

The Center for Alcohol and Drug Resources

Prevention Program Guide

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Bergen County Prevention Coalition Programs - No Cost in Bergen County

Audience	Program	Description	# of Sessions	Session Duration	Contact Person
Parents/Guardians Municipal Alliances Community Groups Schools (Adult Audience)	Current Drug Trends	Presentations and workshops are available on emerging drug trends, such as THC and CBD concentrates and Electronic Nicotine Devices (ENDs). These workshops are designed to help identify drug paraphernalia, learn new information about trends, educate about addiction, as well as outline the signs or symptoms of being under the influence or a substance use disorder. Additional items are included as new substances of misuse enter the market. We can tailor presentations to suit the size and need of the school or community organization.	1-2	Approx. 1 Hour (can work with time restraints)	Sarah Lauber slauber@cafsnj.org 201-740-7109
Parents/Guardians Municipal Alliances Community Groups Schools (Adult Audience)	Hidden in Plain Sight (HIPS)	An interactive evening highlighting the recreation of a teenager's bedroom in which various drug paraphernalia or "stash items" are hidden. The program includes current Cannabis and Nicotine items as well as other commonly misused substances. Parents/Guardians are encouraged to walk through and search with the awareness that some items may not be what they seem. The event includes a presentation identifying and explaining some of the items the audience discovered and how parents may be unaware of the items' potential uses. This program is available for parents/guardians, coalitions, associations, schools, etc.	1 (or can do multiple if part of pre-prom program)	Approx. 1 – 1.5 Hours	Sarah Lauber slauber@cafsnj.org 201-740-7109
Parents/Guardians Municipal Alliances Community Groups Schools (Adult Audience)	Parents Who Host Lose the Most (PWH)	"Parents Who Host Lose the Most" is an awareness campaign intended to educate parents about the health and safety risks associated with serving alcohol at teenage house parties and increase awareness of and compliance with underage drinking and social hosting laws. In, NJ, it is illegal to serve alcohol to a minor who is not their child. Alcohol is still the most commonly misused substance by youth.	1	Approx. 1 Hour	Sarah Lauber slauber@cafsnj.org 201-740-7109
Municipal Alliances Coalitions Parents/Guardians	Cannabis: Know the Facts	A presentation for the community that will cover an overview of the legislation and focuses on understanding today's cannabis, some ripple effects as evidenced by other states, and understanding the implications on the adolescent brain and well-being.	1	Approx. 1.5 Hours	Sarah Lauber slauber@cafsnj.org 201-740-7109

Audience	Program	Description	# of Sessions	Session Duration	Contact Person
Teachers School Employees Parents/Guardians Municipal Alliances Coalitions	An ACE Score is not a Game!	This presentation focuses on the ACE (Adverse Childhood Experiences) study which looked at three categories of adverse experience: childhood abuse, neglect, and household challenges. Learn how childhood trauma can affect the potential for substance misuse, socialization and academics, some carrying into adulthood. The 40 Developmental Assets provide positive supports and help youth identify their strengths.	1	1 Hour	Sarah Lauber slauber@cafnsj.org 201-740-7109
Parent/ Guardian Community Groups	Topic Specific Update	If there is a topic of concern in your school or community we can tailor programs or workshops based on the need. Topics may include but are not limited to: Underage Drinking, Marijuana, Vaping/Tobacco, Illicit Drugs, Prescription Medicine, New and Emerging Drugs Trends, Refusal Skills, etc.	As needed	1 Hour (can work with time restraints)	Sarah Lauber slauber@cafnsj.org 201-740-7109
Alcohol Outlets Liquor Stores Bar Staff Caterers	TIPS (Training Intervention Procedures)	TIPS: Training for Intervention Procedures, is a restaurant/bar server training program that aims to prevent alcohol related problems in both consumer and commercial setting. TIPS teaches servers the skills needed to identify behavioral cues of a patron who may be intoxicated. TIPS also teaches appropriate ways to handle such a situation to ensure they (the staff person and establishment) stay in compliance with the law, don't aggravate the situation at hand or cause disruption to other guests. TIPS also teaches staff about the legal liability they face when serving alcohol and the legal liability an establishment may face. <i>*Individuals who pass the national exam get a certification valid for 3 years.</i>	1	4 Hours	Sarah Lauber slauber@cafnsj.org 201-740-7109
School Staff Development Parents/Guardians	Coping and Resiliency	Stress and Resiliency: Turning the Impossible into I'm possible. Learn how to stay resilient during a challenging time. The focus is learning to find the positive in any situation and keep progressing forward. This virtual program was created as a response to the stress many are feeling during the COVID-19 pandemic. It was created in collaboration with the New Jersey National Guard Anti-Drug Task Force and The Center for Drug and Alcohol Resources, the lead agency for the Garfield Prevention Coalition and the Bergen County Prevention Coalition.	1	Approx. 1 Hour	Sarah Lauber slauber@cafnsj.org 201-740-7109
Parents School Staff	Over the Counter Medication Safety	This presentation focuses on the risks of using OTC (over the counter medications) incorrectly as well as the importance of understanding how active ingredients interact with other substances. Also mentioned is how to safely store and dispose of OTC medications away from children, vulnerable adults, and pets. Correct measurement techniques are recognized, and tips are given for organizing and remembering when to take OTC medications.	1	Approx. 1 Hour	Sarah Lauber slauber@cafnsj.org 201-740-7109

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Youth Students	Be Your Best Self: A Roadmap to Discovery	An enlightening presentation to teach youth how different substances impact the brain, information on peer pressure and stress, and healthy coping mechanisms. After the presentation, youth will know how to “pave the way to wellness.”	1	Approx. 45mins (can work with time restraints)	Sarah Lauber slauber@cafsnj.org 201-740-7109
Youth Leadership	Sticker shock	Sticker Shock is a community awareness program designed to prevent people 21 and older from purchasing alcohol & providing it to underage individuals. Participants involved in Sticker Shock events, visit partnering liquor stores and place bottle hangers, stickers, and window clings with a warning message about the penalties for providing alcohol to anyone under 21. This unique program represents a partnership among youth, retail establishments, law enforcement, and prevention specialists. It’s a great opportunity for community groups, faith based groups, school-based programs, or any group interested in preventing underage drinking. <i>*Community service hours awarded</i>	1 or more	Approx. 30mins	Sarah Lauber slauber@cafsnj.org 201-740-7109
Youth	Verified Influencers	A training to teach youth the categories of substances, how substance use impacts the brain, and understand why teens may start using substance in the first place with key information on mental health. Participants will learn how to support their friends and/or peers during the training. Participants take a quiz during the second session and will get a certificate after passing. <i>*Community service hours awarded</i>	2	1.5 Hours	Sarah Lauber slauber@cafsnj.org 201-740-7109

School Programs

Audience	Program	Description	# of Sessions	Session Duration	Cost associated	Contact Person
1 st -12 th	My Generation Rx	My Generation Rx” includes resources designed to educate teens about the importance of using medications safely, as well as teaching teens key skills to turn down invitations to misuse and positive alternatives to cope with the demands of life. This will be done through PowerPoint presentations, role play, and games. By learning about safe opiate use and alternative options, youth will be less likely to abuse medicinal opiates preventing the transition to heroin. “My Generation Rx” is a nation-wide educational initiative to promote safe medication practices in an effort to prevent the misuse of prescription drugs. Generation Rx is offered through a partnership between the Cardinal Health Foundation and The Ohio State University College of Pharmacy. The program is based on evidence based practices and is on the New Jersey Department of Education, Curriculum Resources for Educating Children about the Dangers of Substance Abuse, list.	2-4	40-45 min	Fee For Service*: Call for pricing	Marigrace Flynn: mflynn@cafsnj.org 201-740-7098
Grades 1 or 2	Forest Friends	This primary prevention program utilizes puppets to help students learn skills to appropriately express feelings, resolve conflicts, and establish healthy relationships with adults and other children. Each week’s session builds on the lessons learned in previous ones. In every session, the students are told a story using the Forest Friends puppets covering the following topics: feelings and communication, honesty and trust, respect, self-image/self-esteem, decision making and diversity. After the story, a discussion and related activity follows. The students are given a pre/post test on the program topics. Parent letters are sent home each week. Program evaluations are given to the classroom teacher. Although the Forest Friends program is not evidence-based, it was designed on evidence-based principles (classroom size audience 30 student maximum).	6	40-45 min	Fee For Service*: Call for pricing	Marigrace Flynn: mflynn@cafsnj.org 201-740-7098

Audience	Program	Description	# of Sessions	Session Duration	Cost associated	Contact Person
Grades 2 or 3	Footprints for Life	This evidence-based program builds important life skills and social competencies by using puppets in “real life” situations experienced by a children’s soccer team. Students develop their planning and decision making skills, interpersonal skills, and peer pressure resistance skills. They learn peaceful conflict resolution and continue to develop their cultural competence. The six lessons are: (1) Feelings and “I” Messages; (2) Conflict Resolution; (3) Making Decisions; (4) Alcohol, Tobacco, and Other Drugs; (5) Coping Skills; (6) Diversity and Program Review. A short homework sheet and parent letter accompanies each lesson. Program evaluations are given to the classroom teacher (classroom size audience 30 student maximum).	6	40-45 min	Fee For Service*: Call for pricing	Marigrace Flynn: mflynn@cafsnj.org 201-740-7098
Grade 3	Elementary Alcohol, Nicotine and Other Drug Presentation	This program based on evidence-based principles discusses, “What is a drug?” Medicine, legal drugs and illegal drugs are discussed. Students gain knowledge that although medicines are drugs that are developed to cure or lessen the effects of diseases and injuries, these drugs can be harmful when not taken correctly. Also, students learn the differences between prescription and over-the-counter medications, and who he/she can take medicine from. The legal drugs, nicotine and alcohol, are presented in more detail including how these drugs affect the body. Finally decision making, peer pressure and coping skills are developed, and students role play different decision making scenarios (classroom size audience 30 student maximum).	2	40-45 min	Fee For Service*: Call for pricing	Marigrace Flynn: mflynn@cafsnj.org 201-740-7098
Grades 4 to 6	Too Smart to Start	This is a program designed to equip students with what they need to know, do, and say about underage alcohol use. At the end of the lesson, students should be able to: (1) Describe some of the effects of alcohol on the brain and body; (2) Identify effective alternatives to using alcohol; and (3) Determine how to say no and respond to difficult situations including those involving alcohol. This program is a collaboration based on evidence based practices and principles and was designed by the Substance Abuse and Mental Health Services Administration (SAMHSA) and Scholastic Inc. Students learn the dangers and consequences of underage drinking and are better equipped to respond assertively in peer pressure situations (classroom size audience 30 student maximum).	1 or 2	40-45 min	Fee For Service*: Call for pricing	Marigrace Flynn: mflynn@cafsnj.org 201-740-7098

Audience	Program	Description	# of Sessions	Session Duration	Cost associated	Contact Person
Grades 6 th – 8 th	Teen Education Series <i>* This series can be customized for your needs</i>	This program consists of three presentations for each group of students (usually 1 session a week for 3 weeks). The three presentations are as follows: 1. <u>Refusal Skills</u> is a program that teaches students how to identify trouble situations and analyze the need for refusal skills. Students discuss various ways to say “no” and also discuss the importance of delivering their refusal in an assertive (instead of a passive or aggressive) way. Role play scenarios are included. 2. <u>What Do You Know About Alcohol</u> is a program that teaches facts about alcohol, how alcohol affects your body especially the brain, why the drinking age is 21 years old, alcohol poisoning, and the 911 Lifeline Legislation. The Turning Technologies Response System is used to make the presentation interactive. It is a PowerPoint based presentation where students respond using clickers (transmitters) to input their answers to questions. Then the receiver on the laptop calculates and graphs how the class as a whole responded. This is a starting point for further discussion. 3. <u>Nicotine, Marijuana and Other Drugs</u> is a program that answers the question, “What is addiction?” The presentation also discusses the facts, signs and symptoms and short and long term effects of the following drugs: nicotine, marijuana, prescription drugs, over the counter drugs, heroin and synthetic drugs. Places to get help are also discussed. The Turning Technologies Response System (see description above) is used to make the presentation interactive. (classroom size audience 30 student maximum).	3	40-45 min	Fee For Service*: Call for pricing	Marigrace Flynn: mflynn@cafnsj.org 201-740-7098
Grades 6 th – 8 th	Second Step Bullying and Substance Abuse Prevention Program	The Second Step Bullying and Substance Abuse Prevention program is an evidence based curriculum designed to decrease aggression, bullying and substance abuse and to increase students’ social skills and school success. The classroom based prevention program uses video clips, group work, class discussions, and skill practice. Five themes covered across the lessons: (1) empathy and communication; (2) emotion management and coping; (3) problem solving, decision making, and goal setting; (4) bullying prevention; and (5) substance abuse prevention. Students take a pre/post tests to measure	10	45 min	Fee For Service: Call for pricing	Marigrace Flynn: mflynn@cafnsj.org 201-740-7098

Audience	Program	Description	# of Sessions	Session Duration	Cost associated	Contact Person
		the change in the acceptance of physical aggression, verbal derogation, and social exclusion and in the level of perceived social-emotional competence. The goal of this program is to decrease bullying behavior in the school and to increase the students' empathy skills, communication skills, problem solving skills, and active listening skills (classroom size audience 30 student maximum).				
Grades 8 th – 11 th	Keys to Innervisions (KIV)	KIV is an educational curriculum about change, specifically changing the beliefs and behaviors that lead to violence, drug abuse/dependency, criminal behavior and social failure. The program teaches that in order for individuals make lasting and meaningful changes in behavior, they must want to change and develop attitudes to move them toward that change (classroom size audience 30 student maximum).	8	40-45 min	Fee For Service*: Call for pricing	Marigrace Flynn: mflynn@cafsnj.org 201-740-7098
Grades 9 th – 12 th	Teen Education Series <i>* This series can be customized for your needs.</i>	This program consists of three presentations for each group of students (usually 1 session a week for 3 weeks). The three presentations are as follows: 1. <u><i>The Study of the Brain and Addiction</i></u> will teach how various drugs affect your brain, the chemical changes caused by drug and alcohol misuse and abuse, and how this impacts your daily living. Students will gain an understanding of the progression from abstinence to experimentation through abuse and addiction. 2. <u><i>Social Media, Binge Drinking, and 911 Lifeline</i></u> is a program that discusses the following: (1) The Dos and Don'ts of using Social Media; (2) What is binge drinking including the consequences and dangers; (3) 911 Lifeline Legislation and its importance. 3. <u><i>Marijuana, K2 Spice, Prescription Drugs and Heroin</i></u> presentation includes facts about the drug, consequences of use and risk of abuse and addiction. The Turning Technologies Response System would be used to make the presentation interactive. It is a PowerPoint based presentation where students respond using clickers (transmitters) to input their answers to questions. Then the receiver on the laptop calculates and graphs how the class as a whole responded. This is a starting point for further discussion.	3	40-45 min	Fee For Service*: Call for pricing	Marigrace Flynn: mflynn@cafsnj.org 201-740-7098

Middle/ High School Students	7 Habits for Highly Effective Teens	The 7 Habits of Highly Effective Teens program guides participants to expand and develop leadership principals to help with the tough choices they face daily. Through interactive activities, self-reflection, and discussion participants will build up their interpersonal skills and self-confidence to gain greater control of their lives. As part of the program, all participants will receive the 7 Habits for Highly Effective Teens book and the complimentary workbook. Small group of 8-12 youth preferred	8* *Introduction class available	45 min – 1 hour	Call for pricing Cost of Books separate	Marigrace Flynn: mflynn@cafsnj.org 201-740-7098
Middle/ High School Students	Rising Over the Vapor (Assembly)	This assembly provides an educational foundation for students to learn the risks associated with Electronic Nicotine Delivery Systems (vapes/juuls). This presentation consists of an overview of the types/parts of a vaping device, the e-liquids/contents of the “vapor”, nicotine and the developing brain, lack of long term research of health consequences/ FDA regulation, as well as industry and marketing ploys targeting youth. This presentation is engaging and dispels the myth that these devices produce a “harmless water vapor”.		1 class period	Fee For Service*: Call for pricing	Marigrace Flynn: mflynn@cafsnj.org 201-740-7098

Child and Teen Programs

Audience	Program	Description	# of Sessions	Session Duration	Cost associat	Contact Person
Children and Teens	Healthy Visions (Supportive Education Program for Children of Addicted Parents)	This program is supportive education for children who have parents/guardians who are struggling with or are in recovery from the disease of addiction. The interactive activities and discussions are designed to help our youth participate in healing groups and develop skills they need to gain strength from their own resiliency. Youth will be able to explore their feelings, learn they are not alone, and recognize the stressful things that might happen in their families is not their fault.	6	1 hour	FREE	<hr/> Jan Ramos jramos@cafsnj.org 201-740-7081
Parents/ Guardians & Youth	CHAT (Creating Healthy Attitudes in Teens)	An interactive, reflective, and introspective program for adolescents who are beginning experimentation with alcohol or other substances, or whose parents are concerned about potential use. The program includes an educational component for parents and caregivers to understand the challenges teens face on a daily basis with relation to the substances available, pressure to fit into a culture that accepts, and may promote substance use as a normal teen experience. Teens who attend the program will have an increased awareness of why they use, impact of their use, progression of addiction, and alternatives to using.	1	2 Hours	FREE	Devlynn Ferguson dferguson@cafsnj.org 201-740-7069

Older Adult Programs

Program	Description	# of Sessions	Session Duration	Cost associated	Contact Person
My Generation Rx: Safe Medication Practices for Better Health	Medications help us live longer and healthier lives. They can also produce harmful effects when not used properly. These resources are designed to inspire safe medication practices for life. This program is designed for offer helpful information about appropriate medication use for an older adult audience. <i>Light Refreshments included.</i>	2	1 hour	Fee for Service: Call for Pricing	Marigrace Flynn: mflynn@cafsnj.org 201-740-7098
Get Connected	This program developed by SAMSHA, the National Council on Aging, and the Administration for Community Living to increase awareness of substance and medication misuse and mental health conditions in older adults. Topics covered include: life transitions, signs of substance or medication misuse, the importance of prevention and screening, mental health in older adults, and how to discuss sensitive issues with health care providers. <i>Light refreshments are provided.</i>	3	1 hour	Fee for Service: Call for Pricing	Marigrace Flynn: mflynn@cafsnj.org 201-740-7098
Wellness Initiative for Senior Education	<p>This 6-session program celebrates healthy aging by educating older adults about the positive aspects of growing older, maintaining a positive attitude and developing a comprehensive plan for working with all your health care professionals. Participants gain an understanding of common aging issues so they can avoid problems associated with the interaction of over-the-counter, prescription medication, herbal remedies and alcohol while supporting their ability to make positive lifestyle choices as they age.</p> <p>Each session covers a new topic, such as myths around aging, positive focus, medicines and interactions, creating a health plan for managing your relationships with health care professionals, and creating goals and making the best use of your life experiences and wisdom. Participants are provided with ample opportunity for interaction, participation and discussion.</p> <p><i>Lunch and gift card incentives provided.</i></p>	6	2 hours	FREE	<p>Bergen: Terrina Baldwin: tbaldwin@cafsnj.org 201-740-7148</p> <p>Passaic: Bridget Souza bsouza@cafsnj.org 201-740-7011</p>

<p>Take Control of Your Health</p>	<p>This 6 session program is for adults 55 and older who have an ongoing health condition or pain or are caregivers for someone with a chronic decision. This program connects older adults and teaches strategies for managing symptoms, working with health care professionals, and skills like setting weekly goals, problem-solving, relaxing, handling difficult emotions, eating well, and exercising safely and easily.</p> <p><i>Lunch and gift card incentives provided.</i></p>	<p>6</p>	<p>2 hours</p>	<p>FREE</p>	<p>Bergen: Terrina Baldwin: tbaldwin@cafsnj.org 201-740-7148</p> <p>Passaic: Bridget Souza bsouza@cafsnj.org 201-740-7011</p>
<p>Celebrating Seniors</p>	<p>Celebrating senior provides programs to help keep seniors connected while improving wellness and reducing isolation. Programs include: Senior Fitness Series, Mindful Bodies, Celebrating Senior Newsletter, and other guest speakers. This program is open to seniors in Passaic and Bergen County. For up to date program offerings go to: https://www.tcadr.org/celebratingseniors/</p> <p>Some programs are in person and some are virtual.</p>			<p>FREE</p>	<p>Bergen: Terrina Baldwin: tbaldwin@cafsnj.org 201-740-7148</p> <p>Passaic: Bridget Souza bsouza@cafsnj.org 201-740-7011</p>

Parenting and Family Programs

Audience	Program	Description	# of Sessions	Session Duration	Cost associated	Contact Person
Family	Strengthening Families Program	The Strengthening Families Program for parents and youth is delivered over seven or fourteen weeks in parent, youth, and family sessions that are highly interactive and include role-playing, discussions, learning games, and family projects. This family skills program is designed to delay the onset of alcohol, tobacco, and other drug use, increase resistance to peer pressure, and improve parent management skills. <i>Families are provided with dinner, free babysitting, transportation (if needed), and a \$100 Visa Gift Card upon graduation.</i>	Youth ages 6-11: 14 weeks Youth ages 10-14: 7 weeks	2.5 hours	FREE	Jan Ramos jramos@cafsnj.org 201-740-7081
Parents	EPIC Parenting (Every Person Influences Children)	Through participation in the EPIC program parents experience increased confidence, more positive view of their role as a parent, and the greater the levels of interaction with their children, improved relationships with their children, and gain a set of skills to use as their children grow. This allows for children to become better prepared for school and personal success. The EPIC program has been recognized countywide and statewide for being cost efficient, results oriented, and parent friendly. <i>**Counts for mandated parenting class**</i>	12	2	\$240	Lannie Jaconia: Ljaconia@cafsnj.org 201-740-7110