

June 2010

NCADD LAUNCHES WEB-BASED CLASSES FOR ADDICTION TREATMENT AND PREVENTION PROFESSIONALS

The National Council on Alcoholism and Drug Dependence (NCADD) of Middlesex County, Inc. today announced the availability of the first in their series of new online training courses for addiction treatment and prevention professionals. These courses have been approved by the New Jersey Certification Board.

Web-based eLearning from NCADD represents cutting-edge courses that are designed to bring the benefits of traditional instructor-led training to the student's desktop via a secure, web-based application. NCADD's eLearning solutions take professional training to the next level.

Qualified LCADC and CPS professionals developed the courses which are delivered over the Web to achieve the same level of knowledge transfer as live, in-person training. What's more, NCADD's world-class experts encompass every mode of learning in the offering. This ranges from providing subject-matter expertise during development; to lively, engaging presentations; as well as, comprehensive notes and references.

The first courses, Cultural Competency (C503 + P503), focus on enabling students to recognize the importance of individual differences by gaining knowledge about personality, cultures, lifestyles, and other influencing factors.

The courses are approved for those seeking LCADC, CADC, and CPS certifications, as well as those seeking a new option for recertification courses.

The "Cultural Competency" courses are the first of 65 courses NCADD expects to develop

over the next 2 to 3 years. Individuals who seek certification as addiction counselors must take a total of 45 courses in six learning domains, and those who seek certification as prevention specialists must take a total of 20 courses in five domains.

Currently, individuals who seek counseling or prevention certification and re-certification need to attend traditional classes taught by certified instructors.

"The Internet is a powerful resource that we believe will enhance the learning process for addiction treatment and prevention professionals," said Steven G. Liga, CEO & Executive Director of NCADD. "No longer do professionals need to take time away from their job and travel all over the state for training; it is now available wherever they are, whenever they want."

"We are pleased to have partnered with NCADD on this exciting and innovative learning application," noted Mindcross' Scott Hutton, "this is a perfect example of the increasing trend for entities to collaborate on solutions for learning (formal and informal) through online delivery methods."

"By partnering with a world-class training and consulting firm like Mindcross, NCADD is able to offer addiction treatment and prevention professionals with a unique solution for their certification and recertification requirements," said Mr. Liga, "NCADD continues to be in the forefront of innovation in the addiction education and prevention field, our eLearning program is just another example of our capabilities."

8th Annual Drug Summit Held

On a warm spring day, members of law enforcement, municipal officials, school administrators, members of municipal alliances, prevention specialists and SACs attended the eighth annual Drug Summit on June 11, 2010 at the Middlesex County Fire Academy.

As in previous years, attendees were treated to interesting and relevant workshop presentations including:

- *Underage Drinking: Programs That Work*, presented by Sgt. Jeffrey P. Jannarone (Ret) of Jannarone Consulting Services
- *Stress Management for the Professional*, presented by Debbie Riscica, Perinatal Risk Reduction Coordinator, Central New Jersey Maternal & Child Health Consortium

- *Social Networking and Adolescents*, presented by Det. Robert Angelini, Monmouth County Prosecutor's Office

Steven Liga, CEO & Executive Director at NCADD of Middlesex County, Inc. served as Master of Ceremonies.

The event was sponsored by the Drug Enforcement Administration, New Jersey Division, Middlesex County Prosecutor's Office, National Council on Alcoholism and Drug Dependence (NCADD) of Middlesex County, Inc., Fraternal Order of Police Lodge 62 and the Rutgers University Police Department.



Some of the dozen exhibitors at this year's Drug Summit included: (top left) John O'Neill, Community Outreach Specialist at Carrier Clinic (left) speaking with Carissa Sestito from Rutgers Transportation Safety Resource Center; (top right) Karena King of the Hudson County Coalition (left) speaking with Diane Liga, Development Director at the New Jersey Prevention Network; (bottom left) Kahlil Carmichael (left) from the Fitness Doctor, speaking with an attendee.

NCADD Holds Faith-Based, Disabilities Events

Employees of both Cathedral International, and Renovation House, an organization that offers long-term residential rehabilitation treatment for men struggling with alcohol and drug addiction, attended an open forum to discuss the impact of alcohol, tobacco, and other drugs of addiction on faith-based communities and the unique responses these organizations have to offer the community.

The program, 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 Evelyn Ferguson, President of Addictions Support Group at Cathedral International, and Reverend Raymond DuBios, Deacon George Akins, and Deacon Joe Moscinski, all of Carrier Clinic Clergy. The three clergymen presented “Partnering in the Healing Process: The Role of Clergy.”



Pictured are: (Above) Deacon Joe Moscinski (left), Reverend Raymond DuBios (second from left), Deacon George Akins (second from right) and NCADD CEO Steve Liga (far right) . On left, Evelyn Ferguson of Cathedral International.

The New Jersey Institute of Disabilities and the Cerebral Palsy Association of Middlesex County hosted a Disabilities and Addictions awareness campaign at their new facility in Edison. The program, offered as part of a grant from the New Jersey Division of Addiction Services through the New Jersey Prevention Network (NJPN), was facilitated by NCADD and featured a presentation by NCADD Preventionist Laura Tittel.

Titled “Disability and Addiction: Caregiver Roles and Responsibilities,” the presentation outlined some of the drugs of abuse common in disabled populations and discussed how they differ from medicine with therapeutic usage. The presentation was designed to help professional caregivers understand the dangers of substance abuse in the disabled and empower professionals to speak out when clients struggle with possible dependence. The attendees then took part in an open discussion about how the pressures of caregiving can impact their own health and how they relate to stress. Participants were encouraged to consider how they can better care for themselves and set an example of health and wellness for their work communities and clients.



Pictured above is NCADD Preventionist Laura Tittel presenting to employees of The New Jersey Institute of Disabilities and the Cerebral Palsy Association of Middlesex County. Attendees included nurses, managerial staff, program administrators as well as program directors.

Veteran Legacies Told On Stage

It was a meeting of the Greatest Generation and Generation Y.

In an hour's time, South Brunswick High School (SBHS) drama students told dozens of area veterans' stories through a performance titled "*Living Legacies: The Veterans' Stories*."

The performances, held at the South Brunswick Senior Center (SBSC), were based on real stories of local veterans who served in mid-20th-century wars. The monologues drifted chronologically through time, highlighting the veterans' personal experiences with the draft, leaving their families, basic training, segregation, war-related duties, the brotherhood formed in times of peril, receiving mail from loved ones back home, and the eventual return to America.

The stories of the 29 veterans were told through the perspective of the veterans, their spouses, siblings, and even a grandchild.

The Aging in Place PARTNERSHIP and its Community Partners, the South Brunswick Senior Center and Buckingham Place Assisted Living and Adult Day Services, the South Brunswick High School drama department, and NCADD's *Acts of Prevention* combined to present performances that were based on the lives and war time experiences of area veterans.

Monologues were written by SBHS students and assembled into a script by their teacher, Catherine LaMoreaux. *Acts of Prevention* mentors met with both the veterans and High School students to help transpose the veterans' stories into monologues and from there into an ensemble performance piece. The mentors were instrumental in

character development, support, experience and original script development. The Acts of Prevention mentors included Alexandra Lopez, Project Director; Karen Agatep, Project Coordinator; Travis A. Morgan; Abena Mensah-Bonsu; Johnathan Carratura; and, Marites Mallari.



Drama students from South Brunswick High School present "Living Legacies: The Veterans' Stories" to attending veterans and their families at the South Brunswick Senior Center.

About Acts of Prevention

Acts of Prevention is a unique and exciting program developed in response to the changing needs of our youth. It is based upon a collaborative relationship between the arts and prevention. NCADD is energized to be able to offer programming to schools, communities, and agencies that will be educational, fun, and empowering for individuals of all ages.

NCADD's *Acts of Prevention* Initiative provides the community with an alternative to traditional prevention activities. The many components of programming can assist the individual by developing resiliency and increasing emotional, behavioral, cognitive, and cultural competencies. This programming will provide options, challenges, and an effective means for promoting growth and change.

Elijah's Promise is 2010 Tree of Hope Designee

NCADD of Middlesex County, Inc. is proud to announce that after reviewing several submissions, it has decided to celebrate the 2010 National Recovery Month by dedicating the *Tree of Hope* to Elijah's Promise. NCADD's *Tree of Hope* is awarded annually to a local organization that has gone above-and-beyond to promote recovery. As always, a recognition ceremony will be held in September at the organization's Culinary School, located at 211 Livingston Ave in New Brunswick. No specific dates have been set as yet.

"We chose Elijah's Promise as our 2010 Tree of Hope recipient because of their impact on the community they serve, every day," said NCADD CEO and Executive Director Steven G. Liga. "Everyone knows that Elijah's Promise serves an average of 80,000 meals each year to low-income and homeless individuals and families in central New Jersey. But their impact goes beyond food. They offer case management, health screening, information and referrals, and job counseling."

Elijah's Promise provides *The Promise Jobs Culinary Arts Job Training Program*, which provides disadvantaged adults with the opportunity to learn culinary arts and prepare for entry level jobs in the food service industry. The facility also offers *Promise Catering*, a catering company that provides students on-the-job-training and a source of income.

NCADD's ninth annual *Tree of Hope* campaign is designed to raise the consciousness of our neighbors to the fact that addiction is an illness from which many do recover, and to celebrate those recoveries. Details about the event are still in development. Stay tuned as more information becomes available and check out our Website at www.ncadd-middlesex.org.

NCADD Programmatic News

PATHWAYS SUMMER PROGRAM

Summer programming has always been a strong component of the PATHWAYS School Based Youth Services Program run at Carteret High School under the auspices of NCADD of Middlesex County. Each summer, PATHWAYS offers the youth of Carteret a unique opportunity to spend their days engaged in positive self esteem and skill building activities.

The program incorporates the arts as a means of self expression, team building exercises and healthy decision making lessons. Due to its foundation of success, our annual funding was augmented this summer by a grant through the Juvenile Justice Department.

The daily camp will run for six weeks and serve 35 Carteret youth. There is only a nominal registration fee, but otherwise the daily camp, which includes two trips per week and daily lunch is free to the Carteret High schoolers. We offer dance, acting, and creative arts workshops, as well as sports and games. Weekly recreational trips will be organized to expose these youth to fun, safe alternative activities.

To augment the recreational component, there will be weekly community service trips, and two days per week instructors will utilize the *Keys to InnerVision* curriculum to teach healthy decision making and substance abuse prevention.

In addition, for a small group of students, there will be a work training program with direct employment opportunities within the program.



Since 2003, the mission of the Middlesex County Coalition for Healthy Communities has been to reduce substance abuse, especially among youth. Individuals from many disciplines come together at Coalition meetings to network, share ideas and experiences, and collaborate on events for the benefit of the community at large. The coalition is always looking for new members, and there are many benefits of joining. At this time, the Coalition is seeking new members to join the Underage Drinking Committee.

Underage drinking is a serious public health issue which is often minimized by the media, youth, and even parents. Often dismissed with statements such as, "It's just a beer," or "At least he/she isn't doing drugs," the truth is that alcohol is a drug—the drug of choice among children and adolescents. In fact, the average age of first use in New Jersey is 11 years old. Furthermore, nearly half (48.1%) of Middlesex County middle school students have used alcohol sometime in their lifetimes, according to the Coalition's own survey of middle and high school students in Middlesex County. Additionally, many underage drinkers obtain alcohol easily, usually from their parents, in their homes, or from other adults.

By joining the coalition, you can help spotlight this problem and help to change community norms regarding its acceptance. Your efforts can help to educate parents about how to talk to their children about alcohol use; to persuade local municipalities to pass ordinances which deter underage drinking; to work with local businesses to decrease marketing strategies to attract those under age 21; and to help promote friendly, alcohol-free places where teens can gather.

Remember, even a little time, coupled with a passion for prevention, can affect big change. For more information or to join, please contact Al-Karim Campbell, Preventionist I at NCADD at 732-254-3344 or via email al-karim@ncadd-middlesex.org.

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