



BERGEN COUNTY  
**Prevention  
Coalition**



**THE CENTER**

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

# June Newsletter

**JUNE 7<sup>TH</sup>, 2019**

**Sports Injuries  
Youth Athletes  
Event**

**LMTI's  
Track**

**Opioid Warning  
Label Bill!**



# LETTER FROM THE COORDINATOR

## Summer is here!

Now if we could just get rid of all that rain...

Warmer weather, gas prices rising, the sun setting later, pollen, outdoor adventures, and tons of rain... Must be summer in New Jersey!

For some people, their work is about to get way more hectic. For others, it is a chance to breathe and enjoy some time off. The coalition team will have some down time in regards to less programming. But, that does not mean our efforts are any less!

We will be working hard to evaluate all of our work throughout the year thus far. Are we accomplishing the goals that we set out for ourselves? What can we do better? What steps do we need to take in order to give us the best possible results?



However, the more important part of this process is giving yourself the opportunity to recharge. It is easy to get so caught up in your work, never giving yourself the chance to breathe.

I am not saying that you should not have a strong work ethic. It is important that when you are in “work mode”, that you are staying concentrated and working to the best of your ability.

But burn out is a very real outcome of staying in “work mode” too often. The worst thing you is become too worn out, thus causing a decline in the quality of your efforts.

So this summer, give yourself that break every once in a while. Take that day to go to the beach, or explore the city, or go on that day long hike in the woods. Spend a full day with family that you do not get to see often. See a new movie, watch that new television series, try out that new restaurant.

Do what you can to take care of yourself, and you will feel recharged. So when you do sit back down to work, you will get things done.

Yours in prevention,  
*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!

The Bergen County Prevention Coalition, Englewood Health, Strive, and CARES are partnering to provide a **FREE training seminar** to learn about opioid use disorders, overdose prevention, and methods for managing student athletes' sports injuries. There's also a Narcan training component, **including 50 kits to be given away!**

This is an event that is targeted towards any professional who could have any interaction with a student athlete, such as coaches, athletic directors, school nurses, recreation directors, referees/officials, and so on. However, we heavily encourage anyone who is interested in the material to attend, including youth!

The night will consist of a resource fair and talking with experts in the field, a Narcan training, as well as an hour of breakout sessions. Free massages and acupuncture will be offered during the first hour!

### [Click here to register!](#)

(Search "Sports Injuries" on BergenResourceNet.org for details)



Tuesday, June 11, 2019  
6:00 p.m. – 9:00 p.m.  
Light meal provided

Englewood Health – Main Campus  
Chiang Auditorium  
350 Engle Street, Englewood, NJ

**Lindsey Meyer Teen Institute's (LMTI)**

**Track** is a three day conference that focuses on providing recent high school graduates with the resources necessary to transition smoothly from high school to the next stage of their lives. The main objective is to help students gain insight into how to make healthy choices for themselves.

This conference is ideally suited for graduating seniors who are moving onto the next stages of their lives, whether that be attending college, entering the workforce, enlisting in the military, or if they're not quite sure what they'll be doing next. Participants engage in activities that are designed to challenge each individual and to help them understand the importance of making positive personal decisions during their collegiate years. Workshop topics include time management, debt management, goal-setting, prevention programs at the college level, sexual decisions, health & nutrition, and alcohol, tobacco, and other drug awareness. Participants are also given the chance to interact with our College Age TI Staff (CATS), a group of individuals who currently volunteer for the program who have made the decision to remain alcohol, tobacco, and other drug-free.



**This year the event will run from July 8-10 at Montclair State University.**

For more information, check out [www.lmteeninstitute.org/track](http://www.lmteeninstitute.org/track) or email [rachel@lmteeninstitute.org](mailto:rachel@lmteeninstitute.org).



## IN THE NEWS!

Over the past few months, the coalition has participated or hosted in numerous different programs. See the news articles on this page for our Hidden in Plain Sight and Sticker Shock campaign!

### BPY Hosts 'Hidden in Plain Sight'

BPY was joined by members of the broader Bergen County community for a program for parents entitled "Hidden in Plain Sight." The program, presented by



the Bergen County Prevention Coalition, was co-sponsored by all the local middle schools and the CCSA (Communities Confronting Substance Abuse). Parents were provided with an understanding of the substance-related issues confronting our children and information about the various substances and the associated paraphernalia. The presenters stressed the importance of open lines of communication as a primary protective factor in keeping our children safe. In addition to the presentation, the audience had the opportunity to hear a real life account of one's journey from addiction to recovery. It was certainly an incredibly informative and educational program that was enjoyed by all.

### Glen Rock holds Sticker Shock campaign

"GRAND" (Glen Rock Against Negativity and Drugs) worked in partnership with the Glen Rock Police Department and The Bergen County Prevention Coalition to promote the "Sticker Shock" campaign which was held on March 16.

Beekman's Liquors at 246 Rock Road participated this year by letting students place bright green warning labels on alcohol bottles and boxes to raise awareness about the law and fine for buying and providing alcohol to people underage.

"This initiative inspires our community to embrace risk prevention work. We thank Joel Mitchel of Beekman's Wines and Liquors for his support," said Police Officer Matt Stanislaw.



Shown is Madison Jones, bottom left, Emily Lacognata, upper left, Sylaney Sabino, top right, and Reese Romeo, bottom right.



Shown, from left is P.O. Matt Stanislaw and Joel Mitchel. PHOTOS COURTESY OF GLEN ROCK POLICE DEPARTMENT

# 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?

### Opioid Warning Label Bill Passed by New Jersey General Assembly

Posted 6/5/2019 by Angelo M. Valente on [drugfreenj.org](http://drugfreenj.org)

"Last month, the New Jersey General Assembly [unanimously passed a bill](#) that would require all prescription opioid medications to have a warning sticker advising patients of the risks or addiction and overdose. The bill had previously passed the State Senate, also unanimously, back in March.

If the bill is signed by Governor Phil Murphy, New Jersey would be the first state to adopt a permanent law requiring such warning labels.

This legislation would be another positive step in helping to educate New Jersey residents about the potential for dependency and addiction to opioids.

While prescribers are required to have a conversation with their patients about these risks before prescribing an opioid – thanks to [legislation enacted in](#) 2017 -- adding another layer of information will help patients make safer and healthier decisions."



June  
Meeting  
Date/Location

Our next meeting will take place on **June 20<sup>th</sup>, at 10:00am.**

22-08 Route 208  
Fair Lawn, NJ 07410