

**April 2010**

## *April is Alcohol Awareness Month*

April has been designated Alcohol Awareness Month and NCADD of Middlesex County, Inc. recognizes this as an opportunity to do more to educate our neighbors about making responsible decisions regarding alcohol consumption, year round.

Alcohol abuse and addiction can impact many aspects of your life. The long term medical complications from abusing alcohol can include gastrointestinal problems, liver disorders, heart disease and reproduction and pregnancy problems. Heavy drinkers develop a tolerance for alcohol, which means that larger amounts are needed to get the desired effect.

With prom and graduation season just around the corner, there is a growing urgency for parents and care-givers to connect with their teens.

According to a report released by the Substance Abuse and Mental Health Services Administration, (SAMHSA) in March, 2010, over a quarter of persons aged 12-20, (27.6

percent), drank alcohol in the past month. The report goes on to note that:

- 10.1 million Underage youth (aged 12-20) are current alcohol drinkers.
- 17.4 percent of underage youth engaged in binge drinking during the past month.
- 16.7 percent of youth age 18 - 20 have driven under the influence of alcohol in the past year.

You are physically dependent if you experience withdrawal symptoms such as delirium tremors, cramps, vomiting, elevated blood pressure, sweating, dilated pupils, sleep problems, irritability, and convulsions when you try to stop drinking.

Short-term memory loss and blackouts are common among heavy drinkers. From an emotional perspective, you can lose your self respect, dignity and emotional control leading to depression and in worst cases suicide. This downward spiral can negatively affect your relationships, grades and ability to work.

Another devastating fact of alcoholism is the impact it can have on children. Due to their parents' emotional state and lack of supervision, they are at risk of physical illness and injury, neglect, emotional disturbances, educational deficits and behavior problems.

Perhaps most troubling is the fact that children of alcoholics are two to four times more likely to become problem drinkers and continue the addictive



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practices of their parents.

The analysis also found about 8.6 percent of underage past-month drinkers said they purchased their own alcohol the last time they drank. Alcohol is the most widely used substance of abuse among American youth and contributes to the three leading causes of death among 12- to 20-year-olds -- unintentional injury, murder and suicide. .

Research shows that those who start drinking before age 15 are six times more likely to have alcohol problems as adults than those who start drinking at age 21 or older, according to SAMHSA.

The basic lesson is — **Don't wait until it's too late** to talk with your children, and talk frequently. Studies show that parents who talk with their children often about drugs, and alcohol are up to 50 percent less likely to use the substances.

With drug and alcohol abuse continuing to be an issue for our youth today and funding for drug treatment centers, drug education, and prevention drying up, it is paramount that parents be proactive in teaching their children about risky behaviors.

The possibility is great that if you are not proactive, you may end up on the reactive side, wondering how your child became an alcoholic or drug addict right in front of your eyes.

If you or a loved one needs help with any type of drug problem, contact NCADD today at 732-254-3344 or visit our website at [www.ncadd-middlesex.org](http://www.ncadd-middlesex.org).

## ***Town Hall Meeting Set for April 21st at the New Brunswick Teen Center***

In recognition of Alcohol Awareness Month in April, communities throughout the nation are conducting town hall meetings to discuss what can be done to prevent and reduce underage drinking.

NCADD has partnered with the New Brunswick Teen Center to hold its 2010 Town Hall Meeting. The event takes place on Wednesday, April 21, 2010 from 7pm to 8:30pm.

The Hub Teen Center is located within the New Brunswick Recreation offices at 411 Joyce Kilmer Ave in New Brunswick.

This year more than 1,700 community-based organizations will conduct town hall meetings across the country – up from 1,500 in 2008, the last time this national event took place. The town hall meetings work at the grassroots level to raise awareness of the public health dangers of underage drinking and to provide families and communities with practical steps for steering youth away from underage drinking.

Discussions will feature:

- New Brunswick High School Students
- NCADD staff
- Walter Virgil, Teen Center staff counselor

Refreshments will be served and door prizes awarded to three attendee.

## 2010 Legislative Event Focused on Advocacy

NCADD's 2010 Legislative Event turned out to be a very unique event. Held at the Rutgers Conference Center in New Brunswick (formerly University Inn), was moderated by Walter Kane, Prominent local news anchor of News12 New Jersey. Departing from previous events that focused on various alcohol, tobacco and other drug issues such as underage drinking or prescription drug issues, this year's Legislative Event focused on the basics of advocacy and the legislative process at different levels of government and attendance was primarily limited to Rutgers University public health and public policy students and faculty.

The event consisted of a panel which was comprised of County and Municipal legislators and a Rutgers University official was on hand to explain to attendees about advocacy while also outlining how students can shape policies and legislation within their communities.

Attending as panelists were: Freeholder Deputy Director Ronald Rios, Edison Mayor Antonia "Toni" Ricigliano; Elliot White, Director of the Middlesex County Division of Addiction Services and, Lisa Laitman, Director Alcohol and Other Drugs Program for Students at Rutgers University. Also in attendance were Middlesex County Freeholder Director Christopher Rafano and Dona Schneider, Professor and Associate Dean for Programs at The Edward J. Bloustein School of Planning and Public Policy.

Following the formal panel presentation, the second aspect of the event was comprised of small group and individual discussions with panelists. This portion was so successful that many attendees freely chose to stay for up to an hour after the program was scheduled to end

in order to continue speaking 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 image) Freeholder Deputy Director Ronald Rios speaking with a student; (center image) NCADD CEO Steve Liga (right) greeting event moderator Walter Kane; and, (bottom image) Elliot White, Director Middlesex County Division of Addiction Services addressing attendees.*

## **NCADD Staff Implements Youth Programs at Mt. Zion Church in New Brunswick**



Recently, NCADD Preventionists Al-Karim Campbell (pictured above) and Christina Rak-Samson (not pictured) participated in a presentation before dozens of 4 to 6 year-olds at the MT Zion Church in New Brunswick.

The program’s purpose was to promote healthy choices and featured a combination of physical activities and health discussions as well as a dance and health presentation.

Anyone interested in similar presentations for their school, faith-based or community organization, please call Alexandra Lopez at 732-254-3344.

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## Training @ NCADD

### CADC Class at the Middlesex County Fire Academy



We respect your right to e-mail privacy. If you are not interested in receiving periodic messages about NCADD course offerings, please e-mail your request to [ezra@ncadd-middlesex.org](mailto:ezra@ncadd-middlesex.org).

**Register Today!**

### “New Jersey Employment Services”

This course will help you identify vocational issues facing the client in treatment. Specifically, this course will enable you to identify strategies for promoting employment with clients in treatment; understand the importance of employment in the recovery process; become familiar with employment and vocational services within New Jersey; identify indicators of client readiness for employment; and, become familiar with legal issues related to employment. CADC Class # C309.

**April 21, 2010 from 9am to 4pm**

**\$60 per course**

Class is held at the Middlesex County Fire Academy

1001 Fire Academy Drive, Sayreville, NJ

Instructor: Derrick Watkins, MSW

For more information and to register, go to:

<http://ncadd-middlesex.org/training/cadc-classes/>



NCADD is an approved provider for the Addictions Professionals Certification Board of New Jersey (APCBNJ) and the New Jersey Department of Education/ Professional Development (Provider #1417).

To register for NCADD CADC or CPS classes, just go to [www.ncadd-middlesex.org/training](http://www.ncadd-middlesex.org/training)

## Training @ NCADD

### CPS Classes in East Brunswick - P201



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**Register Today!**

### “Dynamics and Process of ATOD Dependency and Abuse ”

At the end of this course, the student should be able to: identify major drug categories, ATOD and their health and social consequences (including FASD), highlighting cultural and developmental stages; explain the continuum of ATOD use from pre- use to dependency; identify the difference between youth and adult ATOD use and abuse; describe several different models of ATOD abuse and dependency, including the Biopsychosocial model; identify the progressive stages of use through dependency; describe the impact of addiction on the whole person (i.e. physical, mental, emotional, spiritual); and, describe the defense mechanisms, and sometimes manipulative behavior of those with substance use disorders. CPS Class #P201.

**April 28, 2010 from 9am to 4pm**

**\$60 per course**

Class is held at NCADD of Middlesex County, Inc.

152 Tices Lane, East Brunswick, NJ

Instructor: Steven G. Liga, MSW, LSW, LCADC, CPS, CCS

For more information and to register, go to:

<http://ncadd-middlesex.org/training/cadc-classes/>



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## Training @ NCADD

### RECERT Class at the Middlesex Fire Academy



**Register Today!**

### “Conflict Resolution”

The objective of this training will be to look at conflict resolution, what it means, how to navigate differences while speaking one’s truth and defining an appropriately assertive style.

NOTE: APPROVED FOR RECERTIFICATION CREDITS.

**May 12, 2010 from 9am to 4pm**

**\$60 per course**

Class is held at the Middlesex County Fire Academy

1001 Fire Academy Drive, Sayreville, NJ

Instructor: Alan Shapiro, M.A., LPC, LCADC

For more information and to register, go to:

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[www.ncadd-middlesex.org/training](http://www.ncadd-middlesex.org/training)

## Training @ NCADD

### CPS Classes in East Brunswick - P202



**Register Today!**

### “Impact of Substance Use Disorders on Families and Larger Systems ”

At the end of this course, the student should be able to: describe the stages of family dysfunction; identify the adaptive roles, and their dynamics, in dysfunctional families; identify resiliency factors and strategies for assisting individuals and groups from dysfunctional families; identify the ASAM continuum of treatment services, from self-help through long-term residential care; and, identify health and social services and other community resources for various psycho/social problems. CPS Class #P202.

**May 19, 2010 from 9am to 4pm**

**\$60 per course**

Class is held at NCADD of Middlesex County, Inc.

152 Tices Lane, East Brunswick, NJ

Instructor: Alexandra Lopez, MA, LCADC, CPS, SAC, DRCC

For more information and to register, go to:

<http://ncadd-middlesex.org/training/cadc-classes/>



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