

October 2010

2010 *Tree of Hope* Recognizes Elijah's Promise

NCADD's ninth annual *Tree of Hope* event recognized Elijah's Promise, when a live fruit tree was planted outside of the organization's Culinary School on Livingston Ave in New Brunswick.

The September 20th ceremony was awarded to Elijah's Promise for the work they do in Middlesex County to enable individuals to continue their recovery while preventing relapse.

"This is my favorite NCADD event" said NCADD CEO and Executive Director Steven G. Liga. "and what makes it even grander is when we recognize an organization like Elijah's Promise."

The organization serves an average of 80,000 meals each year to low-income and homeless individuals and families in central New Jersey, many of whom also suffer from addiction.

They also offer case management, health screening, information and referral, and job counseling.

The organization also offers The Promise Jobs Culinary Arts Job Training Program, providing disadvantaged adults with the opportunity to learn culinary arts and prepare for entry level jobs in the food service industry. Elijah's Promise also offers Promise Catering, a catering company that provides students on-the-job-training and financial income.

NCADD's annual *Tree of Hope* campaign is designed to raise the consciousness of our neighbors in Middlesex County to the fact that addiction is an illness from which many do recover, and to celebrate those recoveries.



Tree of Hope music and vocals were provided by Karen Agatep (far left), Patty Gonsky (second from left), Alexandra Lopez (second from right) and Christian Lopez (far right)



NCADD Executive Director & CEO presents the 2010 *Tree of Hope* to Elijah's Promise Executive Director Lisanne Finston.



NCADD staff in attendance included: (standing from left) Christine Hughes, Lindsay Rich, Deanna Friedland, Lauren Balkan, Danielle Ferrone and Lizette Fallon. (seated from left) Anna Kirzner and Dana Tosk.

NCADD Launches Online Addiction Screening and Referral Tool

The National Council on Alcoholism and Drug Dependence (NCADD) of Middlesex County, Inc. launched a web-based interactive screening tool designed to provide users with appropriate referrals to addiction treatment services.

NCADD already operates a confidential Information and Referral Helpline, assisting nearly a thousand individuals and their families each year.

The NCADD Self-Administered Screening Tool guides the user through a short series of questions and, based on the responses, generates two referrals to treatment providers local to Middlesex County and its immediate vicinity.

While not intended to diagnose a substance abuse problem, the tool utilizes the American Society of Addiction Medicine (ASAM) Patient Placement Criteria to

provide referrals to programs that are appropriate to the user's needs. The ASAM Criteria is the most widely used and comprehensive criteria used for treatment placement of individuals with alcohol and other drug problems. Once the referral list is generated, the user will then need to contact the provider directly to arrange for a complete assessment and intake, if appropriate. The tool is not designed to take the place of an assessment by an addictions professional, but it will take the guesswork out of where to turn for help.

The Self-Administered Screening Tool is available at NCADD's website (www.ncadd-middlesex.org) by clicking on the "Get Help" button at the top of the screen.

Of course, if someone would rather speak to an addiction professional in person, NCADD's Helpline is still available at 732-254-3344.



The NCADD Self-Administered Screening Tool was developed in collaboration with industry-leading training and consulting firm Mindcross Training.

The two organizations have also partnered to launch NCADD's e-Learning initiative, which is designed to provide educators and addiction professionals with access to training outside of traditional classroom setting.

Coalition to Hold “Shop ‘Til You Drop” Event on November 20th

The Middlesex County Coalition for Healthy Communities will hold its first-ever “Shop ‘Til You Drop” event on Saturday, November 20th from 1pm to 6pm. The event will take place at the Raritan Valley YMCA located at 144 Tices Lane in East Brunswick.

“We’re very excited to present this event to the community,” said Coalition coordinator Linda Surks. “This is our annual fundraiser to support the Coalition and we expect a large turnout of both vendors and customers.”

The “Shop ‘Til You Drop” event will feature gift items from local vendors designed to meet everyone’s holiday shopping needs including:

- Gourmet Kitchen Items
- Handcrafted Baskets
- Personal Products
- Beauty Products
- Housewares
- Clothing
- Candles
- Custom Made Jewelry
- and more

The following vendors have already signed-up for the “Shop ‘Til You Drop” event:

- Langaberger Baskets
- Pampered Chef
- Lia Sophia Jewelry
- Tastefully Simple
- Designer-Like Handbags

There will also be a special kids section with gifts children can purchase for family and friends. Girl Scouts will serve as special

personal shoppers to assist the children.

Snacks and beverages will be available for purchase by event attendees.

The Coalition for Healthy Communities brings together professionals from multiple disciplines who have a passion for the prevention and treatment of alcohol, tobacco, and other drug abuse problems.

The Coalition’s mission is to reduce substance abuse, especially among youth, by providing opportunities for increased collaboration, coordinated planning, and sharing of resources in order to maximize the quality and availability of services to the communities and residents of Middlesex County.

Limited number of vendor slots are still available. If you are a vendor interested in registering for the event, please call Linda Surks at 732-254-3344 or contact her via email at linda@ncadd-middlesex.org.



Gift items from local vendors designed to meet all of your holiday shopping needs.

- Gourmet Kitchen Items
- Handcrafted Baskets
- Personal Products
- Beauty Products
- Housewares
- Clothing
- Candles
- Jewelry
- and more

Join us for “Shop ‘Til You Drop”
Saturday, November 20, 2010
1pm - 6pm
Raritan Valley YMCA
144 Tices Lane, East Brunswick

This annual fundraiser supports the Coalition for Healthy Communities

Special kids section with gifts they can purchase for family and friends and personal shoppers to assist them.

Snacks and beverages will be available for sale

Help support the Coalition's mission to strengthen the community and reduce substance abuse among youth in Middlesex County

Coalition for Healthy Communities
For more information, call 732-254-3344
www.ncadd-middlesex.org

American Medicine Chest Challenge is Coming November 13, 2010

The Coalition for Healthy Communities will be coordinating the American Medicine Chest Challenge in Middlesex County.

The event will take place on November 13th in communities across the New Jersey.

This initiative will challenge residents to take the Five-Step American Medicine Chest Challenge:

- Take inventory of your prescription and over-the-counter medicine.
- Lock your medicine chest.
- Dispose of your unused, unwanted, and expired medicine in your home or at an American Medicine Chest Challenge Disposal site.
- Take your medicine(s) exactly as prescribed.
- Talk to your children about the dangers of prescription drug abuse.

Residents can find a local collection site on www.americanmedicinechestchallenge.com or dispose of their medicine at home, following the guidelines on the site.

The most recent National Survey on Drug Use and Health shows prescription medicines to be the most abused drugs by Americans, other than marijuana and found that 70 percent of people who abuse prescription pain relievers say they got them from friends or relatives.

A recent study on drug use by of teens by the

Partnership for a Drug Free America (PDFA) found that one in nine children are abusing prescription pain relievers to get high.

"This Challenge will raise awareness about the dangers of abusing prescription drugs and reduce the availability of potent drugs that lead kids down a path to addiction," explained American Medicine Chest Challenge Chief Executive Officer Angelo M. Valente.

"With the American Medicine Chest Challenge we are calling on residents to see their medicine cabinets through new eyes -- as an access point for potential misuse and abuse of over-the-counter and prescription medicine by young people," explained Valente.

The American Medicine Chest Challenge has gained the national support of The Pharmaceutical Research and Manufacturers of America (PhRMA), The Partnership for a Drug-Free America, and the American College of Emergency Physicians.

On September 25th, Operation Take Back New Jersey collected 14,436 pounds of unwanted or unused prescription and over-the-counter medications at locations around the state. The goal of Operation Take Back New Jersey was to prevent those drugs from slipping into the hands of young children and teenagers.



**On Saturday, November 13th
don't forget to take your pills...**

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Upcoming Health Observances

October 2010

- **Talk About Prescriptions Month**
 National Council on Patient Information and Education
 This national awareness and educational campaign focuses attention on the role that high-quality medicine communication can play in promoting safe and appropriate medicine use.
www.talkaboutrx.org
- **October 23 – 31**
Red Ribbon Week
 National Family Partnership
 Red Ribbon Week is the nation’s oldest and largest drug prevention program reaching millions of Americans during the last week of October every year. By wearing red ribbons and participating in community anti-drug events, young people pledge to live a drug-free life and pay tribute to DEA Special Agent Enrique “Kiki” Camarena.
www.nfp.org

November 2010

- **Lung Cancer Awareness Month**
 Lung Cancer Alliance
www.lungcanceralliance.org
- **November 13**
American Medicine Chest Challenge
www.americanmedicinechest.com
- **November 18**
Great American Smokeout
 American Cancer Society
<http://www.cancer.org/>
- **National Drug Facts Week**
National Drug Facts Week (NDFW) is a health observance week for teens. It’s goal is to shatter the myths about drugs and drug abuse.

National Drug Facts Week

November 8th through November 14th, 2010

Fact: About a third of high school seniors report using an illicit drug sometime in the past year, and more than ten percent report non-medical use of a narcotic painkiller. While drugs can put a teenager's health and life in jeopardy, many teens are not aware of the risks.

National Drug Facts Week (NDFW) is a health observance week for teens. It's goal is to shatter the myths about drugs and drug abuse.

NDFW encourages community-based events that give teens a physical or virtual space to ask questions about drugs and get factual answers from a scientific expert.

The observance is an initiative of the National Institute of Drug Abuse (NIDA), which supports most of the world's research on the health aspects of drug abuse and addiction.

In its inaugural year, 2010, *National Drug Facts Week* will be celebrated from Monday, November 8th through Sunday, November 14th, 2010. On November 9th, NIDA will hold its annual Drug Facts Chat Day from 8 am to 6 pm EST.

At the heart of National Drug Facts Week are teen focused, community-based "question and answer" events across the country. These events will connect teens with scientific experts

and provide them with an opportunity to ask questions and get factual answers about drugs and drug abuse. These events will be organized by teens, teachers, and community groups that will host a drug abuse expert.

National Drug Facts Week events encourage teens to get the scientific facts about drugs, so they will make healthy decisions for themselves and share this information with others.

The goal of the event is to shatter the myths about drugs and drug abuse by giving teens a forum to ask questions and get honest answers. Events should be planned by teens, at least one adult mentor, and a sponsoring organization. Each question and answer event should be centered on bringing together teens and a drug abuse expert.

A lot of drug information out there is just plain myth. The best thing you can do is get the facts! Teens should think for themselves and make decisions after learning the facts from a real expert. If planing an event, parents and educators can avail themseleves of the literature and videos NCADD makes available through its Jason Surks Memorial Resource Center.

Every day, teens are bombarded with messages about drugs and drug abuse through music, movies, TV, the internet and their friends. Ever wonder how many of those references are true? Shatter the myths and get the facts. There is a NIDA for Teens website (<http://teens.drugabuse.gov>) that is full of facts, games, and real life stories.

For technical assistance in planning your event, call NCADD at 732-254-3344.



Training @ NCADD CADC C206 Class at the Middlesex Fire Academy



Register Today! "Family Counseling"

This course will help counselors gain the necessary skills they need to increase their comfort level when working with families and the communities in which they live. It is designed to teach contextual variables that shape our client's lives which include but are not limited to: race, gender, class, culture, ethnicity, sexual orientation, age, and physical and mental ability. It will also help you to understand the environmental stressors that affect our clients and how the presence of these stressors can contribute to problems over the lifecycle of the individual and the lifecycle of the family. **Class C206.**

November 10, 2010 from 9am to 4pm
\$60 per course

Class is held at the Middlesex County Fire Academy
1001 Fire Academy Drive, Sayreville, NJ
Instructor: Joel Levine LCSW, LPC, LCADC, LMFT

For more information and to register, go to:
<http://ncadd-middlesex.org/training/cadc-classes/>

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.



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

Training @ NCADD CADC C402 Class at the Middlesex Fire Academy



Register Today! "Psychological Client Education"

This course is designed to help students in their ability to relate to their clients the main psychological features often associated with substance use disorders. In addition, the student will learn how to help their clients understand how their psychological and social strengths and weaknesses can be related to their recovery. The terms Mental Health, Mental Illness and Wellness will be clarified and discussed so that the student can have a better understanding of those terms, and will then be able to communicate basic information about the terms to their clients. In addition, this course will help students to explain to their clients the role of psychiatric medications in recovery. **Class C402.**

December 15, 2010 from 9am to 4pm
\$60 per course

Class is held at the Middlesex County Fire Academy
1001 Fire Academy Drive, Sayreville, NJ
Instructor: Robert Johnson, LPC, LCADC, NCC, ICADC

For more information and to register, go to:
<http://ncadd-middlesex.org/training/cadc-classes/>

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