

# **1st Annual S.A.F.E.™ NIGHT S.ubstance A.wareness and Family E.mpowerment**

## **“Be Safe”**

West Milford Township Public Schools  
in collaboration

WM C.A.S.A

November 2, 2017

#wmbesafe

# Be S.A.F.E.™

## Do family dinners have any scientific benefits?

Over the past 15 years researchers have confirmed what parents have known for a long time: sharing a family meal is good for the spirit, the brain, and the health of all family members. Recent studies link regular family dinners with many behaviors that parents pray for: lower rates of substance abuse, teen pregnancy and depression, as well as higher grade-point averages and self-esteem. Studies also indicate that dinner conversation is a more potent vocabulary booster than reading, and the stories told around the kitchen table help our children build resilience. The icing on the cake is that regular family meals also lower the rates of obesity and eating disorders in children and adolescents. What else can families do that takes only about an hour a day and packs such a punch?

# Be S.A.F.E.™

## DINNER TABLE DESIGN

Kids and teens who share family dinners 3 or more times per week:

- Are less likely to be overweight
- Are more likely to eat healthy foods
- Perform better academically
- Are less likely to engage in risky behaviors (drugs, alcohol, sexual activity)
- Have better relationships with their parents
- And "More frequent family dinners are related to fewer emotional and behavioral problems, greater emotional well-being, more trusting and helpful behaviors towards others and higher life satisfaction, "Journal of Adolescent Health" April 2012.
- See more at:  
<http://www.thescramble.com/family-dinner-challenge-statistics/#sthash.tpc9C2NV.dpuf>
- <https://thefamilydinnerproject.org/resources/faq/>

# Table Discussion

What is addiction?

What is an adolescent?

# Table Discussion

What is addiction?

- ❑ the fact or condition of being addicted to a particular substance, thing, or activity.

Addicted:

- ❑ physically and mentally dependent on a particular substance, and unable to stop taking it without incurring adverse effects.

What is an adolescent?

- ❑ (of a young person) in the process of developing from a child into an adult.

# Table Discussion

What is substance abuse?

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What is substance abuse?

- ❑ overindulgence in or dependence on an addictive substance, especially alcohol or drugs.

# The role of the SAC (Student Assistance Counselor)

- The SAC can be utilized as needed by any school or student in the district
- Office is located in the Guidance & Counseling suite at WMHS
- Services include education, prevention, intervention, and referral
- Random Drug Testing (RDT) program coordinator
- Member of 504 and Intervention & Referral Services teams as well as Crisis Management and School Safety teams at WMHS
- Community/county affiliations include:
  - West Milford Citizens Against Substance Abuse (CASA)
  - United for Prevention in Passaic County
  - Traumatic Loss Coalition of Passaic County



## Issues Addressed by the SAC

- Substance awareness, use, and abuse
- Conflict resolution
- Relationships
- Gender identity
- LGBTQIAA
- Mental Health
- Peer Issues
- Anger Management
- Grief and Loss
- Life transitions
- Self esteem
- Self image
- Separation/divorce
- Family Issues
- Depression
- Anxiety

# What is C.A.S.A.?

Founded in 1989, Communities against Substance Abuse (C.A.S.A.) West Milford is a Municipal Alliance Committee dedicated to preventing drug and alcohol abuse in the community of West Milford, NJ.

## WHO?

C.A.S.A committee volunteers represent different sectors of the West Milford community, including law enforcement, government, health care, education, religious leadership, business, media, and more. All meetings are open to the public and community participation is strongly encouraged!

## HOW?

C.A.S.A. is funded by the Governor's Council on Alcoholism and Drug Abuse, as well as the generous support of West Milford's residents and local businesses. With the help of dedicated volunteers C.A.S.A. is able to deliver a variety of programs designed to prevent drug and alcohol abuse.





Rebecca Stumpf, Coordinator  
Email: [CASA@westmilford.org](mailto:CASA@westmilford.org)

## Risk Factors for Youth Substance Abuse:

- ❖ Anxiety/Depression
- ❖ Family History
- ❖ Lack of parental supervision
- ❖ Rebelliousness/Risk taking
- ❖ Harsh or inconsistent discipline
- ❖ Poor impulse control
- ❖ Access to drugs/alcohol
- ❖ Bullying
- ❖ Peer Use
- ❖ ADHD

## Protective Factors for Youth Substance Abuse:

- ❖ Healthy coping skills
- ❖ High self esteem
- ❖ Supportive Family
- ❖ Consistent Discipline
- ❖ Positive peer group
- ❖ Problem solving skills
- ❖ Extracurricular activities
- ❖ Enjoys/does well in school
- ❖ Mentoring
- ❖ Positive teacher expectations
- ❖ Make and maintains friendships

# What does C.A.S.A do?

C.A.S.A. is more than just beach parties and activities for kids. Our volunteers work with school administration, law enforcement, and community leaders to help educate the community and advocate for evidence-based prevention strategies.

C.A.S.A. relies on community feedback to ensure that its programs are meeting West Milford's needs. That means we need *your* feedback!

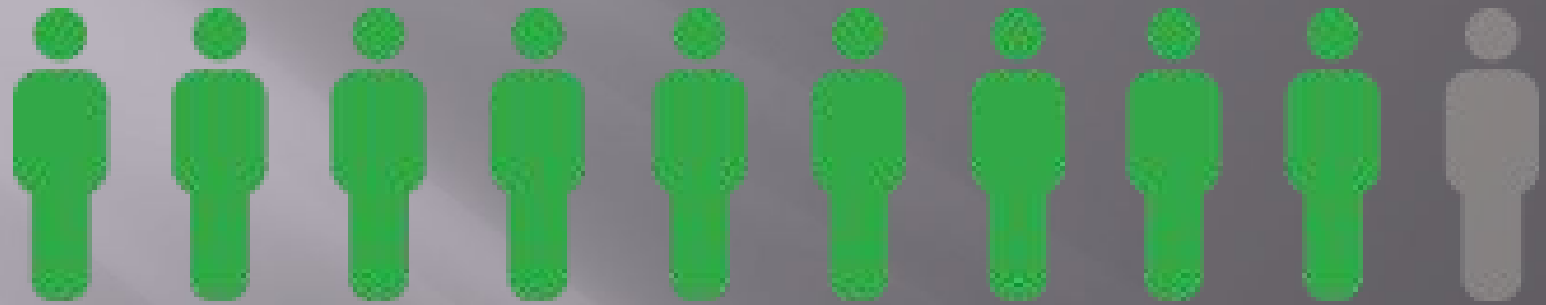
*If you want to learn more about current C.A.S.A. programs or how you can help, please contact [CASA@westmilford.org](mailto:CASA@westmilford.org).*





# The Scary Facts

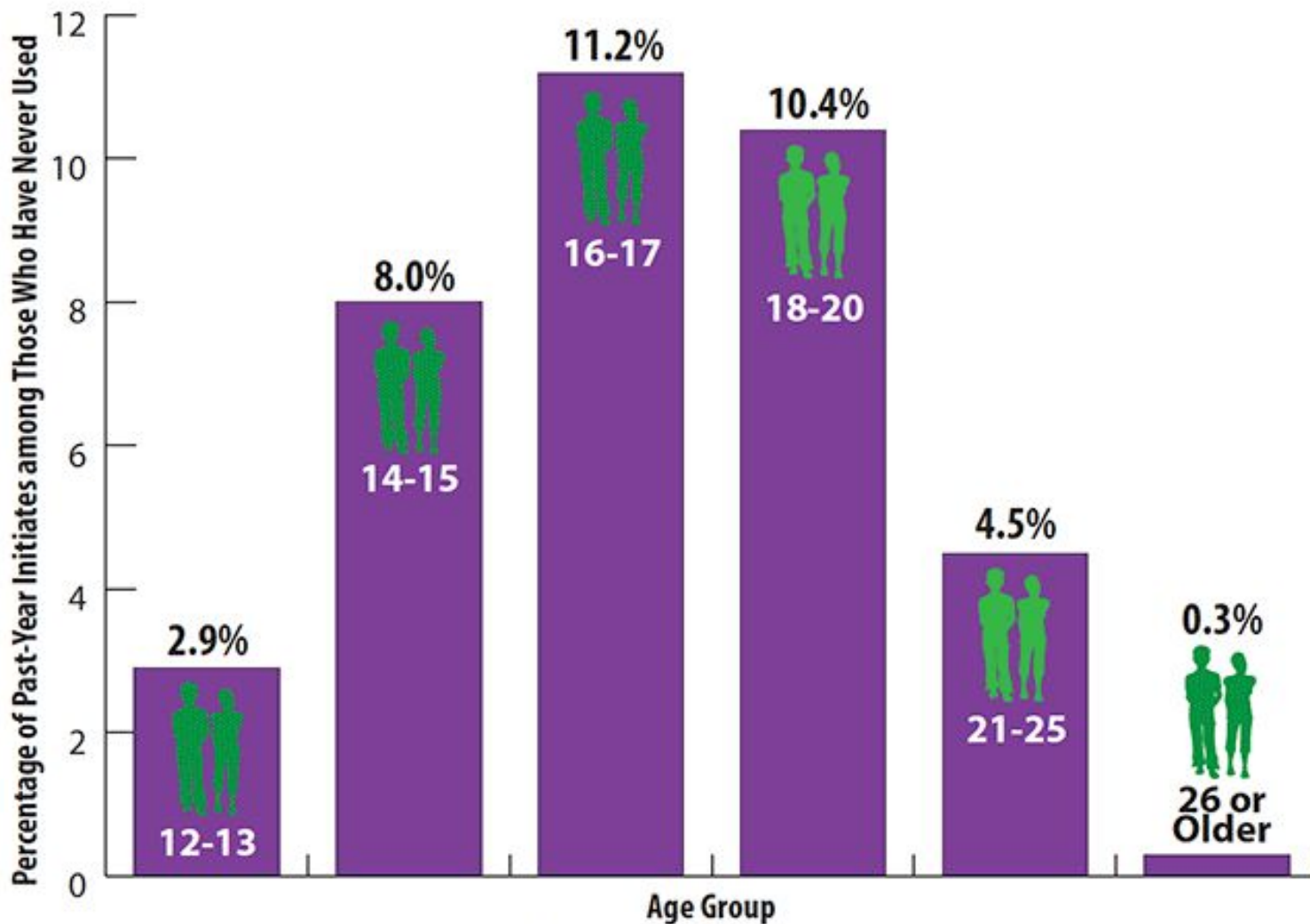
- 90% of all addicts start drinking, smoking, or using drugs before the age of 18.
- Individuals have a 25% chance to become addicted if their first experience is before age 18. There is a 4% chance of addiction if the the first experience is after age 21.
- People who began using addictive substances before age 15 are nearly 7 times more likely to develop a substance problem than those who delay first use until age 21 or older.



**9 OUT OF 10**

**PEOPLE WITH SUBSTANCE  
PROBLEMS STARTED USING  
BY AGE 18**

## The Drug Danger Zone: Most Illicit Drug Use Starts in the Teenage Years



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2011 and 2012.



# Table Discussion

What consequences are possible from substance abuse and addiction?

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- ❑ Death
- ❑ Prison
- ❑ Loss of income/job
- ❑ Suicide
- ❑ Loss of family
- ❑ Major organ deterioration
- ❑ Malnutrition
- ❑ Depression
- ❑ Significant weight loss/gain

# A New Hope

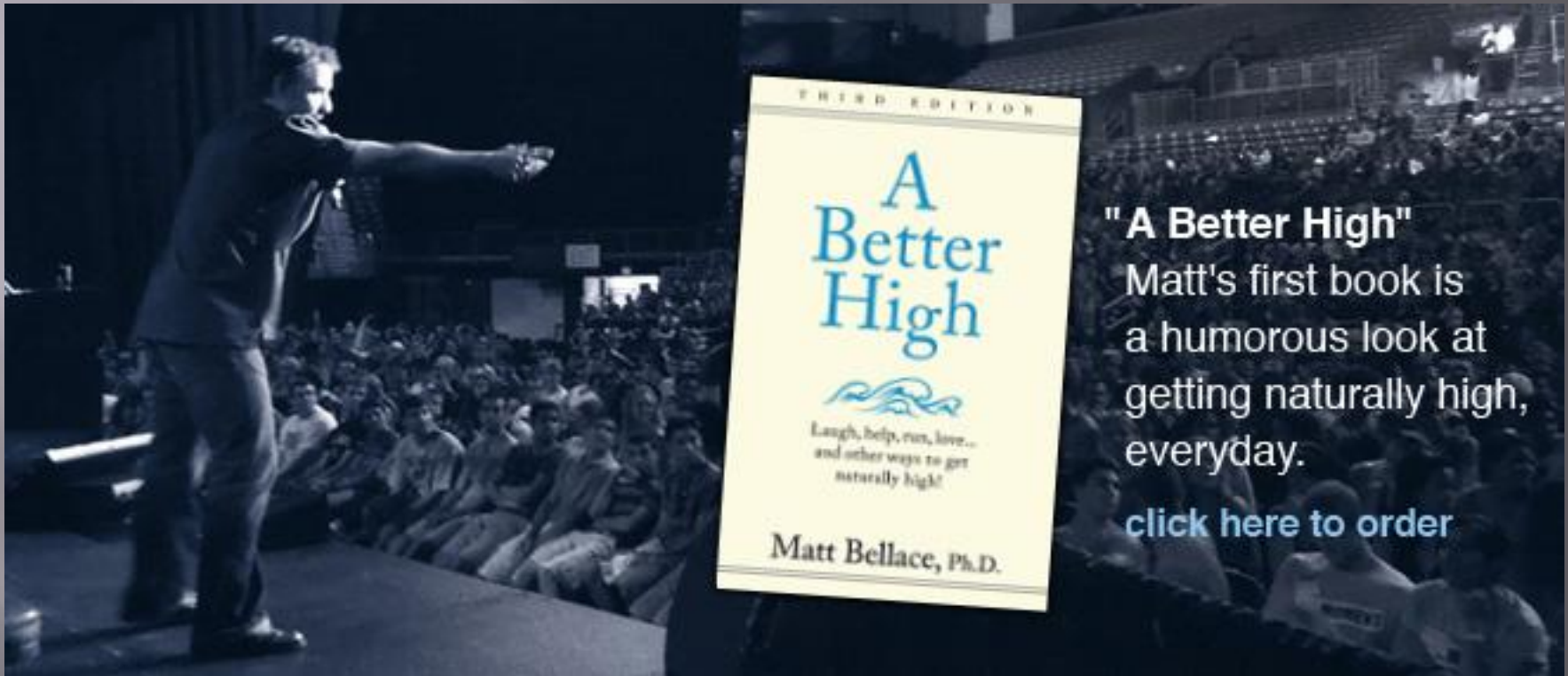
- Every year that substance use is delayed during the period of adolescent brain development, the risk of addiction and substance abuse decreases.
  
- Drug use and attitudes among 8th, 10th, and 12th graders is encouraging, with past-year use of illicit drugs continuing to decline to the lowest level in the history of the survey in all three grades.
  - December 2016 Study by the National Institute on Drug Abuse

# Heroes & Cool Kids at WM

- ❑ Heroes & Cool Kids is a unique mentoring program employing high school student leaders (Heroes) to mentor elementary and middle school students (Cool Kids) in our district.
  - ❑ Negotiating through the pressures associated with tobacco, drug and alcohol abuse.
  - ❑ Resolving conflict and preventing violence.
  - ❑ Increasing physical activity.
  - ❑ Reducing bullying behaviors.

<http://www.heroesandcoolkids.org/student-leadership-program/>

# Closing Keynote: Matt Bellace



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