Celebrating 30 Years of Providing Substance Abuse Prevention, Education, and Support for Personal Recovery!

NCADD TODAY

National Council on Alcoholism and Drug Dependence of Middlesex County, Inc.

Providing Substance Abuse Prevention, Education and Support for Personal Recovery

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October 2011

2011 Tree of Hope Event Held at Blake Recovery Center at Carrier Clinic

In a moving ceremony held on the grounds of the Blake Recovery Center (BRC), NCADD celebrated its tenth annual *Tree of Hope* event.

Attended by dozens of individuals representing BRC, Carrier Clinic, Crawford House, and several area organizations, the 2011 *Tree of Hope* raised the consciousness of neighbors in Middlesex and Somerset Counties to the fact that addiction is an illness from which many do recover, and to celebrate those recoveries.

A live evergreen tree and a plaque honored BRC for the work they do in providing a residential alcohol and substance abuse treatment program to residents of Middlesex County. The facility was also recognized for proving for 30 years that addiction can be treated in a caring, supportive environment.

Pictured above are some of the attendees at this year's Tree of Hope event, as they participate in a candle-lighting ceremony in honor of those who are in recovery.

Addressing attendees at this year's Tree of Hope event are (top) Mary C. Pawlikowski, Vice President and COO at Carrier Clinic; (center) Elizabeth Hill, Director of the Blake Recover Center; and, (bottom) Steve Liga, NCADD's Executive Dorector.

NCADD Participates in Rutger's Lallanobooza

Over 2000 Rutgers University students attended the 2011 Lollanobooza held at the Livingston Student Center in September.

Lollanobooza brought together students, faculty, and staff for fun, alcohol-free activities on what is traditionally one of the biggest drinking nights of the week. This event provided an exciting and engaging atmosphere of healthy choices, while promoting student engagement, effective communication, social responsibility, collaboration, and leadership development.

This year's event featured a DJ Dance Party, Karaoke, Performer Showcase, Cultural Fair, Free Food, Free Games, Free Prizes and a drawing that provided one luck student the opportunity to win a free iPad2!

Lollanobooza was sponsored by the school's Health Outreach, Promotion and Education (H.O.P.E) which is an active learning, student centered unit within Rutgers Health Services.

Lauren Johnson (pictured below), a Rutgers student , a former NCADD intern and currently a part-time preventionist, represented the agency at the event.

Coalition to Hold Second Annual "Shop 'Til You Drop" Event

The Coalition for Healthy Communities will hold its second annual Shop "Till You Drop" fundraiser.

The event will take place on Sunday, November 20, 2011 from 11:00 am to 5:00 pm. The event will take place at the DoubleTree by Hilton at 4355 US Highway 1 at Ridge Road, Princeton.

The "Shop 'Til You Drop" event will feature gift items from local vendors designed to meet everyone's holiday shopping needs. Tricky Tray will offer dozens of wonderful gift items donated by our vendors. A free Tricky Tray ticket will be issued to all adult shoppers.

A special Kids Korner will offer a unique shopping experience for young shoppers to select gifts for family and friends. Girl Scouts will be on hand to assist children with their gift selections.

Vendors and products include:

- Silpada Designs
- Tupperware
- Tastefully Simple
- Pampered Chef
- Lovely Lanyards
- Fleece Buddies
- Lia Sophia Jewelry
- Scrapbooking
- Home furnishings
- Children's Books
- Clothing
- Handcrafted Jewelry
- Local honey, jams and jellies
- Personal care products
- Baby Items
- and many one-of-a-kind gift items

For more information and to obtain a vendor agreement, please contact Linda Surks at 732-254-3344.

Introducing the Pathways Interns

Every year, NCADD's *Pathways* program at Carteret High School hosts several interns. *Pathways* is Carteret's School-based Youth Services Program created as a result of a partnership between NCADD and the Carteret Public Schools. This partnership created a safe, structured environment within the school to address the social and health needs of our students, ensuring that they are better able to graduate, become employable or continue their education, and lead physically and mentally healthy, drug-free lives. Here are the fall 2011 interns, introducing themselves.

Toni Kiger. I'm currently an Advanced Standing MSW student at Rutgers School of Social Work. I feel extremely privileged to be furthering my clinical skills and following my passion for social work at the *Pathways* program as I hope to continue working with adolescents in the future. Another passion of mine is music. I've been a violinist for 12 years and hope to someday combine this passion with social work through music therapy and by creating effective music education programs that will address stress related behavioral problems in adolescents.

Martryce Roach. I am a second-year MSW student at Rutgers University. I am currently interning un I have experience working with a number of agencies designed to support youth and families, including the Middlesex County Division of Behavioral Health and Children's Services and The Children's Home Society of New Jersey. I am currently employed as a Family Service Specialist for the New Jersey Division of Youth and Family Services. I look forward to gaining a more clinical experience with *Pathways* – one that will enhance my knowledge, perceptions, and skills for future therapeutic relationships with clients.

Toni Shy. Working with *Pathway's* amazing staff and my fantastic fellow interns, it is clear that this institution's passion for serving the Carteret High School community is matched only by the professionalism with which it is being done.

After serving other communities as their Spiritual Leader for 15 years, and teaching for many more years than that, I now hope that my time with *Pathways*, combined with my education at Touro Graduate School of Social Work, will equip me to begin a clinical practice treating children and adolescents. Believing that the most fulfilling and meaningful life is rooted in service to others has brought me to this wonderful place. I hope to learn as much as I can and to give as much as I can in the year ahead.

The National Council on Alcoholism and Drug Dependence (NCADD) of Middlesex County, Inc. is a not for profit public health agency whose mission is to improve the health and well-being of individuals, families and communities through the elimination or reduction of alcohol, tobacco, and other drug-related problems. Services focus on prevention, education, advocacy, and support for personal recovery, and are based on rigorous evaluation and documented positive outcomes.

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NCADD to hold auditions to expand its Acts of Prevention Troupe

NCADD of Middlesex County, Inc. will be holding auditions for its *Acts of Prevention* Troupe.

Local youth interested in trying out are invited to attend an audition to be held **Monday, November 7, 2011. Two sessions will be held. Afternoon session is scheduled between 12noon and 2pm. Evening session is scheduled between 6pm and 8pm.**

All auditions will be held at NCADD's offices located at 152 Tices Lane, East Brunswick, 08816. Interested individuals must register in advance. To be considered for the *Acts of Prevention* Troupe, interested individuals must be between the ages of 18 and 25.

What is *Acts of Prevention*?

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.

How does it Work?

Research has shown that the arts have a significant impact on the lives of children. Art, in its many forms, provides a safe framework for all youth, families and communities regardless of their culture and differences. With much demand for more creative and unique programming, NCADD has answered this call. We have put in place a new set of activities and presentations that allow for the utilization of arts based techniques. This type of programming allows for the expression of ideas, feelings, and opinions with a sense of freedom.

Arts and prevention programming assists children and adolescents with the demands of "growing up" in society today; dealing with hardships, social issues, stress, and illness through creative expression can make a world of difference in how the child or adolescent makes future decisions . For youth, the arts provide a different perspective on their lives, a chance to imagine a different outcome and to develop a critical distance from everyday life. No other activity allows us that voice. Arts and Prevention programming makes room for us individually, collectively and culturally to say things we might never get to say.

NCADD's *Acts of Prevention* provides an alternative to traditional prevention activities. The many components of programming can assist the individual by developing resiliency and increasing emotional, behavioral, cognitive and cultural competencies. This provides options, challenges, and an effective means for promoting growth and change.

Acts of Prevention performances are followed by a question and answer period moderated by a trained NCADD staff member. NCADD also works closely with professional school staff to ensure that support services are in place once the program is completed. The casts of all scripts are trained to send powerful and responsible messages with a strong knowledge of the issues that they are presenting. Currently, *Acts of Prevention* delivers five scripts.

To register for an audition and for more information on the *Acts of Prevention* program, please Christina Rak-Samson at 732-254-3344 ext. 32 or via email at christina@ncadd-middlesex.org.