

# 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

### IN THE NEWS

### Did You Know? October Is Awareness Month for...

- **National Bullying Prevention Month**  
(see below)
- **Domestic Violence Awareness Month**
- **Mental Illness Awareness Week,**  
Oct. 7<sup>th</sup>-Oct. 13<sup>th</sup>
- **National Fire Prevention Week,**  
Oct. 7<sup>th</sup>-Oct. 13<sup>th</sup>
- **Red Ribbon Week,**  
Oct. 23<sup>rd</sup>-31<sup>st</sup>
- **National Depression Screening Day,**  
Oct. 11<sup>th</sup>

### October Is National Bullying Prevention Month

October as National Bullying Prevention Month took root in 2010 to raise awareness of bullying prevention at the community level (2006 to 2009, it was a week-long campaign). PACER's National Bullying Prevention Center "actively leads social change to prevent childhood bullying so that all youth are safe and supported in their schools, communities, and online" (<http://www.pacer.org/bullying/about/>).

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### "Respect Week" Speaker Comes to Colts Neck High School

*Bias, prejudice and discrimination affect everyone and are often the root cause of human conflict, even among strangers.*

During Respect Week (October 1<sup>st</sup> to 5<sup>th</sup>), Dave D'Amico, a 28-year law enforcement veteran, will deliver an interactive workshop to Colts Neck High School freshman to examine the definitions of prejudice and discrimination. D'Amico will discuss causes and examples of the biases and stereotypes surrounding these concepts while empowering students to recognize their own biases and move beyond them to achieve a more balanced ability to evaluate and understand others.

D'Amico began his career with the New Jersey State Department of Corrections and joined the Asbury Park Police Department six years later, where he was later promoted to detective in the investigations section. For over 14 years, D'Amico served as a detective for the Monmouth County Prosecutor's Office, where he investigated bias crimes and promoted community relations.

Eventually, D'Amico retired and moved to Fort Lauderdale, Florida, joining the Broward County Sheriff's Department as a deputy sheriff. After returning to New Jersey, D'Amico recently accepted the position of chief investigator for the Middlesex County Department of Corrections and Youth Services.

D'Amico is a Federal Law Enforcement Training Center certified trainer in bias crimes investigations, cultural diversity, community relations, sensitivity training, and criminal investigations. He is also past commissioner of the Monmouth County Human Relations Commission, past president of the New Jersey State Bias Officers' Association, an adjunct professor at Brookdale Community College and Kingsborough Community College, and a consultant with the Simon Wiesenthal Center in New York City and Los Angeles.

D'Amico has addressed thousands of students and many community groups, and for his work in promoting prejudice reduction and combating bias crimes, he received the 2008 Hela Young Memorial Award, given annually by the New Jersey Commission on Holocaust Education. In April 2011, D'Amico was honored with the American Conference on Diversity's Humanitarian Award and earned the Harvey Milk Leadership Award from the Pride Network in Asbury Park in October 2014.

October 1<sup>st</sup> through 5<sup>th</sup> has been designated Respect Week in New Jersey schools.

# School-Year Stress Management for Students



Back to school means the return to academic, sports, and heavy-schedule stressors for most students, a stark contrast to the more relaxed pace of summer. In a recent American Psychological Association (APA) survey, young people commonly experience peaks in unhealthy stress levels during the school year. In fact, the 2013 APA survey indicated that teens identify their top stressor as school.

With the start of the school year underway, parents and students must be aware of the warning signs of stress and familiarize themselves with stress management strategies that can help young people cope with the pressures they and their peers face.

Proactive stress management and stress coping skills are imperative to keeping kids mentally and physically healthy. As teen suicide numbers rise, society must be in tune to young people's stress levels and know how to properly intervene—personally and with appropriate professional resources—to avoid further distress.

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). The CDC reported that from 2006 to 2016, the suicide rate for white children and teens ages 10 to 17 increased by 70%; for black children and teens of the same age bracket, the increase was 77%. In New Jersey, suicide is the third leading cause of death for youth ages 10 to 24.

## Warning Signs of Stress in Students

Stress can negatively affect students' physical and emotional well-being, leading to...

- Nervousness, anxiety, anger, and irritability
- Trouble focusing
- Negative thoughts
- Changes in appetite and sleeping habits
- Neglected responsibilities
- Substance abuse or underage drinking

## Stress Management Strategies for Students

To help alleviate their stress, students can...

- Regularly participate in enjoyable group and/or individual activities
- Increase nightly sleep to 9 hours for physical and mental well-being
- Eat nutritious foods for energy and a strong immune system
- Balance a busy calendar with time scheduled for relaxation and fun
- Engage in pleasurable activities or hobbies that highlight natural talents and build confidence; volunteer work can also be very rewarding
- Take time to laugh and try to see the lighter side of upsetting situations
- Share feelings with and get advice from a trusted and compassionate adult

## Parental Support Strategies to Help Students Manage Stress

Parents can help their children ease stress by...

- Acting with compassion and understanding
- Knowing the above warning signs of stress and taking immediate action to help
- Building a comfortable rapport with their kids through on-going sharing and conversation
- Reserving undistracted time to listen without imposing parental expectations
- Setting a positive example of how adults handle stress
- Scheduling frequent, special family times and breaks away from daily routine stresses that the whole family can look forward to

If your child does not seem able to manage his/her stress, it is important to enlist the help of a professional, such as a school counselor, therapist, doctor, psychologist, or certified life coach.

For more information, visit the American Psychological Association's website...

Stress management tips for students: [www.apa.org/helpcenter/stress-teens.aspx](http://www.apa.org/helpcenter/stress-teens.aspx)

Pointers for parents to help manage their children's stress: [www.apa.org/helpcenter/stress-talk.aspx](http://www.apa.org/helpcenter/stress-talk.aspx).

# Crisis Text Line: Free, Confidential, 24/7 Support

***Text “HELLO” to 741741 to connect  
with a trained crisis counselor***



In 2011, Nancy Lublin, CEO of DoSomething.org (a separate entity from Crisis Text Line), started the workings for Crisis Text Line, the first national resource of its kind when it launched in 2013 as a crisis-intervention text hotline. After DoSomething.org employee Stephanie Shih shared with Lublin distressful text messages she had received from a teen originally communicating about DoSomething.org, Lublin took action.

While it mostly services teens, Crisis Text Line—a not-for-profit organization—offers free, 24/7, anonymous, and confidential support to people of all ages struggling with issues ranging from relationship trouble and situational stress to violence, depression, and suicide. Crisis Text Line receives about 15,000 messages a day, with each conversation lasting for about an hour of back and forth. To date, the hotline has processed over 79 million messages as the need for support grows.

Texting is a popular means of teen communication and allows teens at almost any time and location to discretely reach out for support and direction during an immediate or on-going crisis. Crisis Text Line lets teens know that someone is willing to listen and cares at a time of need, and teens seem apt to share more when texting versus talking face-to-face.

After sending an anonymous text, hotline users receive back a welcome message alerting them

to Crisis Text Line's privacy policy and the texter's capability to stop texting at any time. A trained counselor responds within 5 minutes 83% of the time, using open-ended questions and other strategies that convey empathy and understanding delivered with a human touch. An algorithm reviews incoming texts to identify imminent-risk texters. Trained volunteer counselors are supervised by full-time paid staff with master's degrees in mental health or related fields.

For more information on Crisis Text Line, as well as ideas on how to share the resource with peers, schools, and communities, visit [www.crisistextline.org](http://www.crisistextline.org). The website also provides information on how to become a volunteer crisis counselor and offers viewers “fast facts” and blogs about topics such as depression, anxiety, and suicide.

Crisis Text Line hopes some day its abundance of anonymous data on mental health trends can inform the actions and responses of communities, schools, and police departments. Currently, Crisis Text Line is available in the U.S., Canada, and the United Kingdom.



## Naloxone Mandatory in NJ High Schools



Last June, New Jersey legislators passed into law the requirement that high schools be prepared with a supply of naloxone to save lives from opioid overdoses during school hours and after-school functions.

Naloxone, manufactured under brand names such as Narcan®, works to immediately reverse and block the effects of opioids such as heroin, prescription painkillers (oxycodone, hydrocodone, and codeine), morphine, methadone, and fentanyl. Schools must be prepared with a plan for naloxone administration by the school nurse or other trained staff in the event of a suspected opioid overdose.

Signs of an opioid overdose include slowed breathing, unresponsiveness, choking or gurgling, blue lips and nails, droopy eyes with restricted pupils, and cold, clammy skin. Naloxone is not an antidote against non-opioid overdoses, such as alcohol, cocaine, and methamphetamines.

Breathing usually resumes within two to three minutes after administering the first dose of naloxone, but since normal breathing may not fully resume, the affected person should receive further medical care at a hospital that can also assist with providing substance abuse treatment resources.

According to NJ Cares (<https://www.njares.gov/>), there were 9,162 naloxone administrations from January 1<sup>st</sup> to July 31<sup>st</sup> 2018 and 1,970 overdose deaths from January 1<sup>st</sup> to August 26<sup>th</sup> 2018 in New Jersey.



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](http://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/](http://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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"Writing help is just a call or click away!"

