



**BERGEN COUNTY**  
**Prevention**  
**Coalition**



**THE CENTER**

FOR ALCOHOL AND DRUG RESOURCES  
A Program of Children's Aid and Family Services

# September Newsletter

**SEPTEMBER 13<sup>TH</sup>, 2019**

**EPIC wins  
an award!**

**Plenty of  
training  
opportunities!**

**Vaping Bans**

# LETTER FROM THE COORDINATOR

## Time to get going again!

Let's talk about the recent vape talks...

Happy September, heroes in prevention! As the summer is winding down, I hope you all gave yourself a chance to recharge and rejuvenate in some way. Avoiding burn out is extremely important, so make sure you take the time for some self-care!

I wanted to take this opportunity to talk about the recent development in the world of vaping prevention. Earlier this week, the [Trump administration calls for immediate action regarding the banning of flavored e-cigarettes](#). There are no definitive plans in place just yet, but the implication is that policies will be put in place nation-wide, mirroring what San Francisco and Michigan have already implemented.

A concern of mine is what has been appearing all over my social media feeds the past two days. Many friends of mine are unaware of the dangers of vaping, which comes to no surprise.

The population at large is still in the belief that vaping is "safer" than traditional cigarettes. This may have been seen as true at first, but more and more people are realizing that we honestly have little to no knowledge of the long-term effects. Essentially, this generation of smokers are the guinea pigs for the side effects of vapes.

One troubling perspective that many seem to have taken in is that these newly developed efforts to ban flavored are being pushed by the traditional cigarette industry. Many people are starting to believe that if this ban of flavored e-cigarettes go through, that all of the smokers, including the children being affected, will instantly jump to traditional cigarettes.

Regardless of your stance on politicians taking money from lobbyists, I am disappointed that the push for banning flavored e-cigarettes is starting to be diminished by people having this belief. While there may not be as many deaths as traditional cigarettes, opioids, or underage drinking, this epidemic needs to be stopped **now**. This needs to be a preventative measure while we still can, rather than waiting for more damage to be done.

The main priority for these bans are not for those who are legitimately attempting to use e-cigarettes for cessation purposes. These bans for flavored e-cigarettes are for **the children of this country**. If you hold up a traditional cigarette to most children, they will tend to agree that it is disgusting and bad for you. Holding up a vape, you get an entirely different reaction. These flavors that are available are so incredibly enticing to children, especially to those children that are tricked into believing that these flavors contain no nicotine.

Flavors or not, nicotine is a significantly damaging chemical to the growing brain. Banning away flavored e-cigarettes will protect the children that much more, and will certainly not instantly convert them into traditional cigarette smokers. So please, if you run into someone who is unaware of the importance of this ban, please take the time to educate them. Or, even take the time to educate yourself on the implications of this ban! Fight for what is right for the future of these children, because you are the one that is in this field of prevention. You know the dangers better than others, so you need to be the one with the outspoken voice.

Thank you for helping me in this fight,

*Mike Silverman*



# MESSAGES FROM THE MEMBERS

## Learn about your partners!

This section will be the place where you can advertise your agency, your event, your training, or whatever else you may want the coalition to know about!

Garfield's own youth leadership group, EPIC (Empower Peers and Inspire Change), has been selected as the recipient of the Motivation Award from the Lindsey Meyer Teen Institute (LMTI).

EPIC tackles the various substance abuse issues throughout the city of Garfield, utilizing the Strategic Prevention Framework model to assess what changes need to be made, and taking the correct steps to implement the best possible programs, policies, and practices.

Leadership from the group came together to create a "How to be EPIC" toolkit, which can be utilized by other communities to create their own EPIC youth group. Students from EPIC Garfield have taken the time to help train emerging groups in Teaneck and Englewood.

For additional information about EPIC and their successes, please check out EPIC's various channels of social media.

<https://www.facebook.com/GarfieldEPIC/>

[https://www.instagram.com/garfield\\_epic/](https://www.instagram.com/garfield_epic/)

**EPIC**  
EMPOWER PEERS & INSPIRE CHANGE



# 6<sup>th</sup> ANNUAL *The Tree of Addiction*

2019 ALCOHOL, TOBACCO, AND OTHER DRUGS CONFERENCE

Teaneck Marriott at Glenpointe | 100 Frank W Burr Blvd, Teaneck, NJ 07666

**November 15<sup>th</sup>, 2019**



## Keynote

**The Evolving Opioid Overdose Epidemic:  
CDC's Approach to Surveillance and Prevention**

**Rita Noonan, PhD**

Center for Disease Control and Prevention

[www.tcadr.org/conference](http://www.tcadr.org/conference)



## 6<sup>th</sup> ANNUAL *The Tree of Addiction* 2019 ALCOHOL, TOBACCO, AND OTHER DRUGS CONFERENCE

### Keynote:

#### ▲ The Evolving Opioid Overdose Epidemic: CDC's Approach to Surveillance and Prevention

**Rita K. Noonan, PhD** (Indiana University), is a sociologist and Branch Chief in Center for Disease Control's (CDC) Division of Unintentional Injury Prevention. Dr. Noonan and her staff oversee the ~ \$350M Overdose Prevention in States (OPIS) initiative, a combination of prevention, intervention, and public health surveillance programs to reduce opioid-related overdose across the United States and US Territories. She works closely with several High Intensity Drug Trafficking Areas (HIDTA) managing the public health component of the Office of National Drug Control Policy's (ONDCP) Overdose Response Strategy that links public health and public safety across 24 states. She has been the recipient of several prestigious awards, including a Fulbright Scholarship and a MacArthur Fellowship for her leadership skills and expertise.

### Workshops:

#### ▲ Finding Your Balance: Dialectical Behavior Therapy Skills for Mental Health Clinicians *Jacqueline Kim Szabo, LCSW*

Psychotherapist and Adjunct Professor at Ramapo College of New Jersey

#### Holding Big Pharma Accountable: the Inside Story *Chirali V. Patel, Esq.*

Assistant County Counsel for the County of Bergen

#### ▲ Marijuana Legalization in New Jersey and its Potential Impact on Youth *Ijeoma Opara, PhD, MSW, MPH*

Assistant Professor at Stony Brook University School of Social Welfare

#### Modern Crime & the Dark Web: Drugs Online *Lieutenant Jeff Angermeyer, M.A., Ed.S.c.*

Bergen County Prosecutor's Office, Criminal Investigation Squads

For additional information on the workshops,  
please visit [www.tcadr.org/conference](http://www.tcadr.org/conference)

▲ NASW-NJ CEU Social Work Track

### Registration Form:

Name: \_\_\_\_\_

Agency/School: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Dietary Restriction(s): \_\_\_\_\_

We will contact you regarding your dietary restriction(s)

**Registration Fee: \$60.00** (includes light breakfast and lunch)

#### Payment enclosed:

— Check made payable to: **The Center for Alcohol and Drug Resources**

— Credit Card Payment: **VISA | MASTERCARD | AMEX** (circle one)

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_ CVV Number: \_\_\_\_\_

Name of Card Holder: \_\_\_\_\_

Billing Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature: \_\_\_\_\_

#### Please return registration form to:

Chanel Dupree  
Children's Aid and Family Services  
22-08 Route 208 South  
Fair Lawn, NJ 07410

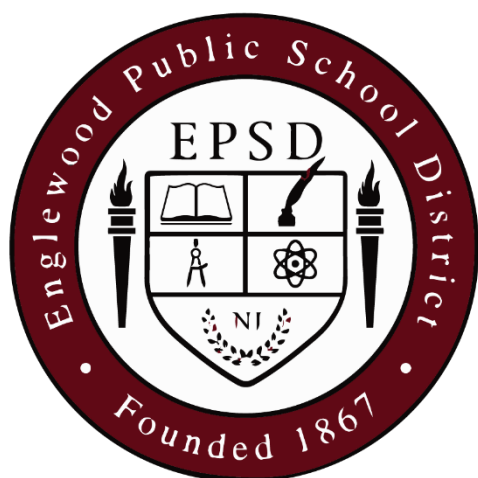
Or register online at: [www.tcadr.org/conference](http://www.tcadr.org/conference)

For any questions, please call  
Chanel Dupree: (201) 740-7069

**Dr. Judith Zelikoff** is a scientist at **New York University School of Medicine**, and is also a member of our coalition. She is offering her assistance and expertise regarding the vaping epidemic. Please see her message below:

*I am a scientist focusing on the health effects of electronic nicotine delivery devices. I am also a professor of toxicology and environmental health at the New York University School of Medicine. Since I live in Bergen County, NJ and have traveled throughout the world talking to schools, communities, and scientific forums, **I would like to offer any assistance to high schools, public schools, community halls or science cafes to speak on the science behind electronic cigarettes.***

If you would like to contact Dr. Zelikoff for further information, please send her an e-mail at [judith.zelikoff@nyumc.org](mailto:judith.zelikoff@nyumc.org).



**Jalesah Brooks** is a student assistance counselor for the **Englewood Public School District** and is seeking assistance from the coalition.

During the last football home game of the season, there will be a mental health fair for fans in attendance to peruse and receive resources from various partners throughout the county. This is happening on **November 1<sup>st</sup>, from 6:00pm – 8:00pm** at Winton White Stadium on Durie Avenue in Englewood.

**If there are any agencies interested in tabling at this event**, please contact Jalesah Brooks at [jbrooks@epsd.org](mailto:jbrooks@epsd.org).





**INCORRUPTIBLE.US**

# FALL KICKOFF MEETING



## **YOUTH TOBACCO ACTION GROUP MEETING**

**Date:**

09.25.19

**Time:**

6:30 – 8:00 PM

**Location:**

Children's Aid and Family Services  
22-08 State Route 208 South  
Fair Lawn, NJ 07410

**Who:**

All teens ages 13-18  
(Parents/Guardians are welcome too!)

For all teens throughout Bergen County!

INCORRUPTIBLE.US is a prevention and cessation program implemented in all 21 counties in NJ.

Teens focus on risks associated with electronic nicotine delivery systems, tobacco products, other non-cigarette tobacco products, policy change, and support the work of youth engagement and community change!

**RSVP:**

Bergen County Coordinator, Ashley Sudol  
asudol@cafsnj.org OR 201-740-7109

**BY MONDAY SEPTEMBER 23<sup>rd</sup>**

**\*FREE FOOD WILL BE PROVIDED\***



# TRAINING OPPORTUNITIES

Take the time to learn  
something new!

Various partners from around the county are offering trainings in many different fields.

**Mental Health First Aid** teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care.

**Englewood Department of Health** is offering a training to becoming Mental Health First Aid certified on **October 10<sup>th</sup> at the Bridges Family Success Center located at 44 Armory Street in Englewood**. The training will last from 8:00am – 5:00pm and will cost \$30, which includes a manual, other materials, and a light breakfast. For additional information and registration, please contact **Deborah Baldwin** at [dbaldwin@englewoodnjhealth.org](mailto:dbaldwin@englewoodnjhealth.org).

**Bergen County Department of Health** is also providing trainings to the county at no cost on the following dates: **9/28, 10/3, 10/20, 11/13, and 12/7**. These will all be taking place at One Bergen County Plaza in Hackensack. To Register contact **Haley Contino** at [hcontino@co.bergen.nj.us](mailto:hcontino@co.bergen.nj.us) or 201-634-2708.





# OCTOBER 2019 DON'T GET VAPED IN

## TRAINING FOR SCHOOLS

A FREE learning opportunity for school personnel to address the vaping epidemic in NJ. Come learn about the newest trends in youth tobacco use & vaping. Participants will receive complete lesson plans for the classroom, in-service format for staff and a parent workshop version. Training manual will include, powerpoint presentations, sourced content material, handouts & more. Online updates will be available to all participants through a participant portal exclusive to this training. This training will be offered regionally.

### WHO SHOULD ATTEND?

Teachers, Student Assistance Professionals, Nurses & Other School Personnel

#### NORTH

October 11th, 2019  
William Paterson University  
300 Pompton Road,  
Wayne, NJ 07470

#### CENTRAL

October 18th, 2019  
New Jersey Prevention Network  
30 Park Road, Suite 2  
Tinton Falls, NJ 07724

#### SOUTH

October 25th, 2019  
Cumberland County College  
3322 College Drive  
Vineland, NJ 08360

**Please visit [TobaccoFreeNJ.com](http://TobaccoFreeNJ.com) to register!**

### MATERIALS INCLUDE....



**Complete lesson plans  
on vaping prevention  
& education**



**Access to an  
evidence-based alternative  
to suspension program**



**Best practice  
school vaping policy  
resources**





If you or a friend or loved one is at risk of an opioid overdose, **Narcan trainings** are a must. You will learn how to deploy Narcan, how it works and what you need to know in regards to symptoms and follow-up of an opioid overdose.

There are always trainings that are being offered around the county year-round, many of which are little to no registration fee, and may also provide a Narcan kit free of charge.

Here are some **FREE** trainings that are being offered by our coalition members:

**September 23<sup>rd</sup>**, 6:30pm – 8:00pm

Bergen County Department of Health  
Services

Office of Alcohol and Drug Dependency  
One Bergen County Plaza,  
4th floor Learning Center  
Hackensack, NJ 07601

A lite dinner will be provided at 6:00pm

**To register, contact Lisa Abbate at 201-634-2742 or at [labbate@co.bergen.nj.us](mailto:labbate@co.bergen.nj.us)**

**October 16<sup>th</sup>**, 6:00pm – 7:00pm

Garfield Senior Center  
480 Midland Avenue  
Garfield, NJ 07026

**To register, contact Kathi Viola at 201-803-3748.**

Registration will be limited for both sessions, so please make sure to RSVP sooner than later!



Is Proud to Present



**FIRST ANNUAL**  
**A WALK TO REMEMBER:**  
**Lives Lost to Addiction**

Together We Can Raise Awareness, End the Stigma,  
& Honor the Lives of Our Loved Ones

**Sunday**  
**October 27, 2019 - 10am**  
**Westvale County Park**  
**Westwood, NJ**

**Registration will be open**  
**July 30th - September 30th**  
**[AinRWalk.org](http://AinRWalk.org)**

**Be sure to Register and reserve**  
**your t-shirt and personalized poster!**

For more information visit  
**[AinRWalk.org](http://AinRWalk.org)**  
Visit our website  
**[AlumniInRecovery.org](http://AlumniInRecovery.org)**  
Contact us at:  
**[info@alumniinrecovery.org](mailto:info@alumniinrecovery.org)**



# COALITION INFO

## What is a prevention coalition?

And how do I join?

A prevention coalition, down to its simplest form, is a community of professionals, parents, children, and other volunteers who come together to tackle various alcohol, tobacco, and other drug issues in the community. A well-functioning coalition should have members from at least 12 different sectors, or areas, which can be found listed to the right.

Bringing together our resources, we can all work together to make bigger change for good.

Joining is simple! While attendance at meetings is not mandatory, it is important to network face to face with the other community members and collaborating to make change. But providing your e-mail address can register you for the mailing list where you will receive direct communication from the Bergen County Prevention Coalition, staying up to date on all of the current information.

Still interested? Or know someone else who might be? Send an e-mail to BCPC's Coalition Coordinator, **Mike Silverman**, at [msilverman@cafsnj.org](mailto:msilverman@cafsnj.org), or BCPC's Outreach Coordinator, **Ashley Sudol**, at [asudol@cafsnj.org](mailto:asudol@cafsnj.org).

### 12 Community Sectors

Youth	Parents
Business Community	Media
Schools	Youth-Serving Organization
Law Enforcement Agencies	Religious/Fraternal Organizations
Healthcare Professionals	State/Local/Tribal agencies (field of substance abuse)
Civic and Volunteer Groups	Other Organizations



## CURRENT EVENTS

What's going on in the world of prevention?

### Amid Vaping Crackdown, Michigan to Ban Sale of Flavored E-Cigarettes

*The New York Times*

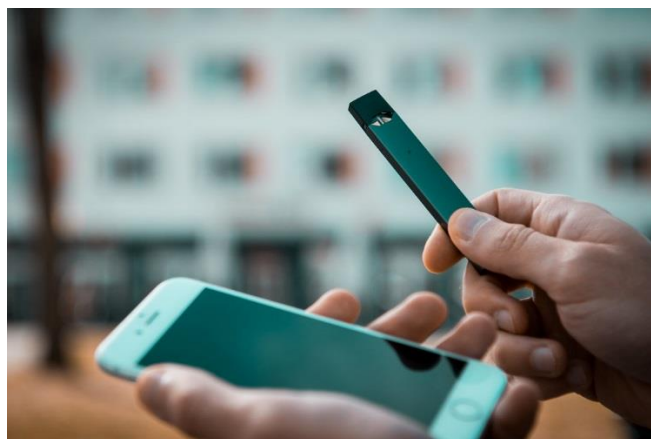
*article written by Mitch Smith*

*September 4<sup>th</sup>, 2019*

Governor of Michigan, Gretchen Whitmer declared that she is looking to ban flavored e-cigarettes in her state, being the first state to spearhead such an initiative.

“Nancy Brown, the chief executive of the American Heart Association, praised the Michigan ban in a statement released by the governor’s office.

“In the absence of robust regulation by the Food and Drug Administration, we know shockingly little about the health impact of e-cigarettes being widely marketed to youth and adults,” she said. “The recent outbreak of respiratory illnesses associated with e-cigarette use has only added to the uncertainty and increased the need for immediate action.”



September  
Meeting  
Date/Location

Our next meeting will take place on **September 19<sup>th</sup>, at 10:00am.**

22-08 Route 208  
Fair Lawn, NJ 07410