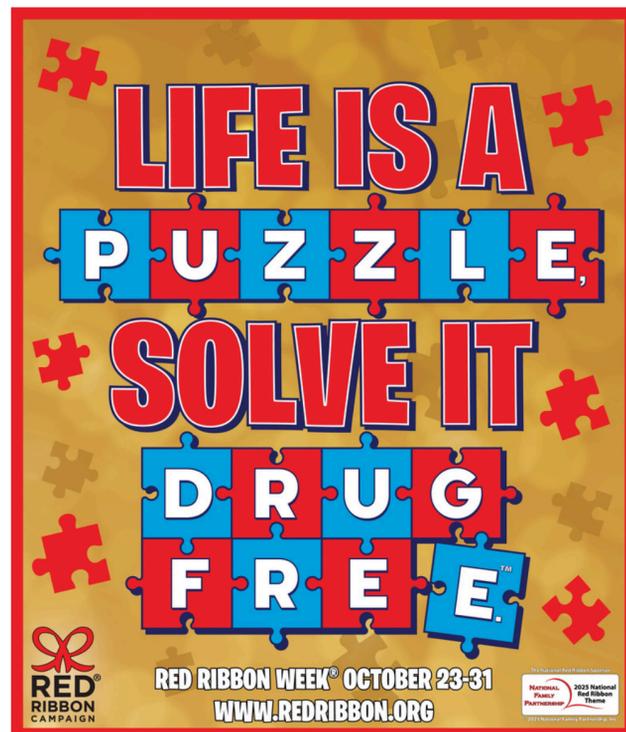


# COUNSELING NEWSLETTER



October 2025

## ***Red Ribbon Week - October 23-31***



**Red Ribbon Week** is a national drug prevention and awareness campaign held each year in the United States, typically during the last week of October. It encourages students, families, and communities to live drug-free and make healthy, positive choices. Each year there is a theme for the campaign. This year's theme is "Life is a Puzzle, Solve it, Drug Free".

The campaign began in 1985 in honor of Enrique "Kiki" Camarena, a DEA agent who was killed while investigating drug trafficking. To honor his sacrifice, people began wearing red ribbons, a small gesture that grew into a powerful, nationwide movement.

Today, Red Ribbon Week includes themed dress-up days, educational programs, and community events focused on:

- Raising awareness about the dangers of drug and alcohol abuse
- Promoting healthy lifestyles and decision-making
- Encouraging drug prevention through education and community involvement

The campaign is primarily sponsored by the National Family Partnership (NFP), a nonprofit organization that started the movement in 1985. NFP provides resources, coordinates national contests, and supports schools and communities in spreading the Red Ribbon message. Local schools, law enforcement, community groups, and health organizations also participate as partners and sponsors.

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## Resources

### 988

SUICIDE & CRISIS LIFELINE

There is hope



Talk with us.

If you or someone you know needs support now, call or text 988 or chat 988lifeline.org






PEP22-08-03-004



### New Jersey 911 Lifeline Legislation

Purchasing, possessing, or consuming alcohol is illegal for those under the Minimum Legal Drinking Age of 21. This legislation provides immunity from prosecution when the steps below are followed.

1. Call 911 for help
2. Stay with your friend
3. Talk with authorities

The underage person who is receiving medical assistance is also immune from prosecution. This immunity applies to public and private property.

Call 9-1-1 if you see the following signs of alcohol poisoning:

- Passing out, semi-conscious
- Cold, pale, or bluish skin
- Vomiting
- Slow or irregular breathing
- Confusion or slurred speech
- Seizures

Blood Alcohol Content can continue to rise after someone passes out - do not leave your friend alone to sleep it off!

**Myth:** Beer and wine are safer than liquor.

**Fact:** Alcohol is alcohol. It can cause problems no matter what kind you consume.

### "WORDS MATTER" LANGUAGE CHOICE GUIDE

- Instead of saying this
- ❌ Insane/Crazy/Nuts/Unstable/Whackjob/Schizo(phrenic)/Bipolar
  - ❌ Alcoholic/Drunk/Junkie/Drug Addict
  - ❌ Committed Suicide/Killed Themselves

- Say this
- ✔ Person with a Mental Health Disorder
  - ✔ Person with a Substance Use Disorder
  - ✔ Died by Suicide

Using more compassionate language can help reduce stigma and discrimination towards mental health, substance use, and recovery.

### What is this?

This guide was developed with a focus on local mental health and substance use resources that serve teens, young adults, and parents and caregivers in need of support.

### Who is this for?

This guide is intended to assist anyone that is seeking help for a teen, young adult, or adult family member. We understand that help is often sought in times of crisis and can feel overwhelming. We hope this guide will be a helpful beginning to navigating the process of connecting with needed supports.

### How do I utilize this?

Visit [empowersomerset.com](http://empowersomerset.com) to find more information about these resources and others. This is not an exhaustive list. If you are not sure where to begin, or if you would like to speak to someone about this guide, please reach out to the Pioneer Family Success Center at (908) 722-4400.

## PIONEER Family Success Center

The Pioneer Family Success Center is a program of Empower Somerset that offers the community a gathering place, brings families together through free events, programs and activities, and connects families to helpful local resources. If you would like to be connected to additional support services, Pioneer FSC is here to help.

Hablamos español.

[pioneerfsc.com](http://pioneerfsc.com)  
[FSC@empowersomerset.com](mailto:FSC@empowersomerset.com)  
 (908) 722-4400

## IMPACT GUIDE

VERSION 3:  
UPDATED 2024

Local mental health and substance use resources for youth, young adults, & families



Hotlines	
2NDFLOOR Call or text	888-222-2228
IME Addictions Access Center	844-276-2777
NJ Connect for Recovery	855-652-3737
Perform Care	877-652-7624
Reach NJ	844-732-2465
TEEN LINE	800-852-8336
YouthLine	Text TEEN to 839863 877-968-8491
	Text teen2teen to 839863
National Suicide Hotline	988
Suicide Text Line	741-741

**Myth:** The worst thing that can happen from drinking too much is I'll pass out and have a hangover tomorrow.

**Fact:** Death or injury can occur from alcohol poisoning. An intoxicated person can have a physical reaction or impaired judgement and coordination that could lead to drunk driving, falls, and other accidents.

**Myth:** A big meal before I drink, I won't get drunk.

**Fact:** Food does not prevent alcohol from affecting your body. The alcohol still gets in your system. It may be delayed a bit by the food, which will slow the rate of absorption, but you can still get drunk.

Crisis/Emergency Services	
Bridgeway PESS	908-526-4100
Family Crisis Intervention Unit	908-704-6330
Support Groups	
AL-ANON/ALATEEN	888-944-5678
Community in Crisis	973-876-3378
Family Support Center	908-782-3909
Family Support Organization	908-223-1191
NAMI NJ	732-940-0991
Alcoholics Anonymous*	800-245-1377
Narcotics Anonymous*	800-992-0401
*18+   teen must be accompanied by adult	

Youth Activities	
Empower Somerset Youth Advisory Board	908-722-4900
Greater Somerset County YMCA	908-630-3535
Middle Earth	908-725-7223
Pioneer FSC Family Activities	908-722-4400
Somerset County 4-H	908-526-6644
Somerset County Youth Council	908-704-6307

Treatment Services	
Hackensack Meridian Health Carrier Clinic	908-281-1000
Catholic Charities Substance Abuse Services	908-722-1881
New Hope Integrated Behavioral Health Care	800-705-4673
Family & Community Services	732-356-1082
Guided Life Structures	908-704-0011
Richard Hall Community Mental Health Center	908-725-2800
Somerset Treatment Services	908-722-1232
Princeton House Behavioral Health	888-437-1610

Visit our website by scanning the QR Code below:



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## Upcoming Events

**YOUTH SERVICES COMMISSION  
COMMUNITY CONNECTIONS WORKSHOP**  
Somerset County Office of Youth Services and Tri-County Care Management Organization

**Connected: Navigating Anxiety and Youth Well-Being - Viewing and discussion of the documentary, "ANGST"**



**PRESENTER  
KEVIN DYCHES**  
Kevin, Tri - County Care Management Organization, will lead dynamic, interactive discussion on the short film "ANGST". Attendees will earn 2.0 professional development hours.

**FRIDAY | OCT. 24, 2025  
10:00A.M. - 12:00P.M. (2HOURS)  
9:30 DOORS OPEN FOR REGISTRATION**

"ANGST" explores the impact of anxiety on youth and their families. When is anxiety considered healthy? When should it be a cause of concern or considered too much? The film includes interviews with kids, teens, educators, experts, parents and a very special surprise interview. Anxiety is a topic that has significant stigma behind it. It is important on how to handle these situations with care and compassion.

By weaving in personal stories from families and professionals, this workshop aims to bring awareness and direction on how to address this topic in people's professional and even personal lives. This workshop will give participants the tools to address anxiety without being stigmatized with the goal to help normalize the conversation about anxiety and mental health. General. Anyone who supports children, youth and families.

**IN PERSON**  
NO COST TO ATTEND

Somerset County  
Human Services Building  
27 Warren Street  
Somerville, NJ 08876

For more information, contact  
Antionetta B. Phelan at  
Phelan@somersetcountynj.gov



<https://tinyurl.com/angst789>

**Family Unity Night**  
at Hillsborough YMCA  
19E Mountain Rd, Hillsborough, NJ 08844  
Family Unity Night (F.U.N.), helps build positive communication and connections between parents and children through family skill training sessions.



Wednesdays: 6:30 - 8:30 PM (dinner at 6:00 PM)  
7 Sessions: Oct. 8, 15, 22, 29 and Nov. 5, 12 & 19  
For Parents & Youth (10-14 years old)

CLICK HERE TO REGISTER or email [cheryl@empowersomerset.com](mailto:cheryl@empowersomerset.com)  
Slots limited, sign up today!

This program includes dinner at every session, childcare and a \$50 dinner gift card for completion.

This program is brought to you by:



NORTH PLAINFIELD HS

**VISION BOARD**  
Event

THURSDAY, NOVEMBER 13TH  
@ 2:45 PM

JOIN NJ4S FOR A CHANCE TO  
CREATE A VISION BOARD TO  
"MANIFEST YOUR FUTURE TO  
BUILD HEALTHY RELATIONSHIPS"

EVENT BEING HELD IN THE  
NPHS CAFETERIA

PREREGISTER HERE




<https://forms.gle/UttnP9ytH6hJrW7DF6>

NORTH PLAINFIELD HS

**MAPA DE SUEÑOS**  
Evento

JUEVES, 13 DE NOVIEMBRE  
@ 2:45 PM

ÚNETE A NJ4S CREAR UN TABLERO DE  
VISIÓN PARA "MANIFESTAR TU FUTURO  
Y CONSTRUIR RELACIONES  
SALUDABLES".

EVENTO QUE SE LLEVARÁ A  
CABO EN LA CAFETERIA DE NPHS

REGÍSTRATE AQUÍ




<https://forms.gle/UttnP9ytH6hJrW7DF6>

