

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

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August/September 2011

Blake Recovery Center at Carrier Clinic Designated as 2011 Tree of Hope Recipient

The pain of addiction to alcohol or other drugs affects almost every family in some way, but recovery from addiction is also experienced by many.

For ten years, NCADD's annual *Tree of Hope* campaign has raised the consciousness of our neighbors in Middlesex County to the fact that addiction is an illness from which many do recover, and to celebrate those recoveries.

As we've done in each of the past nine years, NCADD will recognize this year's recipient, The Blake Recovery Center (BRC) at Carrier Clinic by planting a live tree. The event will take place on Tuesday, September 27, 2011, from 6pm to 8pm at the facility, located at 252 County Road 601 Belle Mead, NJ 08502.

BRC is being honored for the work they do in providing a residential alcohol and substance abuse treatment program to residents of Middlesex County. The facility is also being recognized for proving for 30 years that addiction can be treated in a caring, supportive environment.

To commemorate the recovery of a loved one, in the hope of recovery for a friend or family member, or to memorialize someone who did not

have the opportunity to find recovery, NCADD offers ornaments for sale at \$5 each and special engraved crystal ornaments at \$100 each. Each ornament can be personalized, as requested and ornaments may also remain anonymous.

Members of the public are encouraged to participate in the ceremony, if they wish, by announcing the name of the person whose

ornament they are dedicating, and hanging it on the tree that evening. Anyone wishing to attend can come to The Blake Recovery Center at Carrier Clinic.

Our annual *Tree of Hope* event is one of the primary fundraising

vehicles that support our confidential information and referral Helpline. In 2010 alone, our phone and web Helplines assisted over 800 individuals and their family members seeking help for a possible addiction to alcohol or other drugs.

To make a donation through the purchase of an ornament, please go to the NCADD website at www.ncadd-middlesex.org. At the top of the page, click on "Make A Donation" and when the next page opens, please type "Tree of Hope ornaments" in the box provided then follow instructions to make a donation. An NCADD employee will call you to go over your donation and verify the quantity and type of ornaments you wish to order.



Middlesex County to Participate in Upcoming Drug Collection Efforts

Pull out your cell phones. Your BlackBerry or reach for your standard desk or wall calendar. Now make note of the following dates in your favorite calendar: October 29, 2011 and November 13, 2010.

Why? Because on those dates The Middlesex County Coalition for Healthy Communities will be coordinating Operation Take-Back and the American Medicine Chest Challenge.

On October 29, 2011 from 10 a.m. to 2 p.m. the Middlesex County Coalition for Healthy Communities, together with most municipalities and Rutgers University, along with the Drug Enforcement Administration (DEA) will hold another Operation Take-Back. This event gives the public another opportunity to prevent medicine abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription and over-the-counter drugs. Specific locations have not been designated yet.

To continue the battle on this growing threat to our nation's children, County communities will be hosting the American Medicine Chest Challenge (AMCC) on November 13, 2010. Residents will be able to find a local collection site on americanmedicinechestchallenge.com or dispose of their medicine at home, following the guidelines on the site.

Both initiatives will challenge Middlesex County residents to take the following steps:

- Take inventory of your prescription and over-the-counter medicine.
- Lock your medicine chest.
- Dispose of your unused, unwanted, and expired medicine in your home or at an upcoming disposal event. Please visit www.smarxtdisposal.net to safely dispose of your medicine at home
- Take your medicine(s) exactly as prescribed.
- Talk to your children about the dangers of prescription drug abuse.

The most recent National Survey on Drug Use and Health shows prescription medicines to be

the most abused drugs by Americans, other than marijuana and found that 70% of people who abuse prescription pain relievers say they got them from friends or relatives. A recent study on drug use by of teens by the Partnership for a Drug Free America (PDFA) found that one in nine children are abusing prescription pain relievers to get high.

"I am looking forward to this year's event because I am always amazed at the amount of prescription and over-the-counter medicine we take in," NCADD's Executive Director Steve Liga said. "These prescriptions will not make it into the wrong hands or our environment. Everyone participating in these events should be very proud of their efforts" Liga concluded.

Both events are free and anonymous, no questions asked.

NCADD Participates in the 2011 Middlesex County Fair

The 73rd Middlesex County Fair was held in East Brunswick and NCADD together with the Coalition for Healthy Communities set up information booths and offered Fair attendees brochures featuring information on the dangers of alcohol, drug and tobacco abuse; how to properly dispose of prescription drugs; recovery and much more.



CARTERET YOUTH LEADERS WORK TO GET ADULTS' ATTENTION ABOUT THE DANGERS OF UNDERAGE DRINKING

Participants in Carteret High School's Pathways summer camp recently implemented *Operation Sticker Shock*, designed to remind adults to obey New Jersey's 21 Minimum Drinking Age law. The campaign consisted of teams of Carteret youth, accompanied by an adult chaperone, placing neon stickers on multi-packs of alcoholic beverages and paper bags at participating package goods stores. The stickers read, "Hey You!! "KEEP IT LEGAL" it is illegal to provide alcohol for people under 21!" *Sticker Shock* took place at two local liquor stores: Wine Zone and State Liquors.

Sticker Shock seeks to educate those persons 21 years of age or older who might purchase alcohol and provide it to minors. Its goal is to raise public awareness about the minimum drinking age law by placing stickers on multi-packs of beer, wine coolers and any other alcohol products that appeal to underage drinkers. The goal of this project is to discourage adults and older peers (those who are 21 or over) from providing alcohol to minors.

Limiting youth access to alcohol is a proven effective strategy to reduce underage drinking," says Lauren Balkan, Program Director at Pathways. "We already have the right drinking age. We just need to support it at home and in our communities. And we need to enforce 21 by reminding adults to obey the law."

"Activities such as *Sticker Shock* help reduce youth access to alcohol and also show that teens can be the driving force behind this movement," Noted NCADD Executive Director Steven G. Liga. "That is what the Underage Drinking Taskforce is about."

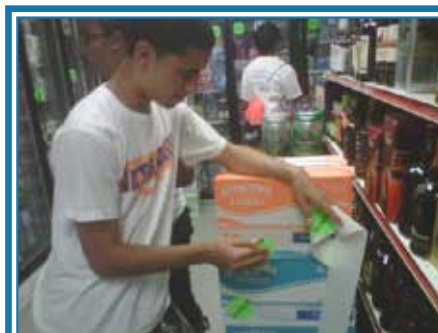
Sticker Shock represents a partnership between youth, licensees, concerned parents and community members, prevention professionals and law enforcement with the goal of educating persons 21 and older of the underage laws and raising public awareness about underage drinking. It is a program of the New Jersey Prevention Network and is being implemented in Middlesex County by the Underage Drinking Taskforce, a project of The Middlesex County Coalition for Healthy Communities.



Participating students in the Carteret Sticker Shock effort. Standing: Gideon Abadilla, Brittney Hicks, Tyara Parris, Lachae Bethea, Angelo Arroyo, Joshua Brucato, Joseph Simone and Eric Wynn. Kneeling: Sharice Davis, Jason Miles and Donavon Logie. All are Carteret students participating in Pathways' summer camp program at Carteret High School.



Proudly displaying their Sticker Shock tools are Brittney Hicks(left) and Tyara Parris, Carteret students participating in Pathways' summer camp program at Carteret High School.



Affixing labels during operation Sticker Shock is Angelo Arroyo, Carteret student participating in Pathways' summer camp program at Carteret High School.



Working to place labels during Sticker Shock is Gideon Abadilla, Carteret student participating in Pathways' summer camp program at Carteret High School.

September is National Alcohol & Drug Addiction Recovery Month



Recovery Month highlights the societal benefits of substance abuse treatment, lauds the contributions of treatment providers and promotes the message that recovery from substance abuse in all its forms is possible.

It also encourages citizens to take action to help expand and improve the availability of effective substance abuse treatment for those in need. This event provides a platform to celebrate people in recovery and those who serve them.

Recovery Month also serves to educate the public on substance abuse as a national health crisis that addiction is a treatable disease, and that recovery is possible. It highlights the benefits of treatment for not only the affected individual, but for their family, friends, workplace, and society as a whole.

Educating the public reduces the stigma associated with addiction and treatment. Accurate knowledge of the disease helps people to understand the importance of supporting treatment programs, those who work within the treatment field, and those in need of treatment. To help celebrate Recovery Month, the 2011 Recovery Walk will be held on Saturday, September 24th at Penns Landing in Philadelphia.

Free bus transportation is made possible through sponsorship by the Governor's Council on Alcoholism and Drug Abuse (GCADA). NJPN has nine pick-up/drop locations to choose from including:

- *Eva's Village Recovery Center, 16 Spring Street, Paterson, NJ 07501 – Departs 6:15 a.m.*
- *Integrity, Inc., 103 Lincoln Park, Newark, NJ 07102 – Departs 6:30 a.m.*
- *The Lennard Clinic, 461 Frelinghuysen Ave, Newark, NJ 07114 (corner of Noble St.) – Departs 7:00 a.m.*
- *Rutgers University Student Center, 126 College Ave, New Brunswick, NJ 08901 – Departs 7:15 a.m.*
- *Youth Services Commission, 101 South Shore Road, Northfield, NJ 08225 – Departs 7:15 a.m.*
- *Virtua Hospital, 1000 Atlantic Ave. Camden, NJ, 08104 – Departs at 8:00 a.m.*
- *City of Angels, Dwyer Center, 392 Church St, Hamilton NJ 08610 – Departs 7:30 a.m.*
- *Asbury Park City Hall, 1 Municipal Plaza, Main St., Asbury Park, NJ, 07712 – Departs 6:45 a.m.*
- *New Horizons Program, 132 Perry St. Trenton, NJ 08618 – Departs 7:45 a.m.*

For more information on this event and free transportation to Philadelphia, check out the New Jersey Prevention Network's website at www.njpn.org.

YCLA - A Year of Achievements

The 2010-2011 school year provided another milestone for the *Youth Community Leadership Academy* (YCLA) in Perth Amboy. The YCLA is an after-school program for Perth Amboy High School students. It features a curriculum intended to educate and empower students to engage in civic process, so they can act as effective youth participant in community bodies that impact the revitalization of Perth Amboy.

The YCLA focuses on community issues important to teens. Participants identify YCLA's legislative priorities for the year, determine which community bodies students will seek to join, and plan YCLA activities to be undertaken independently of the community bodies.

Starting a year ago, in August of 2010, YCLA member sponsored their own beach cleanup together with other student and community organizations, as well as Renovation House, a facility that offers long-term residential rehabilitation treatment for men struggling with alcohol and drug addiction.

During the September to December 2010 timeframe, the focus was on delivering the Keys to InnerVisions (KIV) curriculum to YCLA members. KIV helps people understand the power that their thinking has on their self-concept and behavior. When the program concluded, 33 students had graduated.

YCLA members found time to help those in the community who needed the groups' outreach efforts. YCLA bought food for Thanksgiving and delivered to parents who were not able to afford a Thanksgiving meal. YCLA members also helped out parents who lost their homes during a local fire by inviting them to a holiday party where guests were given gifts, a dinner and entertainment by a local band.



Participating panelists at the 2011 Town Hall Meeting on Underage Drinking included YCLA member Liliana Ribeiro.

On a cold weekend on February, members attended the ELKS conference where they got to network with other students from around the state to learn about Leadership, Advocacy, and Bullying Prevention skills.

In the spring, YCLA members partnered with Mayor Wilda Diaz, the Board of Education, Department of Recreation, Municipal Alliance to offer a Town Hall Meeting on Underage Drinking. Members had also set up a table at the Perth Amboy Family Service Fair and started to help out at the Fatima Church Food Pantry once a month. At the end of April, members attended the Earth Day Clean Up at Water



Pictured above at Duffy Park are: Tiara Rodriguez, Margie Gutierrez, Melanys Perez, Cheryl Estetevez, Melissa Paulino, Monica Santos, Liliana Riberio

Stadium with other community groups
In May, members marched in the annual Memorial Day Parade. A month later, the group partnered with the Jewish Renaissance Foundation to discuss Domestic Violence with its female members. During the month of June, YCLA partnered with the Perth Amboy Alliance for Community to help at the town's annual Plant Giveaway and participate in gardening workshops at Francis Street Park at Budapest Neighborhood Community Garden Program.

June proved to be an especially poignant month for the group. Several members graduated successfully and decided to move on to pursue a college degree. In fact, six of the top 20 graduates from Perth Amboy High Schools were active members of the

Continued on Page 6

Continued from Page 5

YCLA, and one student distinguished himself by being accepted to Harvard. YCLA members also attended a vigorous Resume and Portfolio Development Workshop to assist them with future job searches.

Members are currently revitalizing Duffy Park, the only park in Perth Amboy families use to picnic and grill. Thanks to YCLA's efforts, area families now have a very nice place to gather and grill. In recognition, Perth Amboy mayor Wilda Diaz and members of the City Council showed up and offered YCLA an official Mayor's Citation. Two articles were written about the event in the news.

And just recently, YCLA members participated in their second beach front clean up.

What does the future hold? Several projects are already in the planning stages including coordination of efforts with the Perth Amboy Department of Public Works and other local organizations to replace the fencing in Duffy Park.

YCLA has been invited to participate in both a new project in both Perth Amboy elementary and middle schools and members have been asked to serve on the schools' planning committees. Finally, YCLA students may be appointed by the Middlesex County Board of Chosen Freeholders to serve in an advisory capacity to County planning bodies, providing youth representation at the County level.



Getting ready for graduation dinner are: Emily Collado, Liliana Riberio, Melissa Paulino, Thuy Tran, Jeniffer Roldan, Monica Santos, Stevi Guzman, Cheryl Estetevez, and Margie Gutierrez.

Acts of Prevention Troupe Perform at “Aging Out” event

NCADD's *Acts of Prevention* Troupe performed their anti-drop out script titled FADE. “Fade” focuses on youth considering dropping out of school. It expresses the many different situations that may lead a teen to make this choice. These different monologues are real problems that many teens experience throughout high school. This script expresses the need to finish school, so that those who are ready to give up don't fade away.

The June performance at the Middlesex County Fire Academy took place in front of dozens of graduates of the County's “Aging Out” program. “Aging Out” youth program targets young adolescents who are “Aging Out” of the foster care system. Teens in foster care are expected to become independent between the ages of 18 to 21. These teens are faced with an enormous task of preparing for adulthood. Children who spend time in foster care usually do not have the consistent support from family or a stable living arrangement which makes their preparation for independent living more difficult. The New Jersey Division of Youth and Family Services contracts with the Middlesex County Workforce Development Department & Workforce Investment to offer the program.



Karen Agatep (left), NCADD's Acts of Prevention Coordinator introduces the FADE cast to attendees at the 2nd Annual Aging Out graduation event held in June at the Middlesex County Fire Academy.

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NCADD is a proud member of



**Strengthening Families
 Completes Successful Run at
 The Family Success Center**

Nine New Brunswick families recently graduated from NCADD's *Strengthening Families* program held at the Family Success Center, located at the Puerto Rican Action Board.

The *Strengthening Families* program is designed to prevent substance abuse in youth by helping them build skills and giving parents more tools to help their children become responsible young adults. The program helps families improve the relationship between parents and youth and decrease the level of family conflict.

NCADD staff including Lisette Bacharde, Jason Victor, Cathy Cardew and Lindsay Rich administered the program in English and Spanish. Additional booster sessions are being planned for the fall.

Interested in implementing *Strengthening Families* at your facility, call NCADD today at 732-254-3344.



Attending the graduation festivities were: (top row from left) David Iracheta, Concepcion Martinez, Patricia Flores, Freddy Rojas, Sara Vidal, David Reyes, Nelly Amigon, Rafaela Gonzalez, Marelyn Lujan, Margarita Juarez, Ana Ramirez, and Blanca Reyes. Pictured in the front row, from left are) Carolina Diaz, Alfredo Flores, Ermelinda Rojas, Edgar Lujan, Andres Delacruz and Rashel Bernal.

NCADD-National Launches New Website

The National Council on Alcoholism and Drug Dependence, Inc. (NCADD) is often the first call people make for help when facing an alcohol or drug problem, personally or with a family member or a friend. Since 1944, offering Hope, Help and Healing to such individuals has been a hallmark of NCADD and its National Network of Affiliates.

The organization recently launched its new website, www.ncadd.org, which brings together a broad range of information about alcoholism and addiction and provides visitors with immediate linkage to NCADD's National Network of Affiliates in almost 100 locations, where they can find professional help in their own communities. Designed for ease of use, the new site embodies NCADD's commitment to raising public awareness that alcoholism and drug dependence are preventable, treatable diseases, and that millions of individuals and family members are living life in recovery!

Visitors can: learn about alcohol and drugs; gain insight on the effects of addiction on parents, young people, families and friends; get help for themselves or a family member. The site also provides visitors an opportunity to learn more about recovery and how to get involved in supporting NCADD's mission to increase awareness and limit the effects of the stigma and discrimination that often accompany alcoholism and drug dependence.

The new site offers a unique communication exchange for NCADD Affiliates to learn more about each other and to share information, program innovation, and resources. It also provides the resources necessary to recruit new Affiliates, while spotlighting current programs and activities from Affiliates across the country, including community-based education and prevention programs, advocacy and awareness activities, and local recovery support services.

NCADD of Middlesex County, Inc. is a proud affiliate member of NCADD-National.



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 seeking new members to join the Underage Drinking Task Force.

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.

For more information or to join, please contact NCADD at 732-254-3344 or via email mail@ncadd-middlesex.org.