



PREVENTION STARTS IN THE HOME



The use of drugs and alcohol are more likely to lead to dropping out of school, criminal behavior, injury, or death.

New Jersey Middle School Risk and Protective Factors Survey: 2023 Statewide Report



A Parent's Guide to the Prevention of Substance Use & Mental Health



Prevention Coalition
of Monmouth County

AN AFFILIATE OF **prevention first**



Table of Contents

Communication is Key ... Talking to Your Children	4
Brain Development	7
Adverse Childhood Experiences (ACES)	8
Social Media... Internet Safety Tips and Impact on Mental Health	9
What Does the Provider Need	10
Resources in Monmouth County	11
Hotline and Helplines	
Mental Health/Substance Use Crisis Intervention	
Mental Health/Substance Use Counseling Services	
Prevention Coalition of Monmouth County	14
Youth Time to Shine	15



Communication is Key



Talking to your children about substance use is one of the most important things that you can do as a parent/guardian. With your guidance, youth can learn and share the same values and beliefs as their parents/guardians through modeled behaviors. When parents/guardians are consistently present in their children's lives, they can work towards preparing youth for all the different types of situations they may face in their childhood.

Talking to Your Children

Being a parent/guardian can be difficult as your own experience plays a role in how one communicates viewpoints that are different, but as a parent/guardian we can do things to ease the tension of tough conversations. The goal is to positively engage with your child and allow your youth to communicate freely. This will show children that you value their opinions, which will make it more likely for them to value yours.

Talking to Young Children

- Speak to your child in a warm and understanding tone to make them feel comfortable to share.
- Talk about staying healthy and safe by taking care of our bodies and our feelings.
- Discuss peer pressure and how it can affect their decisions and that we should let our values guide us.
- Use open ended questions so children can share their opinions.

Talking to Teens

- Older children ask more challenging questions and desire detailed answers, so have information about the topic ready to discuss.
- Validate their thoughts and feelings and affirm their importance.
- Try not to lecture your teen about substance use; instead give your teen the chance to share so the conversation goes both ways.



It's okay not to know it all; feel free to reach out to us to receive more information and resources at www.pcofmc.org



Listening: It's a Guardian's Super Power

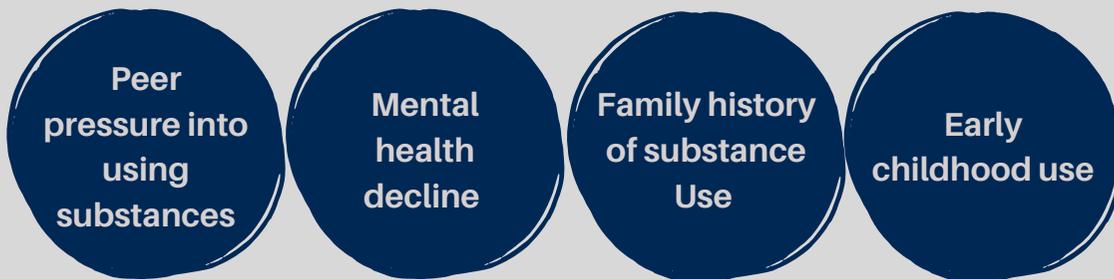


By talking with your children and listening to their thoughts and opinions, you will gain insight into the potential risk factors in your children's life. Giving youth the opportunity to share on a consistent basis allows for conversation to happen easily and freely.

What Are Risk Factors?

Risk factors are characteristics that cause a higher chance of negative social, health, and financial outcomes. (SAMHSA, 2019)

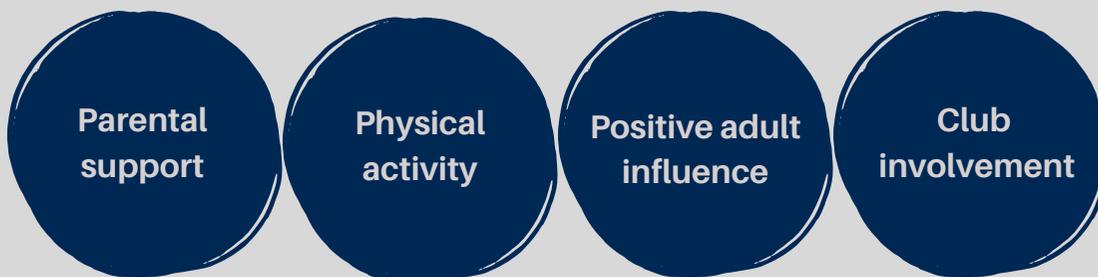
Some Potential Risk Factors Include:



What Are Protective Factors?

Protective factors are things that a person can do or have that can lower the likelihood of problems and/or helps them learn and understand healthy ways to cope. (SAMHSA, 2019)

Some Potential Protective Factors Include:



The goal is for the protective factors to outweigh any potential risk factors to ensure youth have the tools they need to make healthy choices.



Talking to Young Adults

The human brain continues to develop until the age of 26 years old. For youth it can sometimes be confusing to understand that although a substance is considered 'legal', it does not mean that it's less harmful to users. For example, a person can drink alcohol at age 21, however, it does not lessen the health harms of alcohol.

Following the legalization of recreational cannabis use, both adolescents and young adults exhibit a lower perception of risk of harm regarding cannabis use. (Mennis et al., 2023)

At the age of 18, youth are legally able to make decisions by themselves, however, their brains aren't fully developed and need guidance to make some decisions. The sooner families are able to start the conversation, the more tools youth will have to be able to have to make responsible decisions.



Mental Health

Our ability to handle stress, interact with others, and make decisions are all influenced by our mental health (SAMHSA, 2023). It's important to take care of our mental health because it can affect decision making when it comes to substance use. It's also important to know the signs of a mental health crisis and/or substance use because their symptoms are similar.



Signs of Mental Health Conditions

- Avoiding social interactions
- Changes in mood
- Changes in appetite
- Difficulty concentrating
- Disrupted sleep
- Feeling tired often
- Unable to focus
- Loss of interest in daily activities
- Unusual behavior

Signs of Substance Use

- Withdrawn or depressed
- Less motivated
- Silent or unwilling to communicate
- Hostile, angry, uncooperative
- Deceitful or secretive
- Unable to focus
- Hyperactive or unusually elated
- Red or dilated eyes
- You have found substance use paraphernalia

<https://doi.org/10.1016/j.addbeh.2022.107552>

<https://www.nimh.nih.gov/health/topics/substance-use-and-mental-health>



Brain Development



Adolescents are more likely to:

- Act on impulse, by not thinking before they act
- Misread or misinterpret social cues and emotions
- Engage in dangerous or risky behavior



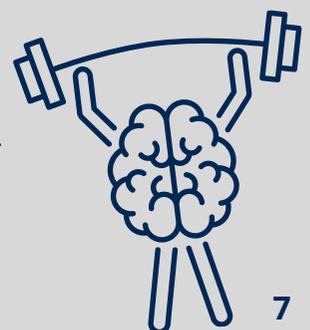
Teenage substance use may result in brain changes that have a significant and lasting impact on important brain regions. Teen substance use can cause brain damage in regions essential for motivation, memory, learning, judgment, and behavior control.

Although youths' brains are not fully developed, it does not mean that they are unable to make good decisions or tell the difference between right and wrong. Brain development effects the process of decision making, as well as understanding long term consequences to actions.

The less exposure to substances throughout formative years, the better it is for youth to maintain healthy brain development.



Understanding a youths' brain development can help guardians understand the behavior of adolescents. This can also assist in finding more effective means for youth to cope with things from everyday stressors to more serious issues they may face.





Adverse Childhood experiences (ACE's)

According to the CDC (Center for Disease Control and Prevention) Adverse Childhood Experiences (ACE's) are potentially traumatic events that occur in childhood. ACE's can change brain development and are linked to chronic health problems, mental illness, and substance misuse in adulthood. These potentially traumatic events can cause lifelong medical, mental, & social suffering. A traumatic event is defined as an event that can cause severe and lasting emotional shock and pain.

About 64% of adults in the United States reported they had experienced at least one type of ACE before age 18.

CDC 2024

Estimates show up to 1.9 million heart disease cases and 21 million depression cases potentially could have been avoided by preventing ACEs.

CDC 2024

If you find that communication is not working, and you feel you need additional help for you or your child, there are resources available to you and your family. The following pages will provide you with a list of resources you may need around Monmouth County.

Forms of ACE's



Physical Abuse



Emotional Abuse



Sexual Abuse



Domestic Violence



Parental Substance Abuse



Mental Illness



Suicide or Death



Imprisoned Family or Crime



Social Media

Social media is a great way to communicate with others, share pictures, update people about our lives, and check in with others.

However, there are some safety risks for our children and ourselves. These risks include inappropriate content, cyberbullying, scammers, malware, and online predators.

Parental controls can help keep children safer online by preventing access to harmful content, managing time spent online, and monitoring who your child communicates with.

Internet Safety Tips

Internet safety refers to the policies, processes, and best practices used to stay safe online.

Posts are forever

You can never guarantee that a post is ever deleted off of the internet. Even though you cannot see it, the computer internally saves it or someone may have saved a screenshot.

Use strong passwords

A strong password should not include any personal information and should be a mix of numbers and letters that is about 12-14 characters long. Make sure to never share these passwords. Using different passwords for different websites can also help.

Limit personal information online

One should not post any personal information like name, age, address, phone number, social security number, and other details of their life that could be used by online predators. Be aware that the things that are shared on the internet can be available for anyone to see.

The Impact on Youth Mental Health

- Cyberbullying is commonplace on social media and for people who have experienced it, they are more likely to have issues with self-esteem, depression, and anxiety.
- Fear of missing out (FOMO) refers to the feeling or perception that others are having more fun, living better lives, or experiencing better things. This feeling enhances loneliness and lowered self-esteem.
- The filters used on social media have caused young people to develop body image issues.



www.bark.us

Scan This QR Code Or
Go To The Website To
Learn More About
Internet Safety

https://enough.org/stats_internet_safety

What Does The Provider Need



Have an insurance card ready when talking to a health provider. If you don't have insurance, ask about the cost and if there is a sliding scale fee that is offered.

Be ready to share any relevant information that might be important with the provider (i.e. history of suicidal thoughts, substance use, or any other major concerns).



Share with the provider the youth's medical history, like past mental health services if they have received. Understanding the past can help the provider see what has and has not previously worked.

Let the provider know the best way(s) that they can be contacted in case the provider wants to reach out to them.



Create goals with your youth so that when going to the provider, everyone is on the same page about what the youth can work on.

Resources in Monmouth County

Hotline & Helplines [Bilingual]

<p>988 Lifeline Call 988 This hotline provides free and confidential emotional support to people in crisis or emotional distress 24/7.</p>	<p>Monmouth ACTS Navigation System 732-683-8959 Point of entry to any human service resource in Monmouth County</p>
<p>Caring Contact (24/7) 908-232-2880 or text "heart" to 741-741 Support for emotional wellbeing</p>	<p>Disaster Mental Health 877-294-HELP (4357) Referral agency for people seeking mental health services</p>
<p>REACHOUT (The Boys Town National Hotline) 800-488-3000 or text "VOICE" TO 20121 Kids, teens, and parents who need help; A crisis, resource, and referral number for kids and parents. Adolescents ages 25 or below, and families</p>	<p>2nd Floor Youth Hotline 1-888-222-2228 (call/text) Problem solving support for youth ages 10-24</p>
<p>NJ Connect for Recovery 855-652-3737 Provide help for substance use addiction for all ages</p>	<p>NJ MentalHealthCares (NJMHC) 866-202-HELP (4357) Mental health resources/information for all ages</p>
<p>The New Jersey Quitline 1-800-784-8669 Tobacco Cessation Hotline (English)</p>	<p>The New Jersey Quitline 1-855-335-3569 Tobacco Cessation Hotline(Spanish)</p>

Mindright Chatline:
TEXT 886-886
 Help at risk youth ages 18 and younger recover from trauma

Self-Help Groups [Bilingual]

<p>Alcoholics Anonymous 908-687-8566 www.NNJAA.org</p>	<p>Nar-Anon 877-424-4491 all ages</p>	<p>Al-Anon/ALATEEN 973-744-8686 NJ line For ages 18 and under</p>
---	--	--

Mental Health/ Substance Use Crisis Intervention [Bilingual]

Name	Location	Phone Number
Children’s Mobile Response & Stabilization Services Preferred Behavioral Health Group	591 Lakehurst Rd. Toms River, NJ 08755	877-652-7624
Centra State Healthcare Crisis Screening Center	901 W. Main St. Freehold, NJ 07728	732-780-6023
Monmouth Medical Center Crisis Screening Center	300 Second Ave. Long Branch, NJ 07740	732-923-6999
Hackensack Meridian Health Ocean Medical Center Crisis Screening Center	425 Jack Martin Blvd. Brick, NJ 08724	732-836-4664
Southern Ocean Medical Center Crisis Screening Center	1140 Route 72 Manahawkin, NJ 08050	609-978-8972
Brain Injury Alliance of New Jersey (BIANJ)	825 Georges Road, 2nd floor New Brunswick, NJ 08902	Phone: 732-745-0200 Hotline: 1-800-669-4323

Mental Health/ Substance Use Counseling Services (In & Out Patient Rehabilitation, Detoxification, & Mental Health Counseling) [Bilingual]

New Hope Foundation, INC. (multiple locations)	80 Conover Rd. Marlboro, NJ	800-705-4673
	2 Monmouth Ave., Suite 2 Freehold, NJ 07728	732-308-0113
	Philip House, 190 Chelsea Ave., Long Branch, NJ 07740	732-870-8500
GenPsych	940 Cedar Bridge Rd. Brick, NJ 08724	855-436-7792
Healy Counseling Associates	1310 Hooper Ave., Suite 1 Toms River, NJ 08753	732-797-0400
Ocean Mental Health Services, INC.	160 Route 9 Bayville, NJ 08721	732-349-5550
Ocean Township Community Services, INC.	601 Deal Rd. Ocean, NJ 07712	732-531-2600
Preferred Behavioral Health Group	1500 NJ-88, Brick Township, NJ 08724	732-367-4700
Riverview Booker Behavioral Health Center	661 Shrewsbury Ave. Shrewsbury, NJ 07702	732-345-3400
Saint Barnabas Behavioral Health Center	1691 Route 9 CN 2025 Toms River, NJ 08754	732-914-1688

The Prevention Coalition of Monmouth County



The Prevention Coalition of Monmouth County (PCMC) is a forum for community members and organizations with the express purpose of working together to reduce substance misuse in Monmouth County. The Prevention Coalition of Monmouth County exists to improve substance use/misuse prevention strategies through awareness, education, and advocacy to effect community-level change.

For additional information, please contact PCMC staff at 732-663-1800 x2710

You can be a part of the change to help us grow for substance use prevention in Monmouth County!

JOIN TODAY!

Scan the QR code and fill out a membership form



Follow Our Social Media Accounts For More Information & Resources!



@pcofmc

Prevention Coalition of Monmouth County



Prevention Coalition of Monmouth County



Sources:

- <https://www.cdc.gov/aces/about/index.html>
- <https://www.cdc.gov/healthyouth/substance-use/hrsu.htm#:~:text=Youth%20who%20use%20high%20risk,mental%20health%20problems%20and%20suicide.>
- <https://www.samhsa.gov/sites/default/files/20190718-samhsa-risk-protective-factors.pdf>

Pictures:

- <https://www.legalshield.com/wp-content/uploads/2023/05/blended-family-group-sitting3-800-compressed.png>



**Does your youth want to be a part of a group that is not only fun, but also impactful?
It's time to join Youth Time to Shine!**

Youth Time to Shine/Youth Tobacco Action Group is a collaborative effort between youth members and facilitators to enact our mission to end youth use of vapes, other tobacco products and other substances while promoting mental and physical wellness.

Recent Highlights

“Let’s Clear The Air” - A series of five videos with youth members speaking on mental health, the effects of substance misuse, resources for help, and more.



YT2S Application

Resource Guide - A double sided infographic card with various resources based on needs members have noticed in their schools.



YT2S Webpage

Transitioning Baskets - Each year, members solicit donations and put together baskets of hygiene and comfort items to help those leaving recovery housing to feel supported in their transition back to independent living.



Leadership Conferences - Members can attend several conferences throughout the year, such as the NJPN Statewide Event, CADCA, and Lindsey Meyer Teen Institute Summer all help foster connections with students from all over and build skills to bring back to their communities.



MC Youth Resources

Visit our Social Media Pages to see more:



Incorruptible Monmouth
Youth Time to Shine



@incorruptible.monmouth



Prevention Coalition
of Monmouth County
AN AFFILIATE OF preventyon first



prevention first

A Division of Preferred Behavioral Health Group



Prevention Coalition
of Monmouth County
AN AFFILIATE OF prevention first