

## Our Mission...

*To promote hope, health and recovery among all people by fostering a community in which individuals and families thrive*

# 2019 Programs and Services

## HIGHLIGHTS

### Recovery Support programs in Sussex County

New, innovative programs are being offered to support those who seek recovery or to sustain recovery.

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### Coalition and Prevention Programs

Learn about the programs currently available to community members, groups and schools in your area.

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### Clinical Services

The Center offers a wide variety of clinical services ranging from individual to group counseling.

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The Recovery Center

## Recovery Support Programs

### Opioid Overdose Recovery Program

The Opioid Overdose Recovery Program, made possible through a grant from the New Jersey Division of Mental Health and Addiction Services (DMHAS), utilizes people in long-term recovery from addiction as Recovery Specialists and Patient Navigator's to engage individuals reversed from opioid overdose to provide non-clinical assistance, recovery supports and appropriate referrals for assessment and substance use disorder treatment to help survivors find and improve recovery in their lives.

### Community Law Enforcement Addiction Recovery (C.L.E.A.R.)

The Sussex County C.L.E.A.R. Program offers free Recovery Coaching, improved access to treatment and support for families. Walk-in hours are 8 a.m. to 5 p.m. at the Newton, Andover, Byram, Hamburg, Hardyston, Franklin, Ogdensburg Sparta, and Vernon Police Departments. For more information, visit [www.clearprogram.org](http://www.clearprogram.org), or to speak to a Recovery Coach please call 1-844-SC-CLEAR.

### C.R.A.F.T.

The Community Reinforcement Approach and Family Training method helps people learn how to more effectively move their loved ones toward treatment and recovery. C.R.A.F.T. discussion groups are held the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month at 6:30 p.m. at *The Center*.\*

### Recovery Advocacy

Recovery Advocacy is a social movement led by people in addiction recovery, their families and allies, aimed at altering public perception of addiction recovery and promoting a culture that supports recovery. The Sussex County Team meets the 2<sup>nd</sup> Monday of every month at 6pm at *The Center*.\*



### All Recovery

All Recovery support meetings are offered every Tuesday at 7pm at *The Center*\* and Friday at 7pm at the Vernon Senior Center. All Recovery is based on the philosophy that people from every recovery pathway have much in common and can benefit from sharing together. All who are touched by addiction, including friends and family are welcome to attend.

### Drop-in for Recovery

Drop-in for Recovery the 2nd Monday of every month between 4 p.m. and 6 p.m. at *The Center*, 65 Newton Sparta Rd in Newton, to learn about treatment and recovery support resources for yourself or a loved one, and walk away with hope and a plan. No appointment necessary.

### Journey through Arts & Music

This meeting offers the chance to share art, poetry, music and more with an emphasis on hope, healing and recovery from addiction. J.A.M. night is the 2<sup>nd</sup> Saturday of the month from 6—8p.m. at *The Center*\*.

### Hope After Loss Bereavement Groups

*The Center* offers two professionally led groups for individuals grieving as a result of a death related to addiction. 'Together We Heal' is for family/friends/loved ones impacted by addiction loss. This group meets at 6:30 on the 1st Monday of the month at our main office, 61 Spring Street, Newton. 'Parents Helping Parents' is a support group for parents grieving the loss of a child due to addiction.

Contact: Annmarie Shafer, 973-940-2966

\*Unless otherwise noted, Recovery Support programs are held at *The Center*, 65 Newton Sparta Rd in Newton.

## Prevention Education and Resource Center

As substance use disorder can affect everyone, regardless of education, age, gender, religion or income level, the Center for Prevention & Counseling offers a variety of evidence based programs and strategies geared toward the many different populations and sectors within the community. Our Prevention Team is always looking at the trends and needs of the community at large and works to adapt or add programs as needs arise.

Our Resource Center and Lending Library offers videos, books, research materials and school curricula. A variety of pamphlets providing substance use disorder information and wellness information are available to community members including students, physicians, businesses and social service agencies. Visit [Centerforprevention.org](http://Centerforprevention.org) or [parentadvicenj.org](http://parentadvicenj.org) for information including Sussex County meeting lists, recovery support materials, newsletters, current events and links to other prevention-treatment-recovery resources.

## Coalition for Healthy and Safe Communities

The Coalition was founded by concerned local citizens in 1998 to support healthy youth development and protect against problem behaviors in children's lives. In 2011, The Center was awarded funds from NJ Division of Mental Health and Addiction Services to develop evidence-based prevention strategies focusing on reducing illicit drug use, prescription drug misuse, and underage drinking in Sussex and Warren counties. Local conditions require local solutions, therefore we encourage community members to join the Coalition's efforts to keep our communities healthy and safe!

## Taking Flight to Change

Since 2000, The Center has collaborated with schools, organizations, and concerned citizens to empower youth and school staff to create a positive school climate. Each October, we hold a county-wide Positive School Climate Summit, attended by approximately 1200 middle and high school youth, educators and volunteers. Students return to their schools to implement their action plans. Through the monthly Kids2Kids newsletter, schools' progress and successes are celebrated and technical assistance to enhance the schools' enactment of successful strategies is offered. Support of the schools' Anti-Bullying Specialists is provided through monthly meetings, encouraging dialogue among Sussex County schools.

## Parents Who Host Lose the Most

Parents Who Host Lose the Most: Don't be a party to teenage drinking! Is a program that encourages parents and the communities in which youth live to send a clear message that underage drinking is unhealthy, unsafe, unacceptable, and against the law. This message is promoted at celebratory times for youth, such as holidays, proms and graduations.

## **Celebrate without alcohol!**



## Search Institute Developmental Assets

Interactive workshops are designed to empower parents, teachers and other community members to initiate, increase and strengthen asset-building efforts in order to help children develop social and emotional skills that enable them to navigate and thrive in today's society.

## Prescription Drug Misuse Prevention Initiative

Through partnerships with local law enforcement, physicians, dentists and pharmacists, this initiative seeks to decrease the availability of prescription drugs by those seeking to abuse them. This multi-pronged initiative utilizes information dissemination, skill-building and policy change to attain its goal of reducing the abuse of prescription drugs across the age span.

## Child Assault Prevention (CAP)

As part of a statewide initiative, CAP facilitators provide educational workshops in schools throughout Sussex County. CAP is a three-pronged prevention program designed to reduce child abuse that includes teacher/staff in-services, parent programs, and student workshops for preschool through 12<sup>th</sup> grade. Call to learn about bringing CAP to your school.

## Vernon Coalition

The Vernon Coalition, funded through the Federal Drug-Free Communities Support Program grant and administered by The Center, works to reduce youth use of drugs through extensive community collaborations and youth involvement. Through the Federal STOP grant, initiatives focused on reducing underage drinking and binge drinking among special populations are implemented. The Above the Influence campaign, an initiative has been shown to effectively reduce teen use of marijuana, is currently implemented as part of the Vernon Coalition's youth movement



## Adolescent Comprehensive Court Referral Program

**Think, Act, Grow (TAG)** provides a comprehensive continuum of services utilizing evidence based, informed and influenced programs for at-risk and court involved youth in Sussex County.

## Family Night Out Project - Strengthening Families

The Strengthening Families Program, a 14-week education program, is offered to families throughout Sussex County during the school year. Parents, caregivers and their children learn how to create and sustain strong family bonds, strengthen family relationships and have fun while learning new skills. Additionally, Military Family Nights is also offered to families that are involved in the United States Armed Forces.

## Whole School, Whole Community, Whole Child

The Whole School, Whole Community, Whole Child Initiative utilizes a ten component Center for Disease Control and Prevention (CDC) model. It systematically incorporates nutrition, family and community, staff wellness, health and physical education, counseling, a healthy school environment, and health services. Mini-grants are offered to schools in the northern region of NJ with oversight and support from the state. The grants are designed to increase overall student health, thereby improving school performance.

## Footprints for Life™

A 6-week, researched, classroom-based prevention program designed to build developmental assets and teach skills through the use of puppets and stories that feature "real life" situations.



# vention Programs

## Hidden in Plain Sight

Throughout this event, prevention specialists, local law enforcement and other professionals guide attendees through an exhibit of a teen's bedroom to explain various trends of teen substance use, signs, symptoms and lingo in an effort to raise awareness about substance use disorders. The event also provides resources and tools for parents and community members to help keep youth healthy and drug-free.



## Altitude

Altitude is an empowerment program for 8th graders in Sussex County, inspiring students to "Take The Climb" toward their highest and best selves. The Altitude program helps students to develop life skills, believe in their own strength and goodness, and feel excited about using their time and talent in service to others. Taking place over the course of the entire 8th grade school year, students participate in workshops, service clubs, full day Challenge Day assemblies, community service projects, and more.

## 7 Habits of Highly Effective Teens

This program introduces the 7 Habits, modeled after Sean Covey's book, as they apply to teens and how each can enrich their lives and the lives of those around them. The goal of this program is to improve social competencies among teens through various skill-building opportunities designed to increase their resiliency and ability to make healthy life choices.

## WNBI 2.0

We're Not Buying It! 2.0 is a 6-week media literacy program targeting middle school– aged youth in sixth through eighth grades. Youth learn how to deconstruct media messages that promote or glamorize substance use. With a deeper understanding of marketing, students are better able to resist unhealthy messages and to make healthy decisions.

## WISE (Wellness Initiative for Senior Education)

WISE is a prevention program developed to help older adults celebrate healthy aging, make healthy lifestyle choices, and avoid substance misuse. The curriculum is designed to take place two hours per week over a six-week period and includes breakfast or lunch. Call for a fee schedule or possible grant funding to provide free WISE programs.

## Girls Circle Group

These are 10-week, evidence-based programs designed to meet the unique challenges 9-18 year olds girls face by creating support groups that focus on increasing connections, building strengths, and developing resiliency. Essential life skills are taught through team building games, art projects, creative writing and role playing. Call for fee schedule or possible grant funding.

## Sticker Shock

The Sticker Shock Campaign is designed to reach adults who might purchase alcohol legally and then provide it to minors. Youth place stickers warning adults of the penalties for providing alcohol to minors on multi-packs of beer, wine coolers and other alcohol products that might appeal to underage drinkers. Media coverage and signage displayed by participating retailers enhance the impact of the project.

## Reality Check at SCCC

Reality Check is an interactive classroom program designed specifically for Sussex County Community College students to address the harmful consequences of alcohol use among college students. The presentation is based on NIAAA's Rethinking Drinking and dispels many of the myths and social norms surrounding alcohol use with 18-25 year olds.



## Alternative Approaches to Pain Management for Older Adults

A grant addressing the use of prescribed pain medication within our older adult population in Sussex County, that consists of offering a variety of programs and services to older adults and service agencies. Programs include WISE (Wellness Initiative to Senior Education), lunch and learn opportunities utilizing speakers that provide information on alternative approaches to pain management, events that offer the use of mobile Rx disposal boxes and participation in Sussex County Division of Senior Services annual events.

## Addressing Opioids and High School Athletes

A coordinated statewide approach to address opioid use among young athletes that provides an opportunity to engage athletic directors, school nurses, physicians, coaches, parents and student athletes in prevention strategies to reduce opioid and other drug use. Educational workshops will be provided, toolkits will be disseminated to schools and technical assistance will be offered.

## Tobacco-Free for a Healthy New Jersey

Tobacco-Free for a Healthy NJ is a state-wide project coordinated by NJPN in collaboration with the New Jersey Department of Health, Office of Tobacco Control, Nutrition and Fitness, focusing on increasing NJ residents' access to smoke-free air where they work, live and play. CFPC coordinates the grant in the eight counties of the Northern Region. This multi-strategy program includes a media campaign, worksite wellness, smoke-free multi-unit housing and a tobacco-free college initiatives as well as local policy initiatives around point of sale and smoke-free parks and recreation area.

## Youth Tobacco Action Teams

This program will assist with the development and implementation of the Tobacco Free for a Healthy NJ's Youth Tobacco Action Group Program, a prevention and smoking cessation program for youth 13-18 years old, in collaboration with New Jersey Prevention Network (NJPN) and other regional partners. The program will also focus on assisting schools and with creating comprehensive tobacco/vaping policies that include a non-punitive response to youth smoking and vaping, such as cessation.

## Olweus Bullying Prevention Program

Olweus is a comprehensive school based program designed to prevent and reduce bullying in elementary, middle and junior high schools. Olweus is a SAMHSA Model Program with proven results, including 30-70% reduction in student reports of being bullied and bullying others. Olweus results also include significant reductions in antisocial behavior and improvements in classroom management.

# Clinical Services

## Individual and Group Counseling

The Center is licensed by the NJ Division of Mental Health and Addiction Services. We provide services for adolescents and adults including outpatient and intensive outpatient counseling, early intervention, relapse prevention, counseling for substance use disorders and co-occurring mental health disorders, substance use evaluations, counseling for co-occurring disorders, trauma support and couples and family counseling. Treatment is tailored to the individual's needs and includes a variety of "best practice" interventions, such as cognitive behavior therapy, motivational enhancement therapy, motivational interviewing, and Medication Assisted Treatment. The Center's substance use evaluations meet school, employment, and court mandates. The Center offers a sliding scale, depending on eligibility, and is supported by many grant funded programs. We are a Medicaid Provider.

## IDRC Education and Screening Weekend Program

Through a contract with the Sussex County Intoxicated Drivers Resource Center (IDRC), three counselors facilitate a weekend program once each month for people mandated to receive 12 hours of education as a result of receiving a DUI.

## Intensive Out-Patient (IOP) Counseling

At times clients are in need of more structure and support to achieve and maintain abstinence. Our agency offers IOP for adolescents who participate in treatment three times a week for two hours each day. We offer a daytime and nighttime IOP for adults who participate in treatment three times a week for three hours each session. Our treatment team works together to provide quality services to individuals at this level of care.

## Support for Families

Matters of the Heart group provides education and support for those affected by a loved one's substance use. All are welcome.

## Youth Services

Aimed at reaching "at risk" adolescents, the program provides assessments (including urine screens) to rule out or indicate substance use as a factor in behavioral problems. Referrals can be made by schools, courts, parents, physicians or other social service providers. Following an evaluation, a recommendation is provided to the family. Our youth programs include early intervention, outpatient and intensive outpatient counseling. We offer a sliding scale and most services for youth are funded through grants to ensure there is no financial barrier to accessing treatment.

## Recovery Support

Recovery supports are available at no cost. These programs include anger management, trauma support, case management, support for clients on probation or parole, and support for family members affected by substance use disorders.

## Anger Management

Utilizing Century Anger Management, adults are assisted in gaining the skills necessary to appropriately manage anger and deal with stress.

## Integrated Recovery Innovations (IRI, MAT)

Integrated Recovery Innovations is a program utilizing a combination of evidence based treatment to support individuals who have a moderate to severe opioid use disorder. Participants are treated by a full multi-disciplinary team to support recovery and ongoing health and wellness. Individuals are offered Medicated Assisted Treatment (MAT), using FDA approved medications to assist in sustaining recovery from opiate use. In addition, participants are paired with a counselor and receive behavioral therapy. Finally, participants have access to a recovery coach to support them outside of regular hours, and they have access to a wide range of peer recovery support services in the community. For more information, please contact Sarah at 973-383-4787.

Contact: Rachel Wallace, Director of Clinical Services

## About Us...Our History

Founded in 1973 as the Alcohol Information Center of Sussex County, the agency was incorporated in 1974 as a 501(c)(3) private, non-profit organization providing information and referral services. In 1988 the organization chose to expand its mission to include other drugs, and the agency became known as the Sussex Council on Alcohol and Drug Abuse, Inc. In the late 1990's, the organization became a multi-faceted social service agency. With the knowledge that the insidious disease of addiction touches the lives of our parents, grandparents, teens and infants from all economic and cultural backgrounds, the agency's reach expanded and inspired its name change in 2001 to the Center for Prevention and Counseling, Inc. The agency's work now includes a focus on building strong families and healthy adolescents, as well as preventing violence, suicide, HIV/AIDS, bullying and all forms of addiction. The Center became licensed by the NJ Division of Addiction Services in 2005 to provide out-patient and intensive out-patient counseling to people with substance abuse and mental health issues, thus enabling the agency's staff of more than 60 professionals to positively impact the Sussex County community more than ever before. Whether through new funding opportunities, new collaborations or new programs created to respond to the latest drugs of abuse and related current issues, The Center's dedication to fighting the disease of addiction remains as strong and as constant as it was in 1973.



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