

Celebrating 30
Years of Providing
Substance
Abuse Prevention,
Education, and
Support for
Personal Recovery!

NCADD TODAY

National Council on Alcoholism and Drug Dependence of Middlesex County, Inc.
Providing Substance Abuse Prevention, Education and Support for Personal Recovery

152 Tices Lane, East Brunswick, NJ 08816 Tel: 732-254-3344 Fax: 732-254-4224 Web: www.ncadd-middlesex.org

April/May 2011

National Take-Back Coming to Middlesex County on April 30th

On April 30 from 10 a.m. to 2 p.m. almost every municipality in Middlesex County, along with Rutgers University, will provide the public another opportunity to prevent prescription and over-the-counter drug abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted drugs.

Middlesex County residents are urged to bring their medications for disposal to sites available in their own municipality. A link to locate a collection site near you is now posted on the Drug Enforcement Administration (DEA) website at www.dea.gov. The service is free and anonymous, no questions asked.

Last September, Americans turned in 242,000 pounds—121 tons—of prescription drugs at nearly 4,100 sites operated by the DEA and more than 3,000 state and local law enforcement partners, including the Coalition for Health Communities. The Coalition, an initiative of the National Council on Alcoholism and Drug Dependence (NCADD) of Middlesex County, Inc., is the lead organization assisting in the implementation of this event in Middlesex County.

Statewide, National Take-Back is sponsored by the Drug Enforcement Administration New Jersey Division, Partnership for a Drug Free New Jersey, the Office of the New Jersey Attorney General, the Governor's Council on Alcoholism and Drug Abuse, the New

Jersey Prevention Network, and the New Jersey Chiefs of Police Association. Members of local Students Against Destructive Decisions (SADD) will also participate.

This initiative addresses a vital public safety and public health issue. Medicines that

Due to strong community support, Middlesex County municipalities and Rutgers University will again participate in an event designed to dispose of unused medication

languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

In addition, Americans are now advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash— is posing potential safety and health hazards.

“Proper control and disposal of potentially dangerous medication is vital, due to the trend of prescription drug abuse with youth,” said Coalition Coordinator Linda Surks. Prescriptions collected during National Take-Back will be taken to a central location for incineration.

Anyone seeking additional information or volunteer opportunities for National Take-Back in Middlesex County should contact Linda Surks at 732-254-3344.

“The Facts and Reality of Underage Drinking” Town Hall Meeting Held in Perth Amboy

The dangers of under-age drinking were showcased on April 14, 2011, as Perth Amboy youth, members of the faith community, Board of Education president and other community leaders addressed attendees at the annual town hall meeting on underage drinking.

The event was held at the Alexander F. Jankowski Community Center in Perth Amboy and recognized Alcohol Awareness Month. The annual event encourages communities to reach out to the public with information about alcohol and alcoholism as a chronic, progressive disease, that can be fatal if untreated.

The forum, titled “The Facts and Reality of Underage Drinking,” was presented jointly by the Perth Amboy Municipal Alliance and their Youth Coalition as well as NCADD of Middlesex County, Inc. and the Coalition for Healthy Communities’ Underage Drinking Taskforce.

The event featured a panel that included Perth Amboy Mayor Wilda Diaz; Samuel Lebreault, President, Perth Amboy Board of Education;

Pastor Paul Sears, Abundant Life Worship Center; Dennis Bubenheimer, Renovation House Alumni; Jaidys Maldonado, Perth Amboy Youth Alliance; Liliana Ribeiro, Perth Amboy High School’s Youth Community Leadership Academy; and, Jason Victor, NCADD Preventionist.

The 2011 town hall meeting was designed to increase the public’s awareness that alcohol use by persons under the age of 21 is a major public health problem; and that alcohol is the most widely used substance of potential abuse among America’s youth.

The event also highlighted issues being faced by most Middlesex County communities, including a relatively permissive attitude toward alcohol held by parents and their youth. Specifically, a large percentage of parents seem to condone their kids drinking underage.

According to attendees, the hall meeting increased their awareness of the issue of underage drinking and its risks.



Participating panelists at the 2011 Town Hall Meeting on Underage Drinking included (from right): Perth Amboy Mayor Wilda Diaz; Renovation House Program Director Rev. Paul Sears; NCADD Preventionist Jason Victor; Perth Amboy Youth Alliance member Jaidys Maldonado; Perth Amboy Board of Education President Samuel Lebreault; Perth Amboy High School’s Youth Community Leadership Academy member Liliana Ribeiro; and, Dennis Bubenheimer, Renovation House Alumni.

Perth Amboy's Renovation House Hosts Faith-Based Seminar

Renovation House is a place where men can go for proper treatment for their drug and alcohol addiction. Located in Perth Amboy, the facility offers long-term residential rehabilitation treatment for men struggling with alcohol and drug addiction.

All residents of Renovation House are provided with housing and all other practical necessities throughout their rehabilitation. The facility's approach to rehabilitation emphasizes comprehensive physical, emotional, and spiritual development.

Employees, program participants at Renovation House as well as several community representatives attended an open forum on April 12, 2011 to discuss the impact of addiction on faith-based communities and the unique solutions these organizations offer the communities they serve.

Speakers focused on the need for regular therapy along with efforts to mend the spiritual void left by substance abuse. They also focused on how rehab programs provide an introduction to living sober through the use of faith-based principles in everyday life.

The event, offered as part of a grant from the New Jersey Division of Addiction Services through the New Jersey Prevention Network (NJPN), and facilitated by NCADD and Carrier Foundation, featured a presentation by Rev. Paul Sears of the Abundant Life Worship Center and Renovation House's Program Director, Renovation House program graduate Dean Minelli, as well as Deacon Joe Moscinski of Carrier Clinic Clergy who spoke about "Partnering in the Healing Process: The Role of Clergy."



Pictured above are (from top) Rev. Paul Sears, Renovation House's Program Director; Deacon Joe Moscinski, of Carrier Clinic Clergy; Dean Minelli, a Renovation House graduate.

Annual Legislative Event Held

NCADD returned to the Rutgers Conference Center in New Brunswick (formerly University Inn) to hold its 2011 Legislative Event. The focus of this year's event was "Public Policy at the State, County and Municipal Levels."

Attending as panelists were: H. James Polos, Freeholder of Middlesex County; Wilda Diaz, Mayor of Perth Amboy; and Joe Williams, Chair of the Public Policy Committee for the New Jersey Prevention Network and Executive Director of The Southwest Council, an NJPN affiliate. Dona Schneider, Associate Dean for Programs at Rutgers University along with NCADD Executive Director & CEO Steve Liga welcomed attendees to the event.

Mr. Williams discussed some of the major issues relating to addiction that have been and still need to be addressed by policy change in New Jersey. Freeholder Polos discussed the same issue from the County's perspective, drawing specifically from his presentations and personal involvement in the County's 3D (Don't Drink and Drive) Public Service Announcement contest for area high schools. Mayor Diaz brought her municipal perspective to the discussion. Following the panel presentations, students were able to interact with the policy makers in a way they might otherwise never do. Students were able to share their concerns directly with the attending officials.

Event participants found the speakers to be very informative and engaging in their presentation about public policy and the impact that every individual can have to change policy. Panelists re-enforced the idea that perseverance is the key when trying to make changes and that as individuals we all have the right to have a voice and choice in what is happening within our communities.

Attendance was limited to Rutgers University public health and public policy students and faculty. Following the formal panel presentation, groups of students held individual discussions with the panelists. In addition to NCADD, this year's event was sponsored by the Edward J. Bloustein School of Planning and Public Policy.



Pictured above are:

- *Top - Freeholder H. James Polos.*
- *Second from top - Perth Amboy Mayor Wilda Diaz.*
- *Bottom - Southwest Council Executive Director Joe Williams.*

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NCADD is a proud
member of



Upcoming Health Observances

May 2011

- **Older Americans Month**
U.S. Administration on Aging
www.aoa.gov
- **May 8 - 14 National Alcohol- and Other Drug-Related Birth Defects Week**
National Council on Alcoholism and Drug Dependence, Inc.
www.ncadd.org
- **May 8 - 14 National Women's Health Week**
U.S. Department of Health & Human Services
www.womenshealth.gov/whw
- **May 31 World No Tobacco Day**
Pan American Health Organization
www.who.int/tobacco/wntd/en

NCADD of Middlesex County, Inc. is a non-profit, community-based health organization serving Middlesex County. Our mission is to promote the health and well-being of individuals and communities of Middlesex County through the reduction or elimination of alcohol, tobacco, and other drug use problems.

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Phone: 732-254-3344
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9th Annual MIDDLESEX COUNTY PREVENTION EDUCATION SUMMIT

Formerly known as the Middlesex County Drug Summit

Friday, June 10, 2011

9 am - 2:45 pm

Middlesex County Fire Academy

1001 Fire Academy Drive

Sayreville

AGENDA

**9:00 am Registration/Networking/
Exhibitors**

9:30 am Welcoming Remarks

9:45 am Workshop 1
Drug Trends
Drug Enforcement Administration
New Jersey Division

10:45 am Break/Exhibitors

11:00 am Breakout Session

Sticks & Stones/Cyberbullying
Middlesex County Prosecutor's Office
Treatment Trends
Princeton House Behavioral Health

12:15 pm Lunch/Networking/Exhibitors

1:15 pm Workshop 2
Gangs in New Jersey
Middlesex County Prosecutor's
Office

**2:30 pm Closing Remarks/Certificates/
Evaluation**

Space is limited
Registration Deadline: June 1, 2011
Register online at
www.ncadd-middlesex.org/summit

This conference is free of charge and includes lunch.
For further information, call NCADD at 732-254-3344.

Sponsored by



Upcoming CPS classes at NCADD

"Assessment & Planning of Environmental Strategies" - P402

In this course the student will learn what Environmental Strategies are and be able to discern between individual and environmental strategies. Students will discuss the Environmental Prevention Model as well as how to implement a needs assessment. Finally, students will learn how to implement strategies and how and what tools to use to evaluate their effectiveness.

May 3, 2011 from 9am to 4pm

\$60 per course

**Instructor: Steve Liga,
MSW, LSW, LCADC, CPS, CCS**

together with Cathy Cardew, MSW, LSW & Jason Victor, BA, CPS

"Implementation & Enforcement of Environmental Change Strategies" - P403

This course will provide you with information on how to participate in public policy development and enforcement initiatives to affect environmental change; It will provide technical assistance, training, and consultation that promote environmental change and how to design an environmental plan to change community norms for various venues.

May 4, 2011 from 9am to 4pm

\$60 per course

**Instructor: Steve Liga,
MSW, LSW, LCADC, CPS, CCS**

and Jason Victor, BA, CPS

"Prevention Program Evaluation" - P105

Evaluation is NOT a dirty word! In this course participants will develop a better understanding of the Strategic Prevention Framework, explore the different types of evaluations and how to decide when to use each, and learn about different data collection methods that are user friendly and meaningful. Novice as well as experienced prevention staff is encouraged to attend to find out how to make their programs' evaluation design and results works for them.

June 1, 2011 from 9am to 4pm

\$60 per course

**Instructor: Steve Liga,
MSW, LSW, LCADC, CPS, CCS**

**All classes are held at NCADD of Middlesex County, Inc.
152 Tices Lane, East Brunswick, NJ**

**To register for NCADD's classes, just go to
www.ncadd-middlesex.org/training**