



Prevention Works!

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Steven G. Liga, MSW, LSW, LCADC, CPS, CEO/Executive Director June 2008

'08 Drug Summit Focuses on Rx Drugs and Intervention

By Michele Friedman

The halls of Douglass Campus Center were abuzz as law enforcement officials, service providers, prevention professionals, and Student Assistance Counselors gathered for the Sixth Annual Middlesex County Drug Summit on Friday, June 6th.



Doug Collier, DEA Special Agent, makes a point during his presentation on "Pharming in the Garden State."

Doug Collier, Special Agent with the Drug Enforcement Administration of New Jersey, spoke about New Jersey's rising rates of prescription and over-the-counter drug abuse. As Collier explained the trend, which is also called "pharming," leads to many emergency room visits and fatalities.

One of the reasons pharming is so prevalent is because of the misconception that abuse of prescription drugs is safer than that of street drugs, he said. According to Collier, 40 percent of teens believe this harmful, yet ever-common myth.

The accessibility of prescription drugs is also a factor. "We have become a pill society," Collier said.

Still, he assured the audience that there are ways to prevent prescription drug abuse. He said parents should always throw away medications when they or their children should stop taking the drug as prescribed. Collier also suggested that they hide prescriptions that they currently take.



Karen Widico, Executive Director at Hunterdon Prevention Resources delivers her "Substance Abuse in the Family: When to Intervene" presentation.

"We have been taught to lock our liquor cabinets, but we have not been told to do the same with the medicine cabinet," he said.

As most professionals acknowledge, prevention is only one dimension of the multifaceted issue of substance abuse. Karen Widico, Executive Director at Hunterdon Prevention Resources, added to the discourse by speaking about conducting substance abuse interventions.

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Perhaps most shocking, Widico explained that any level of substance abuse is appropriate for intervention. Whether the person has just begun abusing or they have already run into legal and financial difficulties, she said intervention is appropriate.

“People think interventions are only for when people hit rock bottom,” she said. “It’s just not true.”

Widico also stressed that people attending interventions should only speak on behalf of themselves. “There’s no ‘we;’ every person is an ‘I,’” she said.

Since interventions often evoke emotion, Widico suggested that all participants write their statements in advance. That way, she said, friends and family are more likely to be objective. She also strongly recommended families utilize the services of a professional intervention specialist.

The Summit would not have been complete without the panel’s unique perspective of addiction and recovery within the realm of higher education. The panel was comprised of Rutgers University addiction professionals and an alumna, all of whom have seen the triumphs and feats of rehabilitation.

The alumna, a recovering alcoholic, spoke about the excesses of substance abuse in college. As she noted, her drinking habits didn’t stand out from her friends’, which helped fuel her denial.

Rutgers University’s addiction professionals agreed. They said substance abuse in college is especially difficult to deal with since it is so prevalent.

The professionals also explained that maintaining patient confidentiality is important, in spite of the fact that it keeps parents in the dark about their kids.

As one Summit attendee said, “[It was an] excellent conference. I’m only sorry this is the first time I attended.”



Pictured above at this year’s Drug Summit are: Gerard McAleer, Special Agent in Charge at the DEA (top left) and Jay Kohl (top right), VP of Administration & Public Safety at Rutgers University delivering welcoming remarks. Steve Liga (bottom left) who ably acted as Master of Ceremonies. Several organizations provided display tables including Princeton House Behavioral Health which was represented by Margaret Giovanni, Director of Business Development and Robyn Marks, Addiction Program Development Specialist.

MUNICIPAL ALLIANCE MEMBERS GIVEN SOBERING FACTS ON UNDERAGE DRINKING



This year, the link between Memorial Day weekend and alcohol was given a whole new meaning. Kicking off the holiday weekend, members of the Middlesex County Municipal Alliance Network gathered at the Middlesex County Fire Academy to learn some sobering facts about trends and solutions relating to underage drinking.

Attendees listened in shock and awe as Investigator Jeff Temple from the Middlesex County Prosecutor's Office spoke about a recent case involving an underage drunk driver. The driver crashed into a young Old Bridge woman backing out of her driveway, killing her instantly. Mr. Temple emphasized his use of the word 'crash.' He said society should not call incidents like this 'accidents' since driving drunk is a choice. The Investigator presented site photos depicting opened and unopened beer containers found in the vehicle. Unfortunately, noted Mr. Temple, persons under the age of 21 make this choice all too often.



In order to prevent health risks and fatalities related to underage drinking, several municipalities in Middlesex County have already passed and implemented ordinances to prevent underage drinking on private property.

Councilwoman Cathy Nicola, North Brunswick Council President, encouraged representatives of towns that have not passed the ordinance to propose the legislation at the next town hall meeting. "Every single kid in my town is my child," Nicola said. "If it makes a difference for one child, it was worth it."

Barry Roberson, Director of Public Safety for the East Brunswick Police Department, also supported the ordinance. He spoke about his department's successful enforcement of the ordinance since it was enacted last year. Roberson said he thinks the ordinance will prevent adults and adolescents from throwing parties where alcohol is served.

Donna Frandsen (above), Director of Middlesex County Intoxicated Drivers Resource Center (IDRC) presented an overview of underage drinking in Middlesex County while Investigator Jeff Temple (below) from the Middlesex County Prosecutor's Office provided a real-life example of what happens as a result of underage drinking and driving.

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He also assured the audience that the new ordinance is no stricter than current New Jersey laws. Parents may legally serve their underage children on private property under the ordinance, whereas state law prohibits such actions on public property, Roberson explained.

Donna Frandsen, Director of Middlesex County Intoxicated Drivers Resource Center (IDRC), complemented Roberson's presentation by providing an overview of news within the field of prevention.

Providing yet another perspective, Kathy Zavotsky, a Clinical Nurse Specialist in the Emergency Department of Robert Wood Johnson University Hospital, described current trends seen in the emergency room. Particularly, she spoke about "pharm parties," wherein young people mix and take any prescription pills they can get their hands on.

This poses great difficulties for emergency room professionals, said Zavotsky, since it is difficult to detect which medications were ingested, especially when mixed with other pills and alcohol. As she explained, nurses and doctors can only give patients remedies when they can pinpoint the problem. Linda Surks, Coalition Coordinator at NCADD and Ezra Helfand, Public Information Coordinator provided additional implemental ideas to those in attendance.

As one training attendee summed up, the day was "well organized, coordinated, [and provided] great information."



Councilwoman Cathy Nicola (top), North Brunswick Council President outlines how her town passed an Underage Drinking on Private Property Ordinance while Barry Roberson (below), Director of Public Safety for the East Brunswick Police Department provided insight into how a community can deal with the passage of such ordinances.



Kathy Zavotsky (left), a Clinical Nurse Specialist in the Emergency Department of Robert Wood Johnson University Hospital provided insight into current trends seen in her emergency room.

SUMMER SAFETY

The summer is here – the season of sun, fun, and relaxation. The season brings with it parties and gatherings, along with more opportunities than usual to drink alcohol with family and friends.

While you're out enjoying the warm weather, don't forget to protect yourself and your children from the summer's potential hazards. There are more injuries during the summer months than during any other time of the year and the majority of these injuries can be avoided. Despite what you may think, many people responsible for drunk-driving mishaps



are not long-term alcohol abusers. They are social or irregular drinkers.

Here are some tips to see you through the festive season with your health intact:

- Drink only if YOU want to; don't let others dictate your choice. Learn how to say no and encourage your friends to be supportive.
- Keep active. Don't just sit down and drink all night. If you keep active, you will drink less and be more aware of your level of intoxication.

- Keep them out of and discourage them from “chugging” contests or other drinking “games”.
- Try to alternate a non-alcoholic alternative with your alcoholic drinks, or try a non-alcoholic cocktail for a refreshing change.
- Remember that some beverages will contain more than one standard drink; take this into consideration when calculating your intake for the evening, particularly if you are driving.
- Try to eat a substantial meal to increase your tolerance if you plan on drinking. Avoid salty party snack foods which encourage you to drink more quickly to avoid dehydration.
- Women should be aware that drinking the same number of drinks as a male counterpart can produce a higher blood alcohol reading in a woman because women generally have proportionately more fat and less body water than men.
- Drink non-alcoholic beverages for the last hour of a party. If you stop drinking before the party is over, you will allow your liver time to burn off some of the alcohol.

While alcohol may be available at most parties this summer, it need not be the focus. NCADD has Hints for a Happy, Safe Party and recipes for tasty, non-alcoholic drinks. Please take advantage of these recipes and share them with your staff, family, and friends. Call us at 732-254-3344 for copies or more information.

The National Council on Alcoholism and Drug Dependence (NCADD) of Middlesex County, Inc. wishes you a safe, happy, and healthy summer season.

REBEL Event Held at JP Stevens HS



Over 2,000 J.P. Stevens High School students joined together on May 30th to commemorate World No Tobacco Day and raise awareness of the devastating effects tobacco use has

the United States who lose their lives daily to tobacco-related illnesses. On left is an aerial photo taken via helicopter. Large posters and wall arts will be created from these aerial photos as a way to commemorate the event.



Members of J.P. Stevens' REBEL in attendance included (L to R): Rachel Rosengarten (REBEL Advisor), Elizabeth Wiener (11th), Shree Agrawal (10th), Sal Boccia (11th), Sarah Iacone (11th), Chesca Beltran (11th), Aneta Gruchala (9th), Haley Schulman (11th), and Josh Fischbein (11th).

nationwide. World No Tobacco Day was created to draw global attention to the tobacco epidemic and to the preventable death and disease it causes. Led by J.P. Stevens High School's anti-big tobacco club REBEL (Reaching Everyone By Exposing Lies), students, faculty and administration gathered on the front lawn to create the number 1200 and the word REBEL—signifying the 1200 people in



Pictured are JP Stevens' mascot "The Hawk" with Elizabeth Wiener, Vice President (left) and Shree Agrawal, President of the school's REBEL chapter.

Pedaling for Prevention Day Planned for September 7th

The Coalition for Healthy Communities will host its third annual Pedaling for Prevention Day on Sunday, September 7, 2008.

Individuals of all ages and abilities can participate in one of the following events:

- * 50 Mile Bicycle Tour
- * 20 Mile Bicycle Tour
- * 5K Fun Ride or Walk in the Park

Other activities of the day will include:

- * Helmet Fittings
- * Bicycle Safety Check
- * Silent Auction
- * Information tables
- * Lunch provided by Applebees

To register for the event, use the form on the right or go to <http://ncadd-middlesex.org/biketour> or call Linda Surks at 732-254-3344.



PEDALING FOR PREVENTION REGISTRATION FORM

Name: _____

Additional Family Members Registering:

Address: _____

City: _____

State: _____ Zip: _____

Phone: (_____) _____

Cell: (_____) _____

Email: _____

Emergency Contact:

Emergency Contact Phone: _____

Select Event:

50 Mile Bike Tour 20 Mile Bike Tour

5K Fun Ride/Walk

Select Your T-Shirt Size:

Small Medium Large Extra Large

Payment:

\$35 Per Adult

\$10 Per Student/Senior

\$25 Per Member for Teams of 5 or More

Pay By Credit Card:

Mastercard Visa American Express

Name on Card _____

Account # _____

Expiration Date: _____ Security Code _____

Signature: _____

Complete this form and it fax to: 732-254-4224

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. September 5, 2008 - P103 - Program Design
2. October 7, 2008 - P210 - Group Theory and Facilitation Skills
3. November 14, 2008 - P303 - Strategic Planning for Communities
4. 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

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).