



# Prevention Works!

A member of



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Steven G. Liga, MSW, LSW, LCADC, CPS, CEO/Executive Director

March 2008

## 2008 Legislative Event Scheduled for April 29th

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](http://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 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, call us at 732-254-3344. You can also register on-line at <http://ncadd-middlesex.org/2008-legislative-event>.



# Coalition Renamed. Looks to a Bright Future



The Middlesex County Substance Abuse Coalition has been renamed Coalition for Healthy Communities.

The move is designed to better align the Coalition's name to reflect the community it serves and the diversity of its members. The Coalition's mission is to reduce substance abuse, especially among youth, by providing opportunities for increased collaboration, coordinated planning, and sharing of resources, thereby maximizing the quality and availability of services to the communities and residents of Middlesex County. The new name will allow the Coalition to uphold its mission by encouraging participation and collaboration from all community sectors.



*(Above) Coalition Coordinator Linda Surks address attendees at the retreat; (below) Coalition members brainstorm ideas for one of the new committees being formed.*



The Coalition for Healthy Communities is comprised of a group of diverse individuals concerned with creating and maintaining a healthy environment. These individuals bring passion to the prevention and treatment of alcohol, tobacco, and other drug abuse problems. To help assure the success of the Coalition, a "Back to Basics" retreat was held on February 26th at UMDNJ's Clinical Academic Building in New Brunswick.

Over two dozen Coalition members attended the event, which focused on the development and implementation of three new committees: Fundraising, Outreach, and Youth. Presentations on the three committee areas were given by Diana Starace (Injury Prevention Coordinator at Robert Wood Johnson Hospital) and Richard Emanuel (Care House Director for the Salvation Army) on Fundraising, Alison Glaser (VP of Community Services at Planned Parenthood of Central New Jersey) and Bill Ussery (Community Relations Representative at Summit Oaks Hospital) on

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Outreach, and Dana Lee Brown (Perinatal Addictions Risk Reduction Specialist at Central New Jersey Maternal and Child Health Consortium, Inc.) and Robin Lavorato (Chairperson at the Monroe Township) Municipal Alliance on Youth. The presenters spoke about progress that has been made in these areas previously, as well as issues the Coalition needs to address in order to continue making progress in the future.

After the presentations, attendees brainstormed in groups to create new ideas, activities, or events which the new committees could use to increase fundraising, community outreach, and youth involvement. All of the ideas developed during the brainstorming were later combined in work groups specific to each area. The work groups selected the strongest ideas and developed action plans to enable their implementation. The new committees were formed from the members of each work groups.

All three committees selected Chairpersons who presented their action plans to the attendees. The Fundraising Chairpersons are Padma Arvind and Jose Cruz, the Outreach Chairpersons are Bill Ussery and Irfat Chowdhury, and the Youth Chairperson is Robin Lavorato. All agreed to meet in the near future to begin implementing recommended action steps.

In addition to forming new committees, each Retreat attendee renewed their commitment to the Coalition. A short presentation was given by Alexandra Lopez of NCADD in which she empowered individuals to actively engage in commitment to the Coalition. At the end of the Retreat, attendees signed a new membership agreement form that established their new commitment to the Coalition.



*Pictured above are: (top) Padma Arvind and Jose Cruz, Fundraising Committee Chairpersons present to retreat attendees the committee's action plan; (bottom) Richard Emanuel former Fundraising Committee chair makes presentation at this year's Coalition retreat.*



## ***Alcohol Awareness Month***

Is your community or organization planning special activities for Alcohol Awareness Month this April? NCADD would love to help with materials, videos, technical assistance, speakers, and publicizing your event. If you have events planned, please send details and/or request for assistance to Ezra at NCADD via email at [ezra@ncadd-middlesex.org](mailto:ezra@ncadd-middlesex.org) or fax information at 732-254-4224.

## Introducing NCADD's New KIV Facilitator

*In last month's issue we introduced you Padma Sonti Desai, NCADD's new KIV facilitator at the Old Bridge Public School District. This month we would like to introduce you to another new KIV facilitator.*

Jane White is NCADD's new facilitator for *Keys to Inner Visions* (KIV), a school-based program delivered in partnership with the Carteret, Old Bridge and Woodbridge Public School Districts.

As a Facilitator, Jane will deliver the KIV educational curriculum to students in grades six, seven, eight and nine. The KIV curriculum is about change, specifically changing beliefs and behaviors that help students cope with life stressors. This program also includes goal setting, learning new ways of thinking, and practicing new skills over time and in various situations.



Jane is currently enrolled in the Masters in Counseling program at Seton Hall University. She also holds a BS in Interdisciplinary Studies from Towson University, in Maryland. Prior to joining NCADD, Jane worked for Goebel of North America for over 4 years and was the Assistant Marketing Manager for the M. I. Hummel Club. She wrote the quarterly M. I. Hummel Club newsletter and worked with the club's Local Chapters throughout the country. She spent much time traveling to give presentations on Hummel Figurines and the life of Sister Maria Innocentia Hummel, the artist of the figurines. She also worked for the State of New Jersey for three years in the Department of Transportation. She supported the Environmental Resources Department on working with the National Environmental Policy Act.

Jane currently resides in Ewing. In her spare time, Jane enjoys yoga, hiking, snowboarding, rollerblading, and spending time with her friends and family.

About KIV: *Keys to InnerVisions* (KIV) helps students understand that by changing the way they think, they can change the way they feel and behave in academic and social situations. KIV teaches students new skills that will help them make better choices. KIV fosters change by teaching students that transformation is possible and then giving them tools they can use. It provides them with the opportunity to practice these new skills in a supportive environment and encourages students to try them out with other significant people in their lives.

The KIV curriculum focuses on three key concepts and helps people understand the power that their thinking has on their self-concept and behavior. The curriculum teaches specific, easy-to-learn and use skills for making significant change. For more information, please call Jane White or Padma Desai at 732-254-3344.

# Underage Drinking on Private Property: Your Help is Needed

Starting in November 2000, a number of Middlesex County municipalities began passing Underage Drinking on Private Property ordinances. To date, twelve towns have enacted these ordinances.

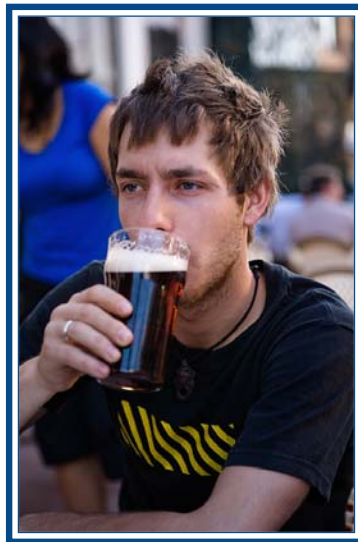
The need for these ordinances arose as a result of current underage drinking laws which contain a loophole that holds underage drinkers unaccountable if caught drinking on private property. The Underage Drinking on Private Property ordinances seek to close the loophole by providing local law enforcement entities with a tool that will hold the underage drinker directly responsible.

This ordinance is a benefit to our communities because of the possible deterrent effect it has on youth who drink alcohol. Violating the ordinance can result in fines of up to \$350 and suspension or postponement of driving privileges. Several Middlesex County towns have passed this ordinance including: Dunellen, East Brunswick, Edison, Metuchen, New

Brunswick, North Brunswick, Old Bridge, Sayreville, South Brunswick, South River, South Amboy and Spotswood..

Several meetings have already been scheduled to discuss this ordinance. Town Hall style meeting will be held at the following locations:

- Thursday, April 10<sup>th</sup> by the Monroe Township Municipal Alliance;
- Monday, April 14<sup>th</sup> by the North Brunswick Municipal Alliance;
- Tuesday, April 22<sup>nd</sup> at South Brunswick high school.



NCADD encourages anyone who would like to advocate for these ordinances to get involved!

NCADD would also like to thank everyone who has been advocating for the passage of these ordinances. We are excited to continue our efforts and welcome others to join us on our

journey to a healthier community.

## Some sobering statistics about underage drinking

- 28% of 15- to 20-year-old drivers who were killed in motor vehicle crashes in 2005 had been drinking.  
*Source: <http://www.sadd.org/stats.htm#underage>*
- Rates of binge alcohol use in 2006 were 1.5% among 12 or 13 year olds, 8.9 % among 14 or 15 year olds, 20% among 16 or 17 year olds, 36.2% among persons aged 18 to 20.  
*Source: <http://www.oas.samhsa.gov/NSDUH/2k6NSDUH/2k6results.cfm#Ch3>*
- 27.9% of NJ's 7th and 8th graders who used alcohol in the past 30 days got F's.
- 28% of suicides ages 9-15 can be attributed to alcohol.
- More than 40% of individuals who begin drinking before age 13 will develop alcohol abuse or alcohol dependency at some point in their lives.

*Source: <http://www.ncaddnj.org/publicAffairs/soberingfacts.asp>*

## CESAR Fact of the month

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

### Early Non-Medical Prescription Drug Use Related to Lifetime Diagnosis of Prescription Drug Abuse and Dependence

Persons who begin using prescription drugs non-medically at an early age are more likely to be diagnosed with lifetime prescription drug abuse and dependence, according to an analysis of data from a national household survey.\*

An estimated 42% of those who reported that their first non-medical use of prescription drugs was at age 13 or younger also had a lifetime diagnosis of prescription drug abuse, compared to 17% of those who first used prescription drugs non-medically at age 21 or older. Similar results were found for lifetime prescription drug dependence (25% vs. 7%). Interestingly, “early non-medical users of prescription sedatives, tranquilizers, and opioids were generally more likely to become non-medical users of other prescription drug classes than to develop sedative, tranquilizer or opioid use disorders” (p. 1925).



For example, persons who initiated non-medical use of prescription sedatives at age 13 or younger were more likely to eventually report non-medical use of prescription tranquilizers (75%), opioids (72%), or stimulants (70%) than to be diagnosed with a sedative use disorder (43%). The exception was for non-medical users of prescription stimulants, who were more likely to develop stimulant use disorders than to become non-medical users of other prescription drugs.

\*Findings are based on an analysis of data from the 2001-2002 National Epidemiologic Survey on Alcohol and Related Conditions, a household survey of U.S. residents ages 18 and older.

*SOURCE: Adapted by CESAR from McCabe, S.E., West, B.T., Morales, M., Cranford, J.A., and Boyd, C.J. “Does Early Onset of Non-Medical Use of Prescription Drugs Predict Subsequent Prescription Drug Abuse and Dependence? Results from a National Study,” *Addiction* 102(12): 1920-1930, 2007. For more information, contact Sean Esteban McCabe at [plius@umich.edu](mailto:plius@umich.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. March 14, 2008 - Recert - Sensitivity and Knowledge about Diversity
2. April 11, 2008 - P501 - Ethical and Legal Behaviors
3. May 9, 2008 - Recert - Humor in the Workplace
4. June 6, 13 and 20, 2008 (Must attend all 3 dates) - P203 - Identification and Intervention with Drug & Alcohol Problems - **\$150**
5. September 5, 2008 - P103 - Program Design
6. October 7, 2008 - P210 - Group Theory and Facilitation Skills
7. November 14, 2008 - P303 - Strategic Planning for Communities
8. 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 \_\_\_#8

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. March 19, 2008 - C205 - Group Counseling
2. April 16, 2008 - C507 - Supervision
3. May 21, 2008 - C104 - Differential Diagnosis (DSM)
4. 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](http://www.ncadd-middlesex.org/training/cadc-classes).

Name: \_\_\_\_\_

Affiliation: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Please register me for the following courses: \_\_\_C504 \_\_\_C205 \_\_\_C507 \_\_\_C104 \_\_\_C105

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\_\_\_\_VISA\_\_\_\_MasterCard \_\_\_\_American Express\_\_\_\_ Discover

Account # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Security Code # \_\_\_\_\_ (3 or 4 Digit Number)

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Signature \_\_\_\_\_

Amount enclosed/charged: \$ \_\_\_\_\_

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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).*