

# PREVENTIONPRESS

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*The Colts Neck Municipal Alliance's mission is to reduce the incidence, prevalence, and impact of alcoholism and drug abuse in the local community through planning for and purchasing services, projects, and programs that provide prevention and education.*



**COLTS NECK  
TOWNSHIP**

## **Clean Out Your Medicine Cabinet, Save a Life!**

**Colts Neck Police Department's  
Project Medicine Drop Box  
124 Cedar Drive, Colts Neck**

**24-7, anonymous disposal of unwanted medications**



According to the NJ Department of Consumer Affairs, 70% of opioid abuse starts with easy access to unused pills. Dispose of your unwanted medications through Colts Neck Police Department's Project Medicine Drop box, available for anonymous drop-offs 24/7.

The Project Medicine Drop box accepts unwanted prescription or over-the-counter medications, including pills, patches, inhalers, and other solid medications. Keep them in their identifying packages, if possible, while removing or blacking out any personal information. The police maintain custody of all deposited drugs and properly dispose of them according to protocols. Drop boxes do not accept liquids, syringes, or needles (for proper disposal of these items, visit the drop box website below, or ask your pharmacist or doctor what to do).

If medications are not safely stored or disposed of, they can get into the wrong hands, increasing risks for potential abuse and accidental poisonings. In the home, be sure to safely store all of your medications in one place, preferably something with a lock. Immediately dispose of unused medications using the Project Medicine Drop box.

For more information on safely getting rid of and storing your medications, please visit the NJ Department of Consumer Affairs Project Medicine Drop website at <https://www.njconsumeraffairs.gov/meddrop>.

### **What's Inside:**

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Someone Needs It Most"**

## **IN THE NEWS**



**Follow us on Facebook at Colts Neck  
Alliance for the Prevention of Alcoholism  
and Drug Abuse**

## **The Colts Neck Alliance in Action!**

Here are just a few of the initiatives recently provided by the Colts Neck Municipal Alliance, who earned proclamations for their dedication to community substance abuse prevention awareness:

- Middle school teacher and administration in-service on vaping, a teen epidemic
- Colts Neck High School programs: Dave D'Amico's "Actions and Reactions: Why Stand up to Hate?" for Unity Week; John Morello's "Dirt: A One-Man Show of Substance Abuse and Choices"; "The Escalation Workshop," a film-based discussion on relationship abuse by One Love; Matt Bellance's "Natural High" presentation; Gabe Hurley's "Without Limits" mandatory student and parent presentations as part of senior parking permit program; Kevin Brooks' "Drive to Save Lives" prom presentation; and Monmouth County Parks and Recreation's ropes program
- Alcohol Awareness Month, Red Ribbon Week, Drugged and Drunk Driving Month, and Knock Out Opioid Abuse Day activities
- *The Journal* monthly, half-page prevention messages
- *Prevention Press* quarterly substance abuse prevention newsletters
- "Colts Neck Alliance for the Prevention of Alcoholism and Drug Abuse" Facebook page
- New books, periodicals, and videos on substance abuse and mental health to update the Colts Neck Library's community resources

**Join the Colts Neck Police Department  
and Alliance at National Night Out,  
August 6th, 4 to 8 p.m.  
at Colts Neck High School!**

# Adverse Childhood Experiences (ACEs) Can Last a Lifetime... *But They Don't Have To*

## What Are ACEs?

**ACEs (adverse childhood experiences)** are traumatic experiences that put youth at risk for a number of negative outcomes later in life. ACEs are sources of multiple or chronic stress that can affect youth's brain development and lead to high-risk behaviors and negative health outcomes.

Currently the ACE test asks 10 questions about physical, emotional, and sexual abuse; physical and emotional neglect; and households with mental illness, domestic violence, parental divorce/separation, substance abuse, and incarceration. Some modified ACE tests have broadened to include other traumatic experiences, such as discrimination, community violence, medical trauma, a sibling or parent's death, bullying, involvement in the child welfare system, and natural disasters and war.



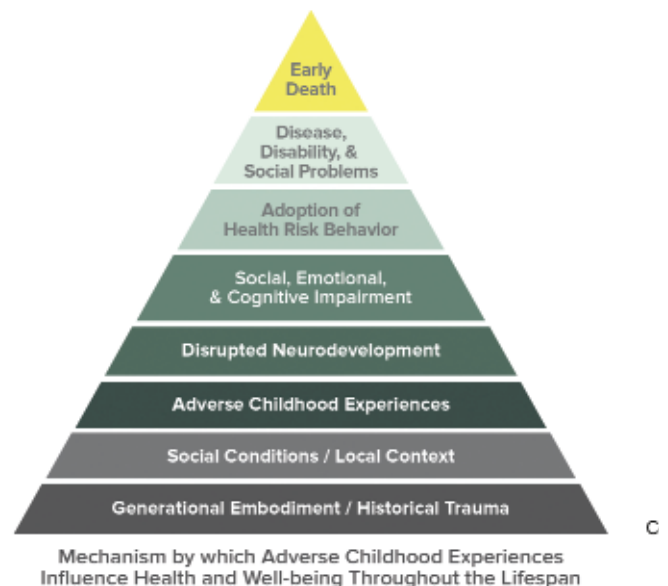
To take the ACE test and interpret your ACE score, visit “Got Your ACE Score” website:

<https://acestoohigh.com/got-your-ace-score/>

## What Are Potential Negative Effects of ACEs?

As the number of ACEs increases, so does the individual's risk for negative health outcomes and high-risk behaviors. Immediate aftermaths may include social and learning disabilities, as well as physical responses as the child tries to survive in a constant state of elevated stress. The child may be distracted, experience learning disabilities, exhibit defiant and aggressive behavior, struggle with relationships, and have health issues, such as a decreased immune system, elevated heart rate, high blood pressure, rapid breathing, and muscle tension.

Long-term negative impacts of ACEs include early death due to poor health or suicide, substance use and mental health disorders, chronic health issues (heart disease, autoimmune diseases, liver disease, and asthma), sexually transmitted diseases, and adolescent pregnancy.



Source: Centers for Disease Control and Prevention,  
<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/ace-graphics.html>.

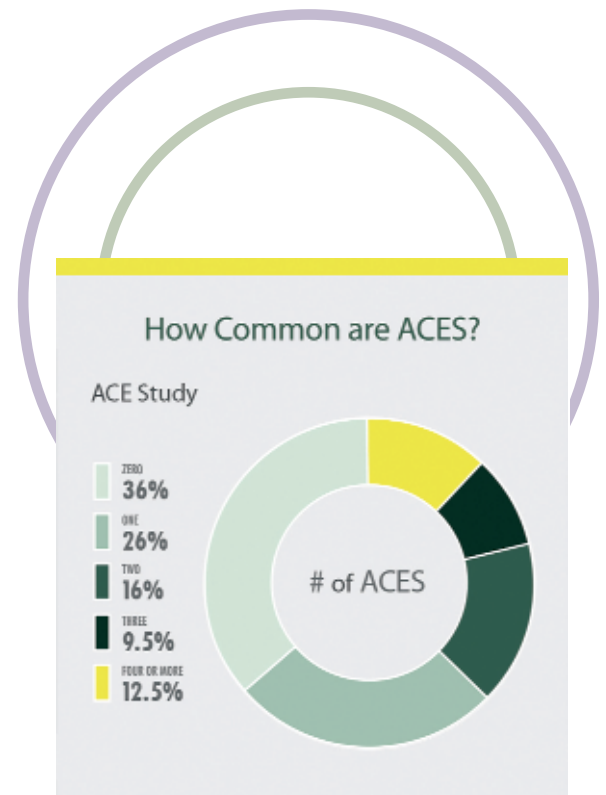
# Adverse Childhood Experiences (ACEs) Can Last a Lifetime... *But They Don't Have To*

## How Can We Reduce the Negative Effects of ACEs?

It is important that adults understand, prevent, and respond immediately and appropriately to ACEs. Positive experiences and protective factors at the family and community levels can build resiliency in youth to reduce the negative effects of ACEs, as can trauma-informed care.

To foster resiliency in children, caregivers and other adults can teach and model problem-solving skills, cultivate healthy and nurturing relationships, show how to positively communicate and express emotions, provide access to a healthy lifestyle, listen with interest and responsiveness, provide access to education and health care, and satisfy children's physical and emotional needs.

ACEs can be prevented and reduced through providing at-risk families with economic support, equal access to quality child care and education, resources that teach positive parenting and relationship skills, and access to early interventions for abuse, neglect, and other traumas.



For more information, visit  
“Adverse Childhood Experiences  
(ACEs) on the Center for Disease  
Control and Prevention’s website:  
<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html>

Source: Centers for Disease Control and Prevention, Kaiser Permanente. The ACE Study Survey Data [Unpublished Data]. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2016; <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/ace-graphics.html>



## How to Be an Active Listener When Someone Needs It Most

Someone experiencing a mental health issue or substance use disorder may typically feel ashamed, isolated, and alone. They may often be afraid to communicate about what they are going through due to the stigmas surrounding mental health issues and substance use disorders, exposing them to the risk of rejection and judgment.

The practice of active listening infused with empathy and neutrality can help someone experiencing a mental health issue, substance use disorder, or other crisis feel validated, understood, accepted, and not alone. In turn, they may become empowered through the support of an active listener to reach out for the assistance and resources they need to positively move forward.



### How to Be an Active Listener:

- Listen, don't talk
- Be patient and allow for silent pauses
- Offer empathy and support
- Give the speaker your full attention
- Present a welcoming body language (lean in, smile, make eye contact)
- Respond with silent nods or soft verbal responses, like "uh huh"
- Reflect back on and summarize what was said through paraphrasing
- Ask for clarification by asking open-ended questions
- Do not make assumptions or pass judgments
- Do not plan your responses
- Do not interject with your own experiences, ideas, opinions, or feelings
- Do not try to fix the situation



**Empty your medicine cabinet and save a life! Drop unwanted prescriptions in the Project Medicine Drop box at the Colts Neck Police Department. Anonymous and available 24-7.**

[www.njconsumeraffairs.gov/meddrop/](http://www.njconsumeraffairs.gov/meddrop/)

*(Newsletter writing by Christa Riddle of All About Writing and production by Linda Coppelino of Little Hat Marketing & Design.)*



**For more information on the Colts Neck Alliance, community events, or how to get involved, contact Anita Dedalis, acting Alliance coordinator, at 732-308-4505.**

**The Colts Neck Alliance can be found online at [www.colts-neck.nj.us/local/cnalliance/index.htm](http://www.colts-neck.nj.us/local/cnalliance/index.htm).**

This newsletter is made possible by GCADA funding.



<http://gcada.nj.gov/alliance>

Please note, the Colts Neck Municipal Alliance is not responsible for any resources referred. This publication is for informational purposes only, and we do not endorse any of the listed resources.

### Assistance & Support Resources:

National Suicide Prevention Lifeline:  
800-273-TALK (8255) (bilingual, 24/7)

SAMHSA's National Helpline/  
Treatment Referral Routing Service:  
800-662-HELP (4357)  
(bilingual, 24/7, mental and/or substance use disorders)

2<sup>nd</sup> Floor Youth Helpline: 888-222-2228 (text or call)

Crisis Text Line: Text "HOME" to 741741

NJ Connect for Recovery: 855-652-3737

Partnership for Drug-Free Kids Parent Helpline:  
855-378-4373

Monmouth ResourceNet (support resources):  
[www.monmouthresourcenet.org](http://www.monmouthresourcenet.org)

Alcohol and Drug Prevention/Treatment/  
Recovery Services in Monmouth County:  
<https://tinyurl.com/ybhxbwq>

Educate yourself about substance abuse on the go!  
Get the "Partnership for Drug-Free Kids' Drug Guide for Parents" app in your Apple or Android device!

*All About Writing*  
"Writing help is just a call or click away!"

