

PREVENTION PRESS

Printed by the Howell Municipal Alliance • 2018 • Volume 10 • Issue 4



Volunteers of the Howell Alliance strive to build a stronger community for a better tomorrow through substance abuse prevention, education, and awareness, with a focus on Howell's youth.



IN THE NEWS

Howell Township Public Schools Earns "Top L.E.A.D. School District of the Month" Recognition



Jeanna Ribon, Howell Township Public School District SAC and Officer Maureen McBride, Howell Township Police Department

The Howell Township Public School District earned recognition as the "Top L.E.A.D. School District of the Month" in June 2018, just 8 months after launching L.E.A.D.'s "Too Good for Drugs" program in collaboration with the Howell Township Police Department.

The Law Enforcement Against Drugs (L.E.A.D.) "Too Good for Drugs" program is an evidence-based life skills initiative funded by a state grant and provided by the Mendez Foundation. L.E.A.D. increases protective factors while reducing risk factors related to the use of alcohol, drugs, and tobacco.

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Monmouth County Sees Reduction in Opioid Overdoses for 2017, Despite Rising Trend in NJ



For real-time data on opioid-related information by county, visit the State of New Jersey Office of the Attorney General's website: <http://www.nj.gov/oag/njcares/>.

According to the State of New Jersey Office of the Attorney General's NJ Cares data and information tracking program, Narcan administrations in Monmouth County dropped to 671 in 2017 from 714 in 2016 (Narcan is a brand name for naloxone, an opiate antagonist that can reverse the effects of an opioid overdose to prevent death).

Monmouth County also saw a decline in fatal overdoses, dropping to 36 in 2017 from 42 in 2016 (Office of the Monmouth County Prosecutor, <http://mcponj.org/>).

There were 371,731 opioid dispensations in Monmouth County in 2017, down from 401,916 in 2016 and 431,993 in 2015 (New Jersey Prescription Monitoring Program, <http://www.njconsumeraffairs.gov/pmp/>).

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Howell's National Prescription Drug Take-Back Day 4/28 collected 53 pounds of unwanted prescriptions. The next Take Back Day is 10/27 at the Howell Police Department. See back cover on Howell's Project Medicine Drop box, available 24-7. Both drop offs are anonymous.

Don't miss:

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 "CFC's Rock the Farm and Refuge Recovery Support Recovery"page 3
 "Teen Suicide"back cover

Howell Township Public Schools Earns “Top L.E.A.D. School District of the Month” Recognition

Launched in October 2017 by the Howell Township Public School District and Howell Township Police Department, the program links students, families, schools, and communities as students cover 10 in-class workshops and then complete extended reinforcement activities at home with family members. The workshops start with goal setting and progress to cover topics such as decision-making, identifying and managing emotions, effective communication, bonding and relationships, managing mistakes, peer pressure refusal, and the effects of alcohol, tobacco, and marijuana use.

Jeanna Ribon, the school district’s student assistance coordinator, and Officer Maureen McBride, Howell Police Department’s K-8 school resource officer, collaboratively teach L.E.A.D. to all of the district’s 700 fifth graders in preparation for the upcoming middle-school transition.

In June, 5th-graders at Memorial Elementary, Newbury, Ramtown, Ardena, and Aldrich Schools celebrated their L.E.A.D. graduations with t-shirts provided by the Howell Alliance as a celebration of their accomplishments and success with making positive life choices.

Monmouth County Sees Reduction in Opioid Overdoses for 2017, Despite Rising Trend in NJ



Ocean County also registered declines in Narcan deployment and fatal overdoses. Ocean County’s Narcan administrations dropped by 36.4%: 2017 reported 621 administrations, down from 977 in 2016 (NJ Cares).

Ocean County fatal overdoses came in at 163 for 2017, down from 216 the previous year (<https://tinyurl.com/yda2tnas>).

Despite the positive news for Monmouth and Ocean counties, New Jersey as a whole reported 14,356 naloxone administrations by law enforcement and emergency medical services in 2017. From January 1st to June 3rd, 2018, there were 1,268 suspected drug toxicity deaths across the state (NJ Cares), and while there is no confirmed NJ Cares data for total overdose deaths statewide for 2017, the Centers for Disease Control (CDC) reports 2,284 overdose deaths in New Jersey from July 1st, 2016 to June 30th, 2017 (<http://s.nj.com/Q4YnonK>).



Drug overdoses killed 63,632 Americans in 2016, with 66% of these deaths attributed to prescription and illicit opioids. Sharp increases in deaths due to synthetic opioids, such as fentanyl, have also been confirmed. (CDC, <https://tinyurl.com/yaavzfgf>)

Strategies to Combat Addiction Include...

- Participating in drug take-back programs to reduce supply of and access to unused prescription opioids, such as New Jersey’s Project Medicine Drop, <https://tinyurl.com/y8ngq262> and the twice-yearly DEA National Drug Take-Back <https://tinyurl.com/gscxag9>
- Preventing and penalizing the diversion of controlled substances, such as opioids, before, during, and after prescription filling
- Reducing the amount of opioids prescribed by health care professionals
- Educating prescribing health care professionals on pain management alternatives to opioids
- Increasing naloxone access and training to divert opioid overdoses
- Educating the public on substance abuse prevention, addiction, treatment, and recovery, as well as the risks of prescribed opioid use
- Utilizing statewide prescription drug monitoring programs and electronic medical record (EMR) access across health care agents
- Changing prescribing and insurer policies regarding opioids
- Ensuring appropriate narcotics scheduling under the Controlled Substances Act

These strategies can be initiated at the community, state, and national levels.

CFC Loud N Clear Foundation

CFC Loud N Clear Foundation is a grassroots, 501c3 nonprofit recovery community organization providing a model relapse prevention program that supports all pathways to recovery through peer-driven and operated programs. CFC Loud N Clear strives to rebuild lives in the wake of addiction, heal family relationships, and create a recovery-sensitive and recovery-supportive community. For more information, visit www.healingus.org.



CFC's Annual Faux-Chella Rock the Farm Music Festival Fundraiser



When: Saturday, 9/29/18, 12 to 10 p.m.
Where: Grant Avenue, Seaside Heights, NJ
Tickets: \$25 in advance/ \$35 at the door/ \$150 VIP/
Kids 10 & under FREE
Information: www.rockthefarmnj.com

On September 29th, CFC Loud N Clear Foundation will host its 5th annual Faux-Chella Rock the Farm music festival fundraiser from 12 to 10 p.m. on Grant Avenue in Seaside Heights, rain or shine.

Rock the Farm will feature three stages with on-going live performances by well-known cover bands playing tributes to AC/DC, The Eagles, Fleetwood Mac, Neil Young, Tom Petty and the Heartbreakers, The Beatles, Aerosmith, Guns N' Roses, and more.

Festival-goers will enjoy unique craft vendors, food trucks, a family-fun kid zone, yoga, and other opportunities for family fun. The annual event's popular foam party promises to be one of the evening's highlights.

50/50 raffle tickets are being sold in advance for a \$10,000 cash prize to be announced at the event (\$10,000 prize value if all tickets are sold).

Each year, the Butterfly Memorial Garden provides a peaceful sanctuary, with over 500 butterflies fluttering around the enclosure. Photos of loved ones lost to addiction decorate and surround the garden as reminder of the lives and potential lost to addiction. Later in the evening, the butterflies will be ceremoniously released.

Rock the Farm also hosts a wine and beer garden, with proceeds from alcohol sales benefiting the Seaside Business Improvement District. As part of their recovery philosophy, CFC supports real-life exposure to clean and sober, which means learning to comfortably navigate social events where alcohol is served while strongly and proudly maintaining sobriety and recovery without missing out on life's special moments.

CFC Hosts Refuge Recovery

Refuge Recovery is hosted by CFC Loud N Clear Foundation Wednesdays, 7 p.m. at CFC headquarters, 260 Casino Drive, Farmingdale

Refuge Recovery is a mindfulness-based addiction recovery community that practices and utilizes Buddhist philosophy as the foundation of the recovery process. Drawing inspiration from the core teachings of the Four Noble Truths, Refuge Recovery places emphasis on both knowledge and empathy as a means for overcoming addiction and its causes. Those struggling with any form of addiction greatly benefit when they are able to understand the suffering that addiction has created while developing compassion for the pain they have experienced.



Refuge Recovery is a systematic approach to training hearts and minds to see clearly and respond to life with understanding and non-harming that will eventually become a natural way of being.

The Four Noble Truths: Addiction creates suffering. The cause of addiction is repetitive craving. Recovery is possible. The path to recovery is available.

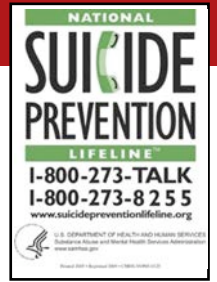
The Four Foundations of Mindfulness: Mindfulness of body/breath. Mindfulness of feelings. Mindfulness of mind states. Mindfulness of mind objects (truths).

Heart Practice Meditations: Kindness towards all experiences. Compassion/forgiveness towards the suffering we experience and have caused. Appreciation towards pleasure. Equanimity and understanding the reality of on-going change.

The 8-Fold Path to Recovery: Understanding, intention, communication/community, action, livelihood/service, effort, mindfulness/meditations, concentration/meditations.

For more information, visit www.healingus.org or <https://refugerecovery.org/>

TEEN SUICIDE PREVENTION



Suicide is the second leading cause of deaths nationwide for teens 15 to 19 years of age, coming in just behind accidents, according to 2014 data from the Center for Disease Control and Prevention (CDC). In New Jersey, it is the third leading cause of death for youth ages 10 to 24.

Data presented at the 2017 Pediatric Academic Societies Meeting showed a sharp increase in the number of youth hospitalizations for suicidal thoughts and self-harming actions. Between 2008 and 2015, data from 32 children's hospitals nationwide reported 118,363 total suicide or self-harming instances among 5- to 17-year-old patients, with peaks at the beginning and end of the school year.

Suicide Warning Signs:

- Expressing thoughts about suicide, death, or dying; suicide plans; a loss of will or purpose; or feelings of hopelessness with no way out
- **Abusing alcohol or substances to get high**
- Expressing increased anxiety, anger, and aggression
- **Withdrawing from loved ones and social encounters**
- Engaging in risky, dangerous behaviors without care
- **Declining interest in typical behaviors or activities**
- Not maintaining personal hygiene or regular eating and sleeping habits
- **Struggling to cope with a loss or trauma**

Do NOT Delay When Suicide Warning Signs Are Observed!

Suicide can be prevented when you are aware of the warning signs and immediately reach out for help at first warning signs of distress.

Suicide Prevention Resources:

- NJ Suicide Prevention Hopeline: 855-654-6735, www.njhopeline.com
- 2nd Floor Youth Helpline: 888-222-2228, www.2ndfloor.org
- National Suicide Prevention Lifeline: 800-273-8255
- Jersey Shore University Medical Center and Monmouth Medical Center in Monmouth County both have adolescent crisis units

For immediate emergencies, always call 9-1-1.

Never leave the suicidal person alone and remove all weapons, drugs, and alcohol from the surroundings

ANONYMOUS TEXT-A-TIP



www.P3Tips.com
"Committed to Community"

Howell Police Anonymous Community Tip Line Available 24/7:

Report suspicious activity at www.p3tips.com or download the P3 Tips app today!

Community Substance Abuse Assistance:

Howell Municipal Alliance: 732-938-4500 ext. 4012

Howell Police: 732-938-4575 ext. 2237

Monmouth County prevention and treatment resources list:
www.twp.howell.nj.us/DocumentCenter/View/1412

Jeanna Ribon, Howell School District SAC (K-8): 732-919-0095 ext. 8204

Camille Mussari, Howell High School SAC: 732-919-2131 ext. 4035

NJ Connect: 855-652-3737; Partnership for Drug-Free Kids

Parent Helpline: 855-378-4373

2nd Floor Youth Helpline: 888-222-2228 (text or call)

CFC Loud N Clear Foundation, 833-300-4673, www.healingus.org



Empty your medicine cabinet and save a life! Drop unwanted prescriptions in the Project Medicine Drop box at the Howell Police Department. Anonymous and available 24-7.

www.njconsumeraffairs.gov/meddrop/

Thank you to our sponsors, who make this newsletter possible.



For more information and volunteer opportunities visit: www.twp.howell.nj.us click on Departments, then Municipal Alliance.



The mission of the Howell Alliance is to collaborate with residents, schools, town government, police, businesses, and other local organizations to prevent drug addiction, underage drinking, and tobacco use through promoting public awareness, education, outreach resources, life skills, and positive choices.

For more information, visit www.twp.howell.nj.us, "Departments," and "Municipal Alliance." Alliance volunteers meet the 3rd Tuesday of every month, 12:30 p.m. at town hall (July and August may vary).

The Howell Township Municipal Alliance does not endorse and is not responsible for any resources referred or the services these resources provide. This publication is for informational purposes only.

Educate yourself about substance abuse on the go! Get the "Partnership for Drug-Free Kids' Drug Guide for Parents" app in your Apple or Android device!

