

MAPSA News

Municipal Alliances to Prevent Substance Abuse
 "Stepping Forward for Prevention"

Communities mobilize to prevent drug use, misuse and abuse

Over 530 New Jersey municipalities participate in the Governor's Council's Alliance to Prevent Alcoholism and Drug Abuse Program. This initiative is the largest network of community-based anti-drug coalitions in the nation, mobilizing thousands of stakeholders committed to the wellness of New Jersey residents in an environment that is free of the stigma often associated with those who are in need of help because of addiction.

In 1989 Chapter 51 legislation, Assembly bill 1774 established the Governor's Council on Alcoholism and Drug Abuse and an Alliance for a Drug Free New Jersey. Local

Municipal Alliances have been established via municipal ordinance and community leaders in turn have continued to mobilize and engage community stakeholders in initiatives, programs and events that focus on the prevention of

alcoholism and drug abuse .

The Governor's Council receives funding from the Drug Education Demand Reduction Fund (DEDR), established to collect fines from those convicted of a

drug offense.

County grant awards fund local Municipal Alliances which identify, through a comprehensive Needs Assessment, community strengths and areas of concern relating to drug use and abuse. Evidenced-based programs and strategies addressing these concerns are implemented through and by Municipal Alliances in an effort to change attitudes as well as the environment and create healthy, stigma free communities that are free of drug abuse.

Get involved! Get more involved! For a list of who to contact in your county please see page 6.

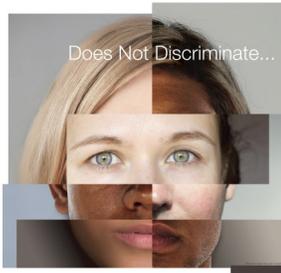


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Addiction



Does Not Discriminate...
 Your medicine cabinet could be a gateway to **heroin**.
 GCADA Governor's Council on ALCOHOLISM & DRUG ABUSE
 KnowAddiction.nj.gov

La Adicción



No Discrimina...
 Su botiquín de medicinas podría ser el camino a la **heroína**.
 GCADA Governor's Council on ALCOHOLISM & DRUG ABUSE
 KnowAddiction.nj.gov

Addiction Does Not Discriminate!



**Got Drugs?
National
Prescription Drug
Take-Back Day**
September 27, 2014
10AM to 2PM

To find a location
near you:
1-800-882-9539
Or log onto the DEA



Download the free
AMCC Rx Drop
app to your mobile
phone to find the
nearest Permanent
Prescription Drug
Drop Box or call
the NJ Division of
Consumer Affairs
at

800.242.5846

Overdose Prevention Act njleg.state.nj.us/2012/Bills/PL13/46_.HTM

NJ bill S2082 establishes the "Opioid Antidote and Overdose Prevention Act" and was signed into law on May 2, 2013 by Governor Christie. It provides immunity, both civil and criminal, and from any professional discipline, for health care professionals and other persons involved in prescribing, dispensing, or administering naloxone or any similarly acting drug approved by the United States Food and Drug Administration for the treatment of an opioid overdose. For persons other than health care professionals, the bill's immunity would apply if the action was taken during an emergency and the person believed in good faith that another person was experiencing an opioid overdose. Health care

professionals prescribing or dispensing **naloxone** or any other opioid antidote to a patient would be required to ensure that the patient receives patient overdose information that includes, but is not limited to: opioid overdose prevention and recognition; how to perform rescue breathing and resuscitation; opioid antidote dosage and administration; the importance of calling 911 emergency telephone service for assistance with an opioid overdose; and care for an overdose victim after administration of the opioid antidote. The health care professional would have the option of fulfilling this informational requirement by maintaining a written agreement for the provision of such information through a

community-based organization, substance abuse organization, or other organization which addresses medical or social issues related to drug addiction.

A 2002–2004 study referenced by the Center For Disease Control (CDC) found that 50 naloxone programs nationwide had reversed more than 10,000 overdoses.

Save a Life!

If you think someone is experiencing an overdose, call 911 immediately if:

- You can't wake them up
- Vomiting while drowsy or sleeping
- Blue, cold, pale or clammy skin or lips
- Collapsing or passing out
- Extreme confusion, difficulty speaking
- Seizures/eyes rolling back

Safely Dispose of Prescription Drugs

For too many New Jerseyans, addiction begins in the medicine cabinet. The New Jersey Division of Consumer Affairs has developed Project Medicine Drop as an important component of its effort to halt the abuse and diversion of prescription drugs. It allows consumers to dispose of unused and expired medications anonymously, seven days a week, 365 days a year, at prescription drug drop boxes located in participating police departments.

Each Project Medicine Drop box is installed indoors, affixed to the floor or wall in a secure area in police departments, in view of law enforcement officers, in an area to which members of the public can

dispose of their unused medications safely.

This initiative builds on the success of the DEA's National Take Back Initiative and the American Medicine Chest Challenge sponsored in New Jersey by the DEA, Partnership for a Drug Free New Jersey, and Sheriffs' Association of New Jersey. Both programs provide single-day opportunities to drop off unused medications at pre-identified, secure locations.

The facts and statistics about prescription drug abuse are staggering:

- Every day, 40 Americans die from an overdose caused by prescription painkiller abuse, according to the U.S. Centers of Disease Control.
- Two in five teenagers

mistakenly believe that prescription drugs are "much safer" than illegal drugs according to the DEA, and three in 10 teens mistakenly believe that prescription painkillers are not addictive.

- In the United States, every day 2,500 youths take a prescription pain reliever for the purpose of getting high for the very first time, according to the Office of National Drug Control Policy.
- The DEA reports that prescription drugs are responsible for more overdose deaths than "street drugs" such as cocaine, methamphetamines and heroin.
- The number of American teenagers and adults who abuse prescription drugs is greater than those who use cocaine, hallucinogens and heroin combined, according to the 2009 National Survey on Drug Use and Health, compiled by the US Dept. of Health and Senior Services.

County Alliance Happenings, Resources and Information

County Happenings

Gloucester County

HEROIN, Suburbia's Deadly Secret

Speakers include:

Douglas Collier, DEA Agent, retired and
Lori Tedesco Singley, Prevention Specialist
Friday, October 3, 2014

8AM to 1PM

Auletto's Catering, Deptford, NJ
mbmonroe@co.gloucester.nj.us

Cape May County's Greater Wildwood Municipal Alliance All Stars Program

Wildwood High School's *All Star Peer* program will be celebrating its **15th Anniversary** this year. The program spotlights High School Junior and seniors for their academic accomplishments. The selected students serve as role models (*All Stars*) for the elementary school students. The *All Stars* talk with the younger grades about substance abuse issues. Photos of the *All Stars* are printed on trading cards. The younger students earn the trading cards through positive behavior and are rewarded with a luncheon with the *All Stars* and the school *DARE Officer*. Luncheons are donated by *Pizza Hut*. In 2003, the program received a Best Practice Recognition Award from the NJ Department of Education.

The program consists of juniors and seniors who have a 2.5 GPA or higher. The students that meet that qualification receive a letter of invitation, with application instructions. There are usually 70 potential candidates. The applications are forwarded to a Selection Committee for approval. This is a program that both high school and elementary school students look forward to.

"In 2010, enough prescription painkillers were prescribed in the United States to medicate every adult American, every four hours, for a month," Paul Fishman, U.S. attorney for the District of New Jersey, said on 6/10/14 at Morristown Medical Center. "Think about that. In the year 2000, just 14 years ago, retail pharmacies dispensed 174 million opioid prescriptions, In 2009, 257 million, an increase of almost 50 percent."

Sussex County

DOES YOUR SCHOOL ROCK?
BATTLE OF THE BANDS CHAMPIONSHIP
NOV 15, 2014 • 7 pm
TICKETS ON SALE
OCT 2014
\$5 in advance • \$10 at the door

Sussex County Dept of Human Services
Municipal Alliance is excited to present...

BATTLE OF THE BANDS CHAMPIONSHIP

McNiece Auditorium
Sussex County Technical School
105 N. Church Rd, Rt. 94, Sparta NJ

Don't miss out on this fun-filled, spirited event.
For more information, contact:
Nick Loizzi, County Alliance Coordinator at (973) 948-6000 ext. 1193 or municipalalliance@sussex.nj.us

News on Emerging Drugs

Gravel... What is it? The drug that goes by the street name Gravel has been popping up along the east coast. The active ingredient, alpha-PVP, substituted cathinone (bath salt drug) that has been around for a while and makes Gravel so problematic. The main side effect of Alpha-PVP is extreme paranoia that can lead to deadly decisions. Research shows that most deaths related to Alpha-PVP are related to behaviors as a side-effect of the drug. Route of Administration: insufflation, oral, vaporization, smoking, injection

1. Physical appearance similar to crack cocaine or crystal methamphetamine.

2. Users report increased heart rate, anxiety, sweating, stimulant psychosis.

Important Links

www.deadiversion.usdoj.gov/
www.knowaddiction.nj.gov
www.samhsa.gov
www.drugfreenj.org
www.state.nj.us/treasury/gcada/



Spotlight on Bergen County

With the growing concern for misuse of prescription medication and water quality, the first 24/7 free standing permanent drug disposal site in Bergen County was established at the Paramus Police Department.

A local initiative of the Bergen County Department of Health Services, Office of Alcohol & Drug Dependency's County Municipal Alliance Program, in cooperation with Consumer Affairs Division of the Attorney General's Office, this community-based public health initiative highlights the problem of prescription drug abuse and enables Bergen County residents to contribute to the solution.

If you are a Bergen County resident and think your municipality might be interested in establishing the Permanent Prescription Drug Drop box, please reach out to Judy Forman, County Municipal Alliance Coordinator. You can reach Judy at 201.634.2744 or at jforman@co.bergen.nj.us

If you live outside of Bergen County please see page 6 and reach out to the Municipal Alliance Coordinator in your county.

Other drop-off sites, with numerous other stakeholders and municipalities expressing interest, include:

- ⇒ **Paramus**
- ⇒ **Allendale,**
- ⇒ **Cliffside Park**
- ⇒ **Dumont**
- ⇒ **Edgewater**
- ⇒ **Fair Lawn,**
- ⇒ **Leonia,**
- ⇒ **Little Ferry**
- ⇒ **Lodi**
- ⇒ **Lyndhurst**
- ⇒ **Montvale,**
- ⇒ **Oakland**
- ⇒ **Palisades Park**
- ⇒ **Park Ridge**
- ⇒ **River Vale**
- ⇒ **Teaneck**
- ⇒ **Township of Washington**
- ⇒ **Waldwick**
- ⇒ **Tenafly**
- ⇒ **Ridgefield**
- ⇒ **Westwood**

The County of Bergen's Office of Alcohol & Drug Dependency, County Municipal Alliance program recently hosted a training in TIPS® (Training for Intervention ProcedureS). TIPS is a leader in education and training for the responsible service, sale, and consumption of alcohol and is a skills-based training program that is designed to prevent intoxication, underage drinking, and drunk driving. A classroom of staff and participants completed the two-day training and will be out in the Bergen County communities training servers and university students.



Bergen County has 57 active Municipal Alliances!

Our County has become a Stigma Free County as well, focusing on eliminating the stigma so often associated with addiction and mental health issues.

We are grateful to the Governor's Council on Alcoholism and Drug Abuse and to County Executive Kathleen A. Donovan and the Board of Chosen Freeholders for their ongoing support and commitment to the wellness of our Bergen County residents.



from National Institute on Alcohol Abuse and Alcoholism <http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/standard-drink>

Many people are surprised to learn what counts as a drink. The amount of liquid in your glass, can, or bottle does not necessarily match up to how much alcohol is actually in your drink. Different types of beer, wine, or malt liquor can have very different amounts of alcohol content. For example, many light beers have almost as much alcohol as regular beer – about 85% as much. Here's another way to put it:

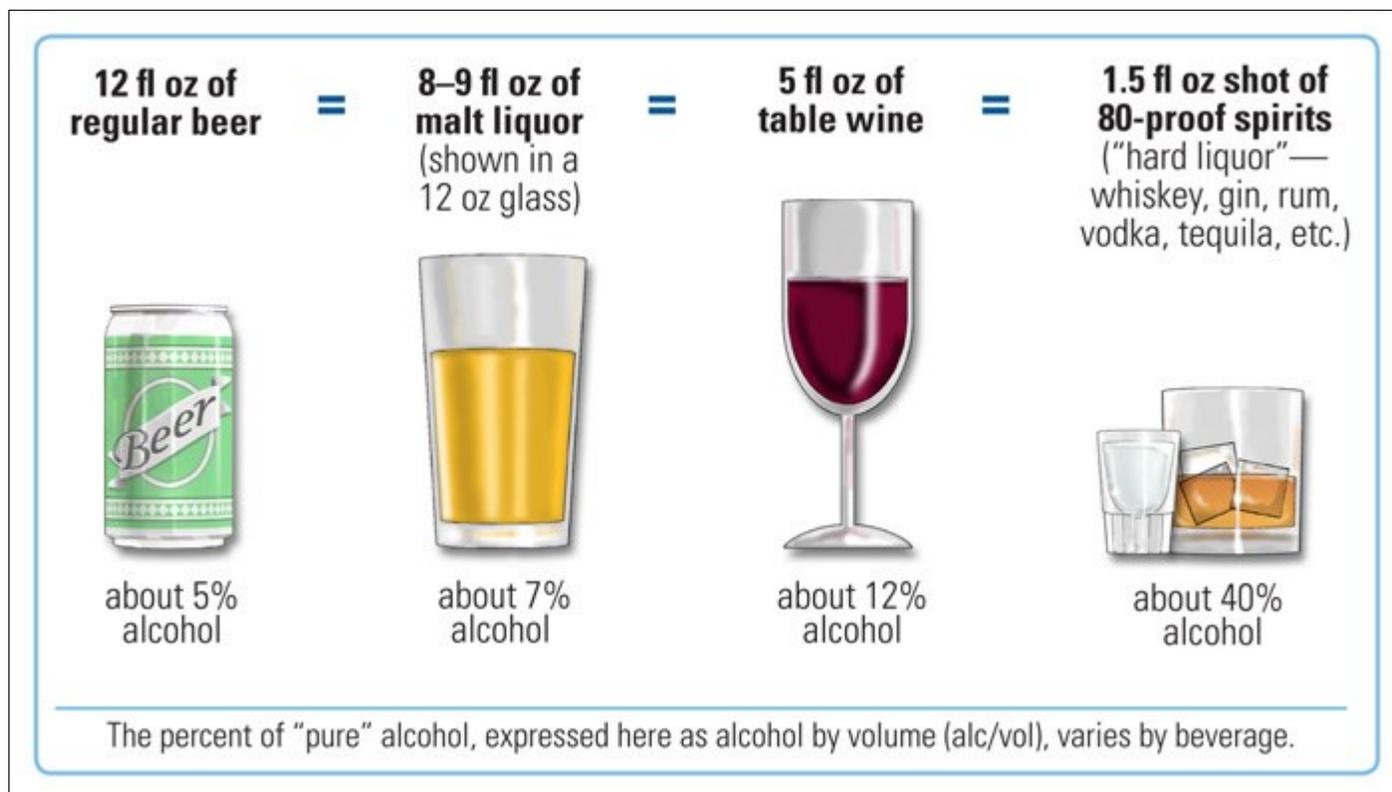
- Regular beer: 5% alcohol content
- Some light beers: 4.2% alcohol content

That's why it's important to know how much alcohol your drink contains. In the United States, one "standard" drink contains roughly 14 grams of pure alcohol, which is found in:

- 12 ounces of regular beer, which is usually about 5% alcohol
- 5 ounces of wine, which is typically about 12% alcohol
- 1.5 ounces of distilled spirits, which is about 40% alcohol

How do you know how much alcohol is in your drink?

Even though they come in different sizes, the drinks below are each examples of **one standard drink**:



Although the "standard" drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes. For example, a single mixed drink made with hard liquor can contain 1 to 3 or more standard drinks, depending on the type of spirits and the recipe.

New Jersey County Municipal Alliance Coordinators

Atlantic County

Charles Kerley—Atlantic County Department of Health
609.645.5932 x4703 kerley_charles@aclink.org

Bergen County

Judy Forman—Bergen County Department of Health Services
201.634.2744 jforman@co.bergen.nj.us

Burlington County

Elfrieda Francis—Burlington County Human Services
609.265.5538 efrancis@co.burlington.nj.us

Camden County

Betty Ann Cowling-Carson—
856.374.6368 bettyann@camdencounty.com

Cape May County

Sharon Modzelewski—Cape May Department of Human Services
609.465.1055 smodzelewski@co.cape-may.nj.us

Cumberland County

Melissa Niles (program)/Barbara Young(fiscal)
Cumberland County Alcohol & Drug Abuse Services
856.451.3727 melissani@co.cumberland.nj.us
barbarayo@co.cumberland.nj.us

Essex County

John Christadore—Essex Cty. Division of Community Health Svcs.
973.395.8454 jchristadore@dchs.essexcountynj.org

Gloucester County

Mary Beth Monroe—Gloucester County Addiction Services
856.384.6887 mbmonroe@co.gloucester.nj.us

Hudson County

Derron Palmer—Department of Health and Human Services
201.369.5280 dpalmer@hcnj.org

Hunterdon County

Dawn Paulmeno—Hunterdon County Department of Human Services
908.788.1372 dpaulmeno@co.hunterdon.nj.us

Mercer County

Edward "Chip" Meara—Mercer County Office on Addiction Services
609.989.6452 emeara@mercercounty.org

Middlesex County

Charoulla Castanos-Beaton—Municipal Alliance Program
732.745.4065 charoulla.georgiou@co.middlesex.nj.us

Monmouth County

Joanne Schuh—Division of Mental Health & Addiction Services
732.431.6451 joanne.schuh@co.monmouth.nj.us

Morris County

Stephen Nebesni—Morris County Department of Human Services
973.285.6860 snebesni@co.morris.nj.us

Ocean County

Mary Gibson—Ocean County Department of Health
732.341.9700 x7280 mgibson@ochd.org

Passaic County

Donna Huber—Passaic County Division of Mental Health and Addiction Svcs.
973.881.2793 donnah@passaiccountynj.gov

Salem County

Maggie Vaughan—Department of Health & Human Services
856.935.7510 x.8459 maggie.vaughan@salemcountynj.gov

Somerset County

Elizabeth Savage—Department of Human Services
908.704.6305 savage@co.somerset.nj.us

Sussex County

Nick Loizzi—Sussex County Administrative Center
973.940.5200 X 1383 nloizzi@sussex.nj.us

Union County

Brenda Cruz—Union County Department of human Services
908.527.4852 bcruz@ucnj.org

Warren County

Syria Geddis—Warren County Department of Human Services
908.475.6331 sgeddis@co.warren.nj.us

Governor's Council on Alcoholism and Substance Abuse (GCADA)

PO Box 345
Trenton, NJ 08625-0345 609.777.0526

New Website for Parents

TALKNOWNJ.COM

Partnership for a Drug-Free New Jersey released a new website, TalkNowNJ.com, to help parents identify the signs of abuse and addiction in their children and take the appropriate next steps to safeguard their families.

The 8th Annual Tracking Study of Parent Attitude and Behavior in Alcohol and Drug Abuse found that parents recognize their homes as potential access points for their children to obtain prescription and over-the-counter drugs.

Parents need to be aware of what is in their medicine cabinets. By taking regular inventory, it is easy to notice if something goes missing. The American Medicine Chest Challenge permanent sites offer safe and anonymous ways to dispose of prescription drugs.