



# A Guide to

## NCADD PROGRAMMING



NCADD offers programs and services throughout Middlesex County that reach across the age continuum. From prenatal education to healthy aging, we partner with organizations from all segments of society to build healthy communities.

### About NCADD

The National Council on Alcoholism and Drug Dependence (NCADD) of Middlesex County, Inc. is a private, non-profit, community-based health organization serving Middlesex County. We have been providing prevention, education, information and referral services to county residents, businesses, schools, faith-based organizations, municipal alliances, and social service agencies since 1980.

The mission of NCADD of Middlesex County, Inc. is to promote the health and well-being of individuals and communities in Middlesex County through the reduction and elimination of alcohol, tobacco and other drug use problems.

## PROGRAMMING FOR THE COMMUNITY

**STRENGTHENING FAMILIES** - Program provides family skills training designed to enhance school success and reduce substance use and aggression among youth.

The program features parent, youth, and family components. It helps families improve the relationship between parents and youth and decreases the level of family conflict. Listed on the National Registry of Effective Programs and Practices (NREPP) for documented changes in youth drug use and family management issues.

- **Risk Factors Addressed:** Early first use, Family conflict and Peer pressure
- **Target Population:** Youth ages 10-14 and their parents or guardians

- **CSAP Strategy:** Early intervention and education
- **Process:** Seven (7) three-hour sessions
- **Evaluation Measures:** Nationally standardized retrospective post-test for parents
- **Pricing:** \$1,000 per family – minimum ten (10) families. (Includes: Three staff, child care, dinner for the family and program incentives.)

*(listing continues on back panel)*

# PROGRAMMING FOR SCHOOLS

NCADD offers several programs to support the school communities including classroom-based prevention programs.

**FOOTPRINTS FOR LIFE™** - Helps young children build a strong foundation of life skills rooted in key social competencies.

*Footprints for Life's* website provides parents with a complete run-down of stories and lessons, enabling them to work along with their children as they attend program sessions in school. Program has been evaluated independently by Rutgers University and has demonstrated significant behavioral change related to all five social competencies on both the individual and classroom level. Identified by the New Jersey Division of Addiction Services as an evidence-based program. Currently under review by the National Registry of Effective Programs and Practices (NREPP).

- **Risk Factors Addressed:** Early anti-social behavior and Early first use
- **Target Population:** Grades 2-3 in a classroom or small group setting
- **CSAP Strategy:** Prevention Education
- **Process:** Six (6) forty-five minute sessions
- **Evaluation Measures:** Pre- and post-behavioral evaluation instruments for parents; Pre- and post- instruments for teachers to evaluate classroom-level behavior: and, Pre- and post- instruments for teachers to evaluate individual-level behavior
- **Pricing:** \$105 per session - \$630 Total

**FOREST FRIENDS** - Conflict resolution & anger management program incorporating age-appropriate ATOD information.

- **Risk Factors Addressed:** Early anti-social behavior and Early first use
- **Target Population:** K to grade 1 in a classroom or small group setting
- **CSAP Strategy:** Prevention Education

- **Process:** Six (6) forty-five minute sessions
- **Evaluation Measures:** Pre- and post-program instruments for teachers to evaluate classroom-level behavior
- **Pricing:** \$99 per session - \$594 Total

**KEYS TO INNERVISIONS (KIV)** - Teaches youth how to change their beliefs and self-talk in order to change their behaviors. Helps students cope with life stressors. Program teaches goal setting, new ways of thinking, and new skills to use in stressful situations. Program has been evaluated independently by Rutgers University and has demonstrated significant knowledge, attitude and behavioral change on the individual level. Identified by the New Jersey Division of Addiction Services as an evidence-based program.

- **Risk Factors Addressed:** School drop-out; Academic failure; Early anti-social behavior; Favorable attitudes toward ATOD
- **Target Population:** Grades 6-9 in a small group setting
- **CSAP Strategy:** Prevention Education
- **Process:** Fifteen (15) one-hour sessions
- **Evaluation Measures:** Pre- and post-program instruments reflecting: Increase knowledge & attitudes regarding ATOD issues; Increase internal locus of control; and, Demonstrate reduced incidence of suspension
- **Pricing:** \$150 per session - \$1,200 Total for 8 session core curriculum or \$2,250 Total for the full 15 session curriculum

**WNBI 2.0 - "WE'RE NOT BUYING IT"** - Modular program focusing on reducing early first use of alcohol, marijuana, tobacco, and prescription and over-the-counter medications. Bullying (including cyber) has its own lesson, as does an examination of media's role in promoting each of the above. Rutgers University contracted to provide an independent evaluation to measure changes in knowledge, attitude, and behavior on the individual level.

- **Risk Factors Addressed:** Early first use; Favorable attitudes toward ATOD; Community norms favorable toward ATOD; Early adolescent anti-social behavior
- **Target Population:** Grades 6-8
- **CSAP Strategy:** Prevention Education

- **Process:** Four (4) to six (6) forty-five minute sessions
- **Evaluation Measures:** Pre- and post-program instruments for teachers to evaluate classroom-level behavior and Pre- and post-program instruments for teachers to evaluate individual-level behavior
- **Pricing:** \$105 per session - \$420-\$630 Total

**SAFE DATES** - A school-based program designed to stop or prevent the initiation of psychological, physical, and sexual abuse on dates or between individuals involved in a dating relationship. Since violent behavior is often tied to substance abuse, *Safe Dates* may be used in conjunction with drug and alcohol prevention and general violence prevention programs. *Safe Dates* been identified as a model program in the National Registry of Evidence-based Programs and Practices (NREPP).

- **Risk Factors Addressed:** Individual Early dating, sexual activity, fatherhood, Few social ties (involved in social activities, popularity), Life stressors, Violent victimization, Peer Association with antisocial, aggressive, delinquent peers; high peer delinquency
- **Target Population:** Intended for male and female middle- and high-school students 12 to 18 years of age. The curriculum meets multiple National Health education academic standards for both 6th - 8th grade and 9th - 12th grades.
- **CSAP Strategy:** Prevention Education
- **Process:** The Safe Dates program includes a curriculum with ten 50-minute sessions, as well as an optional 45-minute play to be performed by students and an optional poster contest.
- **Evaluation Measures:** Focus groups as well as fidelity instruments which are used after each session.
- **Pricing:** \$1,700 for full 10 week curriculum – 50 minutes per session (Includes one staff member, travel, supplies, copies of lessons, preparation – \$1,000).

*Optional program components:*

- Four-week booster session - \$680 . The Safe Dates Booster sessions are delivered in four, 50 minutes sessions and includes interactive exercises such as games, small- and large group discussions, role-playing, and writing exercises.
- Safe Dates Play - \$1,200 additional.
- Safe Dates Poster Contest - \$500 additional

### **ACTS OF PREVENTION (Also available as a Community Presentation)** - Provides

an alternative to traditional prevention activities. Includes a thirty-minute dramatic presentation followed by a thirty-minute interactive dialog with the audience as actors stay in character. Programming can assist by developing resiliency and increasing emotional, behavioral, cognitive and cultural competencies. *Acts of Prevention* provides options, challenges, and an effective means for promoting growth and change. Rutgers University has been contracted to provide an independent evaluation to measure changes in knowledge, attitude, and behavior on the individual level.

- **Risk Factors Addressed:** Early first use, Peer pressure, Favorable attitudes toward ATOD, Early adolescent anti-social behavior, and school dropout
- **Target Population:** Middle- and high-school students
- **CSAP Strategy:** Prevention Education (through drama)
- **Process:** One-hour session (30 minute drama and 30-minute dialog). Five (5) script options available.
- **Evaluation Measures:** Standard feedback evaluation for adults to gauge youth reaction and plans to incorporate information into daily life
- **Pricing:** \$800 Total per performance  
NOTE: *Fee for first performance is \$800. If a second performance is scheduled for the same day with the same actors, the fee will be discounted to \$400 for the second performance. Total cost for both performances is therefore \$1,200.*



**PROVIDING SUBSTANCE ABUSE PREVENTION, EDUCATION  
AND SUPPORT FOR PERSONAL RECOVERY**

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# PROGRAMMING FOR THE COMMUNITY

NCADD provides several programs for communities as they strive to help their members overcome issues related to substance abuse.

## **Wellness Initiative for Senior**

**Education (WISE)** - Designed to help older adults celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse. Independent Evaluation by Rutgers University demonstrated increases in health and healthcare empowerment and increases in medication management behavior. Nearly 85% of participants made a behavior change within six weeks of beginning the program. WISE participants who had initiated a behavior change, on average, reported changing seven different behaviors to improve their health. Identified by the New Jersey Division of Addiction Services as an evidence-based program. Currently under review by the National Registry of Effective Programs and Practices (NREPP). Won the 2009 NASADAD Prevention Award.

- **Risk Factors Addressed:** Isolation and loss for seniors
- **Target Population:** People over the age of 60
- **CSAP Strategy:** Prevention education
- **Process:** Six (6) two-hour sessions
- **Evaluation Measures:** Weekly standard feedback evaluation to gauge knowledge learned and behaviors changed as well as post overall program evaluation
- **Pricing:** \$1,400 Total for up to twenty-five (25) adults ages 60 and older (includes two staff and program incentives.)

**EDUCATION FOR SENIORS** - Five individual one-hour education programs for seniors on the following topics:

- Grief and Loss
- Depression

- Conflict Resolution
- Alcohol and Medication Issues
- "Senior Jeopardy" which includes Nutrition and Stress Management
- **Risk Factors Addressed:** Isolation and loss for seniors and community norms favorable towards ATOD
- **Target Population:** Adults over age 60
- **CSAP Strategy:** Prevention education
- **Process:** One hour session per topic
- **Evaluation Measures:** Standard feedback evaluation to gauge knowledge learned and plans to incorporate knowledge into daily life
- **Pricing:** \$120 per hour(daytime) and \$150 per hour(evening and weekend)

**EDUCATIONAL PRESENTATIONS** - Variety of topics available in one to two hour formats.

- **Risk Factors Addressed:** Community disorganization and community norms favorable towards ATOD
- **Target Population:** Adults
- **CSAP Strategy:** Prevention education
- **Process:** Number of hours varies from one to two hours
- **Evaluation Measures:** Standard feedback evaluation to gauge knowledge learned and plans to incorporate knowledge into daily life
- **Pricing:** \$200 per hour(daytime) or \$250 per hour(evening and weekend)
  - *Note: Also able to provide presentations in a Jeopardy game format – Just like the game show! For this presentation, audience members can form teams to increase the competition – and the excitement! Jeopardy presentations are an additional \$50. Final cost is: \$250 per hour(daytime) or \$300 per hour(evening and weekend)*
- *NCADD can create a custom presentation if topic is not currently available. Onetime development fee of \$300 is applied to standard prices.*