



Prevention Works!

A member of



152 Tices Lane, East Brunswick, NJ 08816 Tel: 732-254-3344 Fax: 732-254-4224 Web: www.ncadd-middlesex.org
Steven G. Liga, MSW, LSW, LCADC, CPS, CEO/Executive Director

April 2008

Reminder. 2008 Legislative Event Coming April 29th: Register Today!

The 2008 Legislative Event will take place on Tuesday, April 29th at Crossroads Theater in New Brunswick. This year's event is titled "Underage Drinking in Our Communities - A Focus on Solutions" and will feature the combined efforts of the Somerset Council on Alcoholism and Drug Dependency as well as NCADD of Middlesex County, Inc. The event is sponsored by centraljerseymoms.com in partnership with The Home News Tribune and the Courier News newspapers and Rutgers' Edward J. Bloustein School of Planning and Public Policy.

This is a FREE community event featuring a light dinner reception, panel discussion, a question and answer session as well as door prizes. The public is welcome to come and learn about the problem of youth alcohol abuse and creative solutions employed by area communities. A panel of experts will provide relevant information about this important and timely topic and how we can all work together for our youth.

For more information or to register, use the form on **page 3** and fax it to us at 732-254-4224. You can also register on-line at <http://ncadd-middlesex.org/2008-legislative-event>.

Brought to you by



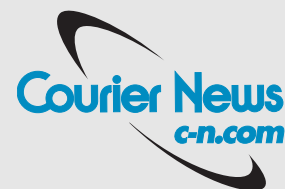
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Edward J. Bloustein School
of Planning and Public Policy



SAVING LIVES: PREVENT AND REDUCE UNDERAGE DRINKING APRIL IS ALCOHOL AWARENESS MONTH

Annually, over **6,500 people** under the age of 21 die from alcohol-related injuries involving underage drinking and thousands more are injured! Almost 2,400 youth under 21 die in drinking and driving crashes, almost 2,400 die from other accidents, falls, fires etc., 1,500 die in alcohol-related homicides and 300 due to suicide.

Each April since 1987, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness Month to encourage local communities to focus on alcoholism and alcohol-related issues. This April, NCADD is highlighting the important public health issue of underage drinking, a problem with devastating consequences. Alcohol use by young people is extremely dangerous - both to themselves and to society at large, and it is associated with traffic fatalities, violence, unsafe sex, suicide, educational failure, and other problem behaviors.

Some important basic facts about underage drinking:

- Alcohol is the **number one drug of choice** for America's young people, more than tobacco or illicit drugs;
- Those who begin drinking **before age 15** are five times more likely to develop alcoholism than those who begin at age 21;
- Each day, **7,000 kids** in the United States under the **age of 16 take their first drink**.
- And, underage alcohol use costs the nation an estimated **\$62 billion annually!**

Reducing underage drinking is critical to securing a healthy future for America's youth and requires a cooperative effort from parents, schools, community organizations, business leaders, government agencies, alcohol manufacturers and retailers, the entertainment industry, and young people themselves. This year's theme for Alcohol Awareness Month is ***"Saving Lives: Prevent and Reduce Underage***

Drinking" and it highlights the need for working together to create comprehensive education, prevention, intervention and treatment resources.

Unfortunately, it remains relatively easy for teenagers to get access to alcohol and, despite serious concerns, kids are flooded with media messages that glamorize alcohol use, increasing the likelihood that



they will drink themselves. In fact, underage drinking accounted for 16% of all alcohol sales in 2001.

"We need to wake up to the problem of underage drinking and recognize the reality that for some, alcoholism and addiction develop at a young age and that intervention, treatment, and recovery support are essential for them and their families," says Robert Lindsey, President, NCADD National. "We can't afford to wait any longer."

During this special month, NCADD extends an open invitation to all county residents young and old, to use this time to contact NCADD and other alcoholism agencies to learn more about alcoholism and its early symptoms.

For more information about underage drinking, Alcohol Awareness Month visit the NCADD website at: www.ncadd-middlesex.org. Or call us at 732-254-3344.

REGISTER FOR THE 2008 LEGISLATIVE EVENT

Simply complete the form below and fax it to 732-254-4224.

You can also register online at
<http://ncadd-middlesex.org/2008-legislative-event/>.

Registration is open until Monday, April 28, 2008

Name: _____

Affiliation: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Fax #: _____

Email: _____



Introducing NCADD's Spring Interns

NCADD of Middlesex County has recently welcomed four new interns. Our interns are excited for hands-on internship experience and will be working on a wide array of projects for NCADD. Following is the introduction of our group of interns.

Megan Haughey, MSW Intern

Megan is in her final semester as a Masters in Social Work student at Rutgers University. She also works as a Residence Hall Director at the University where she served a previous internship. At NCADD, Megan is developing an alcohol awareness education and training program for the Greek community at Rutgers University. Upon graduation, she will continue to be the Executive Director of United, Inc. a 501©(3) business out of Hunterdon County, NJ.



Meghan Miller, Public Health Intern

Meghan is an undergraduate public health student at the Edward J. Bloustein school of Planning and Public Policy of Rutgers University. She will be attending graduate school in the fall to attain a Masters in Public Health. While she interns at NCADD, her focus will be on working with KIV and REBEL. She will also help advocate for the Underage Drinking on Private Property Ordinances around Middlesex County and help plan the Underage Drinking Legislative Event. She believes that this internship will be a great experience for her future plans to teach health education in Africa.



Kristen Rescigno, Public Health Intern

Kristen is in her final year of undergraduate study at the Edward J. Bloustein school of Planning and Public Policy of Rutgers University, majoring in Public Health. Kristen is working on various projects for The Coalition for Healthy Communities, helping to insure NCADD grant compliance and assisting in the development of a distance learning program. Upon graduation, Kristen hopes to work in the clinical research field.



Lauren Young, Public Health Intern

Lauren is an undergraduate public health student at the Edward J. Bloustein school of Planning and Public Policy of Rutgers University, graduating in May. Lauren previously worked with Philadelphia Public School Districts on a proposal to alter the food and beverages available within the school to reduce childhood obesity and malnutrition. She currently serves as the first president of the National Pan-Hellenic Council at RU which sparked her interest for her current NCADD project. While at NCADD, Lauren is working with Megan Haughey on developing an alcohol awareness education and training program for Rutgers University Greek life. Lauren is looking forward to graduate school for her MPH, and later, her Dr. in PH and hopes to, one day, work for the Philadelphia Department of Health.



CESAR Fact of the month

Information received from the Center for Substance Abuse Research at the University of Maryland, College Park

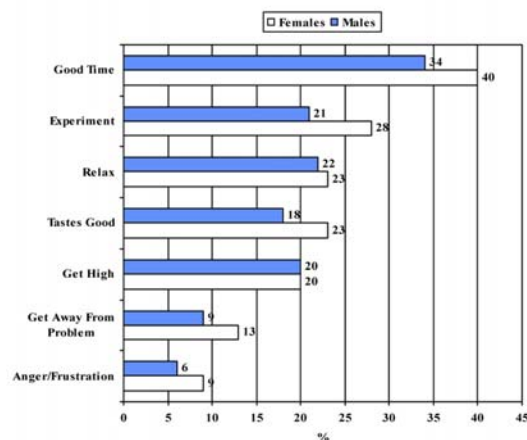
Study Finds Distinctly Different Drinking Motivations Among U.S. 12th Graders; Suggests Motivation-Based Interventions Could Be Effective

High school seniors have distinctly different reasons for drinking, according to an analysis of data from the 2004 Monitoring the Future survey.

The most common reason for drinking cited by both male and female 12th graders was to have a good time, followed by to experiment and to relax (see figure below). A statistical analysis* of these motivations resulted in four profiles of drinking motivations:

- 1) experimenters;
- 2) thrill-seekers (drink to have a good time and to get high);
- 3) relaxers;
- 4) multi-reasoners (drink for a combination of escape and pleasure-seeking motivations).

Youths with the lowest levels of risky drinking behaviors[†] were more likely to be classified as experimenters while those with the highest levels of such behaviors were more likely to be classified as multi-reasoners (data not shown). The authors conclude that “targeted interventions that tailor program content to the distinct drinking motivation profiles. . . may prove to be effective in reducing risky drinking behavior among high school seniors”



*Latent class analysis was used to determine identify profiles of meaningful drinking motivations.

†Risky drinking behaviors were defined as early initiation of alcohol use, past year drunkenness, and drinking before 4 pm.

SOURCE: Adapted by CESAR from Coffman, D.L., Patrick, M.E., Palen, L.A., Rhoades, B.L., and Ventura, A.K. “Why Do High School Seniors Drink? Implications for a Targeted Approach to Intervention,” *Prevention Science* 8(4):241-248. For more information, contact Donna Coffman at dlc30@psu.edu.

Training @ NCADD

2008 Certified Prevention Specialist (CPS) and Recertification Course Schedule

Below is a schedule of courses for *Certified Prevention Specialist (CPS) and Recertification*. All classes are held at NCADD, 152 Tices Lane, East Brunswick from 9am-4pm (except as noted.) Each course costs \$50 (except as noted below)

1. April 11, 2008 - P501 - Ethical and Legal Behaviors
2. May 9, 2008 - Recert - Humor in the Workplace
3. June 6, 13 and 20, 2008 (Must attend all 3 dates) - P203 - Identification and Intervention with Drug & Alcohol Problems - **\$150**
4. September 5, 2008 - P103 - Program Design
5. October 7, 2008 - P210 - Group Theory and Facilitation Skills
6. November 14, 2008 - P303 - Strategic Planning for Communities
7. December 9, 2008 - Recert - Substance Abuse Among Older Adults **\$30**. Class held 1-4pm.

To register, complete the registration form and fax to 732-254-4224.

Or register online at <http://www.ncadd-middlesex.org/training/cps-classes>.

Name: _____

Affiliation: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Fax: _____ Email: _____

Please register me for the following courses:

___#1 ___#2 ___#3 ___#4 ___#5 ___#6 ___#7

Check or money order payable to: NCADD of Middlesex County, Inc., 152 Tices Lane, East Brunswick, NJ 08816

___ VISA ___ MasterCard ___ American Express ___ Discover

Account # _____ Exp. Date _____

Security Code # _____ (3 or 4 Digit Number)

Name on Card _____

Cardholder's Billing Address: _____

Signature _____

Amount enclosed/charged: \$ _____

I am a member of the Coalition for Healthy Communities

Scholarship Opportunities:

- I NCADD now has access to a limited number of scholarships which are available to individuals pursuing their CPS who earn under \$50,000 annually. If you are interested, please go to our website (<http://ncadd-middlesex.org/training/cps-classes/>) and download an application.
- II. If you are a member of the Coalition for Healthy Communities, you have free access to CPS, CADC and RECERT class taught by NCADD. If you are already a member of the Coalition, simply indicate so on your application. If you are not a member, go to our website and download a Coalition brochure and application.

Training @ NCADD

2008 Certified Alcohol and Drug Counselor (CADC) Course Schedule

1. April 16, 2008 - C507 - Supervision
2. May 21, 2008 - C104 - Differential Diagnosis (DSM)
3. June 18, 2008 - C105 - Pharmacology and Physiology

Each course costs \$50 and will take place at
Catholic Charities, 319 Maple Street, Perth Amboy, NJ from 9am-4pm.

To register, complete the registration form and fax to 732-254-4224.
 Or, register online at www.ncadd-middlesex.org/training/cadc-classes.

Name: _____

Affiliation: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Fax: _____ Email: _____

Please register me for the following courses: ___C507 ___C104 ___C105

Check or money order payable to: NCADD of Middlesex County, Inc., 152 Tices Lane, East Brunswick, NJ 08816

_____ VISA _____ MasterCard _____ American Express _____ Discover

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NCADD of Middlesex County, Inc. is an approved provider for the Addictions Professionals Certification Board of New Jersey (APCBNJ) and the New Jersey Department of Education/Professional Development (Provider #1417).