



Madison Chatham Coalition

Empowering and Educating Youth to Make and Keep Healthy Lifestyle Choices

Newsletter, March 2017

Local Event: Celebrating the Day of Optimism and Shining a Light on Depression

Madison NJ is int-o yellow! <http://www.intoyellow.com/local-projects/>



Madison is painting the town yellow with Optimism (literally), to celebrate the International Day of Happiness (March 20th) and shine a light on Depression! This inaugural town-wide celebration March through April (Mental Health Awareness Month) involves artists from around New Jersey to exhibit Optimism-inspired works in Short Stories Bookshop & Community Hub and throughout town, featuring International Optimism Yellow (a/k/a 'INT-O Yellow') - a color with a cause.

There will be INT-O Yellow and Optimism-inspired projects for public participation and display that are now being discussed including a public speaker series, featured books and authors, voices of those sharing their journey through depression, etc.

There will be a table at the YMCA on March 20th with Depression and related Substance Abuse materials. It will be manned by the Y and the MCC. It will be a good opportunity to share materials and make the community aware of our organizations and their missions. Individuals are needed from the MCC to man the table through the day.

Please note that this events is FREE

Fight
the Heroin and Opiate Epidemic
through
Awareness * Education * Compassion

Presented by,

St. Mary's Parish, in conjunction with,

The Morris County Prosecutor's Office

The Denville Police Department

Community Coalition for a safe and healthy morris

And C.A.R.E.S.

Wednesday, March 22, 2017

7:00 PM

St. Mary's Church

Rt. 46 and Myers Avenue

Denville, NJ

For more information, email Trishstm@gmail.com



REBOUND, THE CHRIS HERREN STORY

Chris Herren will be at Pequannock High School (85 Sunset Road, Pompton Plains) on Monday, April 3rd at 7:00pm. He played in the NBA in 1999, but lost it all due to substance abuse. **Please note that the event is free but registration and paper ticket is required to attend.**

You may register and print your free ticket using this link à <https://www.eventbrite.com/e/opioid-epidemic-workshop-3-chris-herren-speaks-to-the-community-registration-31514884869>

Please share with any and all who may be interested.

Steve Nebesni

County Alliance Coordinator

Morris County Dept. of Human Services

Division of Community and Behavioral Health Services

Alliance Events



MADISON ALLIANCE ADDRESSING SUBSTANCE ABUSE

Dedicated to preventing and reducing the use and abuse of alcohol, tobacco and other drugs.

On February 28th, 2017 MAASA attended Meet The Coaches Night at Madison High School. At this event Terry Ziegler, MAASA chairperson, spoke about the risk of opiate use and abuse as it relates to sport injuries and prescribing. After the event, MAASA Coordinator, Lindsay Prewitt and Terry were available to answer questions and provide information. They also made a short questionnaire available to parents to check on what programs the parents were interested in, among other things.

Lindsay Prewitt and Terry Ziegler of MAASA met with the Senior Citizen's Advisory Committee on Thursday March 9th to establish stronger ties with the senior community in Madison. They are now the MAASA liaisons to the Tri-Town 55+ Coalition started in January, 2016 with a grant awarded by the Grotta Fund for Senior Care. tritown55plus.org

Upcoming Events

- MAASA is helping to fund Every 15 Minutes by covering the cost of the videographer and make up for the event. Terry Ziegler is a volunteer chaperone for the overnight portion of the event.
- MAASA is also collaborating with Nunzio Gubitosa of Grace Counseling on a series of parenting workshops planned for the spring.
- MAASA and MACC are working together on a speaker event planned for November on 2017. Anita and Mike Devlin talk about their journey through Mike's addiction to opioids (which began with a pain medication prescribed for a sports injury), and his recovery. They have written a book, S.O.B.E.R. The proceeds of this book are donated in part to prevention efforts.
Pequannock Township alliance

MUNICIPAL ALLIANCE COMMITTEE OF THE CHATHAMS

MACC's purpose is to promote a thriving Chatham community by way of its residents, individually and collectively, embracing prevention as an essential tool against substance abuse.

IN THE NEWS

[Is a Teen depressed or just moody?](#)

Suicide is the second leading cause of death in adolescents 15 to 19, second only to accidents. But the Centers for Disease Control and Prevention announced last November that the suicide rate for younger children from 10 to 14 had increased to the point where [the risk of dying by suicide was as high as the risk of dying in a traffic accident](#);

“When it comes to your child, in a sense statistics don’t matter, what matters is your particular child,” he said. “Pay attention to worry signs.” Too often, he said, the parental impulse is to give advice or even step in and try to fix the problem. **“What parents should do is mostly listen, that should be 90 percent of the conversation,”** he said. The other 10 percent of the time, parents should not attempt to offer a solution, “but help the child problem solve.”

The [signs of teenage depression](#) include mood changes, like persistent sadness or irritability, and changes in level of functioning, such as school failure. They also include withdrawal from friends and family, a loss of interest in activities that had been important, and changes in eating and sleeping patterns, as well as some pretty nonspecific signs like lack of energy, trouble concentrating and unexplained aches and pains. When a child really seems to have changed, you can’t just write it off as adolescence.

It’s important to remember that substance abuse and depression have always gone together in adolescents; those who report depression are more likely to have used drugs or alcohol. This can be a long and hard journey for teenagers and their families, but the message to parents, and to pediatricians, is that we have to keep asking the right questions.

[Study on Prevalence of Depression in Adolescents and Young Adults](#)

[What-do-teenagers-want-potted-plant-parents?](#)

Findings suggest that parents don’t have to be home all the time to be present in their children’s lives, but it helped to be home at certain times. [A classic study](#) connected the total time at least one parent was home before and after school, at dinner and at bedtime to improved psychological health in adolescents. Importantly, the studies of parental presence indicate that sheer proximity confers a benefit over and above feelings of closeness or connectedness between parent and child.

[myths-about-teenagers-and-risk-taking](#)

Myth: We were better

Adults have long fretted about “kids today,” but on the whole our teenagers are much better behaved than we were.

Myth: Teens think they’re invincible

Studies show that adolescents feel [as vulnerable](#) as adults do. Why do adolescents [take so many risks](#) if they feel so unsafe? Research provides an answer that shouldn’t surprise any ex-teenager: For adolescents, the wish to impress their peers often trumps their better judgment.

Myth: Teens are immune to adult influence

Parents offering guidance shouldn’t be put off by the occasional teenage eye-roll. Research consistently finds that adults can capitalize on their relationships with teenagers to reduce adolescent risk-taking.

In broad terms, adolescents who have [open lines of communication](#) with their folks and [describe their parents](#) as available and understanding are less likely to engage in dangerous behavior. More specifically, teenagers whose parents talk with them about sex and contraception [have been found](#) to take fewer sexual

risks, conform less to their peers' behavior and believe that their parents provide the most accurate information about sex. Teenagers [drive more safely](#) when their parents reinforce driving curfews and other motor vehicle laws. And adults who [establish and uphold](#) rules tend to raise adolescents who are less likely to use illegal drugs and alcohol. While peers certainly [influence teenage behavior](#), parents do, too.

[Teenagers-do-dumb-things-but-there-are-ways-to-limit-recklessness](#)

New research sheds light on the question of teenagers and self-control. [A study of more than 5,000 adolescents and young adults](#) from 11 countries across Africa, Asia, Europe and the Americas confirmed that adolescents worldwide have similarly risk-prone brains, but vary substantially in actual risk-taking.

Laurence Steinberg, the study's lead author and a professor of psychology at Temple University, said that the findings, in the journal *Developmental Science*, suggest that "the context in which kids grow up must matter a great deal, and that adolescent recklessness isn't the inevitable byproduct of the period's biology."

Sensation seeking — the yearning for excitement that can characterize adolescence — peaks around age 19 worldwide, and then declines with age. In contrast, self-regulation — the ability to quash an impulse — climbs in a gradual, linear trend until around ages 23 or 24, when it plateaus at adult levels. The fact that self-regulation lags behind sensation seeking helps explain consistent evidence that risk-taking [spikes](#) during the teenage years.

Adolescents can, be taught to think about their choices in basic and pragmatic ways. All the same, Dr. Reyna notes that adolescents need frequent reminders of clear rules for decision-making --- and adults who can help convey the same message in different ways. "Don't focus on whether you could get caught — you probably won't. Focus on whether you could get hurt." Dr. Steinberg agrees that, with teenagers, "sometimes you have to say the same thing six times before it works." Frustrating as this may be, his close look at the psychological development of teenagers around the world reminds us to resist the temptation to "write adolescent risk-taking off as something we can't do anything about."

[Pediatricians Warn About the Dangers of Kids using Marijuana](#)

The [research is clear that using marijuana during adolescence](#) could have a long-term impact on a teen's memory, problem-solving skills and critical thinking. Yet teens do not want to hear that, Wolk, who is also Colorado's chief medical officer, said in 2015. "The research shows that that's like a turn-off."

Instead of focusing on the health risks, Wolk encouraged parents to talk to their kids about what they might lose if they use marijuana during their teenage years. "It's taking kids along the track of, 'Well, you're putting in jeopardy your potential to do well in school or to graduate or to be successful once you get your driver's license, because marijuana does impair you if you're going to use it and drive, and it does impair you if you're trying to study or you're trying to do well in school or you're trying to get a good job,' " he said.

Wolk pointed to [Colorado's online resources for parents](#) to help with the conversation.

[31-n-j-doctors-lost-jobs-in-statewide-opioid-crackdown](#)

Thirty-one New Jersey physicians have lost their jobs after mishandling drugs over the past year. 4 out of 5 heroin users started with "When four out of five new heroin users are getting their start by abusing prescription drugs, you have to attack the problem at ground zero - in irresponsibly run doctors' offices," Attorney General Porrino said in a statement.

[An addict shares her story](#)

It started after she fractured her ankle playing basketball. She was eleven years old and addicted to painkillers.

[NJ patients beg to let medical marijuana Treat Pain](#)

New Jersey's qualifying illnesses are amyotrophic lateral sclerosis, (Lou Gehrig's disease); multiple sclerosis; terminal cancer; muscular dystrophy; inflammatory bowel disease such as Crohn's disease; or any terminal illness. Patients for whom conventional treatment has failed also may qualify if they have a

seizure disorder such as epilepsy; intractable skeletal muscular spasticity; post traumatic stress disorder; and glaucoma. People with HIV/AIDS and cancer may qualify if treatment has caused severe or chronic pain, severe nausea or vomiting, or cachexia or wasting syndrome.

The medical marijuana program serves 10,799 patients, according to the state

Dad Lets Teen Sleep At A Friend's. Hours Later, A Chilling One-Letter Text Arrives

https://littlethings.com/x-plan-bert-fulks/?utm_source=ggn&utm_medium=Facebook&utm_campaign=dad

Additional news stories from outside of NJ

https://www.washingtonpost.com/news/to-your-health/wp/2017/03/07/surgeons-were-told-to-stop-prescribing-so-many-painkillers-the-results-were-remarkable/?hpid=hp_hp-more-top-stories_painkillers-tyh-4pm%3Ahomepage%2Fstory&utm_term=.8aaedd7e687b

https://www.washingtonpost.com/news/wonk/wp/2017/03/03/the-deadly-connection-between-prescription-painkillers-and-the-economy/?hpid=hp_hp-cards_hp-card-business%3Ahomepage%2Fcard&utm_term=.050536abb40f

https://www.washingtonpost.com/news/worldviews/wp/2017/03/04/colombias-coca-boom-is-showing-up-on-u-s-streets/?hpid=hp_hp-more-top-stories_wv-cocaine-255am%3Ahomepage%2Fstory&utm_term=.70d301a399b4

Ongoing Educational and Awareness Opportunities

NAMI Basics is an education program for parents/caregivers of children and adolescents under 18 living with mental illnesses. The course is taught by trained family members. All instruction and course materials are **free** to class participants.

The goals of NAMI Basics are

- * To provide the fundamental information necessary to be an effective caregiver
- * To help cope with the traumatic impact that mental illness has on the child living with the illness and the entire family
- * To provide tools that will assist in making the best decisions possible for the care of the child
- * To help you take the best care possible of the entire family

[Click here to see upcoming Basics classes.](#)

Wednesday evenings, April 19 – May 24, 2017

6:30 p.m. – 8:30 p.m.

Notre Dame of Mt. Carmel Church, 75 Ridgedale Avenue, Cedar Knolls, NJ 07927

For information and to register:

Carol McGough carolpeckldtc@yahoo.com, 973-680-1603

[Download Flyer](#)

Watch:

Educational- tools and resources:

Tools for reducing opioid addiction

<http://www.searchandrescueusa.org/opioid-abuse-resources/>

15 minutes child break resource guide, parent education about drugs, lingo, warning signs, prevention resources

<http://drugfreenj.org/drugfacts/>

FREE Family Support and Recovery Sessions facilitated by Pat Aussem which take place in Cedar Knolls and Basking Ridge respectively. **Hosted by Aussem Counseling & Wellness, LLC**, 1st and 3rd Thursdays of the Month at 7:30 to 9:00 PM at Notre Dame Upper Room, 2nd & 4th Thursdays of the month at 7:00 to 8:30 PM at BRPC's Parlor (see attached flyer)

Talk with your kids:

<http://www.wordscanwork.com/issues/knowissues.html?topic=2>

Talk they hear you

<http://www.samhsa.gov/underage-drinking>

Reduce teen substance misuse, what really works- 2015

<http://www.healthyamericans.org/assets/files/TFAH-2015-TeenSubstAbuse%20FINAL.pdf>

<http://wetip.com/>

Whole school, whole child, whole community

<http://www.cdc.gov/healthyyouth/wsccl/index.htm>

<http://www.drugabuse.gov/>

<http://www.drugfree.org/newsroom/>

<http://www.drugfree.org/>

<http://www.drugfreenj.org/>

<http://www.wordscanwork.com/>

www.teens.drugabuse.gov

www.drugabuse.gov/drugs-abuse/heroin

www.easyread.drugabuse.gov

www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide

<http://www.drugabuse.gov/drugs-abuse/emerging-trends>