

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



# Prevention WORKS!

NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE OF MIDDLESEX COUNTY, INC.

Vol. XXX, No. 4, Winter 2010

## IN THIS ISSUE:

- ✦ Time to Change the Culture of Drinking on College Campuses
- ✦ Advocacy Corner: The Need For a Statewide Law to Hold Youth Accountable for Underage Drinking on Private Property
- ✦ Dear Friends - A Note From Our CEO

## FEATURE ARTICLE

Page 1

### Bullying. A New (Old) Problem.



A Proud Affiliate of the



## ***Bullying. A New (Old) Problem***

*"A person is bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other persons, and he or she has difficulty defending himself or herself."*

Over the past few months, NCADD has published several articles in our various newsletters that have dealt with bullying from different perspectives. We've written about bullying among girls, cyber bullying, and more. New, recent events and the media's focus on this issue have prompted us to focus on this issue in greater detail.

As you know, NCADD's mission is to promote the health and well-being of individuals through the reduction or elimination of substance abuse problems. Bullying interferes with the well-being and emotional stability of individuals in our communities. As a coping mechanism for bullying, both the bullies and their victims may turn to substance abuse.

What do we know about bullies? Research suggests that kids who bully suffer from a lack of parental warmth and involvement; overly permissive parenting and a lack of clear, consistent rules governing their behavior; parents who often don't know where the kids are or who they're hanging out with; and parents who use very harsh, corporal methods of discipline. Kids who bully may have also been victims of bullies themselves.

Kids who bully their peers are also more likely to be engaged in a variety of other anti-social, violent or disturbing behaviors. We know that kids who bully are more likely to get into frequent fights, steal or vandalize property, drink alcohol, smoke, be truant, even drop out of school. They perceive a more negative climate at their school and are more likely to carry a weapon. Worse still, 40-60 percent of adolescent bullies go on to be criminal offenders as adults.

Fortunately, bullying is finally getting the attention it deserves. No longer is it being shrugged off as "kids being kids." Recent history shows that bullying has contributed to school violence and adolescent suicides. Just in the last three

*Continued on Page 3*

### *Staff*

Steven G. Liga,  
MSW, LSW, LCADC, CPS, CCS  
*CEO & Executive Director*

Lizette Fallon, BS  
*Financial Manager*

Ezra Helfand, BA  
*Public Information Specialist*

Alexandra Lopez,  
MA, LCADC, SAC, CPS, DRCC  
*Course Development Specialist*

### *East Brunswick Office*

Lissette M. Bacharde  
*Administrative Assistant*

Al-Karim Campbell, BA  
*Preventionist I*

Cathy Cardew, MSW, LSW  
*Preventionist I*

Jaclyn Emslie  
*Office Manager*

Dara Jarosz, MA, SAC  
*Clinician I*

Christina Rak-Samson, BA  
*Preventionist I*

Linda Surks, BS, CPS  
*Preventionist II*

Christina Van Palla, BS  
*Preventionist I*

Jason Victor, BA, CPS  
*Preventionist II*

Heather Ward, MSW, LSW  
*Preventionist I*

### *Carteret Office*

Lauren Balkan, MSW, LCSW  
*Program Director*

Karen Agatep  
*Administrative Assistant*

Anna Kirzner MSW, LCSW  
*Clinician II*

Lindsay Rich, MSW, LCSW  
*Clinician II*

Dana Tosk, BA  
*Administrative Assistant*

### *Board of Trustees*

<i>President</i>	<i>Vice President</i>
Steven S. Polinsky	Bill DeJianne
<i>Treasurer</i>	<i>Secretary</i>
Rakesh Ganta	Jeff Jannarone

*Past President*  
Katherine Fallon  
*Members*

Sharon Campbell  
Agim Coma  
Susan Neshin, M.D  
George Rusuloj  
Marjorie Talbot

## Dear Friends,

In several of our monthly electronic newsletters and now in the feature article in this newsletter, we discuss bullying. Does this mean that NCADD is now claiming to be the experts on this high profile topic? Hardly, NCADD continues to be led by our mission related to education, advocacy, and support for personal recovery related to addiction. How does Bullying fit into this mission?

In recent years, researchers have found increasing links between bullying and substance abuse. One of the most striking examples is a study by Julie C. Rusby and colleagues from the Oregon Research Institute, published in the November 2005 issue of the Journal of Early Adolescence. They found that students who had been verbally harassed in middle school were three times more likely to use alcohol in high school.

An even more recent study from the UK, published in the School Psychology Quarterly (Vol. Vol. 24, No. 4, 211–223 2009), finds that students who merely witness bullying incidents are as likely or more to experience the same psychological stress as the student being bullied, putting them at risk for later psychological problems and substance abuse.

Thus, addressing bullying is substance abuse prevention, and substance abuse prevention is an area where NCADD is most definitely an expert.

During this holiday season, while most of us are celebrating with friends and family, others feel very much alone. Isolation and loneliness are risk factors for alcohol and other drug abuse. How about joining me in a little prevention of your own this year? Invite that elderly neighbor over, or make time to visit and offer some holiday cheer. No need to be an expert preventionist, just be the good neighbor I know that you are.

Happy Holidays,



Steven G. Liga, CEO/Executive Director

*PS We need your support now more than ever. Please see the back cover of this newsletter to see how you can help.*

*Continued from Page 1*

months alone, there have been six bullying related suicides of kids between the ages of 10-18 years old.

So why has bullying become an epidemic? It's due to a combination of genetic factors, brain chemistry and new environmental trends. Some young people are bullies because they are bored and crave excitement; some do it to feel powerful; some engage in this behavior as a response to family problems; some do it for attention and to be popular with their peers.

Bullying can take on many forms. It could include verbal bullying that features derogatory comments and bad names; bullying through social exclusion or isolation; or physical bullying which includes hitting, kicking, shoving, and spitting. Many are familiar with bullying through lies and false rumors or having money or other things taken or damaged by students who bully; but there is also racial bullying, sexual bullying, and of course, cyber bullying (through the internet or cell phone.)

Bullying has resulted in about 160,000 US students skipping school daily to avoid being bullied. Thirty-two percent of students report being bullied at school during the school year. Available research indicates that verbal harassment increases the likelihood of alcohol use (by middle school students as they move on to high school) and further suggests that peer harassment may be fueling aggression and antisocial behaviors. Most disturbingly, 86 percent of LGBTQ youth report being bullied, and 40 percent of identified LGBTQ youth attempt suicide before the age of 18.

*Since research has shown a correlation between bullying and addiction for both the bully and the individual bullied, NCADD has stocked various bullying-related materials in our resource centers, and developed presentations for students and educators on bullies, harassment or assault. Anyone interested in learning more about these topics can take advantage of our online course "Bullying, Harassment and Intimidation in Schools" in the Professional Development Training for Educators section at [www.ncadd-elearning.org](http://www.ncadd-elearning.org).*

We are pleased that in 2002 New Jersey passed a law (AB 1874) which requires each school district to adopt a policy prohibiting harassment, intimidation, or bullying on school property, while at a school-sponsored function, or on a school bus. The policy must include a definition of bullying behavior, consequences for engaging in such behavior, a procedure for investigation of reports of such behavior, a statement prohibiting retaliation or reprisal against persons reporting bullying behavior, and consequences for making a false accusation.

The law also requires school employees, students or volunteers to report any incidents of bullying, intimidation, and harassment to appropriate school officials. The law also grants immunity from any cause of action for damages arising from a failure to remedy the reported incident to persons reporting these incidents. In 2007, New Jersey also passed a new cyber-bullying law, which essentially adds electronic bullying to the issues schools must address in their anti-bullying policies.

Bullying affects us all. The media has given us a window of opportunity to act before this issue once again fades into the background. The legislature

has given us the tools to make our schools safer. Now, it's up to the rest of us to ensure the safety of our youth everywhere else.

*Sources:*

- <http://www.selfgrowth.com/addict.htm>
- [www.olweus.org/](http://www.olweus.org/)
- [www.njbullying.org](http://www.njbullying.org)
- <http://lis.njleg.state.nj.us>
- [www.safeyouth.org](http://www.safeyouth.org)
- *Journal of Clinical Child and Family Psychology*. Sept 2008
- [www.entalone.com](http://www.entalone.com)

# Time to Change the Culture of Drinking on College Campuses

All-nighters, midnight pizza runs, bottomless coffee cups, fraternities and sororities. Unfortunately, college binge drinking has become so popular, that it too can be considered a college tradition - but it's a dangerous one.

Statistics available on drinking on college campuses reveal that just about half of all college students engage in binge drinking defined as having five drinks in a row for males and four for women in one "episode."

This activity contributes to approximately 1,700 deaths of young adults between the



ages of 18 to 24 years. It is also a factor in 600,000 injuries and 97,000 cases of sexual assault or rape. It is estimated that around 70 percent of the on-campus student body drinks. 80 percent of women living in sorority houses and 86 percent of men living in fraternity houses engage in binge drinking.

At its website, the National Institute on Alcohol Abuse and Alcoholism (NIAAA) says the tradition of drinking on college campuses has developed into a culture entrenched in every level of college students' environments. The website notes that customs handed down through generations of college drinkers reinforce students' expectations that alcohol is a necessary ingredient for social success.

The NIAAA says that these beliefs and the expectations that come with them greatly influence how students view and use alcohol. Keg parties, drunken scenes at sporting events, and weekend get-togethers at bars have become the norm at many colleges. Too often, otherwise sensible young people engage in dangerous drinking activities because of peer pressure (often indirect) that permeates

their school environment.

Fortunately, a custom or tradition is not a predisposition. High school students don't graduate hard-wired to binge drink, so the key is to challenge those longstanding expectations and change the culture of drinking on college campuses. To help do this, we need intervention at three levels: the individual-student, the entire student body, and the community.

Changing a culture is no easy matter. It is well known that interest around prevention efforts is keen and immediate if a student dies as a result of excessive drinking. However, the drive to make deep changes or explore root causes often wanes after a crisis recedes. It takes time and energy to implement an effective, research-based prevention program, and it is essential that administrators obtain external support from the community, alcohol beverage and hospitality industries, foundations, and other organizations.

And there things schools can do now. For example, schools could tailor programs

*Continued on Page 6*

# **Advocacy Corner: The Need For a Statewide Law to Hold Youth Accountable for Underage Drinking on Private Property**

**U**nderage drinking is an issue faced by every New Jersey municipality. The problems range from boisterous teenagers to deadly drivers. Teen parties are one of the highest risk settings for underage drinking.

There is currently legislation to prohibit underage persons from consuming or possessing any alcoholic beverage in a private residence or upon any private property.

There is also legislation to prohibit adults from knowingly permitting or failing to take action to prevent illegal consumption of alcoholic beverages by an underage person on premises owned by the person or under the person's control. Exceptions to this legislation include consumption in connection with a religious ceremony and consumption in the presence of and with the permission of a parent or guardian.

New Jersey State law permits the police to hold the adults (hosts) responsible, but only municipalities can pass local ordinances that hold the underage children drinking at the party accountable. With this in mind, many municipalities do not restrict the activities of minors on private premises.

Police currently need probable cause to enter private property. Although the current loophole is that once the police do enter an

underage drinking party in a home, they have no ability to hold the underage drinking youth accountable.

With a new ordinance/law in place, along with all consequences listed above, the youth could now also receive a fine, community service and/or a loss or delay of their license. The new law



calls for increases to penalties for possession of alcohol by minors, authorizes issuance of an appearance ticket to such persons by a police or peace officer, increases fines for such offense to be no less than \$50 no more that \$200, and requires completion of an alcohol awareness program and/or a victim's impact program.

According to the Partnership for a Drug Free New Jersey, 305 communities from across the state have already passed this ordinance. This represents a majority of local municipalities that support this important strategy to reduce underage drinking and in turn reducing the harm and consequences of that behavior.

Although one set back is that though there is a state law that gives each municipality the ability to pass this Private Property Ordinance, it creates an in-balance. Youth can underage drink in one community without accountability, with other youth from another community with accountability ordinance.

*Continued on Page 7*

*Continued from Page 4*

to address their specific alcohol-related problems. Since no two schools are alike, environmental influences as well as individual student characteristics can impact alcohol consumption, therefore effective strategies need to extend beyond the campus itself to encompass the surrounding community.

There is a need for colleges to implement better and more sustained efforts of informing students of the dangers of binge drinking.

While nearly everyone is aware of the dangers of activities like drunk driving, they are not always familiar with the inherent risks of drinking too many drinks too quickly. Presentations to incoming freshmen and students groups can help raise awareness of the detrimental effects of binge drinking.

Many schools have also launched successful marketing campaigns warning of the dangers of binge drinking through posters, public service announcements and newspaper advertisements.

Colleges can also lessen the likelihood their students will participate in binge drinking

is by providing alcohol-free activities for students. Many schools plan dances, performances, movie showings and even arts and crafts projects on those nights when traditionally students like to “party.” Making use of student unions and activity centers can keep students on campus and away from places where drinking will occur.

Unfortunately, many colleges and universities send mixed messages about drinking, which makes the binge drinking problem worse. School administrators need to send clearer messages about drinking on and off campus. They need to seriously consider banning alcohol-related advertising on campus or stop selling beer mugs and shot glasses with the school logo on them.

We are sure that there are other ideas out there designed to help change the culture of drinking on college campuses. We are always happy to join the conversation and to work with any task force tasked with this important mission. We welcome your input. We’d love to hear from you.

To learn more about what can be done and what strategies can be implemented in order to affect a change about college drinking, contact NCADD today at 732-254-3344.



*Sources:*

[www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov)

[www.bacchusgamma.org](http://www.bacchusgamma.org).

[www.livestrong.com](http://www.livestrong.com)

Continued from Page 5

Currently, 18 of 25 Middlesex County's municipalities have this type of ordinance in place. They include:

- Cranbury Township
- Dunellen Borough
- East Brunswick Township
- Edison Township
- Metuchen Borough
- Middlesex Borough
- Milltown Borough
- Monroe Township
- North Brunswick Township
- Old Bridge Township
- Perth Amboy
- Piscataway Township
- Plainsboro Township
- Sayreville Borough
- South Amboy
- South Brunswick
- South River Borough
- Spotswood Borough

It is imperative that friends of NCADD support the passage of a statewide law (S-2133) to hold underage drinkers that drink on private property accountable for their behavior. The current fines and penalties are recommended to be used in this statewide law. We also recommend an emphasis on an educational component for the youth and their parents.



## Jason Surks Memorial Prevention Resource Center

NCADD is currently updating its Resource Center with new literature and DVDs. Check upcoming issues of *Prevention WORKS!* for more information. If you do not currently receive a copy of *Prevention WORKS!* via email, write to us at [mail@ncadd-middlesex.org](mailto:mail@ncadd-middlesex.org) and ask to be added to our database. We have thousands of videos, DVDs, brochures and other pieces of literature to choose from at our Resource Center. We'd like to highlight a couple of items that might be useful to you on the topics of drug and alcohol abuse and the underage population.

### Videos

- ✦ **Bullying: You Don't Have To Take It**— This video helps students to better understand what bullying is, how it affects victims, and what can be done to improve the situation.



### Pamphlets

- ✦ **Cyber Bullying** — A brochure that simply explains what Cyber Bullying is. How anyone can be a Cyber bully. Signs that you are being bullied. And actions to take to stop bullying. This pamphlet also outlines how to help others who are being bullied.



NCADD of Middlesex County, Inc. is a private, 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.

NCADD of Middlesex County, Inc.  
 152 Tices Lane  
 East Brunswick, NJ 08816  
 Phone: 732-254-3344  
 Email: [mail@ncadd-middlesex.org](mailto:mail@ncadd-middlesex.org)  
 Web: [www.ncadd-middlesex.org](http://www.ncadd-middlesex.org)

# Help Us Celebrate our 30th Anniversary With a \$30 Donation!

NCADD is proud of our many achievements and the fact that we have been in the forefront of efforts to stamp out the stigma associated with addiction and to marshal the energy and resources to confront a public health problem that has maimed and killed more Americans than all of our wars, natural catastrophes, and traffic accidents combined. We fully expect that the next thirty years will continue to reflect our commitment to prevention, education and advocacy. We would like to count on your continued support. Such support helps to insure that quality programs and services will continue to be provided throughout the county for years to come.

**YES! I want to support the mission of NCADD of Middlesex County, Inc. and help celebrate your 30th anniversary.**

Donation enclosed: \$ \_\_\_\_\_ (Please make check payable to NCADD of Middlesex County, Inc.)  
Name: \_\_\_\_\_ Title: \_\_\_\_\_  
Company (if applicable): \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone: (\_\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_\_) \_\_\_\_\_  
Email: \_\_\_\_\_

Please detach and mail with your donation to: NCADD of Middlesex County, Inc., 152 Tices Lane, East Brunswick, NJ 08816.  
To make a donation using a credit card, please go to the NCADD website at /www.ncadd-middlesex.org/donate/  
Thank you for your support!

*Building Healthy Communities*  
*30 Years of Preventing Substance Abuse and Supporting Personal Recovery*

Non-Profit Org.  
U.S. Postage Paid  
New Brunswick, NJ  
Permit #1

RETURN SERVICE REQUESTED

