

November-  
December  
2009

# ***Marlboro Alliance for the Prevention of Substance Abuse Newsletter***

**ALLIANCE MEETINGS:** The Marlboro Alliance acts as a catalyst within our community to raise public awareness about substance abuse issues. Alliance membership comprises representatives of the Marlboro community including but not limited to, police, schools, government, residents and treatment agencies. Our meetings are once a month at the Marlboro Recreation Center at 9:15AM. Everyone is welcome. Refreshments served.

**Meeting Dates: November 12, December 10, January 14, 2010**

**Please join us!**



### **Social and Emotional Learning: What is it and how can we use it to help our children?**

**Speaker: Dr. Judy Kramer**

Social and emotional learning provides children with critical life skills that are as important as academic skills. These skills help in school as well as with family and peer relationships. Join us and share ideas about how to provide the type of atmosphere that will provide opportunities for our kids to learn and use this invaluable set of skills.

**Date: Tuesday, November 10, 2009 Time: 10:00AM**

**Place: Marlboro Recreation Building**

### **Talking With Your Child**

Every child is potentially vulnerable, but parents have the greatest influence in a child's decisions and behaviors. There is no inoculation against substance abuse; however, parents have a great deal of power to reduce the odds that their child will begin to use drugs or alcohol. One of the best ways to prevent substance abuse is communication. Start a dialogue with your child about drugs.

As they push for greater independence, children may say they don't need guidance – but they do. While there are many ways you can protect your children from the dangers of drug and alcohol abuse, talking with them is one of the most effective. Your constant and caring involvement can help inspire your child to make healthy, drug-free choices.

You constantly have opportunities to talk with child. You have opportunities to share emotions with them, to share goals, talk about opportunities that they have to fulfill in their life. You may be amazed by what they say!

### **It's a "PHARM" Party**

**Speakers: Sp.A. Douglas Collier, Drug Enforcement Administration and Dr. Scott Metzger**

**Many parents have never heard the term "Pharm" party. It's the newest trend. It's happening here in Marlboro and all over the country. Join us and learn all about "Pharming" and what you can do to help keep your child safe and drug free.**

**Date: Tuesday, November 10, 2009**

**Time: 7:00PM**

**Place: Town Hall - 1979 Township Drive**

### **December is National Drunk and Drugged Driving (3D) Prevention Month**

In New Jersey, a person with a blood alcohol content (BAC) of 0.08% or greater who operates a motor vehicle or a boat is considered to be driving under the influence (DUI). Being convicted of a DUI is a serious offense, and carries heavy penalties including: fines, jail time and community service.

According to Mother's Against Drunk Driving (MADD) in 2008, an estimated 11,773 people died in alcohol-impaired traffic crashes. Three in every 10 Americans will be involved in an alcohol-related crash in their lives.

Please join us Wednesday, December 2nd, 6:30PM at Marlboro High School for the annual Candlelight Vigil in recognition of Drunk and Drugged Driving Prevention Month. The Marlboro High School ADAPT (Adolescent Drug and Alcohol Prevention Team), the Alliance for the Prevention of Substance Abuse, and the Marlboro Police Department work together to remind the community about the tragic loss of life due to drunk driving. At this event we are reminded to think about personal safety and the responsibility of making mature decisions when lives are involved.

We must each do our part to eradicate drunk driving. During this holiday season and all year long please take the necessary steps to safeguard your family, friends and yourself from being a victim of an alcohol impaired accident.

- Always designate a sober driver before a holiday party or any celebration begins.
- Do not let someone drive if they are impaired. Take the keys.
- Always offer alcohol free beverages and make sure all guest leave with a sober driver.

***Remember, drunk driving accidents are the only preventable accident.***