

What is the SPF SIG Project?

The Strategic Prevention Framework State Incentive Grant (SPF SIG) is built on a community-based risk and protective factors approach to prevention and a series of guiding principles that can be operationalized at the Federal, State and community levels. Sussex county is one of twelve communities in New Jersey to receive this grant.

The Strategic Prevention Framework is a five step process that assists communities, coalitions and agencies in identifying community issues, available resources, gaps in services, and selecting interventions that address the unique needs of that community. The SPF process focuses on using data and building capacity within each community to impact the consequences of substance use-related issues.



The focus of our SPF SIG Project is the harmful consequences of fatal and non-fatal alcohol and substance related motor vehicle crashes and DWI arrests among 18-25 year olds. The goals of this grant will be reached through a variety of strategies and objectives utilized from the individual level to the community as a whole.

Department of Health and Human Services
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention
www.samhsa.gov



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e-CHUG at SCCC

We are excited to announce that, through the SPF SIG grant, the Alcohol e-CheckUpToGo will be implemented at Sussex County Community College in the fall Foundations for Success classes, a course required of all incoming freshman. Alcohol e-CheckUpToGo (aka e-CHUG) is an interactive web survey that allows college students to enter information about their drinking patterns and receive feedback about their use of alcohol. The assessment takes

6 to 7 minutes to complete is self-guided, confidential, and requires no face-to-face contact time with a counselor. The program calculates a number of variables and compares the responses to national and local college norms. Then, personalized feedback is provided to the student about their individual drinking patterns, health and personal consequences, personal and family risk factors, campus and community support, as well as local emergency services.

Learn more about SPF SIG

- Join us at our next SPF SIG meeting, Friday 10/8 at 9am at the Center for Prevention and Counseling in Newton.
- If you would like to learn more about the SPF SIG Project or RSVP for the next meeting please contact Ayla at 973-383-4787 or ayla@centerforprevention.org

Social Media Campaign

To spread the word about the use of alcohol by young adults, a social media campaign is being created using a variety of media and outreach techniques. A social media committee brainstormed a number of ideas and ways to reach the target population of 18-25 year old. Also, we are enthusiastically teaming up with the graphics club at Sussex County Community College to come up with a design for the campaign in a contest. The students will also be developing innovative outreach methods that will engage the students at SCCC in addition to the community as a whole. Winners of the contest will be announced at a holiday event in the upcoming months.



Wellness in the Workplace

The mental, physical and financial well-being of employees and employer alike undoubtedly affects any business as a whole. Workplace stress costs U.S. employers an estimated \$200 billion per year in absenteeism, lower productivity, staff turnover, workers' compensation, medical insurance and other stress-related expenses. Occupational stress has been defined as a "global epidemic" by the United Nations' International Labor Organization.

Stress can take a toll on the mind and body. Stress has been linked to heart attacks and strokes to ulcers and other gastrointestinal disorders. Continual stress also takes a toll on the body's immune system, causing frequent colds and other illnesses. Psychologically, stress can lead to depression, anxiety and even panic attacks.

Many people look for help to resolve their problems with stress, and employers are responding. Options include flexible work weeks, telecommuting opportunities and encouraging personnel to live balanced lives. On the physical side, some organizations provide health clubs where employees can work out and keep fit and

cafeterias where workers can choose from a healthy range of meals. Most corporations make counseling readily available, if not on site then through the health care benefits they provide their employees. Another important way to combat stress is to sharpen one's communication skills. Take a break, talk with colleagues, go to the bathroom or water cooler or do breathing exercises to restore balance. Most importantly, take care of yourself!

Excerpts from: Maxon, Rebecca. "Stress in the Workplace: A Costly Epidemic." *Fairleigh Dickinson University Magazine* (1999) <<http://www.fdu.edu/newspubs/magazine/99su/stress.html>>.

Question: What age group has the highest rate of binge drinking?

Answer: Young adults (18 - 25 year olds)

The rate of binge drinking was 41.7% for young adults aged 18 to 25. Heavy alcohol use was reported by 13.7% of young adults.

Binge drinking: 5 or more drinks on one occasion on at least 1 of the past 30 days
Heavy drinking: Binge drinking on at least 5 of the past 30 days.

(Results from the 2009 National Survey on Drug Use and Health - Substance Abuse and Mental Health Services Administration)