



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

May 2008

2008 Legislative Event Underscores Issues of Underage Drinking

On Tuesday evening, April 29th, over 160 individuals came together at Crossroads Theater in downtown New Brunswick to discuss the issue of underage drinking. Parents, educators, government and law enforcement officials, healthcare professionals and others were there to listen to speakers share information about this problem and discuss possible solutions.

This year's event, titled "Underage Drinking in Our Communities - A Focus on Solutions", was put together through the combined efforts of the Somerset Council on Alcoholism and Drug Dependency as well as NCADD of Middlesex County, Inc.

The event was 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.

"We were looking to put underage drinking on the community's radar screen and identify solutions and strategies," said Steve Liga, NCADD CEO & Executive Director, "and the most effective tool we have to fight substance abuse is through education at the community level. The Legislative Event provided the perfect platform to generate awareness and educate the public."

Welcoming remarks were delivered by Middlesex County Freeholder Director David

Crabiel who noted, "It is my role as father, grandfather and great-grandfather that takes priority during this evening's discussion. I'm sure you will agree that when it comes to our children and grandchildren, there is no rest until we know they are safe. That is why this dialogue tonight and the work the NCADD of Middlesex County performs throughout the year is so very critical."

Additional remarks were provided by State Senator Joseph F. Vitale and Brenda Pateman, Somerset County Alcoholism & Drug Abuse Coordinator.

A panel of experts provided relevant information about this important and timely topic and discussed solutions already being implemented or could be implemented by the community.

The panel featured:

- Barry Roberson, East Brunswick Director of Public Safety who spoke about the township's first year implementation of an Underage Drinking on Private Property Ordinance;
- Detective Karen Hoelzel from the Hillsborough Police Department who spoke about her department's seven years of experience enforcing

Continued on page 2

Continued from page 1

Underage Drinking on Private Property Ordinances;

- Brenda Esler, Assistant Director at the Somerset Council on Alcoholism and Drug Dependency who spoke about other community approaches to prevention;
- Steven Banden – a Rutgers University Student who presented a novel approach to reducing underage drinking from a student’s perspective.



Steven Liga, Executive Director/CEO at NCADD of Middlesex County, Inc.

Three-time Emmy Award winner Anchor/Reporter Walt Kane from News 12 New Jersey served as Master of Ceremonies.



Attendees of the Underaged Drinking event grab something to eat at a reception before the program at Crossroads Theater.



Barry Roberson (left), East Brunswick Director of Public Safety and Detective Karen Hoelzel, Hillsborough Police Department.



Members of the Somerset Council on Alcoholism and Drug Dependency including (from left) Executive Director Sharon Lutz, Becky Csabai, Detective Karen Hoelzel of the Hillsborough Police Dept. and Brenda Esler attend the Underaged Drinking Legislative Event at Crossroads Theater.



Brenda Esler (left), Assistant Director, Somerset Council on Alcoholism and Drug Dependence and Steven Banden, a Rutgers University Student.

IT'S PROM TIME ...TEN WAYS TO CURTAIL UNDERAGE DRINKING

Gowns, tuxedos, corsages, dining and dancing—these are some of the images that come to mind when we think about prom season. Although it can be a time of joy and excitement, it can also be a time of worry for parents. A major concern is underage drinking.

Underage drinking can cause severe consequences. According to the Surgeon General, each year approximately 5,000 people under the age of 21 die as a result of underage drinking; this includes about 1,900 deaths from motor vehicle crashes, 1,600 as a result of homicides, 300 from suicide, as well as hundreds from other injuries such as falls, burns, and drownings. Alcohol also affects how well a young person judges risk and makes sound decisions; therefore, a teen who has been drinking may think there is nothing wrong with drinking and driving or engaging in other harmful behaviors.

The good news is that there are ways parents can reduce the likelihood of underage drinking. Teens rely on adults in their lives more than anyone else to help them make tough decisions and to provide good advice. The following tips can be useful during prom and all year round.

Be a positive role model

If you do drink, make sure you drink responsibly. That means not drinking too much or too often. As a parent, you also need to refrain from alcohol in high-risk situations such as drinking and driving. Remember what you say also is important, coming home from work and stating, “I need a drink to relax,” is sending an inappropriate message. Children will then start to associate drinking alcohol as a coping device in any stressful or difficult situation.

Set Rules

Make sure your child knows how you feel about underage drinking. Tell your children what the law is, what your rules are, and what behavior you expect. Make sure you are consistent with these rules and enforce appropriate consequences.

Monitor your child's activities

Know who your child's friends are. The idiom, “Birds of a feather flock together” is often the case. Make sure you know your child's whereabouts and how to get in contact with them. Limit the amount of time your child spends without an adult being present. If your child is



going to a friend's house make sure a parent will be present. Communicate with other parents what you expect from your child.

Talk with your teens about alcohol use

Teach your child about the dangers of underage drinking. Inform them that underage drinking can harm them; let them know that their bodies are still growing and their brains are still developing. Alcohol use can also lead to other problems such as bad grades, run-ins with the law, and violence.

Listen to what your children have to say. Encourage them to ask questions. Try to look

Continued on page 4

Continued from page 3

for teachable moments—make sure they understand that advertisements try to make drinking look cool and fun, but serious consequences can also occur.

Help your teens make good decisions about alcohol

Children need to know ways to resist peer pressure. It's easy for us to tell them, "Just say No", but often this advice is easier said than done. Practice refusal skills through role-plays. The more practice, the more confident your child will feel in his/her ability to handle difficult situations.

Let them know they can count on you

Before any party, make sure you get the details about where it will be held, who will be going, and whether alcohol will be served. Keep in mind that even with your best efforts, your child may still find himself/herself at a party where alcohol is available to minors. Let your child know that even if other teens are drinking you expect him/her not to. If your children feel uncomfortable in a situation, let them know that you will be there to pick them up no matter how late or far away it may be. You may even want to create a code word to use if your children have friends around and it is difficult to talk.

Recognize good behavior

Always let your children know how proud you are when they respect the rules of the household. Positive reinforcement encourages good behavior in the future as well. Children seek their parents' approval, so reward them when they make responsible choices.

Work with others

Get involved! Join a community action group or the P.T.A.! By participating in your community, you can make sure that laws about underage alcohol use are well known and enforced. Spread the word about the dangers of underage drinking and let others know that it is not okay.

Recognize the risk factors

Be aware of risk factors that may increase the risk of teen alcohol use. Is there a family history of alcoholism? Are there drastic changes in your child's behavior (recent conduct problems, bad grades in school)?

Help your teen find leisure activities

Encourage your teen to engage in sports or join a school club. This will keep children busy, productive, and stimulated in drug-free activities. By engaging in extracurricular activities, children learn that you don't need alcohol to have a good time.

If you suspect that your child is already drinking alcohol, talk to him/her and express your concerns. NCADD has an array of brochures and information that can help you to begin this conversation. Call us today at 732-254-3344.

ADDITIONAL CPS SCHOLARSHIPS AVAILABLE

NCADD now has additional scholarships available to offer through the end of June for individuals seeking their CPS certification! In addition to offering scholarships to individuals who want initial credit for CPS classes, NCADD is now able to offer them to any LCADC, CADC, or CPS who needs renewal credits. If you are employed or an active volunteer at an agency or organization funded by the Division of Addiction Services or earn less than \$50,000 annually, you qualify!

If you qualify, please complete the tuition support application provided on the NCADD website at <http://ncadd-middlesex.org/training> along with your registration form to attend classes. A list of classes we are offering can also be found on our website at <http://ncadd-middlesex.org/training/>.

If you have any questions or need additional information, please feel free to contact Dena Charbonneau at 732-254-3344 or dena@ncadd-middlesex.org.

Annual PSA Awards Ceremony Held

The 9th Annual Don't Drink and Drive PSA contest awards ceremony was held on May 6th at Robert Wood Johnson University Hospital in New Brunswick.

Students from 15 high schools across the county produced 30-second video clips that warned of the dangers of drinking and driving.

Piscataway High School, whose primary message was: "Talk to your kids about drinking and driving. Before you can't." took the first-place prize of \$1,000, Perth Amboy High School was second and received \$750, and the Perth Amboy Campus of the Middlesex County Vo-Tech High School received the third-place award of \$500.



East Brunswick High School students and teacher await start of activities at this year's PSA contest ceremony.

The money will support each school's Project Graduation or other driver-safety programs.

Students also attended three educational workshops at the event. State Police Sgt. Greg Williams led the "Fatal Vision" session in which students wore goggles that simulate the eyesight of someone who's impaired. Maria Esteves of Mothers Against Drunk Driving shared her personal story of the loss of her daughter Rosemary as a result of a drunk driving crash.

In "Thinking on Your Feet," led by Jessica Corn, an education associate at New Brunswick's George Street Playhouse,

students played word-association games with colors and developed short creative messages. And in "Real Teens, Real Driving," registered nurse Jim Doherty, who works in Robert Wood Johnson University Hospital's emergency room, provided graphic details of what happens to car-accident victims.

The PSA contest is funded through a grant from the State Division of Highway Traffic Safety. Participating sponsors included Middlesex County Board of Chosen Freeholders; the County Superintendent of Schools; Center for Alcohol Studies at Rutgers University; Injury Prevention Program at Robert Wood Johnson University Hospital and NCADD of Middlesex County, Inc.



State Police Sgt. Greg Williams and Maria Esteves of MADD get ready to present at one of the three workshops.



Steve Liga, Executive Director at NCADD of Middlesex County, Inc. addresses attendees at this year's PSA awards ceremony. Joining Mr. Liga on stage are (from left) Dr. Patrick Piegari, Middlesex County Superintendent of Schools; Robert Padima, Director of the Center for Alcohol Studies at Rutgers University; Bruce J. Kaplan, Middlesex County Prosecutor; Freeholder H. James Polos, and Pam Fischer, Director of the State Division of Highway Safety.

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. June 6, 13 and 20, 2008 (Must attend all 3 dates) - P203 - Identification and Intervention with Drug & Alcohol Problems - **\$150**
2. September 5, 2008 - P103 - Program Design
3. October 7, 2008 - P210 - Group Theory and Facilitation Skills
4. November 14, 2008 - P303 - Strategic Planning for Communities
5. 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

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.

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).

Training @ NCADD

2008 Certified Alcohol and Drug Counselor (CADC) Course Schedule

1. May 21, 2008 - C104 - Differential Diagnosis (DSM)
2. 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: ___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

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:

If you are a member of the Coalition for Healthy Communities, you have free access to 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.

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).