

# THE PREVENTION WORKS PROJECT

**1 in 4** teens reports having misused or abused a prescription drug at least once in their lifetime.<sup>5</sup>

**43%** of teens indicate prescription drugs are easier to get than illegal drugs.<sup>5</sup>

Only 14% of teens have discussed the misuse or abuse of prescription drugs with their parents.<sup>5</sup>

**One in five** parents indicate that they have given their teen a prescription drug that was not prescribed for them.<sup>5</sup>



The Prevention Works Project is made possible through a grant by Actavis, Inc.

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# TALK TO YOUR CHILDREN

## Talk to your children – it's important!<sup>4</sup>

Talking to your children about the dangers of prescription drug abuse is one of the most important things that you can do as a parent or guardian. You are a role model for your children, and they learn much of what they will carry with them throughout their lives from your examples and influence. Of course, as children grow up, they will be exposed to more and more outside influences, which makes it very important for you to be a consistent and caring presence in their lives.

Young children are impressionable and often mimic the words and actions of adults, and with the right guidance, they can also come to learn the same values and beliefs of their parents or guardians. Further, by communicating properly with your children as they age, you will teach them effective communication skills that they will utilize for the rest of their lives.

Talking to your children about prescription drug abuse will prepare them to say "no" before they are given the chance to say "yes." Just through a conversation, you can teach your children crucial life skills like decision-making or the ability to cope with stressful situations. This way, when your child is faced

with a dangerous situation, he or she will know how to make the right choices.

## Don't just talk – listen!<sup>4</sup>

This can be easier said than done, but you should make sure that any discussion you have with your children about important topics, like prescription drug abuse, is a conversation and not a lecture. Make sure that your child is contributing as much as you are.

This way, you will not only be able to impart your knowledge, but you will gain insight into the way your child thinks and feels about the issues.

By creating a dialogue with your children in

which you listen to their thoughts and opinions, you will gain insight into what your children really think or believe about prescription drugs. You may find that you and your children have different opinions about prescription drugs, but by controlling your emotions and debating your viewpoint instead of getting angry or upset, you will show your children that you value their opinions, which will make it more likely for them to value yours in return. They will listen to what you have to say about the issue, and their opinions may change based on your arguments.

Also, by talking about the things that concern you instead of avoiding

them, and by doing so in a calm and sincere way, you will build trust with your children. They will know that they can come to you when they need help or advice without worrying that you will get angry or they will be punished.

## Don't wait until it's too late!<sup>4</sup>

It is important to talk to your children about the issues that you worry about no matter how old they are. You simply need to adjust your conversation to be age-appropriate. Even preschoolers know that they should not take medicine from anyone but a doctor or parent. As your child grows up, you can begin to discuss these issues in greater depth, on a level they will understand and respond to. Treating your children respectfully will make them more likely to participate in discussions about important topics.

In the following pages, we will outline the best ways to talk to your children at different stages of their lives so that you can maintain a positive relationship and consistent

communication with them to ensure they make the right choices and become successful adults later in life.

**Even preschoolers know that they should not take medicine from anyone but a doctor or parent.<sup>4</sup>**

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Young Children, as used in this guide, are defined as children of elementary school age or younger.



When you are talking with your children about ways to be safe and healthy, you should give guidance and not commands. It is best to discuss your children's health and safety in general terms so that they will understand your message. Tell them that it is important that we take care of our whole self – our body on the outside and our feelings on the inside. You can teach your young children to follow simple rules that will help them understand the dangers of prescription drug abuse in an age-appropriate way.

Young children are impressionable and easily influenced. They think literally and interpret ideas concretely, relating everything they see and hear to their own lives. They also understand cause and effect in its simplest form, such as, "Eating healthy will help you grow big and strong." It is important for parents or guardians to begin talking with children as early as possible. They will learn from your examples and develop effective communication skills of their own. Therefore, you must be clear and consistent in your communication. What you say and how you say it are equally important. Children will pick up on non-verbal cues like facial expressions or physical actions as much as they will listen to the words you are saying. Don't underestimate the use of smiles or hugs, which can change the tone of a conversation and define the way your children will respond to your message.

### Rules About Medicines<sup>2</sup>:

1. Only take medicine that a grown-up who you know gives to you, even if it is your own.
2. Some medicine might look, smell or taste like candy. But medicine is not candy, and it could hurt you if you take it without an adult.
3. Never take anyone else's medicine, only what the doctor gives you, and never more than the doctor says you should take.
4. Needles are only for medicine and should only be handled by a trusted grown-up. Children should never handle needles, even if they find them at a doctor's office, at home, on the playground or on the street because they could get hurt or hurt someone else.

### Engaging Young Children in Conversation<sup>4</sup>

It is important to keep in mind that young children may not understand the concepts you are trying to discuss with them in the same way an older child or an adult might, but that does not mean that you should dismiss their thoughts or feelings. Use positive language and ask open-ended questions so your children can be a part of the conversation. Let them speak their minds, and respond to what they say constructively. You want them to know that their thoughts and feelings are important to you. Respect is vital.

### Teaching Young Children to Problem-Solve<sup>2</sup>

Encourage children to use the problem-solving steps to solve problems they may have. Recognize that young children may not initiate this process on their own, and you may need to guide children through the process while they are learning, especially in interpersonal conflicts that are stirring up strong feelings. Young children may naturally become comfortable with steps one through three but need guidance on four and five. Ask them which solution seems like the best one or what happened when they tried that solution. It is important to allow the child to do the thinking and come up with the ideas.

### The five problem-solving steps<sup>2</sup>:

1. Stop. Think. What's the problem?
2. Say how you feel.
3. Brainstorm ideas.
4. Try the best one.
5. What happened?

By teaching young children about the problem-solving process, you will provide them with the skills they need to resolve conflicts and make the right decisions in their lives.

Older children, as used in this guide, are defined as children of middle school or junior high school age.

# TALKING TO OLDER CHILDREN

Older children begin thinking more logically about the world around them, but they will still relate everything to themselves. They are beginning to understand the bigger picture, and they will begin to ask challenging questions and desire more detailed answers. Although their communication can seem impulsive and desire-driven, they are beginning to analyze situations and think ahead. Children may begin feeling differently about their parents; some will feel dependent while others will be resistant or even rebellious, and they will all begin to doubt and question their parents' authority. As children this age begin spending more time away from home, either at school or with friends, they will begin to reflect outside influences in their behavior and communication, and they may become more private with their thoughts and feelings. Older children have a more developed sense of humor and can understand more grown-up media. They can play more advanced games, and they may begin to analyze the rules and premises of those games. This is all a normal part of growing up, and it indicates that children are becoming critical thinkers.

Talking with your older children may be more difficult than talking with your youngsters. It is important to remember the following guidelines to maintain healthy relationships with your children as they grow up.<sup>4</sup>

**1. Find time to talk** – Children begin spending less time at home as they age. They are in school during the day, and they will want to spend time with friends or participate in hobbies like playing a sport or an instrument, or taking an art class after school or on weekends. Make an effort to spend one-on-one time with your child despite the hectic schedules you will no doubt compete with. This is as important for them as it is for you.

**2. Speak to your children as equals** – Children want to be “all grown-up” and not treated like babies. By speaking to them on a mature level, they will be more likely to listen to you.

**3. Show respect** – You must realize that children may have information that you do not know. By asking them for help in understanding their needs, they will know that you respect them. You will still hold the authority for making final decisions.

**4. Be specific** – Instead of asking, “How was your day?” you should ask your children things like, “What did your teacher think about your science project?”

**5. Listen without contradicting** – Your children may say things that you disagree with, but you should not tell them that they are wrong. Instead, ask specific questions about the situations they described and explain your feelings about the issues.

**6. Repeat what your children say in a more mature way** – Reflect statements your children make in the form of questions, suggesting that you want to know if you understand what they are trying to tell you and showing them that you respect their intelligence. This will encourage your children to tell you more.

**7. Admit your mistakes** – Kids love to hear parents admit they were wrong. You can ask your children to help you in figuring out a solution to a problem or use humor to resolve a dispute.

**8. Let your children set limits** – You can and should say “no” when your children need to hear it. But within reason, you can let your children make some rules, too. For example, you can let your child be the boss of his or her homework, deciding what time to start it, how much help is given and when help is given. Your child will feel more in-control, and you will be giving him or her responsibility.

**9. Keep talking even if your child doesn't respond** – Try not to take silence or impulsive responses personally. Older children want to establish their independence; their goal is not to upset you.



Teens, as used in this guide, are defined as high school-age adolescents.

The teenage years are a time of special risk for making unhealthy or unsafe choices. It is important to keep the conversation between you and your teens going so that you can teach them the importance of making the right decisions. It can be difficult to begin a dialogue with your teens, but you can find opportunities to begin the conversation during your everyday activities, like when you are driving or during dinner.

### Tips for talking with your teen<sup>6</sup>

#### Encourage healthy conversation

– Encourage your child to talk about whatever interests him or her. Listen without interruption and give your child a chance to teach you something new. Your active listening to your child's enthusiasm paves the way for conversations that concern you.

#### Ask open-ended questions –

Encourage your teen to tell you how he or she thinks and feels about the issue you are discussing. Avoid questions that have simple “yes” or “no” answers.

**Control your emotions** – If you hear something that you don't like, try not to respond with anger. Instead, take a few deep breaths and acknowledge your feelings in a constructive way.

**Make every conversation a “win-win” experience** – Don't lecture or try to “score points” on your teen by showing how he or she is wrong. If you show respect for your child's viewpoint, he or she will be more likely to listen to and respect yours.

### Build A Strong Relationship<sup>6</sup>

The best way to influence your child to avoid bad decisions is to have a strong, trusting relationship with him or her. Research shows that teens are

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much more likely to make the right choices when they feel they have a close, supportive tie with a parent or guardian. Some ways to build a strong, supportive bond with your child are:

#### 1. Establish open communication

– Make it easy for your teen to talk honestly with you.

**2. Show you care** – Even though teens may not always show it, they still need to know that they are important to their parents. Make it a point to spend one-on-one time with your child – time when you can give him or her loving, undivided attention.

**3. Draw the line** – Set clear, realistic expectations for your child's behavior. Establish appropriate consequences for breaking rules and consistently enforce them.

**4. Offer acceptance** – Make sure your teen knows that you appreciate his or her efforts as well as accomplishments. Avoid hurtful teasing or criticism.

**5. Understand that your child is growing up** – This doesn't mean a hands-off attitude, but as you guide your child's behavior, also make an effort to respect his or her growing need for independence and privacy.

It is important for you to reward your teen's good behavior. In doing so, you will teach him or her which behaviors you like so that he or she will do them more. Remember, punishing bad behavior only gives your teen information on what not to do. Reward your teen often, whenever you see him or her doing something you like. Also, be sure to reward right away – waiting weakens the reward and the positive message you are sending by rewarding him or her. Make sure to be specific about what it was that your teen did right. Rather than saying, “Good job,” you should say, “You did a great job on the dishes!” Be excited when rewarding. Remember that what you say and how you say it are equally important. Pair rewards with smiles and praise.

### Avoiding Communication Breakdown<sup>7</sup>

Effective communication can be difficult, especially when dealing with your own children. It is easy to fall into bad habits when trying to teach your teens which behaviors are acceptable and which aren't. Try to avoid the following pitfalls of communication:

**1. Blaming** – When you blame someone else for a problem, you are putting that person in a defensive mode, setting him or her against others in the conversation. This can lead to hurt feelings or a quick end to the conversation. Instead, try to put everyone on the same team to try and solve the problem.

**2. Changing the subject** – Discussing something unrelated to the topic you began with will leave the conversation unfinished and

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can be confusing to the person you are talking with.

**3. Sounding hopeless** – A negative attitude makes others think you are unwilling to reach an agreement.

**4. Cutting off communication** – “My way or the highway” is a negative attitude. Few problems can be solved when one or both people are unwilling to discuss the issues.

**5. Denying** – Don’t deny that there is a problem just to avoid talking about it. Although the issue may not affect you, it can be affecting someone else in the family. Always talk about problems and help resolve them as a family to build strong bonds.

**6. Making extra-long statements** – These can come across as nagging or lecturing, which makes others want to stop listening. Be brief and to the point instead of giving lots of examples to prove your point.

**7. Assuming** – Saying or implying that you know the other person’s thoughts or feelings doesn’t allow them to truly speak their minds. “You care more about sports than anything else” is a general statement that may not be true, and by voicing your opinion in that way, your child is either forced to contradict you or will assume you do not know or care about his or her true feelings.

**8. Using sarcasm or put-downs** – Name calling or insulting the ideas or efforts of others lowers a person’s self-worth. After a while, they can begin to believe the negative characteristics you are portraying them with.

**9. Speaking in absolutes** – Saying, “You always...” or, “You never...” leaves no room for a discussion. Remember, there are always exceptions.

### When Communication Does Break Down<sup>7</sup>

It is inevitable that family members will disagree about certain things. Disagreements can even be helpful if handled in the right way. By listening to the viewpoint of another person, you will gain insight into why they feel the way they do. You do not have to agree, but it is constructive to listen to the whole argument before presenting your side. In order to minimize or prevent heated situations, follow these tips:

1. Every teen needs some personal belongings that they should not have to share. Make it clear what these are, and also make it clear that everything else in the household is to be shared with the other family members.
2. Teens need space for themselves, so allow them this privacy.
3. Hobbies are important for teens, and if you have more than one teenage child, it is important that each one of them finds their own special activity. Help your children find that activity, encourage them to have fun

with it and spend some money in developing it.

4. One-on-one time is important. Each parent or guardian in the household should spend time with each teen individually. The activity does not matter as much as the time alone that you have with that one teen.

5. Try not to interfere in disputes between other family members unless there is an immediate danger to a person. Teach your teens how to solve their own disagreements by using the problem-solving method. (Identify the problem, determine your stance, brainstorm solutions, choose the best solution, evaluate the results.)

6. Suggest a change in activity if irritability mounts. Teens need to vent their emotions just like adults. Do not shout back if they yell. Simply listen to what they are saying, and then redirect their attention to another activity.

7. Do not threaten your teen by saying, “I won’t love you if you do that.” A teen should know that a parent will still love him or her even if he or she sometimes makes bad decisions. Instead of threatening consequences for bad behavior, offer rewards for making good choices.

8. When two children in your household disagree, do not always take the side of the crying or youngest child. Separate them without taking sides, and take time to explain to each of them how the other feels.

9. Congratulate and praise teens every time they settle their own conflicts. Help your teen understand that disagreements are normal and need to be dealt with in the right way.

10. Set a positive example and your teens will eventually come to follow your lead.

### SOURCES

1. AboveTheInfluence.com.
2. Al’s Pals: Kids Making Healthy Choices Curriculum.
3. AmericanMedicineChest.com.
4. LifeSkills™ Training Curriculum.
5. The Medicine Abuse Project by The Partnership at DrugFree.org.
6. National Institutes of Health (NIH).
7. Strengthening Families Program for Early Teens and High School, SFP 12-16 Curriculum.
8. U.S. Drug Enforcement Administration (DEA).

# GOT DRUGS?

## HOW TO DISPOSE OF MEDICATIONS

Throughout New Jersey, drug take-back locations are available for the public to bring unused or unwanted medications to a central location for proper disposal. You can find dropboxes in the following locations in Monmouth and Ocean counties.<sup>3</sup> To find drug take-back locations in other counties, visit [www.AmericanMedicineChest.com](http://www.AmericanMedicineChest.com)

### HOWELL

Police Department  
300 Old Tavern Road  
Howell, NJ 07731  
732.938.4111

### MARLBORO

Police Department  
1979 Township Drive  
Marlboro, NJ 07746  
732.536.0200

### FREEHOLD

Monmouth County Sheriff's Office  
50 East Main Street  
Freehold, NJ 07728  
732.308.2977

### SEASIDE HEIGHTS

Police Department  
116 Sherman Avenue  
Seaside Heights, NJ 08751  
732.793.1800

### TOMS RIVER

Police Department  
255 Oak Avenue  
Toms River, NJ 08753  
732.349.0150

### SPRING LAKE HEIGHTS

Police Department  
555 Brighton Ave  
Spring Lake Heights, NJ 07762  
732.449.6172

### IF YOUR MEDICINE CABINET IS FULL OF EXPIRED MEDICATIONS OR DRUGS THAT YOU NO LONGER USE, FOLLOW THESE GUIDELINES TO DISPOSE OF THEM SAFELY.<sup>8</sup>

If you would prefer to dispose of your unused or unwanted medications at home, you can do so safely by following these simple steps. **NEVER DISPOSE OF PRESCRIPTION DRUGS BY FLUSHING THEM DOWN THE TOILET OR POURING THEM DOWN THE DRAIN.<sup>8</sup>**



1. Take your prescription drugs out of their original containers.



2. Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.



3. Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.



4. Conceal or remove any personal information, including Rx number, on the containers by covering it with permanent marker or scratching it off.



5. The sealed container with the drug mixture, and the empty drug containers, can now be placed in the trash.

# PRESCRIPTION DRUG ABUSE RESOURCES IN NEW JERSEY

Talk to your children today about making the right choices. Learn more at [www.PreventionFirst.net](http://www.PreventionFirst.net).

Visit us online to find out more about the programs and services offered by Prevention First, or to bring a Prevention First program to your child's school.



## IMMEDIATE HELP

### Emergency Services

If you or someone you know is in need of immediate medical attention, call 9-1-1 now.

### Suicide Intervention

**CONTACT We Care, Inc.**  
908.232.2880 or  
Text 'CWC' to 839863

**National Suicide Prevention Lifeline**  
1.800.SUICIDE  
1.800.273.TALK

**NJHOPELINE**  
855.654.6735

**Crisis Intervention** - emergency care to stabilize an individual experiencing an inability to cope with difficulty.

### Children's Mobile Response & Stabilization Services

In-home crisis response service for children in crisis  
24-Hour Helpline: 877.652.7624

### CentraState Medical Center

901 W. Main Street  
Freehold, NJ 07728  
Crisis Screening Center: 732.780.6023

### Jersey Shore University Medical Center

1945 Route 33  
Neptune, NJ 07753  
Crisis Screening Center: 732.776.2325

### Kimball Medical Center

600 River Avenue  
Lakewood, NJ 08701  
Psychiatric Emergency Screening Service (PESS): 732.886.4474

### Monmouth Medical Center

300 Second Avenue  
Long Branch, NJ 07740  
Crisis Screening Center: 732.923.6999

### Ocean Medical Center

425 Jack Martin Boulevard  
Brick, NJ 08724  
Crisis Screening Center: 732.836.4140

### Riverview Medical Center

1 Riverview Plaza  
Red Bank, NJ 07701  
Crisis Screening Center: 732.530.2438

### Southern Ocean Medical Center

1140 Route 72  
Manahawkin, NJ 08050  
Crisis Screening Center: 609.978.8972

**Detoxification** - intervention of physical dependence on alcohol and/or other drugs and the related withdrawal symptoms that occur as the body detoxifies itself of harmful chemicals.

### Light House at Mays Landing

For adults  
5034 Atlantic Avenue  
Mays Landing, NJ 08330  
800.852.8851

### Maryville, Inc.

For adults  
1903 Grant Avenue  
Williamstown, NJ 08094  
856.629.0244 ext. 310

### New Hope Foundation, Inc.

For adults and adolescents  
80 Conover Road  
Marlboro, NJ 07746  
732.946.3030  
[www.newhopefoundation.org](http://www.newhopefoundation.org)

### Sunrise House Foundation, Inc.

For ages 17+  
37 Sunset Inn Road  
Routes 15 & 94  
Lafayette, NJ 07848  
973.383.6300

### Turning Point, Inc.

For adults  
Barnert Medical Arts Complex  
680 Broadway  
Paterson, NJ 07514  
973.239.9400  
800.969.7476



## IN-PATIENT

**Carrier Clinic Access Center**  
252 Route 601  
Belle Mead, NJ 080502  
800.933.3579

**Daytop Village of New Jersey, Inc.**  
80 West Main Street  
Mendham, NJ 07945  
973.543.5656

**Discovery Institute for Addictive Disorders**  
80 Conover Road  
Marlboro, NJ 07746  
732.946.9444  
[www.discoverynj.org](http://www.discoverynj.org)

**Lighthouse at Mays Landing**  
5034 Atlantic Avenue  
Mays Landing, NJ 08330  
800.852.8851

**Maryville, Inc.**  
1903 Grant Avenue  
Williamstown, NJ 08094  
856.629.0244 ext. 311 or ext. 312

**New Hope Foundation, Inc.**  
80 Conover Road  
Marlboro, NJ 07746  
732.946.3030, ext. 201 or ext. 247  
[www.newhopefoundation.org](http://www.newhopefoundation.org)

**Pinnacle Treatment Centers**  
6 Broadway  
Keyport, NJ 07735  
732.264.3824

**Sunrise House Foundation, Inc.**  
37 Sunset Inn Road  
Routes 15 & 94  
Lafayette, NJ 07848  
973.383.6300

**Touchstone Hall**  
35D Piermont Road  
Rockleigh, NJ 07647  
201.784.6490

**Turning Point, Inc.**  
680 Broadway  
Paterson, NJ 07514  
973.239.9400  
800.969.7476



## OUTPATIENT

**Barnabas Behavioral Health Center**  
1691 Route 9, CN 2025  
Toms River, NJ 08754  
800.300.0628

**Catholic Charities**  
238 Neptune Boulevard, Ste. 2B  
Neptune, NJ 07753  
732.897.7701

**Community YMCA Family Services**  
166 Main Street  
Matawan, NJ 07747  
732.290.9040  
[www.cymca.org](http://www.cymca.org)

**The Counseling Center of Freehold**  
4345 US Route 9 North  
Freehold, NJ 07728  
732.431.5100

**CPC Behavioral Healthcare**  
270 Highway 35  
Red Bank, NJ 07701  
732.842.2000 ext. 4221

**Discovery Institute for Addictive Disorders**  
Route 520  
PO Box 177  
Marlboro, NJ 07746  
732.946.9444  
[www.discoverynj.org](http://www.discoverynj.org)

**Endeavor House**  
6 Broadway  
PO Box 28  
Keyport, NJ 07735  
732.264.3824  
[www.endeavorhouse.com](http://www.endeavorhouse.com)

**GenPsych**  
1610 Route 88, Ste. 202  
Brick, NJ 08724  
855.436.7792  
[www.genpsych.com](http://www.genpsych.com)

**Healy Counseling Associates**  
1108 Hooper Avenue, Ste. 1  
Toms River, NJ 08753  
732.797.0400

**High Focus Center**  
6 Paragon Way  
Freehold, NJ 07728  
732.303.9900



## OUTPATIENT (CONT.)

**Integrated Care Concepts & Consultation, LLC**  
615 Hope Road, Building 1B  
Eatontown, NJ 07724  
732.389.0697  
[www.integratedcareconcepts.com](http://www.integratedcareconcepts.com)

**JSAS Health Care**  
685 Neptune Boulevard  
Neptune, NJ 07753  
732.988.8877  
[www.jsashc.org](http://www.jsashc.org)

**Jersey Shore University Medical Center**  
Addiction Recovery Services  
3535 Route 66, Bldg. 5, Ste. D  
Neptune, NJ 07753  
732.643.4400  
[www.meridianhealth.com](http://www.meridianhealth.com)

**Jewish Family & Children's Service**  
705 Summerfield Avenue  
Asbury Park, NJ 07712  
732.774.6886

**Lighthouse at Manahawkin**  
400 North Main Street, Bldg. 1, Ste. 2  
Manahawkin, NJ 08050  
888.743.5748

**Lighthouse at Mays Landing**  
5034 Atlantic Avenue  
Mays Landing, NJ 08330  
800.852.8851

**Lighthouse at Ventnor**  
6601 Ventnor Avenue, T-Ste. 122  
Ventnor, NJ 08406  
877.449.1555

**Middletown Crossroads at Croydon Hall**  
900 Leonardville Road  
Leonardo, NJ 07737  
732.615.2277  
[www.middletownnj.org](http://www.middletownnj.org)

**New Hope Foundation**  
2 Monmouth Avenue, Ste. 2A  
Freehold, NJ 07728  
732.308.0115

**Ocean Medical Services**  
2001 Rt. 37 East  
Toms River, NJ 08753  
732.288.9322  
[www.oceanmed.net](http://www.oceanmed.net)

**Ocean Mental Health Services, Inc.**  
160 Route 9  
Bayville, NJ 08721  
732.349.5550

**Ocean Township Community Services**  
601 Deal Road  
Ocean, NJ 07712  
732.531.2600  
[www.oceanhsd.org](http://www.oceanhsd.org)

**Preferred Behavioral Health**  
700 Airport Road  
Lakewood, NJ 08701  
732.367.4700  
[www.preferredbehavioral.org](http://www.preferredbehavioral.org)

**Recovery Innovations, Inc.**  
628 Shrewsbury Avenue  
Tinton Falls, NJ 07701  
732.576.8581  
[www.recoveryinnovations.com](http://www.recoveryinnovations.com)

**Rehab After Work**  
17 Broad Street  
Freehold, NJ 07728  
856.810.1012

**Riverview Booker Behavioral Health Center**  
661 Shrewsbury Avenue  
Shrewsbury, NJ 07702  
732-345-3400  
[www.riverviewmedicalcenter.com](http://www.riverviewmedicalcenter.com)

**Seashore Family Services of NJ**  
270 Chambers Bridge Road, Ste. 10  
Brick, NJ 08723  
732.920.2700

**St. Francis Counseling Services**  
4700 Long Beach Boulevard  
Brant Beach, NJ 08008  
609.494.1554

**Wall Township Youth Center & Community Services**  
1824 South M Street  
Wall, NJ 07719  
732.681.1375  
[www.wallnj.com](http://www.wallnj.com)

# RECOVERY

## Halfway Houses & Extended Care

### Discovery Institute for Addictive Disorders

For men  
80 Conover Road  
Marlboro, NJ 07746  
732.946.9444

### Endeavor House

For men and women  
6 Broadway, P.O. Box 28  
Keyport, NJ 07735  
732.264.3824  
[www.endeavorhouse.com](http://www.endeavorhouse.com)

### Epiphany House

For women  
373 Brighton Avenue  
Long Branch, NJ 07740  
732.775.0720  
[www.epiphanyhouse.org](http://www.epiphanyhouse.org)

### Hansen House

For men and women  
411 Aloe Street  
Egg Harbor City, NJ 08215  
609.965.3699

### Hendricks House

For men  
542 North West Boulevard  
Vineland, NJ 08360  
856.794.2443  
[www.hansenhouse.org](http://www.hansenhouse.org)

### Mattie House

For men  
86 Conover Road  
Marlboro, NJ 07746  
732.817.0616  
[www.4drugrehab.com](http://www.4drugrehab.com)

### New Hope Recovery House

For men  
6 Elm Street  
Freehold, NJ 07728  
732.462.6374

### Oxford Houses of NJ

For men and women  
Multiple locations  
855-684-3678  
[www.njoxfordhouse.org](http://www.njoxfordhouse.org)

### Philip House

For men  
190 Chelsea Avenue  
Long Branch, NJ 07740  
732.870.8500

## Self-Help Groups

Alcoholics Anonymous	800.245.1377
Al-Anon/Alateen	888.944.5678
Cocaine Anonymous	800.347.8998
Parents Anonymous	800.843.5437
Narcotics Anonymous	800.992.0401
Nar-Anon	877.424.4491
Self-Help Clearinghouse	800.367.6274

## Hotlines & Helplines

Addictions Hotline of NJ	800-238-2333
Child Care Help Line	800-332-9227
Child Support Hotline	877-NJ-KIDS1 (655.4371)
CONTACT of Monmouth and Ocean Counties	732.240.6104
CONTACT We Care, Inc.	908.232.2880
Disaster Mental Health	877-294-HELP (4357)
Division of Addiction Services	609-292-5760
Division of Family Development	800-792-9773
Division of Medical Assistance and Health Services (DMAHS)	800-356-1561
Division of Mental Health Services	800-382-6717
NJ211.org	Dial 211
NJ FamilyCare	800-701-0710
NJ MentalHealthCares (NJMHC)	866-202-HELP (4357)
<a href="http://www.njmentalhealthcares.org">www.njmentalhealthcares.org</a>	

# KID'S CORNER

## HOW TO HELP A FRIEND<sup>1</sup>

It's never easy to tell a friend that he or she has a problem... but isn't that what a friend would do? No one ever thinks that "trying" drugs is going to lead to a life-threatening addiction. Yet, millions of people have to deal with this tough issue every year.

In this section, you will find information on how to recognize a problem and some suggestions on how to have a talk with your friend. You may even find yourself in need of help or someone to talk to. There are plenty of free online resources and confidential hotlines, as well as advice from teens who have been there and have dealt with this tough issue.

## Does my friend have a drug problem?

Does your friend seem like a different person when they drink or get high? Maybe they have been letting you down lately and you think it's connected to drug use. Or maybe some of the things they do when they are drunk or high are just scary. This can be a difficult situation to deal with, and sometimes the situation gets worse before it gets better. Don't make excuses. Talk to your friend.

## What are the signs?<sup>1</sup>

If your friend does one or more of the following, you should talk to him/her.

- Gets drunk or high on a regular basis.
- Drinks or uses drugs when he/she is alone.
- Shows up at school drunk or high or has skipped class to use.
- Needs drugs or alcohol to have a good time or cope with everyday life.
- Plans for drug use in advance.
- Starts hanging out with new friends who will do drugs with him/her or can score for him/her.
- Lies about drug use.
- Pressures others to use drugs.
- Has broken plans with you or showed up late, because he/she was getting drunk or high.
- Shows little interest in or quits sports or activities he/she once enjoyed.
- Has driven a car while drunk or high.
- Borrows or steals money to buy drugs or alcohol.

Also, even if your friend doesn't exactly fit any of these, but you feel like he/she is headed in the wrong direction, you can say something. You don't have to wait for it to get worse.

**Remember to always follow these steps as you plan to talk with your friend about his/her use.<sup>1</sup>**

- We're going to be friends no matter what, so don't worry about that. We've had some great adventures together and it's been fun. But I'm getting worried about your drug/alcohol use. I've seen you stoned/high a few times now and it's not healthy - I'm afraid that you are hurting yourself. I'm also afraid that you are going to get into trouble if you keep going the way you're going. Plus, when you're using, you can get me in trouble, too. I just really hope we can talk about what's going on with you. There are also people you can talk to confidentially who can help. It's not too late for you to change things in your life.
- I'm concerned you are using drugs/alcohol because you are unhappy or depressed - or maybe some other things are bothering you at home or at school. I know it's hard, but drugs/alcohol are not the way to deal with your problems. Actually, you might not know this, but drug use can actually increase a person's likelihood of experiencing mental health problems like depression and anxiety. I feel like you will be making your problems worse by using drugs and alcohol. I want to help you work through this, and if we can't fix it, there are people you can confidentially talk with who can help.
- I'm afraid that people are starting to talk about you and your drug/alcohol use. It's not healthy, and I think you need to stop. You're getting a bad reputation. Sooner or later, other people are going to find out (like school or your parents), and that will cause even more problems for you.
- I'm also concerned about the messages online you are posting about using drugs. Did you know that school can suspend you for what you do/say online, and college admissions officers and potential employers check your online profiles when you apply for colleges or jobs? You don't want to ruin your reputation or future for something stupid like this.
- I don't like having to talk about this, but I am worried about your drug/alcohol use. I'm here to help you, and so are the rest of your friends. We can do fun things that don't include drugs/alcohol use. There are confidential hotlines that can help, and you can call them without getting into trouble. If you think you need to talk with an adult like a counselor, your parents, or a health care professional, I can go with you. I can even start the conversation. Just let me know.