

UPCOMING EVENTS

To become or stay involved, please look for these dates in the local papers when announced, contact the HTMA at 732-938-4500 extension 4012 or check the HTMA website at www.twp.howell.nj.us (search "HTMA")

April 6, 2014: Howell PBA 228's 12th Annual Women's Self-Defense Training Seminar, 6:30 to 9:00 p.m. at the Southard School, 115 Kent Road in Howell. Experts in the art of self-defense in high-risk situations will teach participating females ages 13 years and older how to protect themselves through simple safety and security techniques.

April 26, 2014: National DEA Drug and Prescription Drop Off/ Drug Take-Back Day, 10 a.m. to 2 p.m. at the Howell Township Municipal Building, 4567 Route 9 in Howell. Please contact Alliance coordinator Ralph Hoffman at 732-938-4500 ext. 4012 for details. There is also a permanent, anonymous drop-off box in the lobby of the Howell Police Department. National Take-Back Initiative online: www.deadiversion.usdoj.gov/drug_disposal/takeback/

•During the last Drug Take-Back Day in October, 2013, Monmouth County collected over 1,260 pounds of unused and unwanted prescription drugs. Thanks to all who participated. Please help us keep our kids safe by cleaning out your own medicine cabinet and properly disposing of all your unwanted prescriptions.

•In 2012, Monmouth County had the highest number of substance abuse treatment admissions —7,276— out of all counties in New Jersey. Neighboring Ocean County came in second with 6,713 (State of New Jersey, Department of Human Services, New Jersey Drug and Alcohol Abuse Treatment, Substance Abuse Overview 2012: Monmouth County, prepared June, 2013).

April 28, 2014: The Howell Township Municipal Alliance and the Howell Optimist Club will host their 19th Annual Mayor's Cup Golf Outing at Eagle Oaks Country Club in Farmingdale. Each year, fundraised money from the outing assists families and children in our local community. This year, donations will assist a Howell student with cancer. Please contact Alliance coordinator *Ralph Hoffman* (732-938-4500 ext.4012) for event details, brochures, sponsorship opportunities, donations, tee times, and registration.



Howell PAL after-school, summer camp, and recreation programs: Visit www.howellpal.org for schedule of events and registration details. Take advantage of Howell PAL's programs to keep your kids busy, focused on interests, and supervised.

All About Writing 
 "Writing help is just a call or click away!"
 (Newsletter writing by Christa Riddle of All About Writing and production by Diane Conti of DCI Graphics)

PREVENTION PRESS

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IN THE NEWS

"YOUR KIDS COUNT, WE NEED TO TALK: A HOWELL COMMUNITY DRUG AWARENESS FORUM PRESENTED AT HOWELL MIDDLE SCHOOLS"



In response to the heroin and opiates epidemic plaguing Monmouth and Ocean counties, Howell Township's schools, municipal government, police department, PAL, and other community organizations collaborated to present "Your Kids Count, We Need to Talk," a Howell community drug awareness forum presented at Howell Middle School North on January 15th. Due to the event's success, a second forum was held at Howell Middle School South on February 19th.



Left to right: Sergeant Chris Hill, Howell Police Department and Howell PAL; Camille Mussari, Howell High School SAC; Jeanna Corrigan, Howell School District SAC and community drug forum event coordinator; and Chief Ronald Carter, Howell Police Department.

"Our purpose was to make the community aware of the epidemic. We encouraged parents to bring their children so that kids would also hear the important message," shared Jeanna Corrigan, Howell School District's substance abuse and anti-bullying coordinator. "We received great feedback after January 15th and decided to do it again. I feel everyone walked away learning something new and that drug addiction can happen to anyone. The drug problem is not just in urban communities, it's here in our bedroom communities, too."

All of the night's speakers presented with a no-nonsense approach to ensure the audience comprehended the severity of the epidemic. Guest speakers included Douglas Collier, New Jersey Drug Initiative Coordinator and Law Enforcement Liaison, as well as a former DEA agent; Michael DeLeon, president of Steered Straight, Inc.; Abby Boxman, a Howell Township parent who lost her son, Justin to a heroin overdose in 2011; and multiple officers from the Howell Township Police Department. The Howell Police Department showed an informative PowerPoint presentation highlighting the startling statistics and data surrounding the epidemic; they also addressed how they are responding in Howell and how the community needs to join forces with them to help fight the battle against drug abuse to keep our kids safe.

Why Here, Why Now?

- Howell placed in the top 5% out of all 565 New Jersey towns for residents admitted to treatment providers for heroin and opiate abuse in 2012*
- Howell and Farmingdale had a combined total of 235 residents admitted to treatment providers for heroin and opiate abuse in 2012
- Howell, along with the surrounding communities of Jackson, Brick, and Toms River, placed in the top 20 New Jersey towns for the number of residents admitted to treatment providers for heroin and opiate abuse in 2012
- 43% of the 7,276 substance abuse admissions in Monmouth County were for heroin and opiate abuse in 2012

*All statistics are from the New Jersey Drug and Alcohol Abuse Treatment: Substance Abuse Overview, 2012, Monmouth County from the NJ Department of Human Services Division of Mental Health and Addiction Services (published June, 2013 as the most recent version of the report).



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WHAT'S GOING ON?

CFC LOUD 'n CLEAR:

For the Prevention of Drug Abuse Relapse After Recovery



CFC Loud 'n Clear, 732-803-0518, www.cfcloudnclear.com

The **National Institute on Drug Abuse (NIDA)*** estimates that 40 to 60 percent of drug-addicted patients relapse back into drug use. The **Substance Abuse and Mental Health Services Administration (SAMHSA)** states that recovery from substance abuse is "a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."

CFC Loud 'n Clear, a **Howell/ Farmingdale**-based non-profit organization founded in October, 2013, provides a wide array of social and support programs promoting the prevention of drug and alcohol abuse relapse after recovery. Through personal experience, education, and research, **CFC Loud 'n Clear** founders **Lynn Regan** and her son **Daniel** have developed a network of resources to assist recovered addicts, at-risk populations, and people experiencing difficult life transitions with staying sober.

"One of our goals is to provide a sober social group and drug and alcohol-free activities. Often, young adults recovering from addiction feel as if they will never have fun again. CFC Loud 'n Clear promotes 'sober is cool,'" says **Daniel Regan**, a recovered heroin addict who shares his personal addiction and journey to recovery story at www.cfcloudnclear.com

CFC Loud 'n Clear provides its members with a variety of social, educational, and professional resources, including peer-to-peer discussion groups, family support groups, life skills coaching, constructive activities, social events, and education and career choice exposure, all of which are conducted in an environment promoting acceptance and sobriety. The organization also extends recovery coaching certification programs (such as the one held March 6th through 9th, 2014), community outreach, and community education promoting drug abuse prevention.

*Article resources: NIDA: <http://blog.samhsa.gov/2012/03/23/definition-of-recovery-updated/>

SAMHSA: <http://www.drugabuse.gov/publications/addiction-science/relapse/relapse-rates-drug-addiction-are-similar-to-those-other-well-characterized-chronic-ill>

Prevention Tips: What Can I Do? What Should I Know?

Strategies to Help Prevent Drug Addiction Relapse After Recovery

The **State of New Jersey Department of Human Services, Division of Addiction Services** (<http://www.state.nj.us/humanservices/das/recovery/resources/index.html>) identifies several recovery support services that can be implemented in conjunction with clinical-based treatment services to help the recovered addict live a sober, drug and alcohol-free life. Support can be provided by peers, family and friends, professionals, community organizations, and others.

- Employment services and job training
- Mentoring and coaching
- Life skills training
- Academic counseling and education on relationships, parenting, child development, and substance abuse
- Housing and travel assistance
- Self-help and support groups
- Spiritual or faith-based support

SOMETHING OF INTEREST



Howell Township Municipal Alliance:

JERSEY SHORE COMMUNITIES COMBAT HEROIN ADDICTION AND OVERDOSES

Since 1989, the **Howell Township Municipal Alliance** has diligently worked toward the prevention of drug, alcohol, and tobacco abuse amongst our community youth. For the upcoming 2014 to 2019 grant cycle, the **Howell Alliance** applied for \$387,500 in a detailed grant application based on the over 150 overdose deaths in **Monmouth** and **Ocean** counties in 2013 (statistics from the prosecutor's office of both counties).

The opiate and heroin addiction epidemic has serious implications at the community, state, and national levels; its direct impact in the **Howell/Farmingdale** community and **Monmouth County** is substantiated in the **State of New Jersey, Department of Human Services, New Jersey Drug and Alcohol Abuse Treatment's Substance Abuse Overview 2012, Monmouth County**. In the publication, **Howell Township** and **Farmingdale** combined are listed as having a total of 235 substance abuse admissions in 2012 with the primary drug identified as heroin and opiates.

Each cycle, **Alliance** grant applications address community-specific, identified problems and risks supported with relevant data; applications also include research-driven, proposed strategies to reduce and eliminate these problems. This grant cycle, the **Alliance** focused on reducing opiate use in **Howell** and **Farmingdale** through implementing programs and educational opportunities, as well as distributing relevant literature and publications throughout our schools and community, that focus on drug and alcohol abuse prevention and life skills development.

The state-wide **Alliance** program, the largest network of community-based anti-drug coalitions in the nation, operates under the **Governor's Council on Alcoholism and Drug Abuse (GCADA)** and encompasses almost 400 municipal alliances across **New Jersey**. Through the **Drug Education Demand Reduction Fund (DEDR)**, **GCADA** receives money to administer its **Alliance** program, with **DEDR** money coming from fines collected from convicted drug offenders.

Headed by coordinator **Ralph Hoffman**, the **Howell Alliance** is comprised of volunteers from the public and private sectors of **Howell** and **Farmingdale**. The group collaborates and coordinates efforts with other community components and organizations, such as the mayor and town council, police department, schools, local businesses, civic and volunteer groups, and religious organizations. Call **Ralph Hoffman**, *Alliance coordinator*, at 732-938-4500, extension 4012 for more information or to get involved.