

S P R I N G 2 0 1 5



NORTHERN VALLEY COALITION

Closter, Demarest, Harrington Park, Haworth, Northvale, Norwood, Old Tappan



Our Goals

- To reduce chronic underage drinking, substance abuse and other high-risk teen behaviors.
- Develop positive activities for teens in our communities.
- Unify Municipal Leaders, Law Enforcement, School Officials, Business Leaders, Faith-based Leaders and community members and to facilitate communication and networking.
- Promote Safe Homes and a Safe Community by reducing the incidence of under-age drinking.
- Increase awareness about Host Liability Laws.
- Provide prevention education for parents and teens.

Our Mission

Our mission is to unify and promote community efforts to create and maintain a safe/substance-free environment that reduces teen high-risk behavior and enhances the positive development of our communities' youth and families.

Save the Date!

This Spring

NVOT is planning on starting an Ultimate Frisbee League

More details to follow

May 15, 2015

NVD will be hosting a movie night on the turf for all 7th, 8th grade & high school students.

Fall 2015

TBA

Battle of the Bands
More info to follow

Updates



Here are some of the recent happenings the Northern Valley Coalition has participated in:

Trunk or Treat

In cooperation with both the NVD and NVOT PTSO, high school administrators, local police, fire and ambulance, the high school students hosted a Trunk or Treat event for the young children of our seven sending towns. Students dressed up and decorated their cars for the youngsters to visit.

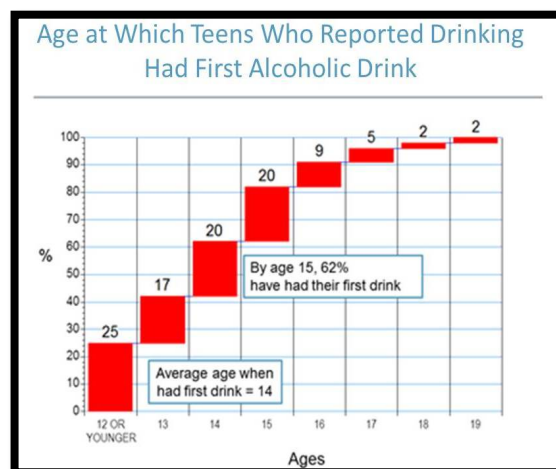
The event was a tremendous success ... See you October 30, 2015, rain or shine!

“What’s Trending With Your Kids?”

On November 19, 2014, the Coalition hosted this conversation “Empowering Parents to Combat Risky Trends.”

Guest Speakers, Ellen Elias and Samatha Harries, from The Center of Alcohol & Drug Resources presented and provided examples of what drugs are available to our children.

Parents were surprised how easy it is for our children to obtain many of these dangerous substances... Many are right in our own homes.



Safe Homes

What is S.A.F.E. Homes?

(Support Alcohol/Substance Free Environments)

SAFE Homes Parents Network is a national effort to develop a community- wide coalition of parents and other adults who are committed to addressing the issue of underage drinking/illegal drug use in our community.

Families from Northern Valley will have an opportunity to sign a pledge committing to not serve alcohol to minors or allow illegal substance usage in their homes.

A Big Thank You To....

The Lions Club of Harrington Park for their generous donation! This will help support our student activities and programs. The Lions Club of Harrington Park has a strong commitment to helping the community and we are very appreciative for the recognition of the NVC and our efforts towards making a difference in our community.



Presidential Service Award: Northern Valley Coalition is now a Certifying Community Service Organization

Start Working Towards This Prestigious Award Today!

Presidential recognition sets you apart from your peers. It is a tremendous honor. Even though you may not seek recognition, your example can deliver a powerful message that encourages others to take action.

The criteria and eligibility requirements can be found at the NVC website www.nvcoalition.org.

Along with the ultimate honor of presidential recognition, recipients will receive a personalized certificate, an official pin, medallion or coin and a congratulatory letter from the president of the United States.

Getting Started:

- Go to www.presidentialserviceawards.gov, choose **Get Involved** then **Volunteers**.
- Click **Get Started Now** and register.
- **Very Important – include the NVC Record of Service Key: DLP-1370 on the registration** (otherwise we won't be able to certify your hours for the award).
- Save your username & password.
- Complete volunteer hours and get the **NVC Volunteer Hours Form** signed by the responsible person.
- Send the form as indicated on the bottom of the form.
- When you are ready to log hours, log in to the above website with your username & password.
- Go to **My Service** then **Add Activity**.

In order to certify hours, we will need the signed form. The form, along with the above instructions and suggested volunteer opportunities can be found at:

www.nvcoalition.org under Committees/Student Activities

If you have questions, please email us at nvcoalition@gmail.com.

Ten Tips for Parents:

From The Center for Alcohol and Drug Resources

www.tcadr.org <https://www.facebook.com/TCADR>

1. **Get Educated About Alcohol and Drugs, and Be Informed:** You cannot rely on your own personal experiences or common sense to carry you through. Know the signs and symptoms of alcohol and drug use.
2. **Encourage Conversation and Use Teachable Moments:** Listen to your child- what they are saying directly and what may be implied. Use opportunities that happen in real life as a jumping off point for conversation – movie, music, something in the news, something overheard at school, etc.
3. **Establish Clear Family Rules About Alcohol and Drugs:** Setting specific, clear rules is the foundation for parental efforts in prevention, some ideas:
 - Kids under 21 will not drink alcohol.
 - Kids will not ride in a car with someone that has been drinking or using drugs.
 - Older brothers and sisters will not encourage younger kids to drink or use drugs.
 - Kids under 21 will not host parties at our home without parental supervision.
 - Kids will not stay at a kid's party where alcohol or drugs are present.
4. **Connect With Your Child's Friends and Their Parents:** Pay attention to who your child is hanging out with, who's coming to the house and get to know them. Encourage your child's friend to come to your home, invite them for dinner and make them feel welcomed. Talk to other parents about rules about drinking and drugs they have in their homes.
5. **Know When it's Time to Reach Out For Support:** Know the resources available in your school, neighborhood and county where you can access support. If at any point you suspect that your child is having a problem with alcohol and/or drugs, get help. Don't wait.
6. **Promote Healthy Activities:** Help your kids, and their friends, learn how to have fun, and fight off the dreaded "I'm bored." The more your children are active, the less time they have to get caught up in the pressure from peers to drink alcohol and use drugs.
7. **Be a Role Model and Set a Positive Example:** Bottom line...from a kid's perspective, **what you do is more important than what you say!**
8. **Keep Track of Your Child's Activities:** Asking questions, keeping track, checking in are all important. Research has found that young people who are not regularly monitored by their parents are four times more likely to use alcohol or drugs.
9. **Keep Track of Alcohol and Prescription Drugs:** For kids, the most common source of alcohol and prescription drugs is parents. Make sure that your home is not a source of alcohol or prescription drugs for your kids or their friends.
10. **Don't Be Afraid to Be the "Bad" Parent:** Sometimes, our fear of negative reaction from our kids keeps us from doing what is right. When it comes to alcohol and drugs, taking a tough stand can help our children to say no..."My mom or dad would kill me if I drank or used." Our decisions and our rules allow our child to use us as "the

**You are not alone.
AS A PARENT, YOU CAN HELP
PREVENT YOUR CHILD FROM
BECOMING ADDICTED TO ALCOHOL
OR DRUGS.
TAKING ACTION IS PREVENTION.**

We are looking for volunteers for our many different committees.

If you, or someone you know, would like to get involved with our organization, please contact us via email at nvcoalition@gmail.com.

Find us at: www.nvcoalition.org

Like us on Facebook: <https://www.facebook.com/northernvalleycoalition>

