

September 2010

Coalition for Healthy Communities Receives Extension

NCADD of Middlesex County, Inc. Executive Director Steven G. Liga announced recently that a \$125,000 Drug Free Communities Support Program grant will allow The Coalition for Healthy Communities to continue its efforts to curb drug use among citizens of Middlesex County. "The Coalition for Healthy Communities has seen great success in recent years, and these funds will help us reach out to even more people in our community," Liga said.

The Coalition was recently most visible at the annual Middlesex County Fair. The Coalition also holds an annual county-wide Young Women's Conference, conducts a bi-annual county-wide survey of middle and high school students regarding substance usage and attitudes, as well as serves as the catalyst for dozens of local events with its many partners.

The Coalition's vision is for the children and families of Middlesex County to live in a healthy, thriving community free of substance abuse and related problems. The mission is to reduce substance abuse, especially among youth, by providing opportunities for increased collaboration, coordinated planning, and sharing of resources. The goal is to maximize the quality and availability of services to the communities and residents of Middlesex County. The coalition has a membership of over 200 individuals who represent government, law enforcement, schools, youth, parents, social service agencies, religious/fraternal organizations, health care providers, and other organizations with the common goal of working together to prevent substance abuse in the community.

"The programs and services the coalition coordinates have significantly grown over

the past seven years," Coalition Coordinator Linda Surks said. "This grant is a testament to the hard work and dedication of our community prevention partners."

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 Drug Free Communities program is directed by the White House Office of National Drug Control Policy in partnership with the Substance Abuse and Mental Health Services Administration. The Coalition is comprised of community leaders, parents, youth, teachers, religious and fraternal organizations, health care professionals and business. The 169 new grantees were selected from 521 applicants nationwide. One additional New Jersey Coalition received this grant and four other are currently funded.

The grant will allow the Coalition to continue a variety of initiatives including:

- *Operation Take Back New Jersey* (see story on page 3)
- A Creative Expression contest for middle school students (details to come)
- "Shop 'Til You Drop" fundraiser on November 20th
- The seventh annual *Young Women's Conference* on December 1st

For more information on The Coalition for Health Communities or if interested in joining its reinvigorated Childhood Drinking Task Force or the brand new Youth Task Force, contact Linda Surks at 732-254-3344 or linda@ncadd-middlesex.org.

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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 on the role that high-quality medicine communication can play in promoting safe and appropriate medicine use. www.talkaboutrx.org

- October 4 – 10

Mental Illness Awareness Week

National Alliance on Mental Illness

In 1990, the U.S. Congress established the first week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Since 1990, mental health advocates across the country have joined together during the first full week of October to celebrate. www.nami.org

- October 18 – 24

National Drug-Free Work Week

Working Partners for an Alcohol- and Drug-Free Workplace

This event is a dedicated time each year to highlight the benefits that drug-free workplace programs bring to employers, workers and communities. www.dol.gov/drugfreeworkweek

- October 23 – 31

Red Ribbon Week

National Family Partnership

Red Ribbon Week is the nation's oldest and largest drug prevention program in the nation 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

Prescription Drug Take-Back Day

September 25th

A number of national studies and published reports indicate that the intentional abuse of prescription drugs, such as pain relievers, tranquilizers, stimulants and sedatives, to get high is a growing concern— particularly among teens—in the United States. In fact, among young people ages 12-17, prescription drugs have become the second most abused illegal drug, behind marijuana. Source: The Office of National Drug Control Policy

The Middlesex County Coalition for Healthy Communities, together with The Drug Enforcement Administration and government, community, public health and law enforcement partners will be participating in the nationwide prescription drug “Take-Back” initiative that seeks to prevent increased pill abuse and theft.

The DEA will be collecting potentially dangerous expired, unused, and unwanted prescription drugs for destruction at sites nationwide on **Saturday, September 25th from 10 a.m. to 2 p.m.**

The service is free and anonymous, no questions asked.

This initiative addresses a vital public safety and public health issue. Many Americans are not aware that medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse.

Rates of prescription drug abuse in the U.S. are increasing at alarming rates, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

There are several collection sites in Middlesex County. Most locations are within the police departments of each municipality listed.

The current list of participating municipalities in Middlesex County includes:

- Carteret
- Cranbury
- Dunellen
- East Brunswick
- Edison
- Helmetta
- Highland Park
- Marlboro
- Metuchen
- Middlesex
- Milltown
- Monroe
- North Brunswick
- Piscataway
- Old Bridge
- Plainsboro
- Perth Amboy
- Rutgers University
- Sayreville
- South Amboy
- South Brunswick
- South Plainfield
- South River
- Spotswood
- Woodbridge

An updated list can be found by going to www.deadiversion.usdoj.gov/takeback/. This site will be continuously updated with new “Take-Back” locations. Or, contact Coalition Coordinator Linda Surks at 732-254-3344 for any additional information.



Training @ NCADD

CADC Class at the Middlesex Fire Academy



Register Today!

“Co-Occurring Disorder Assessment”

This course will describe how to screen and assess for clients with co-occurring disorders. Often, these clients present with symptoms that make it challenging to accurately assess what is happening with them. Discussion and clarification on the similarities and differences in some of these clinical presentations will occur in this course. Also discussed will be psychiatric disorders that are often seen with substance use disorders. **Class C108.**

September 29, 2010 from 9am to 4pm

\$60 per course

Class is held at the Middlesex County Fire Academy
1001 Fire Academy Drive, Sayreville, NJ

Instructor: Andrea Greenberg, LCSW, LCADC, LSW

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 Class at the Middlesex Fire Academy



Register Today!

“Crisis Intervention”

At the end of the course the students will learn the definition of crisis intervention and crisis intervention counseling within the framework of alcohol/drug counseling as per IC&RC. They will learn to identify causes of crises (i.e. the four types of trauma: situational, developmental, intra-psychic, existential) and some common sense decision making of crisis management, general de-escalating techniques and sensible setting with clients in crisis. Students will review the five psychological reactions to crisis, the four goals of crisis intervention as well as the six stages comprising the crisis intervention process. **Class C203.**

October 13, 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/>

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