

## NJPN Welcomes New Executive Director

In November, NJPN said goodbye to Joan Krier, who retired after serving NJPN for ten years, and welcomed its new Executive Director, Diane Litterer.

Diane Litterer has been in the field of prevention for 19 years. She received her bachelors in management science and her masters degree in public administration from Kean University. She is a Certified Prevention Specialist (CPS). She began her career in 1989 working for Union Hospital's Drug and Alcohol Program starting as support staff and working her way up to become the Administrative Director of the Institute for Prevention, SBBHN.

In 1997, Diane became the Executive Director of the NCADD of Union County now called Prevention Links. Under Diane's direction, Prevention Links went from \$150,000 budget with two staff to a \$1.4 million agency with over 13 full time staff and serving Union County with effective prevention programming.

Diane has developed state of the art prevention programs that have received federal, state, county and local funding. She developed and managed the Union County Coalition for the Prevention of Substance Abuse which is a 13 year old substance abuse coalition that is still going strong. While working in Union County, Diane held many leadership roles including the PACADA Chair and the Vice Chair for the Human Service Advisory Council.

Diane received the 2004 NJ Biz Woman of Influence Award and the 2005 Union County Woman of Excellence in Education Award.

Diane has been an active member of NJPN since she began working at Prevention Links. She has served on many committees as well as being President for three years. She was on the committee that developed and implemented the Club Drug and Heroin Curricula.

Diane was named as a member of the New Jersey Strategic Prevention Framework-State Incentive Grant Advisory Council and the State Epidemiology Outcome Workgroup in 2006.

Through this diverse background, Diane has written many successful grant applications and implemented community and school evidence-based prevention programs. She has coordinated national, state and local conferences for youth and adults, and enhanced program efforts through strong community partnerships.

With her experience in the field and eleven years as Director at one of NJPN's member agencies, Diane is ready and able to lead NJPN into the future. With the strong foundation that has already been established, Diane plans to continue to expand the services that NJPN provides to its members and provide new opportunities to broaden the scope of prevention services provided to the community. With the recent development of the Addiction Training Workforce Development Program, NJPN can be a key partner in the advancement of the addiction treatment and prevention fields in New Jersey.



# Networking and Learning Opportunities:

## *The New Jersey Institute for Continuing Education in Tobacco*

The New Jersey Institute for Continuing Education in Tobacco (NJICET) is a statewide comprehensive training and technical assistance program made possible by a grant from the New Jersey Department of Health and Senior Services.

The Institute focuses on providing skill-based, grassroots training in tobacco prevention, policy and education, science-based initiatives, community program development and program evaluation.

These interactive training modules are participant centered and instructed by faculty with practical and academic expertise. Participants practice and learn new skills through thought-provoking exercises throughout the trainings.

The **free** trainings are available to all community groups, healthcare organizations, schools, faith-based organizations, local government organizations and other interested individuals throughout the State of New Jersey.

And best of all, NJICET covers the cost of training materials and faculty fees! All you have to do is provide space and a group of enthusiastic individuals looking to enhance their skills. Sign up fast because workshop availability is extremely limited!

Continuing education and recertification credits are available. For more information or to register, please contact Bruce Hummer at 732-367-0611 or email Bruce at [bruce@njpn.org](mailto:bruce@njpn.org).

### Upcoming FREE Trainings...

#### How to Create a Smoke-free Worksite Policy

**March 4, 2008, 4 p.m. to 7 p.m.**  
Prevention First (Monmouth County)  
1405 Highway 35  
Ocean, NJ 07712

This training is designed to give you a better understanding of New Jersey's Smoke-free Air Act, show you how to create a smoke-free air policy, and give you the resources you'll need to promote smoking cessation and support your employees that smoke who may be ready to quit.

#### Helping Pregnant Women Quit Smoking

**April 30, 2008 10 a.m. to 1 p.m.**  
Somerville County Administrator's Building  
20 Grove Street  
Somerville, NJ 08876

This training is designed to teach you how to effectively utilize the "Five A's" brief intervention with pregnant women to help them stop smoking.

#### Fostering Intercultural Connections

**June 17, 2008 9:30 a.m. to 12:30 p.m.**  
Somerville County Administrator's Building  
20 Grove Street  
Somerville, NJ 08876

This training is designed to teach participants how to effectively identify, reach out to and engage diverse cultural groups and individuals in an organization's activities.

# Addiction Training and Workforce Development:

## *Training Today's Workforce to Better Serve People Suffering From an Addiction*

In September 2006, NJPN was awarded a three-year grant to coordinate and facilitate the Addiction Training and Workforce Development (ATWD) Program funded by New Jersey's Department of Human Services, Division of Addiction Services. Now halfway through our second grant year, the ATWD Program has provided training to hundreds of individuals working at substance abuse treatment and prevention facilities throughout the state.

A variety of trainings are offered:

- Initial courses for those working to become Certified Alcohol and Drug Counselors (CADCs) or Licensed Clinical Alcohol and Drug Counselors (LCADCs) are offered at twelve sites around the state
- Specialized trainings for those already certified or licensed, including the mandatory Legal Standards training, renewal courses and more are offered statewide
- Initial coursework for those working to become a Certified Prevention Specialist (CPS) are offered in four locations

For more information about the ATWD program and the trainings we offer, visit [www.njpn.org](http://www.njpn.org) and click on the link for "Free Trainings."



## Interested in Becoming a Certified Prevention Specialist?

A Certified Prevention Specialist (CPS) is an individual who has demonstrated competence related to alcohol, tobacco and drug prevention and who provides services that build capacities of individuals and systems to promote healthy environments, lifestyles and communities. NJPN and our member agencies employ over 40 highly-trained CPS's statewide that allow us to offer the highest quality programs and services.

If you would like to find out more about becoming a CPS, visit the Certification Board's website at <http://www.certbd.com/applications/newapplications.htm>.

If you are interested in taking the courses needed for certification, four of our member agencies currently offer these classes. Visit any of the following websites to find out about classes in your area.

<b>Cape May County:</b>	<a href="http://www.capeassist.org/cps.php">http://www.capeassist.org/cps.php</a>
<b>Middlesex County:</b>	<a href="http://ncadd-middlesex.org/training/cps-classes/">http://ncadd-middlesex.org/training/cps-classes/</a>
<b>Monmouth County:</b>	<a href="http://www.preventionfirst.net/">http://www.preventionfirst.net/</a>
<b>Sussex County:</b>	<a href="http://www.centerforprevention.org/index2.htm">http://www.centerforprevention.org/index2.htm</a>

# Focus on Prescription Drug Abuse

## *Town Hall Meeting Report Released*



On August 15, 2007, a group of professionals representing diverse disciplines, as well as 210 members of the community, gathered in Edison at Middlesex County Community College to discuss the nature and scope of prescription and over-the-counter (OTC) drug abuse and identify preventive actions steps that can be taken in New Jersey to deal with this dangerous and growing trend. Senator Barbara Buono (D-18, pictured above) served as moderator, posing questions to each of the panelists invited to participate in this statewide event.

Panelists included:

- **Jonathan Krejci, PhD.**, Director of Training and Research, Princeton House Behavioral Health
- **George Rusuloj, PharmD.**, Pharmacist
- **Dr. Harris B. Stratyner**, Vice President and New York Regional Director at Caron Treatment Centers
- **Linda Surks, BS, APS**, Coalition Coordinator, NCADD of Middlesex County
- **Andrew C. Fish**, Consumer Healthcare Products Associations Senior Vice President, Legal & Government Affairs and General Counsel

The audience was also invited to microphones placed in the auditorium to pose questions to the panelists.

There was general consensus among panel participants that consistent messages and credible, research-based education and awareness were keys to preventing prescription and OTC drug abuse. Education was defined broadly to include physicians and other healthcare providers, parents and those who work with children, senior citizens, and the public-at-large. This education would focus on the negative consequences associated with abuse of these drugs and the use of media to get the message to a broad audience.

Another key theme among members of the panel was the need to address Internet availability of drugs. While there are no simple answers to this problem, working with the shipping companies to better monitor their cargo, integrating drug databases to more closely monitor transactions, and using an Internet counterstrategy to promote accurate messages about prescription and OTC drug abuse were suggested.

The meeting was funded through a grant from the Community Anti-Drug Coalitions of America (CADCA) and sponsored locally by the Middlesex County Substance Abuse Coalition and the Consumer Healthcare Products Association (which represents the leading makers of over-the-counter cough medicines). The meeting coincided with the first-ever, congressionally-designated National Medicine Abuse Awareness Month and was one of a series of only ten town hall meetings that occurred across the country throughout August.

**For a copy of the full  
Town Hall Meeting report,  
visit <http://ncadd-middlesex.org>**

# NJPN's Prescription Drug AdHoc Committee: "Jason's Message" Crafted to Help Save Lives

NJPN's Prescription Drug AdHoc Committee recently announced the title for the new campaign set to begin in 2008 entitled, Jason's Message: Stop Prescription and Over the Counter Drug Abuse. The committee will partner with The Partnership for a Drug Free New Jersey (PDFNJ) as well as the Drug Enforcement Administration (DEA), Newark Division and will focus on the dangers and problems associated with prescription and over-the-counter (OTC) drug abuse.

Jason's Message is named after NCADD of Middlesex County's coalition coordinator, Linda Surks's son. Jason was a pre-pharmacy major, worked part time in a pharmacy and saw medications being handed out everyday. He believed the drugs were safe and visited websites that told him they were safe. Unfortunately, in December 2003, Jason passed away after overdosing on Xanax, which he had been using recreationally. It is the hope of the committee that Jason's Message can spread the message that prescription and OTC drug abuse is a serious concern.

The National Center on Addiction and Substance Abuse (CASA) reports the number of people abusing controlled prescription drugs increased seven times faster than the increase in the U.S. population from 1992 to 2003. The 15.1 million Americans who abused OTC and controlled prescription drugs **exceeded the combined number** abusing cocaine (5.9 million), hallucinogens (4.0 million), inhalants (2.1 million) and heroin (.3 million).

With these statistics in mind, the committee has partnered with the DEA and PDFNJ, which will allow Jason's message to be affixed to media displays set up around the state by the Partnership. The first media display is currently being planned for early March, when PDFNJ will unveil its media campaign for prescription and OTC drug abuse with an electronic billboard. Jason's Message will accompany the PDFNJ logo as a source of information for those interested.



NJPN is also in the process of developing a model curriculum to be administered to three key populations throughout the state. Students, parents and professionals are being targeted for this curriculum as they hold the key in diminishing this growing trend.

In 2007, the National Institute of Drug Abuse conducted its 33rd Annual Monitoring the Future study and, for the first time, researchers pulled together data for all prescription drugs as a measurable group and found that 15.4 percent of high school seniors reported non-medical use of at least one prescription medication within the past year.

Prescription and OTC drug abuse is a growing problem in New Jersey and the United States. The NJPN's Prescription Drug Abuse Committee is focused on providing educational materials and drawing public interest to this problem before it becomes an epidemic. With easy access and availability throughout every household, the time has come for the medicine cabinet doors to be locked and leftover or expired medications thrown out.

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# New Jersey Seniors Get “WISE”

**N**JPN’s Wellness Initiative for Senior Education (WISE) Program is helping seniors across New Jersey get “WISE” about overall wellness and preventing substance abuse.

The WISE Program is designed to help older adults in New Jersey celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse. It provides valuable educational services to older adults on topics including nutrition and exercise, medication use, stress management, grief and loss, depression and substance abuse.

The curriculum is designed to take place once per week over a six-week period. Each lesson is two to three hours and includes breakfast or lunch.

WISE is undergoing its second year of a rigorous evaluation. After last year’s evaluation was completed,

WISE clearly showed that it has the potential to be the next model substance abuse prevention program specifically designed for seniors age 60 and over. Once the evaluation for the current year is completed, NJPN plans to begin work to submit WISE to the Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Registry for Evidence-based Programs and Practices (NREPP) to be recognized as a model prevention program on a national level.

In the coming months, NJPN will expand our outreach and identify new ways to bring this program to more seniors statewide.

For more information about WISE or how you can bring the program to your community, call - Diane Liga at 732-367-0611.

# NJPN Members Attend CADCA Conference

**T**he Community Anti-Drug Coalitions of America’s (CADCA) 18th Annual National Leadership Forum was held in Washington D.C. February 11-14, 2008. This is the nation’s largest training conference for community coalition activists and substance abuse professionals, featuring workshops on some of today’s most pressing prevention issues.

In an effort to showcase the work that CSAP grantees and partners are doing around the country for vulnerable populations, poster sessions were conducted throughout the day. The Sussex County Coalition for Healthy & Safe Families was one of the grantees selected to exhibit at the poster session.

NJPN member agencies in Cape May, Middlesex, Sussex and Union counties currently receive funding from the Center for Substance Abuse Prevention’s (CSAP) Drug-Free Communities Program for their local coalitions. Three additional agencies—in Burlington, Cumberland and Ocean

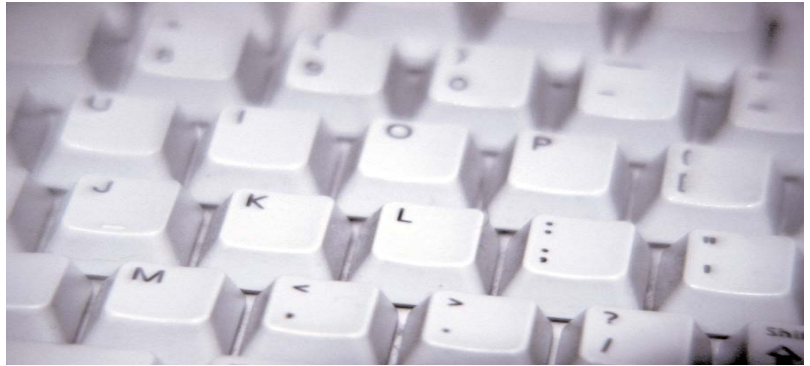
counties—are currently being mentored by these established coalitions in preparation for applying for their own CSAP funding. In addition, Warren County’s coalition was mentored previously and is applying for their own funding this year, and Monmouth County also has a coalition that will be seeking funding.

**Staff from NJPN and all nine of these member coalitions attended this weeklong conference:**

- Burlington County Healthy Communities Coalition
- Cape May County Healthy Community Coalition
- Cumberland County Healthy Communities Coalition
- Middlesex County Substance Abuse Coalition
- Prevention Coalition of Monmouth County
- Southern Ocean County Coalition Against Substance Abuse
- Sussex County Coalition for Healthy & Safe Families
- Union County Coalition for the Prevention of Substance Abuse
- Community Action Partnership of Warren County

Want to learn more about the  
New Jersey  
Prevention Network or our  
member agencies?

Visit us online at  
[www.njpn.org](http://www.njpn.org)



## Member Agencies

### **Atlantic Prevention Resources**

609-272-0101  
Leg. Districts 1, 2, 3, 9

### **The Center for Alcohol and Drug Resources - Bergen County**

201-488-8680  
Leg. Districts 32, 35, 36, 37, 38, 39, 40

### **Prevention Plus of Burlington County**

609-261-0001  
Leg. Districts 7, 8, 9, 30

### **Camden County Council on Alcoholism & Drug Abuse**

856-427-6553  
Leg. Districts 4, 5, 6, 7

### **Cape Assist - Cape May Council on Alcoholism & Drug Abuse**

609-522-5960  
Leg. District 1

### **Essex Prevention Resources**

973-571-2324  
Leg. 21, 27, 28, 29, 34, 36, 40

### **The Southwest Council - Gloucester, Salem and Cumberland Counties**

856-794-1011  
Leg. Districts 1, 3, 4, 5

### **Partners in Prevention Hudson County Inc.**

201-653-6776  
Leg. Districts 31, 32, 33

### **Hunterdon Prevention Resources**

908-782-3909  
Leg. Districts 23, 24

### **Mercer Council on Alcoholism & Drug Addiction (MCADA)**

609-396-5874  
Leg. Districts 12, 14, 15, 30

### **NCADD of Middlesex County, Inc.**

732-254-3344  
Leg. Districts 13, 14, 17, 18, 19, 22

### **Prevention First - Monmouth County**

732-663-1800  
Leg. 10, 11, 12, 13, 30

### **Morris County Prevention is Key**

973-625-1998  
Leg. Districts 16, 21, 24, 25, 26

### **Alcoholism and Drug Abuse Council of Ocean (ADACO)**

732-367-5515  
Leg. Districts 9, 10, 30

### **Passaic County Council on Alcoholism & Drug Abuse Prevention**

973-473-3366  
Leg. Districts 26, 34, 35, 36, 40

### **Somerset Council on Alcoholism & Drug Dependency**

908-722-4900  
Leg. Districts 16, 17, 21, 22

### **Center for Prevention and Counseling - Sussex County**

973-383-4787  
Leg. District 24

### **Prevention Links - Union County**

732-381-4100  
Leg. Districts 20, 21, 22, 29

### **Community Prevention Resources - Warren County**

908-835-1800  
Leg. District 23

NJPN *Connections* is written for network member agencies, legislators and friends of the network. If you have any questions or comments about the newsletter, please call us at 732-367-0611.



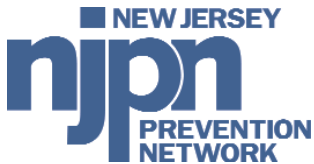
Visit  
[www.njpn.org](http://www.njpn.org)  
for registration  
details...

**8<sup>th</sup>** Annual  
Prevention  
Conference

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**March 7, 2008**  
Atlantic City Convention Center

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