

PREVENTIONPRESS

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



COLTS NECK TOWNSHIP

Colts Neck High School Senior Parking Permit Program Features Cara Filler, Motivational Speaker

For almost 20 years, motivational speaker Cara Filler has presented powerful, positive leadership and prevention programs to over two million students, including more than 2,500 presentations across five countries. Filler came to Colts Neck High School on March 8th as part of the senior parking permit driver safety program.

As a mandatory part of the Freehold Regional High School District's parking permit program for incoming seniors, including those attending Colts Neck High School, juniors applying for school parking permits for the following school year must attend a driver safety presentation. In addition, parents must participate in an hour-long evening meeting. If either obligation is not satisfied, a parking permit will not be issued.



"The focus of the parking program is to remind students and parents that decisions made behind the wheel can have very serious and deadly outcomes," says Anita Dedalis, acting coordinator of the Colts Neck Alliance, who funded the

program with grant money from the Governor's Council on Alcoholism and Drug Abuse (GCADA). "Driving under the influence of drugs or alcohol, driving without safety compliance, and driving while distracted by the radio, phone, or passengers can have tragic consequences. Teens need to remember this every time they hit the road."

continued on page 2

IN THE NEWS

Alcohol Awareness Month, April 2017: "Connecting the Dots: Opportunities for Recovery"



Each April, during Alcohol Awareness Month, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) hosts a nationwide, community-level campaign to educate and inform the public about alcohol consumption, alcoholism, and recovery. In addition to raising public awareness, NCADD also aims to reduce the stigmas associated with the chronic disease of alcoholism, present recovery and treatment support services, and inform communities about how alcohol use and abuse impacts individuals, families, schools, businesses, and communities.

continued on page 2

What's Inside:

"Stress Care of NJ"

page 3

"Prom Night Safety Pointers for Parents"
on the back cover

Colts Neck High School Senior Parking Permit Program Features Cara Filler, Motivational Speaker



On March 8th, motivational speaker Cara Filler came to Colts Neck High School as guest speaker for the parking permit driver safety program, sharing her personal tragedy as an example of the negative consequences that can result from careless decision-making.

A day after their 18th birthday, on an August afternoon, Filler and her identical twin sister, Mairin, were headed home excitedly after successful job interviews at the Disney Store in the mall. Mairin died in a high-speed car crash, the result of the driver speeding at over 100 miles per hour in a 30-mile-per-hour zone. Filler was in another car behind the vehicle driving Mairin, witnessing the fatal crash and present by her sister's side at the scene. The driver, Mairin's new boyfriend of less than a week, walked away from the crash. The crash occurred in Canada, where the driver's charge at the time was "dangerous driving causing death," punishable with a \$150 speeding ticket, 15 days in jail, and a five-year driver's license suspension. The driver was not drinking that afternoon, but had been an impaired driver previously.

Since that fateful summer day, Filler has dedicated her life to educating youth on the critical importance of making positive choices and speaking up for their beliefs to keep themselves and their friends safe. "I do this to empower students, teachers, parents, and complete strangers to make every-day choices count. Why? Because if it causes just one person to care more, speak up, and stand out, it is all worth it," shares Filler. "I remember what it's like to be a student, what it's like not to fit in, what it's like to lose someone you love, and what it's like to want something better for yourself and the world."

Filler's motivational presentations focus on driver and passenger safety, removing risks from situations without sacrificing fun, and speaking up for yourself and your friends; she also includes references to underage drinking, suicide prevention, and never giving up or losing hope.

"Colts Neck has quickly become one of my favorite audiences every year. This was at least my fifth visit to the school, and I am already booked for next year," comments Filler.

Alcohol Awareness Month, April 2017: "Connecting the Dots: Opportunities for Recovery"



The 2017 Alcohol Awareness Month theme is "Connecting the Dots: Opportunities for Recovery," chosen as an effort to call attention to ways individuals, families, and communities can help prevent teen alcohol use and

to "connect the dots" that can lead to recovery. The weekend of March 31st through April 2nd, 2017 was Alcohol-Free Weekend, during which NCADD encourages people to commit to three days without any alcohol consumption. If a participant has a hard time making it through the three days, it may be a sign that help is needed through NCADD's local affiliates, Alcoholics Anonymous (AA), or Al-Anon. The weekend also raises public awareness about alcoholism and the disease's prevention, treatment, and recovery.

According to the NCADD (www.ncadd.org)...

- Kids who learn about the dangers of underage drinking from their parents are up to 50% less likely to experiment with alcohol than kids who don't
- Alcohol is the deadliest drug for American teens: a 16-year-old is more likely to die from an alcohol-related problem than any other cause
- Many kids drink alone out of boredom or depression, which puts them at a greater risk for alcohol-related problems as adults
- Drinking can lead to suicide, homicide, accidental death, violent injury, disrupted families, and unwanted pregnancy
- Despite the legal drinking age of 21, high school students still consume 31 million gallons of wine coolers and 102 million gallons of beer each year.

Young people need to know that not everybody drinks, and that there are plenty of sober social activities and pastimes to participate in for fun.

For more information on alcoholism education, prevention, intervention, information, and referral, treatment, and recovery support services, visit NCADD online at www.ncadd.org. NCADD also extends at 24-hour affiliate referral at 1-800-NCA-CALL.

Stress Care of New Jersey

Stress Care of New Jersey is a licensed community mental health center that provides a full range of outpatient mental health and addiction treatment services for clients at all stages of life, from children and adolescents to adults and the geriatric population.

At the January 30th Colts Neck Alliance monthly meeting, Stress Care of New Jersey, L.L.C. shared information about its outpatient mental health and addiction treatment services. "I had reached out to the Colts Neck Alliance to inquire about their



initiatives and to see how Stress Care of NJ could be of assistance," shares Donna Ray, clinical director of Stress Care of NJ's higher-level-of-care services. "I was invited to the meeting to present information about the trends of underage drinking and the connection between depression and alcohol use in teens."

Stress Care of NJ is a licensed community mental health center that provides a full range of outpatient mental health, behavioral health, and addiction treatment services, such as partial hospitalization and intensive outpatient programs; psychiatric evaluations; medication management; individual, family, and group psychotherapy; and health education for clients at all stages of life, from children and adolescents through to adults and the geriatric population.

Located in Central Jersey, Stress Care of NJ relies on its multi-disciplinary team of professionals—psychiatrists, psychiatric nurse practitioners, licensed clinical social workers, licensed professional counselors, and other behavioral health and addiction treatment experts—to deliver optimal patient and family care. The facility's experienced staff and high-quality performance improvement program that continuously and systematically evaluates clinical, program, and patient satisfaction outcomes are critical components of Stress Care of NJ's high rankings in clinical care and patient satisfaction. Stress Care of NJ is accredited by The Joint Commission, certified by Medicare, and licensed by the NJ Department of Human Services.



Stress Care of NJ offers patients continuity of care through program coordination and linkage with referred resources, with coordinated care involving private therapists, doctors/primary care physicians, medical specialists, psychologists, hospitals, detox units, inpatient rehabilitation centers, partial care programs, mobile crisis units, schools, and/or other community service providers. Stress Care of NJ extends assistance through an array of programs, and the traditional outpatient behavioral health clinic provides therapy, substance abuse treatment, and psychiatric services for individuals ranging in age from five years old through adults and seniors. Higher-level-of-care services include The Dream Catchers Adolescent Intensive Outpatient Program (IOP) for participants 12 to 18 years old, the Adult IOP, and the Partial Hospitalization Program for individuals 18 years of age and older. Stress Care of NJ remains committed to its mission to improve the quality of life for those impacted by a mental health and/or substance use disorder.

Under the Dream Catchers Adolescent IOP, problem areas addressed for participating youth include school refusal or avoidance, poor academic functioning, eating disorders, self-harm behaviors, depressive and anxiety disorders, ADHD, substance use, autism spectrum disorders, and behavioral and family-functioning disturbances. Referrals for program participation can be initiated by hospitals, school guidance counselors, outpatient clinics and agencies, partial care programs, community and state providers, psychiatrists, physicians, and other recommendations.

Stress Care of NJ offers scheduled and walk-in intakes, same day or next day appointment availability, and opportunities to start treatment the same day as the initial visit to the facility; a psychiatric evaluation is scheduled within one week of initiating services.

For more information and program details, visit Stress Care of NJ online at www.stresscareclinic.com or call 732-679-4500. Stress Care of NJ has facilities in Manalapan and Matawan.



Prom Night Safety Pointers for Parents



Prom night is planned months in advance to ensure the creation of special memories that will last a lifetime; it also holds the potential for many life-lasting risks and negative consequences due to pre- and post-prom parties involving drinking and substance abuse.

Well ahead of prom night and on the day of the big event, parents should discuss the following prom night safety tips with their teens and parents of their teens' friends to make sure everyone is on the same page. The life of a beloved teen may depend on it.

Prom Safety Checklist to Share:

Several weeks ahead of the prom, be sure to...

- Ask your teen about pre- and post-prom party plans
- Let your teen know your concern is his/her safety, which is motivated by love
- Encourage your teen to share his/her prom night concerns or stresses
- Discuss potentially dangerous situations and how your teen should respond

Prom night, don't forget to...

- Reiterate your expectations regarding safety, drinking, and drug use
- Remind your teen to keep in touch throughout the evening and if plans change
- Offer a ride home at any point during the evening, no questions asked
- Discuss what time your teen should arrive home
- Meet the limousine driver and share your expectations for a drug- and alcohol-free evening; check the limousine and its trunk for any signs of alcohol or drugs; and clarify that there should be no stops made on the way to the prom or home

Parents should consistently educate themselves about current drug trends and reiterate the dangers of underage drinking and drug use to their teens. A special occasion is not necessary to start the dialogue. For more helpful parenting tips on prom safety and substance abuse prevention, visit www.powertotheparent.org.

(Newsletter writing by Christa Riddle of
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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.



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/

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!

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