



**THE  
SOUTHWEST  
COUNCIL, INC.**

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PREVENTION • EDUCATION • TREATMENT

# Our Services

**ABOUT US:** The Southwest Council, Inc. is a private, non-profit health agency which provides education, prevention, early intervention, and outpatient treatment services to the counties of Cumberland, Salem, and Gloucester. Founded in 1991 as a primary alcohol, tobacco, and other drug prevention services provider, The Southwest Council's sole mission is to reduce the incidence and prevalence of the illegal use, misuse, and continued abuse of these harmful substances. As an agency, we are committed to improving the health and welfare of residents of Cumberland, Salem, and Gloucester Counties so that children and families can thrive and grow to be strong, responsible individuals. The agency has evolved to meet the changing needs of residents across the lifespan by initiating innovative and evidence-based prevention and intervention services that fortify communities and the families, schools, and businesses that comprise them.

The following is a list of services provided by The Southwest Council, Inc. For services specific to your group's needs, please call us. Each service is listed, followed by a brief description and appropriate age group. Most services are grant-funded, although some are *fee for service\**. Please note that some listed services are offered in specific counties only.

SERVICE	DESCRIPTION	AGE
<b>Beginning Awareness Basic Education Studies (BABES) *</b>	A six-week prevention program in which certified presenters use adorable puppets to teach children about such topics as increasing self-esteem, decision making, utilizing coping skills and learning to say "no" to substances.	Pre-K - 2nd Grade
<b>Botvin's Life Skills Training</b> <i>Gloucester County</i>	An 18-session program designed to be taught as a multi-year, multi-tiered program for middle school students. This skill-building program is meant to assist in learning skills in life areas, which include drug resistance and general social skills.	Middle School
<b>Camp Y.E.Y. (Youth Empowering Youth)</b>	A free week-long youth leadership development camp for children in grades 4 to 8 who have participated in youth prevention/education programs conducted by the Southwest Council, Inc. Counselor Assistant (CA) positions available to former campers who have demonstrated exceptional leadership skills.	Campers: 4th - 8th Grade CAs: 9th - 12th Grade
<b>Connected Families</b> <i>Cumberland County</i>	Connected Families is a partnership between schools, families, and our community, to enhance the well-being and success of our youth. We believe strong, well-informed, healthy families, and supportive communities, are key to student success. We offer a convenient, comfortable, "one-stop" site where students and families in the Cumberland Regional and Upper Deerfield Township school districts can work together with community partners toward meeting their optimal potential.	Adolescence - Adults
<b>Coping with Work &amp; Family Stress *</b>	A research-validated substance abuse prevention program proven to reduce stress and the risks of alcohol, tobacco, drug abuse, and violence. This comprehensive and exciting program provides adults with the skills necessary to successfully handle challenging situations and to reduce stressors which can contribute to mental or physical health problems.	Adults
<b>Cumberland County Healthy Communities Coalition (CCHCC)</b> <i>Cumberland County</i>	Community members, including parents, educators, law enforcement, faith-based and youth, are invited to join the CCHCC which meets monthly to discuss strategies to help reduce substance abuse in Cumberland County. For more information visit, <a href="http://www.SWcoalitions.org">www.SWcoalitions.org</a> .	Adolescence - Adults
<b>Cumberland County Human Services Transportation Program (CCHSTP)</b>	CCHSTP offers free of charge, non-emergency transportation for residents of Cumberland County who need transportation to the following services: Mental Health Counseling/Services, Family Support Services and Programs, Healthcare/Medical Appointments, Drug and Alcohol Counseling Services, Prevention Programs, Early Intervention Programs, Social Service Appointments, and Other Healthcare services.	Youth over 14 and adults
<b>Current Trends in Street Drugs *</b>	This statewide project is designed to alert and educate parents, educators, youth, college students or concerned community members about the signs, symptoms, and dangers of a variety of legal and illegal drugs, including current drug trends.	Adolescence - Adults
<b>Employee Assistance Programs (EAP)*</b>	A valuable service provided to local businesses that helps to identify and to assist employees with substance abuse and related problems. Certified staff provide intervention services to employers to assist them with various concerns.	Adults
<b>Evaluation, Assessment, and Treatment Services *</b>	Professional substance abuse evaluation, assessment, and treatment services provided as a professional service for adolescents and adults.	Adolescence - Adults
<b>Family Nights Out</b> <i>(Strengthening Families)</i>	This program, developed for NJ returning veteran's families, includes children in family skill training sessions. Both parents and children learn and practice new behaviors separately, followed by working together so that appropriate responses to various behaviors become easier to incorporate into family interpersonal relations. Dinner included!	Families with children 6-14 years of age.
<b>Fatal Vision Goggles Project *</b>	This project addresses the serious problem of drinking and driving in NJ. The goal is to educate people on the dangers of over-consumption and drunk driving. This project sends a clear message that alcohol should not be consumed by anyone under the age of 21.	Middle School - Adult

<b>Film Library</b>	Over 400 assorted ATOD videos and DVDs are available for ages 4 through adult on a wide variety of topics. Many titles are available in Spanish.	Pre-K - Adult
<b>Footprints for Life*</b>	A six-week prevention program for children in grades two and three that builds internal assets and teaches the important life skills students need to grow up healthy and drug-free. The program uses puppets and stories that feature 'real life' situations experienced by a children's soccer team.	Grades 2 - 3
<b>Forest Friends *</b>	A prevention program for children K-2 that uses a cast of lovable forest animals to teach children about conflict resolution and skill building techniques.	K - 2nd Grade
<b>GRASP - Gloucester Regional Addictive Substances Prevention Coalition</b> <i>Gloucester County</i>	The GRASP Coalition was formed to build healthy communities by reducing underage drinking, illegal substances with a special focus of opioids, and prescription medication across the lifespan. Our Coalition promotes coordination and partnership between organizations to create environments that are ATOD free. By building links between local organizations and individuals who are working toward common goals, we believe that we can crush the illegal use of prescription medication and underage drinking. For more information visit, <a href="http://www.SWCcoalitions.org">www.SWCcoalitions.org</a> .	Adults
<b>GRYP Squad</b> <i>Gloucester County</i>	The GRYP SQUAD is a youth leadership group in Gloucester County that is part of the Gloucester Regional Addictive Substance Prevention (GRASP). The GRYP SQUAD promotes youth leadership to empower and engage youth to prevent substance abuse. Teen alcohol and other drug abuse is a concern impacting youth in Gloucester County. Membership not only gives teens an opportunity to make a positive impact on their community, but provides valuable leadership experience. For more information visit, <a href="http://www.SWCcoalitions.org">www.SWCcoalitions.org</a> .	Teens
<b>Intoxicated Driver Resource Center (IDRC)*</b> <i>Salem &amp; Cumberland Counties</i>	If a person has been convicted of an alcohol or drug-related traffic or boating offense in NJ, they must satisfy the requirements of the Intoxicated Driving Program and the IDRC. If a person is sentenced as a first time offender, they will be detained, educated and evaluated for at least six hours each day on two consecutive days in the IDRC.	Adults
<b>Keepin' It R.E.A.L. (KIR)</b> <i>Salem County</i>	A 10-session skill-building program designed for various age groups. The objective of the lessons is to increase life skills such as risk assessment, decision-making and drug resistance, while enhancing anti-drug norms and attitudes.	Middle School
<b>Parenting for Drug Prevention*</b>	A substance abuse prevention presentation for parents and other concerned adults designed to alert them to current drug trends concerning their children. It also gives parents some ways they can help their children resist substance abuse.	Adults
<b>Partnership For Success</b>	The Partnership for Success initiative was formed in Gloucester County to expand and enhance the GRASP Coalition and in the Cumberland/Salem County region to expand and enhance the Salem-Cumberland Regional Action Toward Community Health (SCRATCH) Coalition. Partnership for Success (PFS) initiatives address five priority areas which include: underage drinking, prescription drug abuse, tobacco prevention efforts, New Jersey returning veterans, and older adults (seniors). For more information visit, <a href="http://www.SWCcoalitions.org">www.SWCcoalitions.org</a> .	Adults
<b>Professional Trainings &amp; Workshops</b>	Educational services for professionals, businesses and community groups are available to increase awareness of risk factors leading to substance abuse and to train individuals on prevention strategies. Upcoming trainings and workshops can be found by visiting the calendar page on our website.	Adults
<b>SCRATCH - Salem Cumberland Regional Action Toward Community Health Coalition</b> <i>Salem &amp; Cumberland Counties</i>	SCRATCH engages community partners in Cumberland and Salem Counties to establish and sustain the environmental changes necessary to eliminate substance use and abuse. We will consistently develop and promote healthy opportunities and permanent change for current and future generations. For more information visit, <a href="http://www.SWCcoalitions.org">www.SWCcoalitions.org</a> .	Adults
<b>Take Control of Your Health*</b>	A 2 ½-hour six-week program being offered once weekly specifically for people in recovery. You'll get the support you need, find practical ways to incorporate better nutrition and exercise into your weekly schedule, learn some easy relaxation techniques, and see how simple it can be to take better care of yourself so you can not only sustain your recovery but also thrive in it.	Adults
<b>Too Good for Drugs</b> *fees may be applicable depending on area of service	Auto the Robot teaches kids not to be "Auto-matic" when they make decisions. 3rd graders will learn to identify and manage stress, communicate effectively, set goals, learn healthy habits and manage emotions during this 10-session program. Interactive activities, music, workbooks and an engaging robot are used to teach the lessons.	3rd Grade
<b>Underage Drinking Prevention for Parents</b> ( <i>Parents Who Host Lose the Most!</i> )	Underage drinking is illegal – unacceptable and unhealthy! Parents Who Host Lose the Most! is a 45-minute program for parents about the realities of underage drinking, ways to prevent it and the liabilities and penalties for hosting or serving underage drinkers.	Adults
<b>Volunteer Opportunities</b>	The agency welcomes volunteers of all ages to assist with the many programs and services we offer.	Adults
<b>We Check for 21!</b>	An education and advocacy campaign for the hospitality industry and retailers designed to improve compliance with the state's legal drinking age: Alcohol sellers pledge to check the IDs of young buyers.	Adult (Beverage Industry)
<b>We Check for 21, Too!</b>	<i>We Check for 21, Too!</i> is an education and awareness campaign for adults (and in particular for parents) on the dangers of underage drinking whereby adults pledge to never serve alcoholic beverages to minors.	Adults
<b>Wellness Initiative for Senior Education (WISE)</b> *fees may be applicable depending on area of service	A six-week wellness project designed to celebrate healthy aging, and offer health information and resources for seniors. The six lessons cover a wide range of topics, including healthy lifestyle choices, risk factors, prescription drug use, ATOD prevention and ways to celebrate this exciting stage of life and the benefits that come with it.	Adults over 60
<b>Youth Network</b> <i>Cumberland County</i>	The Youth Network is a youth leadership group that is part of the Cumberland County Healthy Communities Coalition. The Youth Network brings together teens who want to make a positive difference in their community by encouraging peers to participate in healthy decision making by staying drug and alcohol free. Membership in the Youth Network not only gives teens an opportunity to make a positive impact on their community, but provides valuable leadership experience. For more information visit, <a href="http://www.SWCcoalitions.org">www.SWCcoalitions.org</a> .	Teens