

# PREVENTION PRESS

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*The Howell Alliance collaborates with community stakeholders to prevent substance abuse and other at-risk behaviors through awareness and education. It also promotes mental well-being and reduction of the stigmas associated with substance use and mental health disorders.*

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

**We Need Your Input!** Friends of the Alliance Healthy Community Think Tanks, 1st Monday of each quarter, 7 p.m., Echo Lake!

**FREE:** 1st Responders Support Group Held Monthly on 1st Monday, 6:00 p.m.; Provided by the Howell Alliance & CFC Loud N Clear, 260 Casino Drive, Farmingdale



**Join us** at Howell Day, Sept 21st 3-8 p.m. for the Alliance-sponsored I AM Talented Teen Talent Showcase, main stage, featuring the headliner band The Black Ties!

**Attention Parents!** Back-to-school nights are coming up! Freehold Regional High School District's is 9-19-19, 6:30 pm. For Howell Township Public Schools, visit the district's online calendar <https://www.howell.k12.nj.us/apps/events/>

## What is Kratom?

Kratom, a psychotropic supplement with potential for harm and addiction, is legally sold in many local head shops, vape stores, and convenience stores. It is also easily available online in pill, capsule, and leaf forms. Read what the National Institute on Drug Abuse has to say about kratom



using the link below, then talk to your children about its dangers...kratom is no harmless supplement! Just because something is legal doesn't mean it is safe, especially when it comes to the still-forming youth brain!

"What is Kratom?" National Institute on Drug Abuse's DrugFacts publication: <https://tinyurl.com/y2g3zjq5>

## Don't Miss:

**Page 2:** "Howell Alliance Distributes 500 DisposeRx Packets at National Night Out!"

**Page 3:** "Mindfulness: The Gateway Out of the Upside-Down"

**Back Cover:** "Prevention in Howell's Schools"

# Howell Alliance Distributes 250 DisposeRx Packets at National Night Out!

**Special thanks to DisposeRx for donating 500 DisposeRx on-site drug disposal packets to the Howell Alliance for community distribution!**

At National Night Out on August 6<sup>th</sup>, the Howell Township Municipal Alliance revealed its free promotion that was kept a mystery until the event to create interest. The tiny item—no bigger than a packet of Crystal Light—was DisposeRx, a preventive solution that addresses several major health concerns, including accidental poisoning, environmental pollution, and opioid addiction/overdose.

When DisposeRx is activated by adding water to the prescription vial containing leftover drugs, its proprietary powder forms a thick gel that renders the medication unusable and ready for safe disposal in the household trash. In June, the Howell Alliance reached out to DisposeRx for more information about the disposal packets and their availability. Immediately, the company offered to donate 500 DisposeRx packets for Howell community distribution. Out of the 500 DisposeRx packets, 250 were distributed at National Night Out. The remainder will be dispersed across the Howell community at township events and per request.

National Night Out is an annual campaign to increase crime and substance abuse prevention awareness, generate support for and participation in local anti-crime programs, strengthen neighborhood spirit and police-community partnerships, and send a message to criminals that participating neighborhoods are organized and ready to fight back. In Howell, National Night Out is coordinated by Howell PAL and the Howell Township Police Department. The Alliance was an event sponsor this year to bring awareness to substance abuse prevention.

“We were amazed at the community response to our DisposeRx giveaway. People wanted several packets to dispose of unwanted medications, liked the ease of doing it right at home, and loved the fact that DisposeRx is fine for the environment. It was great to see such proactive interest in prevention. People had great questions and stayed to chat about prevention efforts in Howell,” shares Christa Riddle, Howell



Alliance coordinator. “We asked that those who took DisposeRx packets follow up with us after using the product to gauge future interest and ease of use.”

Based in North Carolina, DisposeRx, Inc., is dedicated to eradicating the misuse of leftover medication to decrease the risk of drug diversion, accidental poisonings, overdoses, and deaths. The DisposeRx packet was designed to provide a simple, efficient, and eco-friendly solution targeted for use at the site of the problem –the home medicine cabinet.

DisposeRx adds another medication disposal option to the on-going Howell Alliance and Howell Police Department’s Project Medicine Drop program (drop off at Howell Police headquarters, 300 Old Tavern Road, or call for at-home police pick-up 732-938-4111). Positive change takes a community!

**To give DisposeRx feedback OR  
To get your FREE DisposeRx packets...**

Please contact the Howell Township  
Municipal Alliance’s coordinator, Christa Riddle  
732-938-4500 ext 4012; [criddle@twp.howell.nj.us](mailto:criddle@twp.howell.nj.us)

## Howell Public Schools’ 5<sup>th</sup> Grade LEAD Graduations



This June, 675 Howell Public Schools 5<sup>th</sup>-graders celebrated completion of the Law Enforcement Against Drugs (LEAD) program. From each of the five 5<sup>th</sup>-grade classes, one lucky drawing winner went home with a 4-pack of BlueClaws tickets as part of the LEAD graduation festivities. Throughout the school year, Howell K-8 SAC Jeanna Ribon and Howell Police Dept. SROs Maureen McBride and Jayme Higgins did an excellent job teaching 5<sup>th</sup> graders about positive decision-making, healthy relationships, and negative peer pressure refusal as middle school preparation. The Alliance enjoyed participating in the graduations and donating drawstring bags stuffed with prevention literature as the LEAD graduation giveaway! Thanks to the Howell Elks and Lakewood BlueClaws for their support!



# Mindfulness: The Gateway Out of the Upside-Down

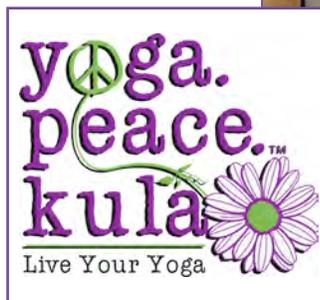
Article by Summer Deaver, executive director at Yoga Peace Kula

There are reasons why so many of our kids are obsessed with *Stranger Things*. First, the Netflix series offers a view of the world that today's youth haven't seen: a pre-internet 1980s set with kids riding around on their banana-seat bikes until dark. In the series, adventures take place within two separate realms, the "Real World" and the "Upside Down," a darker version of reality. The two worlds are separated by a gateway that almost no one knows about. Second, youth can relate to this because the interior world they live in is shockingly similar to the "Upside Down" world.

Our children today live in a post-911 world, where the mental guarantee of national safety their parents grew up with does not exist. The No Child Left Behind policy has created endless pressure on school districts and educators for students to perform well on standardized tests while reducing youth to mere numbers. Social and emotional learning (SEL) and authentic student-teacher relationships have been stripped from schools while teacher and student burnout increases exponentially year after year.

The rising number of school shootings keeps school atmospheres in a constant state of flight-flight-or-freeze response mode. It's no wonder we are struggling with substance abuse and suicide epidemics among youth, as these cultural conditions create real trauma in students' bodies and minds, as well as the school atmosphere—a darker, "Upside Down" version of the reality most of us would hope for our children.

Mindfulness is the lesser-known gateway to the realm of the "Real World," as it creates resiliency to thrive within a trauma-laden culture through cultivating an inner landscape where thoughts can be regulated. When we pause before reacting and take a deep breath, we invite choice back into our lives; this pause changes the auto-response to a



new neural pathway, essentially allowing us to create new, healthier habits. In addition to changing habits, mindfulness heightens sensitivity to others' conditions, increasing empathy and compassion.

When educators practice mindfulness, the school's climate and culture change into a safe, warm place where youth can thrive. When parents practice mindfulness, communication and compassion become more easily accessible, restoring the family unit and even the community because through relationships, trauma is healed.

As adults, it is our responsibility to mirror the way we want to see our youth interact with the world. With our example, mindfulness can help children transform their inner landscape from a dark, scary place to one of endless clarity, resiliency, and possibility. We can navigate our mental space from the "Upside Down" to a world in which we are excited to participate—a world in need of our attention.

Summer and Yoga Peace Kula partner with the Howell Alliance and Howell Public Schools to bring mindfulness and SEL professional development to as many teachers and staff as possible. The collaboration is also working to cultivate mindfulness in the Howell community. Summer, a mother, has over 20 years of full-time experience and training in the field of mindfulness and yoga.

# After the Fire Presentation at Howell High School

Seton Hall fire survivors Alvaro Llamas and Shawn Simons brought their inspiring survival stories to Howell High School this past spring to educate the senior class on the importance of situational awareness, positive decision-making, consequence consideration, and resiliency—an especially pertinent message before heading to college. During the January 19<sup>th</sup> 2000 fire in Seton Hall’s Bolan Hall, Llamas received 3<sup>rd</sup>-degree burns on more than



50% of his body. Simons sustained 2<sup>nd</sup>- and 3<sup>rd</sup>-degree burns and suffered from severe smoke inhalation. After physically and emotionally draining recoveries, the two travel the country sharing their message of hope and determination to encourage youth to stay strong during challenges and to make choices that promote health and safety. Each year, the Howell Township Fire Bureau brings the presentation to Howell High School, which is sponsored by the Howell Alliance.



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

\*Committed to Community\*

**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](http://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/](http://www.njconsumeraffairs.gov/meddrop/)




**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](http://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.*

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

