



Hello, I hope you are enjoying your summer! While the Coalition has not been having formal meetings over the summer, I wanted to give you an update about what has been going on. Since our last meeting:



- **The Coalition has been present at two Farmer's Markets in Madison.**

June - Focused on opioids. While we shared opioid education and awareness materials, one of our Physician sector members, **Dr. Cardamone**, joined me in sharing *pain management alternatives* with the people that stopped by. A number of people stopped by that suffer from back problems, and other chronic conditions and shared their experiences and listened to the alternatives. Very well received.

July - Focus on Marijuana. While we shared information on the impact of marijuana on adolescents and the current state of proposed legislation in NJ, one of our education sector members, **Mary Lea Crawley** shared Mindfulness relaxation techniques as a *healthy choice*, and gave away Mind jars to help individuals "take a breath".

- **Upcoming event**

**Knock Out Opioid Volunteer Training** will be **hosted** by the Partnership for a Drug Free New Jersey on **Tuesday, August 15<sup>th</sup>**, in preparation for Knock Out Opioid Abuse Day on October 6. The northern NJ regional training will be given at the Morris County Public Safety Training Academy (500 West Hanover Ave. Morristown). You do not have to participate in the training to participate on October 6<sup>th</sup> but I wanted to let you know about it, especially since it is in Morris County. I have attached the Flyer and was told the training will begin at 5:00p (dinner will be provided). Last year there were 2200 attendees and they are hoping for more this year. **We would like to have all of our sectors represented so that we can be most effective in getting the word out. Please let me know if you plan to attend.** I was not there last year, but plan to go this year. If you are interested in carpooling, let me know. THANKS.

- **I attended the June Madison / Chatham Township Board of Health meeting** to share Vaping materials from our last meeting, and requested collaboration with them on a Smoking / Vaping campaign. They agreed it made sense, and **Michael Fitzpatrick** and other members of the **Department of Health** will be working with us on that. I will also be following up with the Chatham Borough Department of Health.

- **Action Item: If you have a particular interest in Smoking / Vaping, please let me know.** I have heard multiple stories from individuals on this topic due to family members that have died of smoking related illnesses, and want to make sure you have a chance to participate. We will be reviewing ordinances, signage, and events to encourage Smoking cessation and Vaping education for young people and adults. Thanks to **Mary Moore** from our Data sub-committee who identified the current borough ordinances for review
  - **Thank you** to those Coalition members that let me know they wrote / contacted Governor Christie about signing the bill passed by the NJ legislature to change the age for purchasing tobacco related products to 21. I also wrote a letter to the editor in the June 28 Madison Eagle informing them of the issue and requesting their support. [Support Tobacco Prevention Measures](#)
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- **Adverse Childhood Experiences (ACE's)**- There has been much discussion at the County level of the impact of family risk factors on children, and their subsequent lifestyle choices. The direction is to begin family awareness of these issues before their children reach the age of 9. There are a variety of programs available to address these issues and strengthen family to support healthy choices. We will be discussing ways for the Coalition to include in our plans a way to support them. A review of the information here will be enlightening: [Adverse Childhood Experiences](#).
  - **NJ CADCA (Community Anti-Drug Coalitions of America) had a great meeting in June in East Windsor.** There were speakers covering a variety of topics, with the keynote given by from SAM ( Against Marijuana). He covered the arguments for and against Marijuana Legalization. In short, the message was the legalization is being primarily support by big money, including Tobacco money, and the appeal to states is primarily for additional tax revenue, without adequate consideration of the impact on our community's health. I encourage you to read the attached information and let your legislators know what you think. It's not all about the money.

I will be going to the National CADCA meeting in Atlanta next week, and plan to bring back more information we can use to increase awareness of substances in our communities, and alternatives.

I will be sending out a Doodle to check on the best time for our meeting schedule in the fall. In the meantime, your ideas, stories and news are very welcome.

Hello, I hope you are enjoying your summer! While the Coalition has not been having formal meetings over the summer, we want to give you an update about what is coming up, and what's been going on.

- **Upcoming event for Coalition and Alliance participation**

**Knock Out Opioid Volunteer Training** will be hosted by the Partnership for a Drug Free New Jersey on **Tuesday, August 15<sup>th</sup>**, in preparation for Knock Out Opioid Abuse Day on October 6.

County of Morris -Public Safety Training Academy 500 West Hanover Avenue - Parsippany, NJ 07054

5pm to 6pm - Dinner & registration

6pm to 8pm - training & material distribution

Call [973-467-2100](tel:973-467-2100), ext. 14 for additional information

Register at: [www.drugfreenj.org/knockoutregistration](http://www.drugfreenj.org/knockoutregistration)

The flyer is attached.

You do not have to participate in the training to participate on October 6<sup>th</sup> but we wanted to let you know about it, especially since it is in Morris County. We will have more specific plans and opportunities for all our sectors to participate post this training event. If you are interested in carpooling, you can let Marilyn or Kelly know. THANKS.

*Breaking the Opioid Habit in the Dentist's Office:*

<https://mobile.nytimes.com/2017/07/10/opinion/dentists-opioids-addiction-.html>

*An Addict's Mom, and a Healthy Brain vs. an Addict's Brain Scan*, videos within a CNN article: <http://www.cnn.com/2015/06/17/living/feat-drug-addiction-mental-illness-parents/index.html>

- **The Coalition and MAASA attended two Farmer's Markets in Madison.**

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**Health** will be working with us on that. I will also be following up with the Chatham Borough Health Officer on the topic

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- **Adverse Childhood Experiences (ACE's)** - There has been much discussion at the County and State level of the impact of family risk factors on children, and their subsequent lifestyle choices. Making families aware of these issues, and the value of addressing them before their children reach the age of 9 is a key prevention measure. There are a variety of programs available to address these issues and strengthen family to support healthy choices. We will be discussing ways for the Coalition to include them in our plans. A review of the information here is enlightening: <https://www.cdc.gov/violenceprevention/acestudy/about.html>
- **Trainings**
  - NJ CADCA (Community Anti-Drug Coalitions of America) had a great meeting in June in East Windsor. There were speakers covering a variety of topics, including the pros and cons of marijuana legalization. We encourage you to read the attached arguments and let your legislators know what you think. Increased tax revenues is not the only consideration.
  - CARES (Center for Addiction Recovery Education) in Rockaway has a monthly breakfast with speakers from Law enforcement, families and rehab education. Coalition and Alliance members are welcome to attend. If you are interested in receiving an invitation, please let me know.

Coalition meetings will begin again in the Fall. A Doodle will be sent out to determine whether or not we should change our standard day and time.

Questions, comments, and information to share are welcome.