

PREVENTIONPRESS

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COLTS NECK TOWNSHIP

Presenting the Colts Neck Alliance: Get Involved!

"The Colts Neck Municipal Alliance's mission is to reduce the incidence, prevalence, and impact of alcoholism and drug abuse in Colts Neck through planning for and implementing services, projects, and programs that provide prevention, treatment, awareness, and education."

The Colts Neck Alliance serves its community as part of New Jersey's statewide Municipal Alliance initiative, established in 1989. It brings together volunteer members of the Colts Neck community from the education, law enforcement, civic, business, and private sectors who actively collaborate to bring prevention, treatment, awareness, and education projects and programs to township youth and adults.

The Colts Neck Alliance and other Alliances across the state operate under the Governor's Council on Alcoholism and Drug Abuse (GCADA), the most expansive network of community-based drug prevention coalitions nationwide with over 500 municipalities participating (visit <http://gcada.nj.gov/alliance/> online for more information). GCADA is supported by the Drug Education Demand Reduction (DEDR) fund that collects fines from drug offense convictions.

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IN THE NEWS

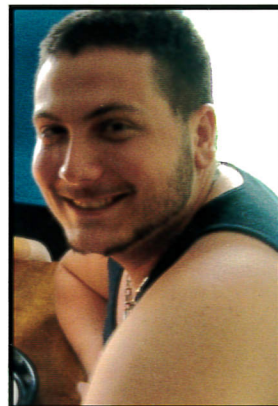
Welcome to our first edition of the *Prevention Press*, a quarterly Colts Neck Alliance publication!

"Parents Who Host Lose the Most"

is coming to Colts Neck this April! A panel of community experts— a Colts Neck police officer, an insurance agent, and an attorney— will educate parents about the real liabilities of serving alcohol to minors. Date to be announced! Call the Colts Neck Alliance at 732-308-4505 for details!

Local mom shares a powerful prevention message:

"On July 11th, 2011, Abby and Jonathan Boxman experienced a parent's worst nightmare as a knock on the door revealed a police officer there to inform them their 21-year-old son Justin had died from an accidental overdose." **Don't miss this story on page 3!**



Presenting the Colts Neck Alliance: Get Involved!

Local Alliances, through their county Alliance office, complete grant applications to qualify for GCADA funds. The grant applications identify at-risk behaviors and current substance abuse trends specific to each community based on research, statistics, and data. Alliances also rely on fundraisers and support from their municipalities to

provide prevention, education, awareness, and treatment initiatives.

In Colts Neck, the Alliance values its partnership with the Colts Neck High School. Read the below feature on Colts Neck High School's SAC, Doug Daubert!

Parents and concerned citizens: The Colts Neck Alliance needs YOUR support!

Visit the Colts Neck Alliance online for more information:

www.colts-neck.nj.us/local/cnalliance/index.htm

or call acting Alliance Coordinator Anita Dedalis, 732-308-4505

Meet Colts Neck High School SAC, Doug Daubert

Student assistance counselors, or SACs, hold an important position in schools, yet many parents are unaware of who they are and what critical resources they provide. SACs offer assistance for students and their families when behavioral or mental issues or traumatic crises arise concerning substance abuse, bullying, suicide, violence, sexual abuse, family problems, death, and other areas of concern that can negatively impact a student's physical and mental health. They are also available to help students coping with social or academic stress.



SACs provide counseling and referrals and coordinate prevention and intervention efforts with students and parents, as well as school and community professionals such as teachers, guidance counselors, child study teams, school administrators, and the municipal Alliance. They also develop and administer prevention education and extracurricular programs within the school, including peer leadership, SADD, motivational speakers, curriculum development, instruction, and in-service staff training.

At Colts Neck High School, Doug Daubert has served as the SAC since 1998; he was also the SAC at Freehold Borough High School from 1991 to 2000. Daubert got his start in the counseling field as an outpatient substance abuse counselor, but he wanted to be part of the school community. "My favorite part of my job is working with students during the four years of their high school career and seeing them be able to reach

their goals and move forward into the next phases of their lives," says Daubert.

A major part of Daubert's job at Colts Neck High School is dealing with substance abuse issues, with a shift over the past five years to a larger focus on bullying, conflict resolution, and helping students cope with stresses and failures in school. "Alcohol and marijuana continue to be the most abused drugs in our community; however, over the last 25 years, the public's perception has changed regarding these substances," comments Daubert. "They are no longer viewed as a big problem, with heroin and prescription drug abuse grabbing the

headlines, and rightfully so. The problem is, however, that alcohol and marijuana can be gateway drugs, and we now know much more about adolescent brain development and how drug and alcohol use affects the young mind. E-cigarette use by teens is also on the up and rise."

"If parents have any concerns or questions, they should just reach out and call me. I also want students to know that if they have personal issues or are worried about a friend or fellow student, my office door is always open. Everything we discuss is strictly confidential," informs Daubert. Daubert has a master's degree in counseling and human services from Montclair State University and receives on-going training and continuing education to best serve his students and their families. He can be reached at 732-761-0190, extension 1031 or ddaubert@frhsd.com.

A Local Mother's Loss Holds a Prevention Message for Other Parents: *Abby Boxman and Her Son, Justin*

On July 11th, 2011, Abby and Jonathan Boxman experienced a parent's worst nightmare as a knock on the door revealed a police officer there to inform them their 21-year-old son Justin had died from an accidental overdose. "At first, I was in denial about admitting Justin was an addict. But it soon became my mission to raise prescription drug awareness to prevent other families from experiencing our pain and loss," shares Abby.

Abby remembers the caring, loving, loyal, personable, and charming young man Justin was: "With the stigma attached to



addiction, everyone forgets the person behind the addiction. All that is remembered is the negative behavior. Justin had passion and talent for football, which ended, along with many of his friendships, when addiction set in. He was the guy who would do anything for anyone, just a nice person and a wonderful son, brother, and friend in so many ways."

Justin's road to addiction began when he started smoking marijuana at the age of 15. As a senior at Colts Neck High School, Justin was introduced to prescription pain medication as a way to get high. After one semester away at college, Justin came home, and over the next two and a half years, fought his addiction that had eventually progressed to heroin. "During this time, Justin lost his friends. He struggled to work and return to school. I remember him always being a hesitant patient, but his predisposition to addiction was stronger than his fear of needles," says Abby.

Abby's message to parents is clear, and although it is often personally difficult for Abby to share about Justin and her family's tragedy, her mission for prevention gets her through. Abby wants parents to know that having a zero tolerance for underage drinking and drugs is imperative, as is becoming educated about prevention and staying aware and alert: "If your gut tells you something is wrong, you need to trust your instincts as a parent. Know who their friends are, where they are going, when they will be home. Notice any changes in interests, activity levels, and

friends. Ask questions, and don't be afraid to disrupt their privacy. See the red flags and get help."

Abby also advises parents to be sure their children, teens, and other family members are being prescribed appropriate pain medications if an injury arises: "Having your child temporarily cry over the physical pain of an injury is better than a lifetime of crying for you and them if they become addicted to pain medications."

Another message from Abby is that parents need to be diligent about not serving alcohol to minors and must realize that marijuana and underage drinking can be gateways to addiction in the right hands: "It's like Russian roulette. You never know who is predisposed to addiction, so why take the risk? It comes with a high price. It is also imperative to act responsibly at all times with prescription pain medications. Properly secure them away from kids and teens, and be sure to immediately dispose of unused and expired prescriptions correctly, like through Project Medicine Drop at most local police stations." Abby further cautions parents to "understand that the drugs of today are not the drugs they grew up with, and that the road is pills to heroin, not beer to bong as it used to be. Parents mistakenly figure it is okay to drink underage or smoke a little weed, especially if the teenagers are supervised. This is a huge misconception."

To learn more, visit Justinthebox.org, a website and organization Abby established in memory of Justin to promote prescription drug awareness and education. The site shares Justin and Abby's story and provides necessary information on prescription drugs, including proper storage and disposal tips. There is also a "Meducation" slideshow to educate viewers about the realities of prescription pain killers and opioids.

Abby also invites parents to watch "*Moms Know Best: A Crucial Message for Parents*," a poignant and candid video on Talk Now NJ (www.talknownj.com) and Partnership for a Drug-Free NJ's (www.drugfreenj.org) websites, wherein parents share their experiences with their children's addictions from different perspectives and situations. Abby is one of the four moms in the video who discuss their real-life experiences with addiction as it impacted their children. "Educating yourself on prescription drug abuse and other drugs can save your child's life, or the life of another loved one or friend. Drug addiction can happen in any family, and at one point or another, affects just about everyone," cautions Abby. "It changes your life forever."

TEEN DRINKING: THE NOT-SO-OBVIOUS SIGNS

Although many teens— and parents— see underage drinking as a generally harmless rite of passage, it impairs the thought process, damages brain cells, and can lead to devastating consequences.



Parents, Do You Know...?

- Natural and artificial flavor extracts such as vanilla, peppermint, and almond extract often contain alcohol and can be consumed by teens for this reason; be aware of alcohol-containing substances that seem to “disappear” in your home.
- Teens turn to alcohol for many reasons, including to feel independent, cope with stress or insecurities, fit in with their peers, or rebel against authority.

- Teenage alcohol use can create lasting social, physical, mental, and educational problems.
- Parents’ attitudes towards alcohol consumption and underage drinking affect their children’s drinking behaviors.
- Alcohol can have serious negative effects and long-term consequences on the adolescent brain because it is still developing.

For more information and statistics, visit the National Institutes of Health’s “Underage Drinking” webpage: (www.niaaa.nih.gov/alcohol-health/special-populations-co-occurring-disorders/underage-drinking)



Empty your medicine cabinet and save a life! Drop unwanted prescriptions in the Project Medicine Drop box at the Colts Neck Police Department during regular business hours.

www.njconsumeraffairs.gov/meddrop/



For more information on the Colts Neck Alliance, community events, or how to get involved, contact Anita Dedalis, acting Alliance coordinator, at 732-308-4505.

The Colts Neck Alliance can be found online at www.colts-neck.nj.us/local/cnalliance/index.htm.

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<http://gcada.nj.gov/alliance>

Please note, the Colts Neck Municipal Alliance is not responsible for any resources referred. This publication is for informational purposes only, and we do not endorse any of the listed resources.



(Newsletter writing by Christa Riddle of All About Writing and production by Linda Coppolino of Little Hat Marketing & Design.)