

NCADD's *Footprints for Life* listed on National Registry

NCADD's *Footprints for Life*TM program was recently approved for listing on The National Registry of Evidence-based Programs and Practices (NREPP). It is the first curriculum from New Jersey to receive this recognition and the only program designed specifically to promote social competencies in early elementary school students to be listed.

NREPP is a searchable online registry of mental health and substance abuse interventions which have been reviewed and rated by independent reviewers. The purpose of this registry is to assist the public in identifying scientifically based approaches to preventing and treating mental and/or substance use disorders that can be readily disseminated to the field.

"This is a major accomplishment for NCADD," said Board President Steven Polinsky, Esq., "Normally, only universities and for-profit corporations are able to design programs that reach this level of results and recognition."

Footprints for Life is an intervention designed to help 2nd- and 3rd-grade students build a strong

foundation of life skills rooted in key social competencies.

The curriculum-based program focuses on planning and decision making, cultural competence, and interpersonal skills, such as handling peer pressure and resolving conflicts peacefully. Information on tobacco and alcohol is provided within the context of refusal skills, as are discussions about seeking help from caring

and supportive adults when confronted with situations that make the child feel inadequate or fearful.

"Footprints is a great example of our continuing commitment to using innovation and evaluation to ensure the provision of only the most effective programming."

NCADD CEO Steven G. Liga continued, "With

today's limited resources, no one can afford to utilize programs that have not been proven to produce results."

Footprints consists of six weekly lessons taught during a classroom session of approximately 40 minutes. A trained preventionist facilitates the program through the use of role-plays, focused exercises, and activities which include



Continued from Page 1

puppets and stories featuring real-life situations experienced by a children’s soccer team.

Homework to be done jointly with the child’s parents reinforces language and techniques for



communicating feelings and other skills taught in the classroom. To complement the classroom curriculum, additional activities

for students, as well as tools for parents and teachers, are provided through the *Footprints* website.

Educators who had *Footprints* delivered in their classroom have enthusiastically embraced the program. Teachers routinely cite specific examples of positive behavioral changes they see in individual students and the class itself as a result of *Footprints*.

A teacher from Old Bridge noted, “Excellent values are taught in an interesting way at the children’s comprehension level. They are practicing skills they can use for life.”

Footprints was first implemented during the 2003-2004 school year in 21 classrooms from two school districts in Middlesex County, New Jersey. It has since been implemented in hundreds of classrooms in dozens of school districts throughout Illinois, Indiana, New Jersey, and New York. Over 30,000 students have completed the curriculum in the past eight years.

For more information, please visit www.footprintsforlife.org or call NCADD today at 732-254-3344.

County IDRC Director Donna Frandsen Recognized

Donna Frandsen was recognized on December 15th by the Middlesex County Freeholder Board and presented with a commemorative resolution by Freeholder Blanquita Valente for her work as the Middlesex County Intoxicated Driver Resource Center (IDRC) Director and for her volunteerism with a local chapter of Mothers Against Drunk Driving (MADD.)

In her almost 24 years of service to the Middlesex County community and to the people of New Jersey, Ms. Frandsen touched thousands of lives with her advocacy for “safe driving.”

Any person convicted of an alcohol related traffic offense must participate in a program at an IDRC. New Jersey has an IDRC office in each county for first and third-time offenders and three regional centers for second-time offenders. During the program, offenders attend mandatory Alcohol and Highway Safety Education courses. IDRC also evaluates each offender for an alcohol or drug problem and determines the need for treatment.

“Sometimes people like Donna work their entire life doing good for others and are never recognized” noted Maria Esteves, Executive Director of the Middlesex County chapter of MADD. “Now, everyone knows of her great work.”



Helping to recognize Donna Frandsen (second from right) at the Middlesex County Freeholder meeting room are: (from left) NCADD Preventionist and Coalition Coordinator Linda Surks, NCADD CEO Steve Liga and (far right) Diana Starace, Coordinator, Injury Prevention Program at Robert Wood Johnson University Hospital

Perth Amboy Youth and NJPN Members Participate in SAMHSA Video Shoot

As part of a Statewide Childhood Drinking (CD) Coalition project, New Jersey Prevention Network (NJPN) has been working with a video production company to produce an Underage Drinking Prevention (UAD) Video. This is part of SAMHSA's UAD state video series and will focus on the issue in New Jersey, and highlight successes we have achieved in combating the issue.

To help promote local efforts, youth from Perth Amboy implemented a *Sticker Shock* event at a liquor store in the city.

Youth from the Youth Community Leadership Academy (YCLA) as well as the Perth Amboy Youth Alliance descended on Gast Liquors on State Street and demonstrated how *Sticker Shock* works.

Sticker Shock involves teams of local youth, accompanied by an adult chaperone, place neon stickers on multi-packs of beer, wine coolers and any other alcohol products that appeal to underage drinkers. and paper bags at participating package goods stores. The stickers read, "KEEP IT LEGAL. It is illegal to provide alcohol for people under 21!" The shocking green stickers stand out for all to see.

Images at right depict scenes from the Underage Drinking Prevention (UAD) Video shoot which took place last fall.

Top image depicts Amber Seda in the front, Kylee Ortiz in the middle and Carlos Polanco in the back, all of the Perth Amboy Youth Alliance entering Gast Liquors.

Second image depicts YCLA members participating in the photo shoot including (front) Melissa Paulino along with (left) Kevin Leiton and (center) Luciana Farios.

Bottom image depicts Perth Amboy Assistant Recreation Supervisor and Municipal Alliance Coordinator Lis Mery Ramirez (left) as well as NJPN staff Lisa Daly, Program Director (center) and (on right) Rob Lightfoot, Member Services Associate.

Project Sticker Shock's goal is to raise public awareness about the minimum drinking age law and discourage adults and older peers (those who are 21 or over) from providing alcohol to minors.

Additional filming took place at NCADD's offices in East Brunswick where several NJPN Executive Directors and staff also participated in the filming.



The 8th annual Young Women’s Conference Held

The 8th annual Young Women’s Conference *My Journey, My Voice: Empowering Young Women* took place December 1, 2011 at the Crowne Plaza, Monroe Township. The conference, targeted towards Middlesex County high school female students, is sponsored by the NCADD of Middlesex County, Inc. and the Coalition for Healthy Communities with funding from a Drug-Free Communities Support Program grant of the Substance Abuse and Mental Health Services Administration and the Middlesex County Municipal Alliance Network. Event exhibitors included: Al-Anon; Barnabas Health Institute for Prevention; Central Jersey Family Health Consortium; Family Success Center; Girl Scouts of Central & Southern NJ; Lonnie Allgood’s Dreams for Kids; Middlesex County Cancer Coalition; Middlesex County Office of Public Health; Middlesex County Rape Crisis Center; NCADD; NJ Coalition for Prevention of Developmental Disabilities; Param Healthcare; Princeton House Behavioral Health, and St. Peter’s University Hospital Community Mobile Health

17 Middlesex County high schools and 148 young women participated at this year’s event. The Conference hosted seven diverse workshops where girls were able to interactively participate with workshop presenters and peers, thus impacting knowledge in the school environments as well. Student workshops included:

- Ready, Set, Goal!
- BFF’s: Me, You, & Everybody Else
- Me, Myself, and Identify
- What’s Your Self Image?
- The Culture of Drugs
- Chillax - Stress Management
- Gossip Girl is 16...and Pregnant

Not only did students gain knowledgeable information about themselves, they also gained valuable resources to share with their peers who were unable to attend the event. The conference ended with a motivational speech presented by former NFL player Lonnie Allgood, regarding self-determination and self-worth to empower oneself. Lastly, conference bags were distributed to all participating students with gifts donated by Coalition member agencies.



Pictured above are (top) former NFL player Lonnie Allgood who addressed Conference attendees and some of the record-setting number of exhibitors who shared information and resources with the young women in attendance.

Acts of Prevention Troupe Performs “Living Legacies” Throughout County

Thanks to a grant from the PNC Foundation, NCADD’s *Acts of Prevention* Troupe performed its “Living Legacies” show at five locations throughout Middlesex County during the month of December.

“Living Legacies” performances are based on the lives and war time experiences of area veterans. The performances were based on real stories of local veterans who served in mid-20th-century wars through current conflicts in Iraq and Afghanistan. The monologues drifted chronologically through time, highlighting the veterans’ personal experiences.

Veterans were interviewed and monologues were written by Carteret High School students and assembled into scripts. *Acts of Prevention* mentors helped to form the veterans’ stories into monologues and from there into an ensemble performance piece.

These mentors were instrumental in character development, support, and original script development.

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 offers *Acts of Prevention* programming to schools, communities and agencies that is educational, fun and empowering for individuals of all ages.

If you know someone who might be interested in auditioning for *Acts of Prevention* program, please Christina Rak-Samson at 732-254-3344 or via email at christina@ncadd-middlesex.org. Anyone over the age of 18 may audition.



Pictured at top left are members of the Acts of Prevention Troupe together with Jeff Mullins, Staff Sergeant (center) and Ronald G. Davie, Commander Middlesex County American Legion (in rear). AOP members include (from left) Kha-lin Prescod, John Carratura, Ariana Crowder, Keri Brown, Alex Susanto, , Joshua Levin, and (kneeling) NCADD Preventionist Christina Rak Samson.

Pictured at right are some of the attendees at the performance at the American Legion T. Nulty Post 471 in Iselin. Among the attendees is Doug Breen (seated far right), Veterans’ Services Coordinator for Middlesex County.