

Fiscal Report 2010- 2014



THE
SOUTHWEST
COUNCIL, INC.

A LETTER FROM THE EXECUTIVE DIRECTOR

Dear Friends:

I am very pleased and proud to provide the agency's 2010 - 2014 Fiscal Report. We are extremely grateful to our supporters and many donors who, from behind the scenes, allowed the agency to grow and prosper for the past 23 years. Since 1991, The Southwest Council has been providing substance abuse prevention, education, and early intervention services to the residents of Cumberland, Gloucester and Salem Counties. The agency's positive impact, as reflected in this document, has been made possible only through the efforts of dedicated individuals, including our volunteer Executive Board of Directors, our staff, and the many volunteers who assist us on a daily basis.



The Southwest Council is committed to growth and expansion based on the needs of the communities we serve. We have extended our services over the past several years to include regionally-based coalitions. These coalitions have enhanced our capacity to focus on parents, military families, and older Americans through increased prevention services. The success of our grassroots coalition efforts would not be possible without the agency's dedicated staff and the engagement of individual community members. Through the collaborative efforts of many, we have been able to provide evidence-based services to schools, colleges, faith-based organizations, families, individuals, community alliances, professionals, and more. It is the focus of the agency to employ environmental strategies geared toward changing community norms which favor substance abuse throughout the southwestern portion of the State of New Jersey.

Along with the coalitions, the agency has added treatment services which have allowed us to provide quality services throughout the region. Our sustainability plan included the purchase of our own building and expansion in the central part of Gloucester County with fully-staffed offices located in Mantua, New Jersey. We are proud of the dedicated staff who embrace our mission as we hold true to our vision!

This Fiscal Report is important for so many reasons but, mostly, it is a reflection on how we hold ourselves accountable in many significant areas of corporate development, including: governance, community partnerships, employee development, and service quality. Integrity and accountability are fundamental for every aspect of the agency. We will continue to provide employees - with the highest skill and experience - to teach, counsel and assist those who call upon us for services. Our work is not complete. We are committed to expanding services where the need is great. We will foster partnerships that enhance our goal, and we will ensure that the services provided are of the highest quality possible. Moving forward, we will continue to provide science-based programs, quality treatment services, and effective community-based efforts to meet the needs of the community. We truly hope we can count on your support in the coming years.

Sincerely,

A handwritten signature in blue ink that reads "J. Williams". The signature is fluid and cursive, with a long horizontal stroke at the end.

Joseph M. Williams
CEO/Executive Director
The Southwest Council, Inc.

PROGRAMS & SERVICES

The Southwest Council offers free transportation to and from camp each day

APPROXIMATELY
200
YOUTH ATTEND CAMP YEY
EACH YEAR

Campers are provided with a healthy and hearty snack and lunch daily

Over
300
family members and friends of campers visit us at camp for Family Fun Day each year

Camp YEY

At Southwest Council, Inc., we believe it's important to take time during the summer months to reinforce many of the skills and lessons youth have learned through our school and community-based programs. Camp YEY began as a result of our goal to enhance leadership skills in 2007 and has grown in popularity and size each year. Youth in grades 4-8 in Cumberland, Gloucester, and Salem County who attend Camp YEY are taught fun and interactive lessons in goal setting, self esteem, decision-making, and communication. They also learn about alcohol, tobacco, and other drugs. The lessons are presented by Southwest Council's professional staff. Each camper also enjoys exciting outdoor activities such as canoeing, archery, swimming, and field games. Campers are even encouraged to reach outside their comfort zones and challenge themselves on a high ropes course!



While the number of youth attending camp grows each year, so does the efforts of The Southwest Council staff to provide the campers with an unforgettable experience. New features have been added annually such as the camp store. Throughout camp, youth demonstrating superior leadership skills are given a ticket. Tickets can be redeemed at the camp store for snacks and Camp YEY gear such as water bottles, beach towels, sunglasses, headphones, and more! A few years ago, Color Wars was added and has become a camper favorite. During Color Wars campers learn the value of working as a team to accomplish goals. In addition, last year life-skills activities were offered such as building, sewing, cake decorating, first aid, and more!

On the last day of camp, families and friends of the campers are invited to join us at the campsite for an awards ceremony. Following the awards ceremony, all attendees are provided a BBQ-style lunch. After lunch, everyone has the opportunity to enjoy the campgrounds and participate in various activities organized by The Southwest Council staff. Activities include things like a resource fair, sand art, educational presentations and more!



Leadership Opportunities for Teens at Camp YEY

Over the years, we have watched many of our campers grow from timid and shy children into outgoing, confident, and strong young leaders. For this reason, The Southwest Council developed the role of Counselor Assistant. In the spring, former campers who have aged out of Camp YEY, and who have demonstrated excellent leadership skills, are given the unique opportunity to apply for a Counselor Assistant position. Potential Counselor Assistants are then interviewed. Those who are chosen attend an intense two-day training prior to camp.

While Counselor Assistants serve in a number of roles during their time at camp, they mainly support Southwest Council staff in the implementation of Camp YEY's daily activities. Responsibilities include things like helping to prepare and implement lessons, conducting energizers, working with a team, facilitating Color Wars activities and arts and crafts, assisting with life-skills, and more.

"I love being a Counselor Assistant at Camp YEY and serving as a positive role model to younger campers and a helping hand to staff!"

-Tara

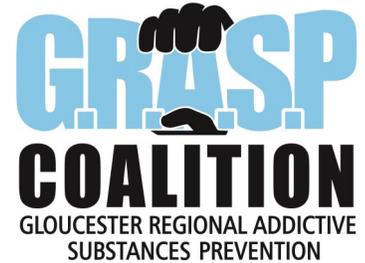
Former Counselor Assistant

At The Southwest Council, we believe in empowering the young people we have served to take on new and exciting leadership opportunities such as becoming a Counselor Assistant. Their individual personalities and talents contribute to making each part of camp a success year after year.



Community-Based Substance Abuse Prevention Coalitions

STATE FUNDED: The Southwest Council manages two regional coalitions that use environmental strategies to bring about sustainable advancement of drug prevention in Cumberland, Gloucester, and Salem Counties. The Salem-Cumberland Regional Action Toward Community Health Coalition (SCRATCH) and the Gloucester Regional Addictive Substances Prevention Coalition (GRASP) both aim to reduce underage drinking, prescription drug abuse, and the use of illegal substances in the region. The SCRATCH and GRASP Coalitions progress towards these goals through various initiatives ranging from: large media campaigns, implementing changes in policies, professional conferences, grassroots efforts such as Sticker Shock Campaigns, installation of prescription drug drop boxes, and workshops for parents and youth.



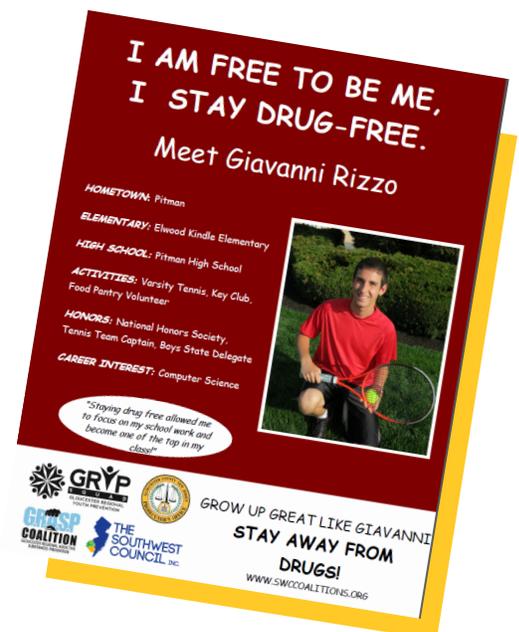
Coalition membership is diverse and includes representatives from several state and community organizations such as: schools, churches, youth groups, universities, health departments, municipal alliances, police departments, prosecutor's offices, and non-profit agencies with similar goals. Community members and volunteers also contribute greatly to coalition

advancement. Coalition members gather once a month to plan new activities and evaluate past initiatives, and coalition newsletters are published each quarter for their members and the community. Through collaboration and partnerships with organizations throughout the region, both coalitions have continued to expand membership since their inception in January 2012.



The GRASP Coalition has expanded youth membership through the formation of the GRYP (Gloucester Regional Youth Prevention) SQUAD in April 2014. The GRYP SQUAD is an integral part of the coalition's success and promotes youth leadership to empower and engage youth to prevent substance abuse. The youth group offers many leadership and volunteer opportunities. The activities are chosen and designed by teen members with help from adult advisors and elected youth officers at our monthly meetings. Membership in GRYP not only gives teens an opportunity to make a positive impact on their community, but provides valuable leadership experience.

In early 2014, the regional coalitions were bolstered by the addition of Partnership for Success (PFS) coordinators, thanks to new grant funding from the New Jersey Division of Mental Health and Addiction Services, which also funds the regional coalitions. PFS supplements the efforts of SCRATCH and GRASP by converging on the same core issues, but having an enhanced fo-



The GRASP Coalition creates the "Be Like Me" poster campaign spotlighting GRYP SQUAD members who lead healthy lifestyles in hopes to change the social norm that drug-use is widespread among teens.

cus on seniors, parents, returning veterans, and tobacco prevention efforts. PFS employs similar strategies as the regional coalitions, but has also created Senior Health Outcomes Project (SHOP) taskforces in Salem-Cumberland and Gloucester Counties to help with initiatives involving seniors.



Vineland Officer, Jason Scalzi, places the safe disposal site sign provided by the SCRATCH Coalition outside the Vineland Police Department.

In addition to SHOP for seniors, the GRASP Coalition has also created the Gloucester Regional Youth Prevention (GRYP) Squad to further outreach efforts to youth. Forming subgroups like SHOP and the GRYP Squad allows the work of the coalition to advance even further into the community, as well as strengthen the coalition by adding vital input from populations not initially involved in GRASP.

The coalitions and their PFS partners continuously gather needs assessment and outcome data, which helps track the success of coalition efforts and ensures that coalition initiatives are meeting the needs of the community. The work of the regional coalitions and their PFS partners in Cumberland, Gloucester and Salem Counties expands and enhances The Southwest Council's drug prevention efforts in the region, helping to foster healthier communities in South Jersey.

FEDERALLY FUNDED: In 2006, a group of organizations from neighboring counties was convened by The Southwest Council, Inc. in an effort to encourage collaboration and resource sharing to address the issue of youth substance abuse. After a few meetings, the group realized that differences across county lines in how youth substance abuse was expressed, key risk factors, and county dynamics made it more challenging to focus efforts effectively. In 2007, the Cumberland County partners decided to continue to meet as the Cumberland County Healthy Communities Coalition (CCHCC). In 2010, CCHCC was funded through a Drug Free Communities Support Program grant funded by the Office of National Drug Control Policy and managed by the Center for Substance Abuse Prevention and the Substance Abuse and Mental Health Services Administration.

The mission of the CCHCC is to reduce substance abuse among youth in Cumberland County through the collaborative and coordinated efforts of key stakeholders from the entire community. Youth substance use has been the primary focus of the CCHCC since the beginning. Founding partners felt a strong appreciation for the value of prevention, and believed that preventing youth use - before its consequences could be felt on the individuals and communities (contd. page 8)



One of the many billboards erected by the coalitions aiming to spread the message about marijuana.

Community-Based Substance Abuse Prevention Coalitions *contd.*



- was a critical means of improving the health and quality of life for youth and the adults those youth would become.

CCHCC has placed emphasis on capacity building and creating strong membership by inviting, and ultimately securing, influential individuals to sit at the table who are representative of the community they serve. While the coalition has retained many of the founding individuals, they have been successful in consistently engaging vital, recognizable, and powerful community stakeholders. All coalition members are provided with the education and tools necessary to serve as fruitful community mobilizers.

After being funded, CCHCC was able to dedicate the time and resources needed to also build capacity among the youth sector. In order to involve youth in the coalition process, members developed a countywide youth group for teens referred to as the coalition's Youth Network (YN). The YN is currently comprised of almost two-dozen teens from around the county who are dedicated to substance abuse prevention and leading healthy lifestyles. YN members participate in the planning process and work with the coalition-at-large to implement strategies aimed at creating community-level change.

Since being funded by the DFC grant, the coalition has achieved a number of notable accomplishments. After the coalition recognized a growing trend of Rx drug abuse in their communities, the CCHCC advocated for and secured a permanent prescription drug drop box at the Port Norris State Police Barracks and the Cumberland County Sheriff's Office through the Project Medicine Drop Program to reduce access. In order to get the word out about existing boxes in the county, CCHCC had safe disposal postcards made and worked with the NJ Pharmacist's Association to provide them to every pharmacy in the county to hand out to their customers. The coalition has worked with local businesses to address underage drinking in a number of ways including conducting fake ID trainings and Sticker Shock Campaigns with the YN at liquor stores. A youth-led PSA was also created with local teens and distributed to county schools to show the realities of underage drinking. In regards to marijuana, the coalition has been working to educate the community on the realities of marijuana legalization. Billboards were erected exposing the truth about marijuana. The CCHCC, in collaboration with SCRATCH and GRASP worked to launch a coalition website which has helped establish a legitimate online presence for the coalitions.



The CCHCC's Youth Network partners with Vineland High School's Youth 2 Youth program to conduct a Sticker Shock Campaign at the liquor store attached to the 89,000 square foot Bottino's ShopRite in Vineland, NJ.

Evidence-Based Programs

The Southwest Council offers a wide variety of evidence-based substance abuse prevention programs in our three service counties. The targeted population for these programs range across the lifespan. The Footprints for Life and Too Good for Drugs (TGFD) programs are designed for children in grades second and third. These programs engage children through the use of puppets and a friendly robot while teaching skills regarding healthy decision making, peer pressure and communication. Keepin' It REAL (KIR) is a drug resistance curriculum that targets youth in grades fourth through seventh. R.E.A.L. is an acronym that represents the strategies Refuse, Explain, Avoid and Leave. Through the use of the R.E.A.L. strategies, youth learn to incorporate these approaches in real life situations when resisting any type of risky behavior and social or peer pressure. The Life Skills Training (LST) curriculum focuses on adolescents and teenagers through the high school years. LST combines substance abuse prevention education along with other lessons on coping with anger and anxiety, resolving conflicts, violence in the media, and self-image - all of which teens can have a difficult time dealing with on a daily basis. Typically, lessons for each of the programs are provided once a week by a trained, skilled and certified alcohol, tobacco and other drug prevention specialist. Each lesson is about forty-five minutes and facilitated over a course of approximately 10 weeks.

Similarly, The Southwest Council, Inc. offers additional evidence-based programs targeting the senior citizen population. Research indicates that preventive health and educational services are valuable for maintaining the quality of life and wellness of older adults; therefore, programs such as the Wellness Initiative Senior Education (WISE) has proven to be an asset to the community. Many of the participants enjoy the program because it provides a time for individuals to socialize while receiving valuable education about their health. WISE provides older adults with the information and resources they need to maintain a healthy lifestyle and become empowered in regard to both their health and the health care they receive. Program objectives include helping participants to: (1) understand how lifestyle choices and behaviors impact health; (2) learn to use tools and feel empowered to manage health care, particularly regarding the use of medications; (3) understand the aging process and how it affects the metabolization of alcohol and medications; (4) develop an appreciation for cultural and generational diversity, including their own increasing age; and (5) recognize the early signs and symptoms of depression. The program is six weeks long and designed to be implemented once a week for approximately 2-3 hours. (contd. page 10)

There have been approximately
5,000
participants and
300
programs cycles
from 2010-2014

“My students LOVED Footprints for Life. I have seen students use the tools learned and respond well to others’ advice based on the program. I’ve even heard one student say, ‘Do you remember what Ms. Rosey said?!’”
-2nd grade teacher at Downe Township School

Between 2010 & 2014,
approximately
60
seniors in our service
area have participated
in WISE

Evidence-Based Programs cont'd.

Research has confirmed the importance of the role of parents in the prevention of substance abuse. Therefore, additional programs, such as The Strengthening Families Program (SFP), has become very popular and in-demand. The Southwest Council, Inc. offers two SFP curriculums - a seven week one for families with children ages 10-14, and a fourteen week curriculum for families with children ages 6-11. SFP is a family skills training program designed to increase resilience and reduce risk factors for behavioral, emotional, academic and social problems. The key concept families walk away with is learning to communicate more effectively. The program is designed for families to meet once a week and develop skills and strategies necessary to maintain healthy family roles. Dinner is provided at each session and then the families break into respective groups and are engaged in skill-building activities. At the end of each session, the individual families work together as a team and practice using the skills learned. Each SFP program ends with a family enrichment session which allows families to participate in an outing of their choice.

The nature of the interaction between the parent and child has been found to be a key factor in predicting adolescent use of alcohol and other drugs. Numerous studies indicate that the parental attitudes and practices related to alcohol are the strongest social influence and prevention on youth alcohol and other drug use. Therefore, in addition to the adolescent receiving the substance abuse prevention messages parents are also given an opportunity to learn and grow alongside their children.

Most of the Southwest Council's evidence-based drug prevention or educational programs take place in school settings, although, they have also been provided in community and faith-based settings. We have learned, through experience, that the most effective programs are delivered interactively and teach skills that assist individuals to refuse drug offers, resist pro-drug influences, correct misperceptions that drug use is normative, and enhance social and personal competence skills.

FACT: Over the past several years, requests for SFP have significantly increased, reaching approximately **63** families & over **300** individuals. The scope has also expanded through various grants in which the program is offered exclusively to military families, reaching an additional **30** families & **100** individuals.



Strengthening Families Program, 2013

Intoxicated Driver Resource Center - I.D.R.C.

The Southwest Council has been the contracted service provider of the Intoxicated Driver Resource Center (I.D.R.C.) for both Cumberland and Salem Counties for the past 20 years. Since inception, the agency has provided services for approximately 11,000 participants through the I.D.R.C. program.

The I.D.R.C. Program is designed for the individual who has been convicted of an alcohol or drug-related traffic or boating offense in New Jersey. Once convicted, this person must satisfy the requirements of the Intoxicated Driving Program and the I.D.R.C. If a person is sentenced as a first-time offender, they are detained, educated, and evaluated during a twelve-hour program. This program educates participants in the hopes of reducing the county-based rate of recidivism, as well as enhances individual knowledge regarding the harmful effects of driving under the influence. Persons attending the I.D.R.C. class are provided with information about New Jersey laws regarding alcohol and other drugs, given materials to help them understand how drugs and alcohol affect the body, and are imparted with information about the progression of alcohol and drug abuse. Participants are offered the opportunity to evaluate their own use of substances, and create a plan to avoid future high-risk behaviors. Each participant in the program participates in a screening process, and is provided a referral for further evaluation at a treatment facility if such assessment is necessary.

We offer materials written in both English and Spanish, and we also have full-time English-speaking and bilingual staff members who are happy to answer questions regarding the program during normal business hours.

“One of the most rewarding parts of working in the I.D.R.C. is helping those clients who may not otherwise have access to treatment. Though not all participants require a referral, this part of this program provides people who may be struggling with problematic substance use an opportunity to get help in a seamless way.”
- Jackie Williams, MS
Counselor Intern

Employee Assistance Programs and Treatment Services

The Southwest Council is committed to the well-being of employees, and provides services to employers in the State through the Employee Assistance Programs (EAP) and Employee Advisory Services (EAS). The EAS and EAP can provide confidential services to workers facing problems with substance abuse or personal concerns that are negatively impacting the workplace, the employee, and the employee's family. These problems may begin to cause an imbalance in an employee's life and could result in higher healthcare expenses. These problems could also cause absenteeism, a reduction in job productivity and performance, increased workers' compensation and disability claims, and safety concerns for employers. With the help of an EAS or EAP program, certified and licensed staff provide confidential health (contd. page 12)

PROGRAMS & SERVICES

and wellness activities, proactive prevention and problem identification services, and referral as necessary. The programs are tailored to meet the needs of each of the organizations they serves and, in turn, the services help save those organizations money.

The Southwest Council is also proud to announce that their available treatment services are growing! As of 2013, the agency has been approved an ambulatory care facility licensed to provide Level I Outpatient and Level II Intensive Outpatient addiction services. Available treatment options have expanded to include treatment for not only employee-based clients, but also anger management, couples counseling, and mental health services. The philosophy of the agency is to provide treatment which includes a biopsychosocial approach to addictive disorders. We believe in a holistic and culturally competent method of treatment within which we offer a safe, warm, and open environment for our clients. By implementing evidence-based treatment coupled with a strength-based client-centered approach, the goal of treatment is to enrich client self-efficacy and maximize biopsychosocial functioning.

“The expansion of the agency to include multidimensional treatment services has allowed The Southwest Council to address a service gap in this geographic section of the State.

We aim to close that gap by providing comprehensive mental health and addiction services to the clients we serve. It is the goal of this agency that by providing safe, welcoming, and culturally competent treatment services, we will allow clients the opportunity to address any mental health concerns and enhance their daily functioning.”

*- Joe Williams
Executive Director*

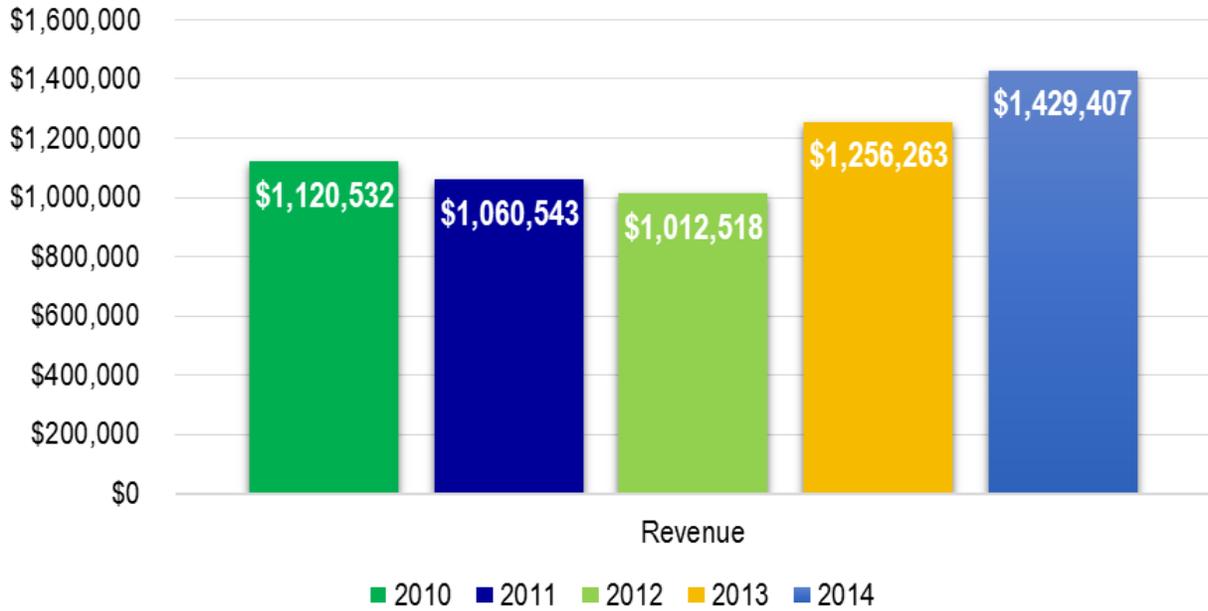
Cumberland County Human Services Transportation Program

In Cumberland County, transportation is often cited as an issue for their citizens, as the lack of transportation offered in the county can serve as a barrier for individuals to access important services. In 2013, the Cumberland County Human Services Advisory Council funded The Southwest Council, Inc. to meet this community need. The Cumberland County Human Services Transportation Program (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. Since being funded, the program has run a total of nearly 4,000 trips.

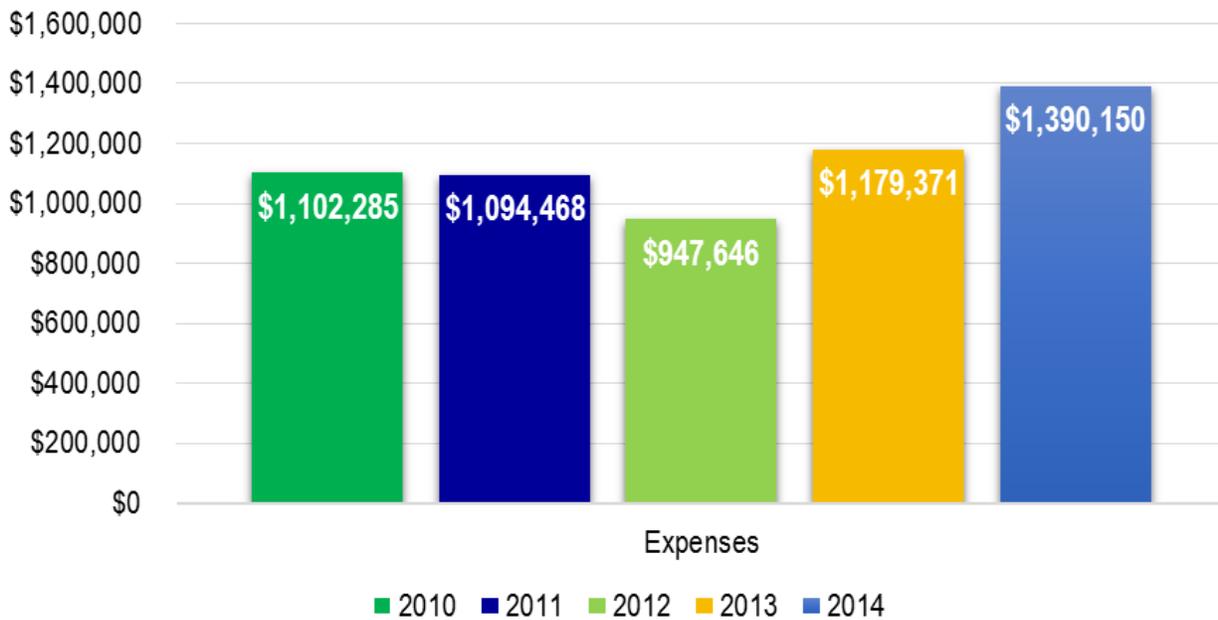


REVENUE & EXPENSES

2010 - 2014 Revenue



2010 - 2014 Expenses



REVENUE & EXPENSES

About our Revenue

The Southwest Council's revenue has increased over 27% in the last five years. In addition, expenses have been closely monitored to ensure the strong fiscal growth reflected in the following information. Looking forward, a 14% increase in revenue is anticipated for 2015.

Over the past 5 years, over 99% of The Southwest Council's revenue was derived from Federal and State grants and contracts, EI/EAP & IDRC services, and contributions. Federal and State grants have increased 29% over the past five years, while contracts have increased over 72% during the same term. Over the past five years and on average, 92% of every one dollar of expense has gone to support Southwest Council programs.

The information provided herewith is sourced from the Southwest Council's annual OBM Circular A-133 independent audits.

| 2010 REVENUE | | 2010 EXPENSES | |
|-----------------------------------|--------------------|------------------|--------------------|
| Grants (state & federal) | \$797,790 | Program Services | \$989,536 |
| Contracts | \$129,035 | Support Services | \$112,749 |
| EI/EAP & DWI Services | \$180,487 | | |
| Miscellaneous (including interest | \$13,220 | | |
| TOTAL | \$1,120,532 | TOTAL | \$1,102,285 |

| 2011 REVENUE | | 2011 EXPENSES | |
|-----------------------------------|--------------------|------------------|--------------------|
| Grants (state & federal) | \$791,740 | Program Services | \$995,487 |
| Contracts | \$87,466 | Support Services | \$98,981 |
| EI/EAP & DWI Services | \$156,552 | | |
| Miscellaneous (including interest | \$24,785 | | |
| TOTAL | \$1,060,543 | TOTAL | \$1,094,468 |

| 2012 REVENUE | | 2012 EXPENSES | |
|-----------------------------------|--------------------|----------------------|------------------|
| Grants (state & federal) | \$761,497 | Program Services | \$886,560 |
| Contracts | \$58,530 | Support Services | \$61,086 |
| EI/EAP & DWI Services | \$145,596 | | |
| Miscellaneous (including interest | \$46,895 | | |
| TOTAL | \$1,012,518 | TOTAL | \$947,646 |

| 2013 REVENUE | | 2013 EXPENSES | |
|-----------------------------------|--------------------|----------------------|------------------|
| Grants (state & federal) | \$833,991 | Program Services | \$1,107,482 |
| Contracts | \$219,476 | Support Services | \$71,889 |
| EI/EAP & DWI Services | \$152,903 | | |
| Miscellaneous (including interest | \$49,893 | | |
| TOTAL | \$1,256,263 | TOTAL | 1,179,371 |

| 2014 REVENUE | | 2014 EXPENSES | |
|-----------------------------------|--------------------|----------------------|--------------------|
| Grants (state & federal) | \$1,033,114 | Program Services | \$1,278,938 |
| Contracts | \$223,075 | Support Services | \$111,212 |
| EI/EAP & DWI Services | \$151,675 | | |
| Miscellaneous (including interest | \$21,543 | | |
| TOTAL | \$1,429,407 | TOTAL | \$1,390,150 |

ALL AGENCY PROGRAMS & SERVICES

| Service | Description | Age |
|---|--|---|
| Beginning Awareness Basic Education Studies (BABES) * | 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 |
| Botvin's Life Skills Training (LST) | 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 |
| Camp Y.E.Y. (Youth Empowering Youth) | 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 |
| Connected Families Cumberland County Only | <i>Connected Families</i> is partnership between the Complete Care Health Network, Upper Deerfield Twp. School District, Cumberland Regional High School and The Southwest Council, Inc. to form the <i>Connected Families</i> collaborative, a youth and family empowered initiative. The mission of the <i>Connected Families</i> collaboration is to support and strengthen families in the Cumberland Regional and Upper Deerfield Twp. School districts through a parent-school-community partnership that promotes comprehensive, integrated, individualized family support systems and access to resources. Empowering youth and caregivers to accomplish family identified goals and achieve and maintain child wellbeing, healthy relationships, financial stability, and family self-sufficiency is the primary focus. | Adolescence - Adults |
| Coping with Work & Family Stress * | 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 |
| Cumberland County Healthy Communities Coalition (CCHCC) Cumberland County Only | 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, www.SWCcoalitions.org/CCHCC | Adolescence - Adults |
| Cumberland County Human Services Transportation Program (CCHSTP) Cumberland County Only | 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 |
| Current Trends in Street Drugs * | 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 |
| Employee Assistance Programs (EAP)* | 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 |
| Evaluation, Assessment, and Treatment Services * | Professional substance abuse evaluation, assessment, and treatment services provided as a professional service for adolescents and adults. | Adolescence - Adults |
| Family Nights Out (Strengthening Families) | 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. |
| Fatal Vision Goggles Project * | 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 |
| Film Library | 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 |
| Footprints for Life* | 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 |
| GRASP - Gloucester Regional Addictive Substances Prevention Coalition Gloucester County Only | 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, www.SWCcoalitions.org/GRASP | Adults |

| | | |
|--|---|---------------------------|
| GRYP Squad <i>Gloucester County Only</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, www.SWCcoalitions.org/ GRYP. | Teens |
| Intoxicated Driver Resource Center (IDRC)* <i>Salem & Cumberland Counties Only</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 |
| Keepin' It R.E.A.L. (KIR) <i>Salem and Cumberland Counties Only</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 |
| Parenting for Drug Prevention* | 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 |
| Partnership For Success | 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, www.SWCcoalitions.org . | Adults |
| Professional Trainings & Workshops <i>*fees <u>may</u> apply - call for more info</i> | 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 |
| SCRATCH - Salem Cumberland Regional Action Toward Community Health Coalition <i>Salem & Cumberland Counties Only</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, www.SWCcoalitions.org . | Adults |
| Take Control of Your Health* | 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 |
| Too Good for Drugs | 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 |
| Underage Drinking Prevention for Parents (<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 |
| Volunteer Opportunities | The agency welcomes volunteers of all ages to assist with the many programs and services we offer. | Adults |
| We Check for 21! | 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) |
| We Check for 21, Too! | <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 |
| Wellness Initiative for Senior Education (WISE) <i>*fees may be applicable depending on area of service</i> | 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 |
| Youth Network <i>Cumberland County Only</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, www.SWCcoalitions.org . | Teens |

Most services are grant-funded, although some are fee for service. Please note that most services are offered in all three counties unless otherwise noted.*

WHO WE ARE

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Administrator, Eye Associates and SurgiCenter, Vineland

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Ex-officio Member

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