



THE ALLIANCE

THE OFFICIAL NEWSLETTER OF FREEHOLD MUNICIPAL ALLIANCE

MISSION STATEMENT

The Freehold Municipal Alliance exists to meet the need for comprehensive, coordinated substance abuse awareness planning and programming for the residents of Freehold Township and Freehold Borough. The Alliance conducts needs assessments, produces an annual prevention plan, and advocates for enhanced prevention services based on community needs and priorities.

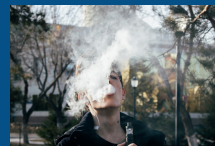
FUNDING

Alliance sponsored programs and activities are primarily funded by the Governor's Council on Alcoholism and Drug Abuse (GCADA) through the Drug Enforcement Demand Reduction Fund. Additional funding is supplied by the Township of Freehold, private donations and our annual golf outing fundraiser.

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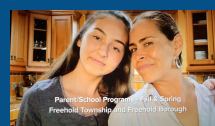
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www.twp.freehold.nj.us/alliance-to-prevent-substance-abuse_

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A 30-YEAR RETROSPECTIVE

Barbara McMorrow

Freehold Township Mayor

In 1990, the Township of Freehold and the Borough of Freehold formed the Freehold Municipal Alliance to Prevent Drug Abuse. (It was later changed to the more encompassing term of “substance” abuse.) So, what has happened during three decades of the Alliance’s existence? **What has changed and what has remained the same?**

The Alliance was formed because the leadership of both towns and the leadership of the elementary and high schools recognized the need to address the ever present and ever growing problem of addiction that was negatively impacting the youth of our communities. That commitment to helping our youth has not changed.

In 1990, the combined populations of the Borough and Township was 35,786. Today, the population of the two towns is 46,947...an increase of 11,161 people or a 31% increase in total population. While the number of residents has changed, the substance abuse problems and the search for solutions remains the same.

Thirty years ago, cigarette smoking was more acceptable than it is today even though medical studies were showing evidence of lung cancer and other diseases being caused by cigarette smoking as well as the dangers of second-hand smoke. Eventually, smoking would be banned from all schools and most public properties. That was a change for the better. However, a new and dangerous trend is quickly growing in popularity with the more recent advent of E-Cigarettes, also called personal vaporizers, vape pens, e-cigars, e-hookah, vaping devices, mod systems or pod systems, which are products that produce an aerosolized mixture containing flavored liquids and nicotine that is inhaled by the user. (CDC) The vaping device known as the JUUL (pronounced "jewel") claimed as the “smoking alternative” appears to have a loyal and growing following among young people, who brag on social media about sneaking puffs in classrooms or school bathrooms. No matter how it is packaged, smoking is making a comeback and medical research is beginning to show the health risks involved with the use of these devices are great. So, the health hazards from smoking has not changed. Smoking has just taken another form.

Thirty years ago, marijuana also known as “cannabis” was a drug of choice for many people. It was easily detectable because of the odor that permeated the air when it was being used. (Today, people often use marijuana in their electronic devices as the odor is not detectable.) The concern of using marijuana was that, after using it for a while, a person often wanted to get a better “high” and would seek stronger addictive drugs such as heroin. The debate as to whether marijuana is a gateway drug continues to this day. However, the use of medical marijuana has become acceptable with the mainstream population, and laws have been enacted to make medical marijuana legal. The legalization of marijuana as a recreational drug is still being debated.

Thirty years ago, there was not much attention being given to addiction to pain killers. They were part of the general treatment following medical events such as injuries or surgeries because they worked well with little effort. Other pain management techniques often took more effort on the part of the patient and did not totally eliminate the pain. Perhaps because they were prescribed by doctors, the danger of addiction was not as apparent as addiction to illegal drugs. Until recent years, opioid prescriptions for pain relief increased dramatically as did the number of deaths by overdoses. The public is now very much aware of the dangers of opioid addiction for people of all ages, and measures are in place to limit and track the prescribing of these medications by doctors.

A 30 YEAR RETROSPECTIVE CONT'D

Barbara McMorrow, Township Mayor

In recent years, we have become alerted to the dangers of young people going through medicine cabinets at their homes or at other people's homes in search of prescription drugs to take with them. They consume them without regard for the consequences of the side effects. Sometimes, they have a "Rave" party where electronic music is played all night usually in a dark room with laser lights, strobes and fog machines. Law enforcement agencies suspect that the drug "Ecstasy" is used at these events. Ecstasy, in our 30-year timeline, is a more recent drug than drugs such as "LSD" which was more in demand in earlier decades.

Thirty years ago, heroin was a problem. Heroin has become an even bigger problem as prescription opioid misuse in high school is often linked as a precursor to heroin use. Access to it has been made much easier with the advent of social media. It has also become less expensive, with a bag of heroine costing much less than a pack of cigarettes. Young people who are looking for that next high quickly become addicted to this drug. What has changed is that the public is more aware of the dangers of heroin use and parents are working with doctors and rehab facilities to save their children. What is happening with much too much frequency in recent years is that young people with a heroin addiction who have gone into rehab and returned home often find that the craving for a fix is too strong. They return to their prior dosage of heroin and die instantly because their systems have been clean and cannot handle the sudden influx of the drug. Addiction is now recognized as a disease which has made it easier for people to seek treatment without the social stigma that was once attached to it.

Through the years, through all the drugs, the members of the Alliance have steadfastly worked to educate the students in their schools to the dangers of substance abuse (which also includes alcohol abuse). They have worked tirelessly to raise funds so that the Student Assistance Counselors (SACs) can bring programs into the schools for the students and the faculty during the day. They also hold programs in the evening for the parents. Sadly, even with the press reporting on the rise of drug abuse and the dangers of it and the deaths from it. Unfortunately, only a few parents ever attend these evening programs. The stigma that learning about drug abuse might mean their child is involved is as prevalent today as it was 30 years ago. Maybe that will change when parents realize that by being educated, they may one day save their child's life.

While the members of the Alliance have changed over the years, the commitment of the members remains the same. That has not changed in 30 years. It is the hope of every member that maybe one day drug abuse will be a thing of the past, but the reality is that they work tirelessly in the present because the cost of losing another young person to drug abuse is too high to turn their backs or close their eyes. They move forward with their eyes wide open working in the present and looking to the future.



CDC, STATES UPDATE NUMBER OF CASES OF LUNG INJURY ASSOCIATED WITH USE OF E-CIGARETTE, OR VAPING, PRODUCTS

Source: Centers for Disease Control and Prevention (CDC)

For Immediate Release: Thursday, October 10, 2019

CDC today announced the updated number of confirmed and probable lung injury cases and deaths associated with the use of e-cigarette, or vaping, products.

Patients with Lung Injury

As of October 8, 2019, 1,299 confirmed and probable lung injury cases associated with use of e-cigarette, or vaping, products were reported by 49 states, the District of Columbia, and the U.S. Virgin Islands.

Among 573 patients with information on substances used in e-cigarette, or vaping, products in the 90 days prior to symptom onset:

76% reported using THC-containing products, with or without nicotine-containing products;

32% reported exclusive use of THC-containing products;

58% reported using nicotine-containing products, with or without THC-containing products; and

13% reported exclusive use of nicotine-containing products.

Among 1,043 patients with data on age and sex:

70% of patients are male.

80% of patients are under 35 years old.

15% are under 18 years old

21% are 18 to 20 years old.

18% are 21 to 24 years old.

26% are 25 to 34 years old.

20% are 35 years or older.

Deaths

26 deaths have been confirmed in 21 states: Alabama, California (3), Connecticut, Delaware, Florida, Georgia (2), Illinois, Indiana, Kansas (2), Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Nebraska, New Jersey, New York, Oregon (2), Pennsylvania, Texas, and Virginia. The median age of patients who have died is 49 years, ranging from 17 to 75 years old.

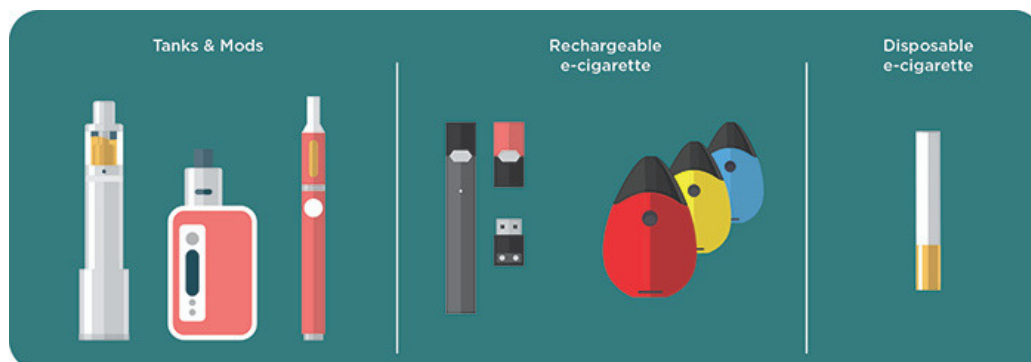
For updates on this investigation, visit: <https://www.cdc.gov/lunginjury>.

For information about the collection of e-cigarette products for possible testing by FDA, contact: FDAVapingSampleInquiries@fda.hhs.gov.

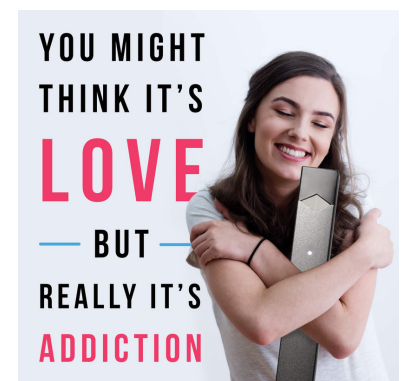
If you are concerned about your health after using an e-cigarette product, contact your health care provider, or you can also call your local poison control center at 1-800-222-1222.

Visit

<https://nj.gov/health/fhs/tobacco/vaping/index.shtml> for the most up-to-date information.



Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items.



2019 HIGHLIGHTS ONGOING FUNDRAISING EVENTS

Golf Outing - This fundraising event was a success! It was held on May 20th, 2019 at Battleground Country Club.



ALL PROCEEDS FROM THIS EVENT HAVE ALLOWED US TO MEET THE MISSION OF THE ALLIANCE.



**Tuesday and Wednesday
October 15th and 16th, 2019; 5:30pm – 8:00pm**

A unique tour of Downtown Freehold's venerable restaurants, and shops held over two days. Participants walk from place to place with their "Passport" used as a guide of where to go. Everyone will receive signature samples from some of Freehold's most loved establishments.

\$20.00 per person. Tickets sold at
<https://downtownfreehold.com/shop/>

Past Years Participants Have Included: A Little Bit of Cuba Dos, American Hotel, Aurm, Court Jester, Especially for You, Freehold Art Gallery, Freehold Body Care, Jemm Optical, El Meson Cafe, Metropolitan Cafe, Picosol Mexican Grill, San Marzano Trattoria, Shloka, Solo Trattoria, Texas Mexican Restaurant, Uncle Ralston's Jamaican Home-style Cooking and others.

2019 SPONSORED ALLIANCE EVENTS OPEN TO ALL SCHOOLS COMMUNITY

Attention Parents/Guardians!

Come join us for an informative night with..

Dr. Mykee Fowlin

Sponsored by Freehold Alliance, Hosted by your PTO.

November 5, 2019

Program begins 6:30 p.m.

Doors open at 6:15 p.m.

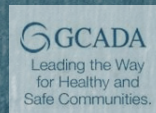
Dr. Fowlin speaks with students and parents about respect, overcoming adversity, and accepting differences, in a comedic and role-playing presentation.

To RSVP: Please e-mail Heather Elkin, School Counselor at helkin@freeholdboro.k12.nj.us or call at 732-761-2159.

Reservations are encouraged, but not required.

Freehold Intermediate School

280 Park Avenue, Freehold, NJ 07728 732-761-2159



Watch Dr. Mykee Fowlin's intro video at <http://mykeefowlin.com/>
or hit the **play** button:



For more info contact Antoinette at 732-294-5103
Aceciarelli@Twp.Freehold.NJ.us

SPONSORED ALLIANCE ACTIVITIES

BOTVIN LIFESKILLS TRAINING



MAKING THE MOST OUT OF LIFESKILLS TRAINING: FROM A STUDENT'S PERSPECTIVE

By Mia Minhas

My name is Mia Minhas, I am 13 and go to Freehold Intermediate School. The Alliance sponsors Life Skills training, a class I have been taking since the sixth grade at my school. Life Skills teaches kids about everything from decision-making to substance abuse to relationship skills. We learn about the effects of drugs, alcohol, and smoking. With more knowledge about these topics, kids will have an easier time saying no. At this age, we are more likely to be introduced to substance abuse so taking Life Skills training really prepares us for any situation. I believe that Life Skills can really make schools a safer place and limit addiction in kids and teens.

Through Life Skills, I was given a chance to be a student ambassador for *Neighborhood Connections to Health**. Together students from my school and this Neighborhood Connections were able to arrange a Multi-cultural, Multi-generational culture day. At this event students and seniors had lunch together and talked about each other's backgrounds and ethnicity. I believe that seniors and youth can help each other in many ways. For example, kids can help reduce the isolation of older adults. I decided to learn more about our history because some of the seniors' stories sparked my interest. After having a fun time at the multicultural day event, I was invited to participate in the meetings and preparation for senior appreciation day. I believe that together seniors and youth can strengthen the community and learn new things together. Life Skills taught me that if everyone gets involved and supports one another as a community, we could reduce substance abuse and develop better social skills.

*About Neighborhood Connections to Health

A community initiative comprised of volunteers, residents, and local organizations. With funding from Robert Wood Johnson Foundation, and Nicholson Foundation, Neighborhood Connections is working to build a Culture of Health in Greater Freehold. Visit www.ncthnj.org and www.facebook.com/HealthyFreehold/ for more information. Are you a student or parent interested in the Student Ambassador/Intergenerational program? Contact Carly Trill at Carly.Trill@vnahg.org or call/text 908-692-7338



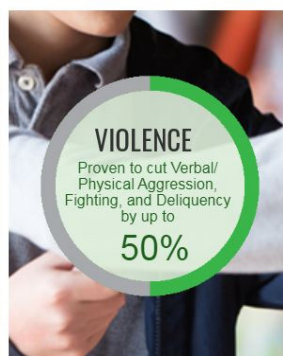
SPONSORED ALLIANCE ACTIVITIES

BOTVIN LIFESKILLS TRAINING CONT'D

Botvin LifeSkills Training (LST) is a research-validated substance abuse program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive and exciting program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.



When **Effectiveness** and **Quality Count...**
Botvin LifeSkills Training is the only choice.



SPRING 2019

#275

STUDENTS TRAINED FREEHOLD
INTERMEDIATE SCHOOL
6TH, 7TH & 8TH GRADERS

IMPACT

14%

Increase in knowledge
& behavior change

DOES GOING BACK TO SCHOOL MEAN GOING BACK TO BULLYING?

Shared by Annette Jordan

Source: CDC

The beginning of the school year brings concerns for many children and parents. Good grades, getting enough sleep and getting along with teachers and other students are all important. But one of the most concerning issues, as noted by Johns Hopkins Children's Center mental health counselor Jami Margolis, continues to be bullying. It can lead to low self-esteem, health problems, poor grades and even suicidal thoughts. Margolis answers some common questions about bullying at school and offers tips for parents of children who are bullied or are bullies.

What is bullying?

While laws may vary from state to state, the definition of bullying accepted by many mental health professionals is "physical or verbal aggression that is repeated over a period of time and involves an imbalance of power."

How common is bullying today? Bullying has been around for a long time. Unfortunately, now it has reached epidemic levels in schools, especially due to social media. At Johns Hopkins, we usually start seeing cases of bullying in November and December, after kids have settled into their cliques.

Who is the typical bullying victim?

Anyone can be bullied. However, children who are socially different, have lower peer acceptance or who are perceived as weaker are more likely to get bullied. Although nowadays kids feel more open about speaking out, not everybody is willing to do that. Those are the kids we see with depression-like symptoms. When they come to our clinic, it's often uncovered that they're getting picked on at school.

What are children feeling when bullied?

They feel deflated and demoralized, their self-esteem plummets and they feel like they can't tell anybody. They fear retaliation for saying or doing anything. Interestingly, some of these children become bullies themselves. They rationalize that if they don't want to be a victim, they have to become a part of the group. So they become aggressive, which leads to suspensions, expulsions and failing grades.

What do bullied children need?

They need support from both adults and peers. They need to be able to talk about their experiences and feelings. They are looking for a sense of belonging and being safe, as well as support in not blaming themselves for the bullying. They also want to know that there are consequences for the bullies.



“

PHYSICAL OR VERBAL
AGGRESSION THAT IS
REPEATED OVER A
PERIOD OF TIME AND
INVOLVES AN
IMBALANCE OF
POWER.”

BULLYING DEFINITION



DOES GOING BACK TO SCHOOL MEAN GOING BACK TO BULLYING? (CONT'D)

How do you counsel victims of bullying?

We talk about how they should stand up for themselves and how to be good friends, and how difficult both of these things can be. We work with parents, school administrators and teachers to help bullied children feel less isolated. We help students find ways to be safe by encouraging them to stay in groups. We also encourage kids who are bullied to use their parents as advocates. Each state department of education has bullying and harassment forms parents can fill out and submit to their school. By law, the school has to conduct an investigation and provide feedback. We also identify advocates and other resources in the community.

What can parents do to stop bullying?

You can help your child by remaining calm and supportive and reassuring them that they are in no way to blame for the victimization. Keeping an open dialogue can go a long way in helping the victim of bullying feel comfortable to talk about it. You should also be vigilant and pay attention to changes in your child's personality. If your son or daughter has always been happy and extroverted and all of a sudden they hide in their room and don't want to talk, then something could be wrong.

First, let them know that it's safe to talk and the conversation will stay between the two of you. If you need to go to the school, do so anonymously and make sure the child is not harmed in any way.

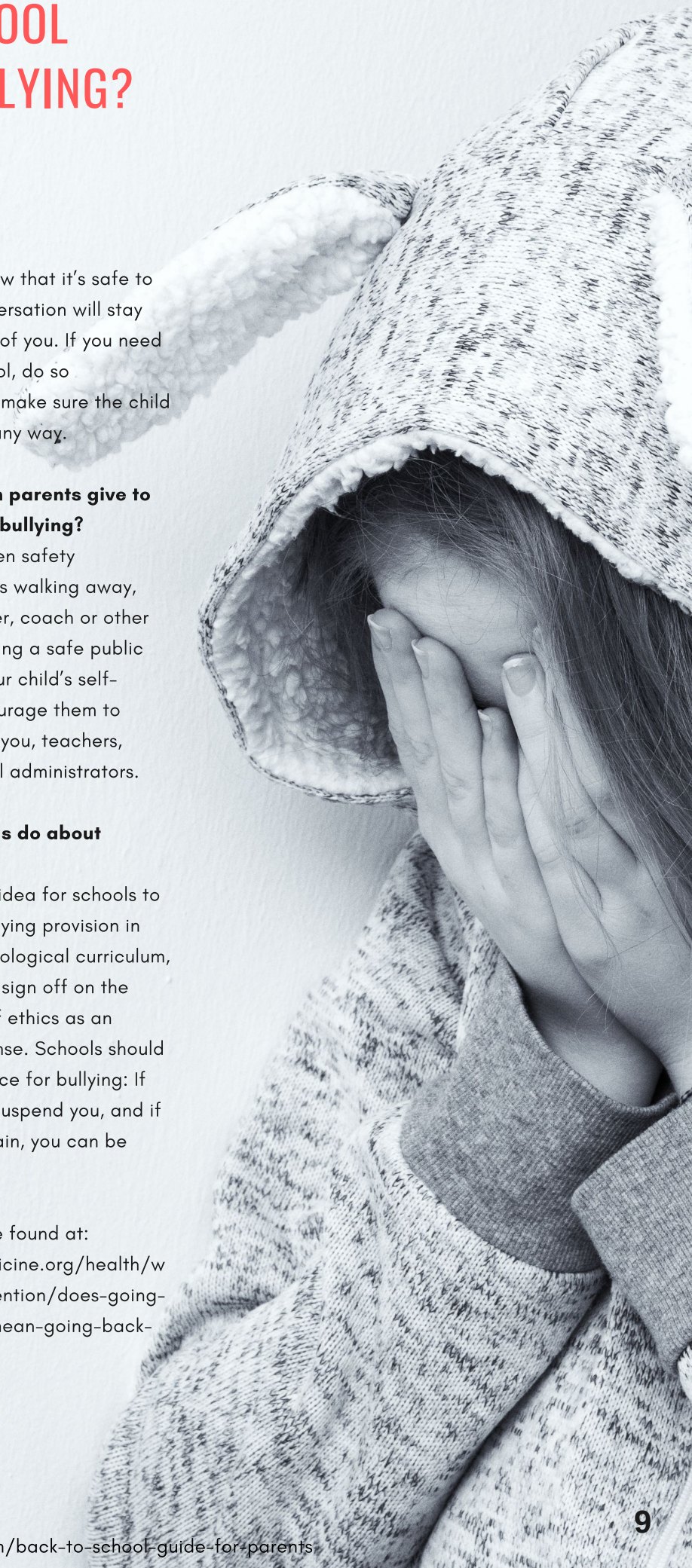
What advice can parents give to their kids about bullying?

Teach your children safety strategies, such as walking away, going to a teacher, coach or other safe adult or finding a safe public place. Nurture your child's self-esteem and encourage them to report bullying to you, teachers, coaches or school administrators.

What can schools do about bullying?

It can be a good idea for schools to create an antibullying provision in their social-psychological curriculum, in which students sign off on the discipline code of ethics as an enforceable offense. Schools should have zero tolerance for bullying: If you bully we will suspend you, and if you're caught again, you can be expelled.

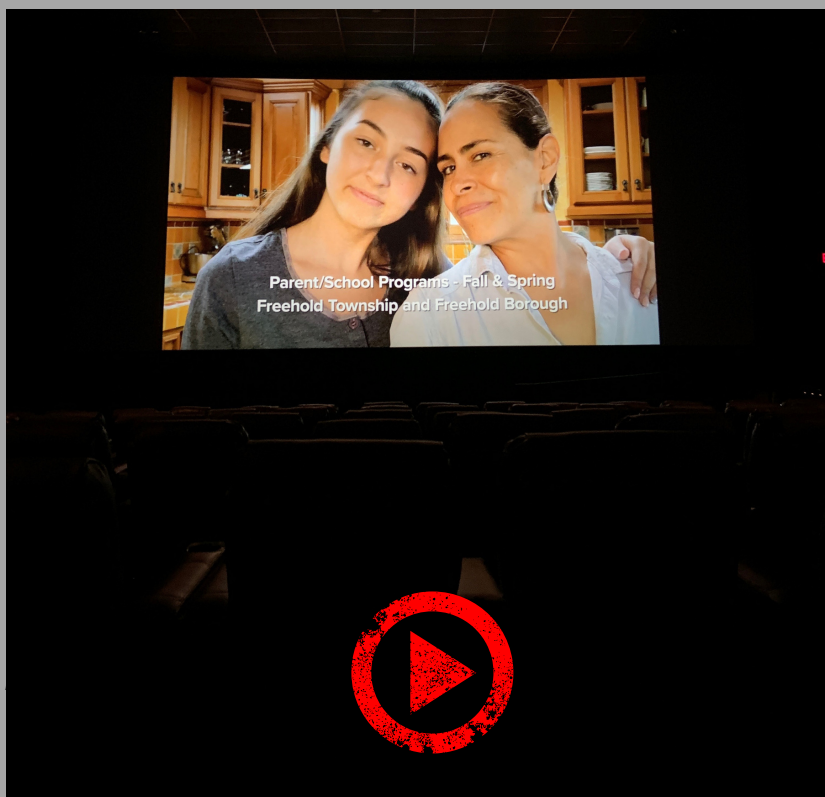
Full article can be found at:
www.hopkinsmedicine.org/health/wellness-and-prevention/does-going-back-to-school-mean-going-back-to-bullying



2019 ALLIANCE COMMUNITY OUTREACH EVENTS



The Freehold Alliance tabled and launched its video ad at AMC Freehold on October 4th to reach out to our youth and parents in Freehold. To watch this video, please go to: www.youtube.com/watch?v=bCx2Br4EWPA&feature=youtu.be or click on the **PLAY** button below:



For more info contact Antoinette at 732-294-5103
Aceciarelli@Twp.Freehold.NJ.us

2019 ALLIANCE COMMUNITY OUTREACH EVENTS CONT'D



Back to School Night - September 2019



National Night Out - August 2019



Paint the Mall Purple - May 2019



Multicultural/Multigenerational Luncheon - April 2019

2019 MEETING SCHEDULE

Alliance Key Members

Antoinette Ceciarelli, Coordinator
Jeff Friedman, Co-Chairperson
Jay Robinson, Co-Chairperson
Barbara McMorow, Township Mayor
Sharon Shutzer, Boro Councilwoman

Newsletter Editor

Angelica Espinal-Garcia
AEspinalGarcia@twp.freehold.nj.us



October	16th	12:00 PM	St. Robert's Church
November	13th	12:00 PM	Barkalow Middle School
December	11th	12:00 PM	High Focus Group
January	8th	12:00 PM	TBD - Reorganization 2020

Note: Meetings are conducted in accordance with NJAC 17-40-1 et. seq. – "Sunshine Open Meetings".

For more info contact Antoinette at 732-294-5103
Aceciarelli@Twp.Freehold.NJ.us

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www.twp.freehold.nj.us/alliance-to-prevent-substance-abuse_

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