



## *The Burlington County SUN News*

*By the Burlington County Substance Use Navigators in Partnership with The New Jersey Children's System of Care  
Administered by Prevention Plus of Burlington County*

### **Substance Use Navigator**

A substance Use Navigator is a community specialist who works to identifying community needs and provides education, support and resources for substance use needs throughout Burlington County.

For more information on substance use resources in Burlington County contact the Substance Use Navigators @ Prevention Plus or go to [www.prevplus.org](http://www.prevplus.org)

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### **April is alcohol awareness month!**

88,000 People die each year from alcohol related causes. 1/3rd of all the families in America are impacted by addiction and an estimated 21 million have substance use disorder. (<https://www.niaaa.nih.gov>)

If you or someone you know has a problem with substance use contact NJ Connect [www.njconnectforrecovery.org](http://www.njconnectforrecovery.org) for free support and guidance.

### **Social Media and Substance Use**

75% of adolescents ages 12- 17 claim that seeing pictures of their friends on social media using substances motivates them to mimic the behavior. ([www.12keysrehab.com](http://www.12keysrehab.com))

Alternative activities to screen time usage:

- Communicate with family
- Socialize with friends
- Read books
- Use imagination
- Outdoor activities
- Homework
- Listen or play music
- Physical activity
- Family chores

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### **Words Matter**

The words you choose can reduce the stigma associated with Substance Use Disorder. Stigma free language helps to promote successful recovery for those with SUD. Be part of the solution & use stigma free language such as:

**Stigmatized Language:** Clean/Dirty  
**Stigma Free Term:** Abstinent/Not Actively Using/Actively Using

## **Overdose Stats @ [www.NJcares.Gov](http://www.NJcares.Gov)**

Burlington County

2019 - 27

New Jersey

2019 - 459

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## **Substance Use Disorder Trainings**

Free educational trainings are offered through Prevention Plus, facilitated by the Burlington County Substance Use Navigators in partnership with the New Jersey Children System of Care.

- Reducing Stigma
- Social Media Exposure & Teen Substance Use.
- Trauma and Substance Use
- How to talk to Youth about Substance Use

To schedule the above trainings or to have an event promoted please contact the Substance Use Navigators below:

Jeannie Kelly, MAC, LAC, 609-261-0001  
Ext. 1011

Gail Smith, MCSS, LPC, 609-261-0001  
Ext. 1012



## **The Impact of Vaping**

Vaping is a term introduced by the electronic smoking device industry to refer to any electronic “vaporizer” such as E-cigs, Vaps, Vape Pens, Vaporizers, and E-hookahs.

FACT: 1 hour of hookah = 100-200 X the amount of smoke inhaled from 1 cigarette!

## **Resources to stop smoking**

- 1-800-Quitnow
- Smokefree.gov
- Betobaccofree.gov

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## **Special Events**

B.R.A.D Bordentown Residents Against Drugs sponsors:

## **Town Hall Expo**

Save the date!! If you have an interest in presenting please contact Kevin Moore BRAD Municipal Alliance Coordinator @ 609-254-4267/[kjmoore1@hotmail.com](mailto:kjmoore1@hotmail.com)

A town hall meeting to promote community awareness and educate people about the drug and alcohol epidemic and how to help youth make the right moves when faced with difficult choices.

Tuesday, April 16, 2019  
6:00 - 9:00 pm  
Carslake Community Center  
207 Crosswicks Street  
Bordentown City

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