

# August

## NEWSLETTER

### Happy August BCPC!

It's a busy month in Bergen County as we prepare for the school year ahead. Thank you to everyone who shared flyers and upcoming events for their organizations- you can find them below!

### What's In This Month's Issue?

- Upcoming Events
- National Night Out
- Services Menu
- Coalition Events!

### Upcoming Events:

- Tabling across the county for Overdose Awareness Day (8/30)
- In-person BCPC Meeting (9/19)
- Protecting Your Student Athletes Town Hall (9/27)
- Encouraging towns to issue Proclamations recognizing Knock Out Opioid Abuse Day (10/6)
- Faith-based training day (TBA October)



## Narcan News!

Upper Saddle River recently passed a Resolution in their community increasing access to Naloxone in their AED units. This brings the total number of communities with Naloxone Resolutions to 4-encapsulating almost 100,000 residents of Bergen County!

Multiple other communities are in the process of drafting resolutions. Interested in implementing in your town? Contact [ccolaizzi@cafsnj.org](mailto:ccolaizzi@cafsnj.org)



Upper Saddle River

## NATIONAL NIGHT OUT

Although the weather on August 6th resulted in the rescheduling of many NNO events, we have been excited to connect with the community at many rain dates, with more to come! National Night Out was not only a great event to provide resources to community members, but an opportunity to administer a survey to those who came to our table. Stay tuned for the results of the data gathered!



# Featured

## SERVICES

### Beverage Server Training

Available for municipal events, country clubs, restaurants, bars, or community centers!

We are now offering responsible beverage server trainings through TIPS! This free training teaches bartenders how to check forms of ID and the signs of overintoxication in patrons. This training promotes professionalism for the staff, while lowering the vendor's liability for damages.

The program can be in-person, or over Zoom, for 2 hours. Contact [mgannon@cafsnj.org](mailto:mgannon@cafsnj.org)

### Policy Assistance

- Underage Nicotine access Prevention
- Increase access to Naloxone
- School and municipal cannabis policy



### Youth Early-Intervention Services

Bring CHAT or Preventure into your school or community center!

Preventure is an evidence-based multi-session program that uses unique personality types to develop coping strategies with students through small group discussion. CHAT is an early-intervention 2-hour session that engages students to discuss consequences of use, natural highs, and coping skills.

Both are FREE and available in-schools! Contact [ccolaizzi@cafsnj.org](mailto:ccolaizzi@cafsnj.org) today to schedule time for us to come to your school.



# Partner

## EVENTS



### Reflection Casting Call

Reflections, of the Bergen County Division of Family Guidance, is looking for volunteers to be part of their cast for the 2024-2025 school year. Reflections is a teen improvisational theatre program that addresses teen issues for all kinds of audiences. Teens need to be 9th-12th grade and live in Bergen County. Time commitment is flexible and cast members earn volunteer hours.

For more information contact Reflections coordinator, Staci Block, MSW, LCSW  
[SBlock@co.bergen.nj.us](mailto:SBlock@co.bergen.nj.us)  
201-336-7361





# BALANCE & THRIVE

MENTAL HEALTH COUNSELING AND PSYCHOEDUCATION

*Premier Service Provided by Experienced, Qualified & Compassionate Professionals*

## **Introduction to Balance & Thrive & The *Thriving Model Workshop Series*™©**

**We invite you to join us for coffee & bagels and learn more about our team, the services we provide, and our approach to treatment.**



Our treatment approach is based on the *Thriving Model*, which is now offered as a 14 week workshop to all of our clients to help enhance treatment.

The *Thriving Model Workshop* is a series of workshops designed to guide individuals to learn how to make choices that reinforce their strengths and overcome obstacles.

The workshop includes a therapeutic workbook which coincides with the psychoeducation presented.

A parenting workshop is offered that parallels the individual model, designed to help parents learn strategies to empower their children.

**The virtual or in person introduction is offered on the following Mondays:**

**August 5th or 19th, 10:30 am to 11:30 am**

**August 5th or 19th, 6:30 pm to 7:30 pm**

**September 9th, 6:30 pm to 7:30 pm**

**September 16th, 11:45 am to 12:30 pm**

**Call 201-389-3653 or 201-444-8110 or**

**email [vicky@balanceandthrivecounseling.com](mailto:vicky@balanceandthrivecounseling.com) to register**

[www.balanceandthrivecounseling.com](http://www.balanceandthrivecounseling.com) \* [balanceandthrive@hushmail.com](mailto:balanceandthrive@hushmail.com)

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Raising Thriving Children Workshop  
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Thriving Model Workshop

INTERNATIONAL OVERDOSE AWARENESS DAY

The Black Poster Project  
at  
Saint Patrick's Cathedral  
NYC



[WWW.THEBLACKPOSTERPROJECT.COM](http://WWW.THEBLACKPOSTERPROJECT.COM)

AUGUST 31, 2024 ~ 8 TO 3

ST. PATRICK'S CATHEDRAL, 5TH AVE (BTWN 50TH/51ST), NYC



**VALLEY SPRING**  
RECOVERY CENTER  
201-781-8812  
[www.ValleySpringRecovery.com](http://www.ValleySpringRecovery.com)



**DROP OFF LOCATION:**  
830 Broad St.  
Norwood, NJ  
(Corner of Broad and Broadway)

# Food Drive!

Supporting  
Westwood's

**FAITHWORKS  
FOOD PANTRY**

**24th August, 2024**  
**Drop Off Any Food**  
**12:00pm to 4:00pm**

*Join us for a food drive dedicated to supporting families and individuals facing food insecurity in our community. Let's show that when we unite for a common cause, we can create incredible change.*

## Suggested Items

- Canned Food** ✓
- Frozen Fish & Meat** ✓
- Boxed Cake Mixes** ✓
- Various Dried Pasta** ✓
- Fruits & Vegetables** ✓

**QUESTIONS? EMAIL [MELISSA@VALLEYSRINGRC.COM](mailto:MELISSA@VALLEYSRINGRC.COM)**



# Footprints for Life

**Footprints for Life is a prevention program that builds assets and important life skills to second and third grade students.** Through the use of puppets and stories that feature "real life" situations experienced by a children's soccer team, **the program offers opportunities for students to practice the skills they learn throughout the program.** Each session, these competencies are reinforced through a puppet show and activities.

## ***Footprints Focuses On Five Social Competencies:***



Planning and  
Decision Making



Interpersonal  
Skills



Cultural  
Competence



Peer  
Pressure



Peaceful Conflict  
Resolution

### ***Join Us***

***August 19th - 22nd,  
26th & 27th  
3:00PM-4:00PM***

#### **Fairview Public Library**

213 Anderson Ave  
Fairview, NJ 07022

***Scan the  
QR code  
to Register!***



***Registration is open August 1st through the 18th!***

**Get in Touch With  
NJ4S Bergen Hub!**



info@nj4sbergen.org



(201) 225-8849



nj4sbergenhub.org





# Mental Health In Motion

Join us for an exciting summer program, **designed for elementary and middle school students**, where you'll dive into the **Keys to Innervations (KIV) curriculum** and unleash your inner artist! Imagine creating your very own stop motion film with clay figurines while exploring the fascinating journey of self-discovery.

## Here's what you'll explore:



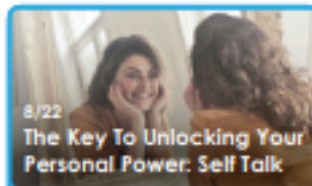
8/20  
**You Are 10 Feet Tall!**

**Chapter 1:** Embrace change and discover the power within you. Learn the art of making good choices and self-evaluation.



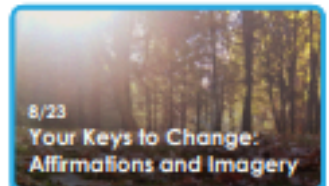
8/21  
**The Power of Your Mind: Thought Processes**

**Chapter 2:** Master the decision-making process and understand how to evaluate your options.



8/22  
**The Key To Unlocking Your Personal Power: Self Talk**

**Chapter 3:** Train yourself in the practice of positive self-talk.



8/23  
**Your Keys to Change: Affirmations and Imagery**

**Chapter 4:** Discover the magic of powerful affirmations and imagery.

Channel these inspiring concepts into a creative project, in collaboration with ZINEniac, and **watch your imagination come to life on screen!** Don't miss out on this opportunity to grow, learn, and create. **Join us and let your creativity soar this summer!**

## Join Us!

August 20th - August 23rd  
5:00PM-6:00PM

**ZINEniac**

223 Degraw Ave, Teaneck, NJ 07666

Scan  
the QR  
Code to  
Register!



Get in Touch With  
NJ4S Bergen Hub!



info@nj4sbergen.org



(201) 225-8849



nj4sbergenhub.org