alcohol and other drug-free lifestyle. DEFY met monthly to discuss concerns or issues members had regarding substance abuse and heard from speakers who have been affected by substance abuse.

“DEFY – Different Interests, Common Cause, to be Drug Free”

In the spring, DEFY members surveyed 78 youth and 20 adults regarding problems caused by underage drinking and contributing factors to underage drinking as part of a national campaign called Take it Back. DEFY then held a town hall meeting to share their results and address community members’ concerns and misconceptions. Freeholder Glen Vetrano hosted the event and encouraged audience members to address questions to a panel of DEFY members.

Many members also volunteered at the Coalition’s community events, including the Summit on School Violence, Red Ribbon Day and Town Hall Meetings. Several also presented an exciting, interactive game show called “Straight Talk with DEFY” to middle school students. 303 students learned new facts and answered questions about various drugs during their 9 presentations. The game show also incorporates a Public Service Announcement (PSA) created by DEFY members that teaches refusal skills. This is a great opportunity for middle school youth to ask questions of their older peers.

DEFY members also developed, scripted, and filmed 3 PSAs addressing underage drinking which are posted on YouTube and are aired on SCCC’s educational TV station.



At right: DEFY hosts a table with fun activities during Red Ribbon Day.



Attendees at DEFY’s recruitment luau at the Sussex County YMCA.

Other Accomplishments

- Thanks to the Underage Drinking Task Force’s work, the Coalition received a competitive STOP (Sober Truth on Preventing Underage Drinking) grant, which will allow members to implement new activities to address alcohol use by county youth!
- The Coalition was one of 33 coalitions from across the county recognized by the Center for Substance Abuse Prevention (CSAP) for their exceptional efforts. Of those 33, the Coalition was one of five invited to showcase the work it is doing during CSAP’s Prevention Day prior to the Community Anti-Drug Coalitions of America conference in February. This gathering gave the Coalition the unique opportunity to share its experiences and information and network with community organizations, prevention leaders, and public health activists from across the country.
- Coalition Coordinator Becky Carlson was honored by The Patriots’ Path Council, Boy Scouts of America, for serving as an exemplary role model for the youth of our area.
- The Coalition formed a task force to address the growing trend of prescription drug abuse on a local level. Members designed a warning label with prescription drug abuse facts and preventative measures which are being placed on medication bags by several pharmacies throughout the county! Becky Carlson has also held two Project Alerts regarding prescription drugs, one for pharmacists and one for physicians.
- The Coalition kicked off Red Ribbon Week with the 8th annual publication of the “What’s Your Anti-Drug?” supplement in the NJ Herald on October 23rd. Over 873 county students from 21 schools participated. 55 entries, at least one from each school that had a student enter, were featured in the supplement. Copies were distributed to Herald readers and to interested schools by Coalition and law enforcement volunteers.
- Over 300 students from 16 schools around the county entered the Coalition’s annual Alcohol Awareness Media Campaign by creating a Public Service Announcement around the theme, “Youth and Alcohol: Get the Facts...They’re Sobering.” Senator Steve Oroho, Freeholder Glen Vetrano and Corporal Dan Storey presented contest winners with awards a Town Hall Meeting addressing underage drinking.
- In September of 2007, the Coalition developed a cyberbullying prevention training. By October 2008, the training had been presented to 585 school staff members and parents.
- 53,538 of the Coalition’s bi-monthly *Coalition, Parent, DEFY* and monthly *Kids2Kids* newsletters were distributed.
- The Coalition disseminated over 30,000 printed materials, brochures, and the Coalition’s “Letter to Parents” addressing underage drinking. The New Jersey Herald continues to publish “What’s Your Anti-Drug?” contest entries in their weekly school section.
- Sussex County Community College’s educational TV station, channel 20, aired prevention programs about current drug issues and DEFY’s PSAs for the Coalition at least four hours a week throughout the year.
- The Methamphetamine Task Force succeeded extremely well in educating the community about the drug and its risks. Some of the task force’s important activities were delivering informational packets to over 165 retailers for three years and developing a curriculum to utilize in educating communities within each of NJ’s other 20 counties. After consulting with knowledgeable law enforcement officials, members determined there was no longer a need for the Task Force to meet. Meth updates will be noted during regular Coalition meetings and trainings will be provided when requested.

