

PREVENTION PRESS

Printed by the Howell Municipal Alliance • 2019 • Volume 11 • Issue 2



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.

Visit NJ Cares, <https://www.njcares.gov>, a real-time dashboard of opioid-related data and information for NJ and Monmouth County.

IN THE NEWS

NEW! Friends of the Alliance Help Our Youth think tanks are the 1st Monday of each quarter, 7 p.m at Echo Lake! Join us to make a difference!

Howell Police & Alliance Launch At-home Pick-up of Unwanted Medications



On March 1st, the Howell Police Department and the Howell Alliance launched their new at-home pick-up of unwanted medications, expanding their existing Project Medicine Drop and prescription disposal bag initiatives. Howell residents can now call the non-emergency

police department number—732-938-4111—to have an officer pick up unwanted, unused, or expired medications.

A 24-7 Project Medicine Drop box is located at Howell Police headquarters (300 Old Tavern Road) for those able to drop off their unwanted medications. Misused medications like opioid pain prescriptions can lead to substance abuse and overdose deaths for kids, teens, adults, and seniors.

**Teen Vaping Hits Record Numbers!
Parents, Be Educated and Aware**
(back cover story)

Don't Miss:

Page 2: "Substance Abuse Family Support Groups"

Page 3: "Adolescent Substance Abuse Treatment Programs"

Howell Student Keshav Nair Wins NJ Elks Essay Contest



(from left) 7th grade social studies teacher Mary Liberatore, contest winner Keshav Nair, and Howell Public Schools Board of Education members Dr. Scott A. Jeffrey and Laurence Gurman.

The Alliance is proud of Keshav Nair, a 7th grader at Howell Township Middle School North, for being selected as New Jersey's statewide winner of the Elks Drug Awareness Program essay contest.

Keshav's achievement was recognized at the Howell Township Public School District's Board of Education meeting on March 20th; his accomplishment was also honored by the Elks on April 16th at an awards ceremony at the Howell Elks lodge.

The essay topic was "drugs take away..." Here is a quote from Keshav's winning essay: "People use drugs because of peer pressure or hanging out with the wrong crowd. They could feel like they are forced to fit in instead of saying 'No!' Others use these drugs to escape their problems. Drugs can take away one's family, friends, personality, and health. Save yourself or someone from having to go through all the pain and suffering of doing drugs. Just say no to drugs!"

Congratulations, Keshav!



Substance Abuse Family Support Groups: CFC Loud N Clear's Family Preservation Program

CFC Loud N Clear Foundation's Family Preservation Program (FPP) extends kind, caring, compassionate, and empathetic support for families impacted by addiction through providing recovery-sensitive resources, education, and activities to promote individual-specific and family growth.



CFC's Allie Herrmann with her daughter, Emma

The Family Preservation Program focuses on building a recovery-conscious family unit, healing each individual family member and empowering the entire family unit in a unique, realistic, and interesting way. Through FPP, CFC Loud N Clear also strives to alleviate the stigmas and shame too commonly associated with addiction and mental health issues so that all family members impacted by addiction can

receive support specific to their role and perspective.

In addition to the support groups, FPP hosts Family Fun Days to provide the entire family with shared times of relaxation and enjoyment. Held at the CFC Loud N Clear headquarters in Howell (Farmingdale), all Family Preservation Program groups are FREE and open to the public. The programs include guest speakers, activities, and outings.

Additional programs coming this summer are two at-risk teen programs, Raising the Bar (for teen girls) and Rock Solid (for teen boys). Also in the works is a men's-only group.

For more information, visit CFC Loud N Clear Foundation's Family Preservation Programs online at <https://healingus.org/fpp>.

Group Schedule:

Siblings Group:

1st Monday of each month; ages 14-17, 5-6pm and ages 18+, 6-7pm

Grandparents Group

(support for grandparents affected by addiction and for those raising their grandchildren):

1st Saturday of each month, 1-2pm
(babysitting offered)

Grief Group:

1st Thursday of each month, 7-8pm

Women's Only Group:

3rd Thursday of each month, 7-8pm

Couples Group:

4th Thursday of each month, 6:30-7:30pm

Families Group:

Every Wednesday, 7-8:30pm

CFC Loud N Clear Foundation, a grassroots 501c3, is committed to helping individuals and families struggling with addiction find, maintain, and strengthen their recovery through peer-based support, certified intervention and professional treatment guidance; community education and naloxone trainings; educational presentations; sober living homes; sober social activities; and reintegration into society through participation in the all-encompassing CFC recovery community. Learn more about CFC Loud N Clear Foundation at <https://healingus.org/>.

CPC Behavioral Healthcare's Adolescent Substance Abuse Treatment Programs



CPC Behavioral Healthcare is a non-profit, community behavioral health agency that provides a full continuum of outpatient counseling and psychiatric services for individuals with mental health and substance use disorders. CPC Behavioral Healthcare serves children, adults, and families in Monmouth County to promote wellness, recovery, and productivity.

Programs through CPC Behavioral Healthcare include individual, group, and family therapy; psychiatric evaluation and medication monitoring; outpatient and intensive outpatient (IOP) substance use treatment; co-occurring mental health and substance use treatment, and care management. Bilingual staff is available.

CPC Behavioral Healthcare's Howell counseling center:

732-987-8200
4539 Route 9 North, Howell
(in the Howell Office Plaza)

CPC Behavior Healthcare's main office:

732-842-2000
270 Highway 35, Red Bank

Program referral appointments:

CPC Access Center, 800-350-9811

CPC Behavioral Healthcare online:

www.cpcbehavioral.org



Intensive Outpatient Programs (IOP) for Adolescents

*Gender-specific substance abuse treatment/
support services for adolescents
ages 12 to 18*

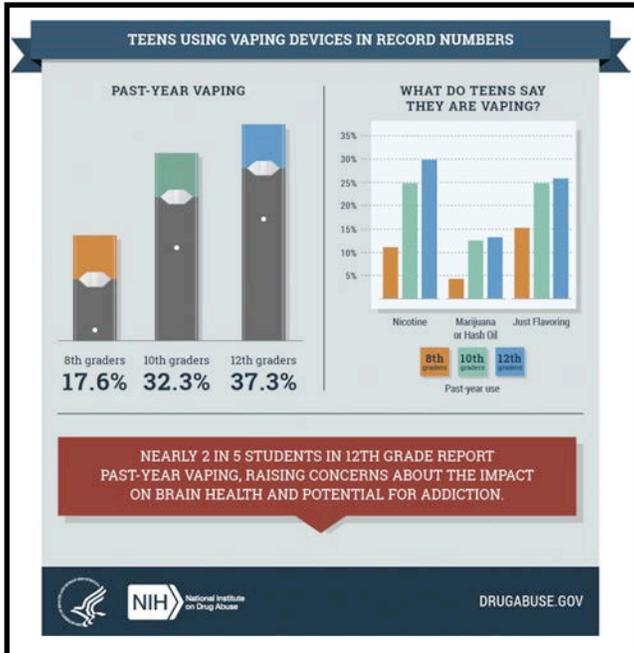
- Grant-funded, free to participants (transportation in Monmouth County available to CPC Behavioral Health's Red Bank location)
- Specializes in treatment for substance abuse and co-occurring mental health/ behavioral disorders
- Offers specific trauma-informed care
- Includes psychiatric evaluation/medication monitoring as needed

Project Insight for Adolescents

*5-session early intervention program addressing
early substance abuse concerns for adolescents
ages 12 to 18*

- Grant-funded, free to participants (transportation in Monmouth County available to CPC Behavioral Health's Red Bank location)
- Provides 5 sessions (1 intake, 3 group, and 1 family)
- Includes 2 urine drug/alcohol screenings
- Offers treatment referrals if determined necessary after the 5th session

Teen Vaping Hits Record Numbers! Parents, Be Educated and Aware



Infographic from National Institute on Drug Abuse's "Monitoring the Future 2018 Results" <http://tinyurl.com/yy9cq38>

- For a **quick overview of Monitoring the Future's 2018 teen drug use survey**, including the spike in youth vaping: "Teen Drug Use" animated infographic on YouTube, <https://www.youtube.com/watch?v=CL0q85AbzCW>.
- To become **familiar with different types of vaping devices**: Partnership for Drug-Free Kids "E-Cigarettes/Vaping," <https://drugfree.org/drug/e-cigarettes-vaping/>.
- For information on **what parents need to know about teen vaping**: Partnership for Drug-Free Kids "The Teen Vaping Trend: What Parents Need to Know," <http://tinyurl.com/y7zc4zjl> and National Institute on Drug Abuse's "Drug Facts: Electronic Cigarettes (E-Cigs)," <http://tinyurl.com/y5lz5rbq>



ANONYMOUS TEXT-A-TIP

Howell Police Anonymous Community Tip Line Available 24/7:
Report suspicious activity at www.p3tips.com or download the P3 Tips app today!

www.P3Tips.com
"Committed to Community"




GCADA
Governor's Council on ALCOHOLISM & DRUG ABUSE

The mission of the Howell Alliance is to collaborate with our citizens, schools, town government, police, businesses, and local organizations to prevent substance abuse, underage drinking, alcoholism, and tobacco use through public awareness, education, outreach resources, and the promotion of life skills and positive choices.

BE PART OF THE SOLUTION!
Alliance meetings: 3rd Tuesday of month, 12:30 pm, Howell Municipal Building

Friends of the Alliance think tanks: 1st Monday of quarter, 7 pm, Echo Lake

For more information, visit www.twp.howell.nj.us, "Departments," and "Municipal Alliance."

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.

Substance Use and Mental Health Services Resources

Howell Municipal Alliance: 732-938-4500 ext. 4012
Howell Police: 732-938-4575 ext. 2237
National Suicide Prevention Lifeline: 800-273-8255
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
For a comprehensive list of support services, visit the Alliance website <http://www.twp.howell.nj.us/540/Substance-UseMental-Health-Support-Servi>



Clean out your medicine cabinet, save a life!
Use the 24/7, anonymous Project Medicine Drop box at Howell Police Dept. (300 Old Tavern Rd.), or call 732-938-4111 for at-home pick-up by the Howell police.

www.njconsumeraffairs.gov/meddrop/

(Newsletter production by Linda Coppolino of Little Hat Marketing & Design.)

