

July 2010

NCADD Continues to Add Web-Based Classes for Addiction Treatment and Prevention Professionals

NCADD of Middlesex County, Inc. continues to add online training courses for addiction treatment and prevention professionals. These courses have been approved by The Certification Board.

The first two courses available now include C503 and P503. Both are titled “Cultural Competency” and focus on enabling students to recognize the importance of individual differences by gaining knowledge about personality, cultures, lifestyles, and other influencing factors.

The “Cultural Competency” courses are the first of a series of courses that NCADD will develop over the next two years. Individuals who seek certification as addiction counselors must take a total of 45 courses in six learning domains, and those who seek certification as prevention specialists must take a total of 20 courses in five domains. Currently, individuals who seek counseling or prevention

certification and re-certification need to attend traditional classes taught in a physical classroom — often far from home or work.

Web-based eLearning from NCADD represents cutting-edge courses that are designed to bring the benefits of traditional instructor-led training to the student’s desktop via a secure, web-based application. NCADD’s eLearning solutions take professional training to the next level.

What’s more, NCADD’s world-class experts underpin every mode of learning in the courses. This ranges from providing subject-matter expertise during development to lively, engaging presentations as well as comprehensive notes and references.

Development on Domain I of CADC classes has begun. These include:

- C101 – Initial Interviewing
- C102 – Biopsychosocial Assessment
- C103 – Diagnostic Summaries
- C104 – Differential Diagnosis (DSM)
- C105 – Pharmacology and Physiology
- C106 – Perinatal/Fetal Alcohol Spectrum Assessment
- C107 – Compulsive Gambling
- C108 – Co-Occurring Disorder Assessment
- C109 – Assessment Tools

Interested in taking our courses or obtaining additional information? Visit www.ncadd-elearning.org for all you need to know.



The 2010 Middlesex County Fair is Just Around the Corner

NCADD of Middlesex County, Inc. and the Coalition for Health Communities will once again set up displays at the 72nd annual Middlesex County Fair.

The Fair runs from August 2nd through August 8th, 2010 on Cranbury Road where it intersects Fern Road in East Brunswick. For directions to the Fair please go to www.middlesexcountyfair.org/directions.htm.

Attendees are invited to stop by and partake of the hundreds of brochures that provide information on the dangers of alcohol, drug and tobacco abuse; how to properly dispose of prescription drugs; recovery and much more. Members of the Coalition representing schools, treatment facilities, healthcare centers, and more are scheduled to attend the Fair and provide information on their organizations.

So go ahead. Take advantage of the chocolate-dipped frozen cheesecake, hot apple crisp, cotton candy and the hot dogs and corn. Check out the 4H displays. And please stop by and say hello!

P.S. We even have another brand new bicycle to give away!

Some 2009 Fair images. (top) Coalition members Diana Starace and Irfat Chowdhury tend to folks visiting the Coalition table. (second from top) NCADD Preventionist Laura Tittel watches on while visitors complete the Community Survey. (second from bottom) NCADD employees welcome visitors to the NCADD table while (bottom) the brand new bike we will be giving away at this year's fair.



YCLA Cleans-Up in Perth Amboy

As part of a city-wide prevention initiative in Perth Amboy, NCADD's Youth Community Leadership Academy (YCLA) held its debut community event on June 26th. The YCLA participants, students at Perth Amboy High School, organized and hosted the *Waterfront Clean-up Event* in association with the Clean Communities Campaign of Perth Amboy Public Works Department.

"We want people to recognize that they can make a real difference in their community," says YCLA coordinator, Laura Tittel. "YCLA is going to help young people become positive, active forces within Perth Amboy."

Several student and community groups responded to the call to community service, including: the Video and Diversity clubs of Perth Amboy High School, Renovation House, a faith-based recovery center in Perth Amboy, and the U.S.

Coast Guard Auxiliary.

The Coast Guard Auxiliary set up an information table for volunteers and gave short presentations during breaks explaining the effects of waterfront pollution on marine wildlife. This message resonated with community members who remember the live whale that beached itself in Perth Amboy last summer.

Marine health has become increasingly important in the area, as a dead whale was found beached on nearby Long Island earlier this year. "We really feel that what we're doing means something," said YCLA participant Changyang Cheng.

The Waterfront Clean-up is just the beginning of a series of events for the YCLA, geared at getting people more involved in their community. By increasing positive regard toward the city, and empowering youth to make the changes they want to see, YCLA hopes to make Perth Amboy a better, safer community for everyone.



Pictured above are some of the participants in Perth Amboy's Waterfront Clean-Up Event held in June. Pictured in front of the volunteers are bags of trash collected during the event. Below is Tiara Rodriguez, a YCLA member and a freshman at Perth Amboy High School helping with the Clean Communities Campaign in Perth Amboy.





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 always looking for new members, and there are many benefits of joining. At this time, the Coalition is seeking new members to join the Underage Drinking Committee.

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.

Remember, even a little time, coupled with a passion for prevention, can effect big change. For more information or to join, please contact Al-Karim Campbell, Preventionist I at NCADD at 732-254-3344 or via email al-karim@ncadd-middlesex.org.

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