

prevention mattersSM

Fall 2009 Newsletter



New Jersey Tobacco Toll

9,000 children become daily smokers every year

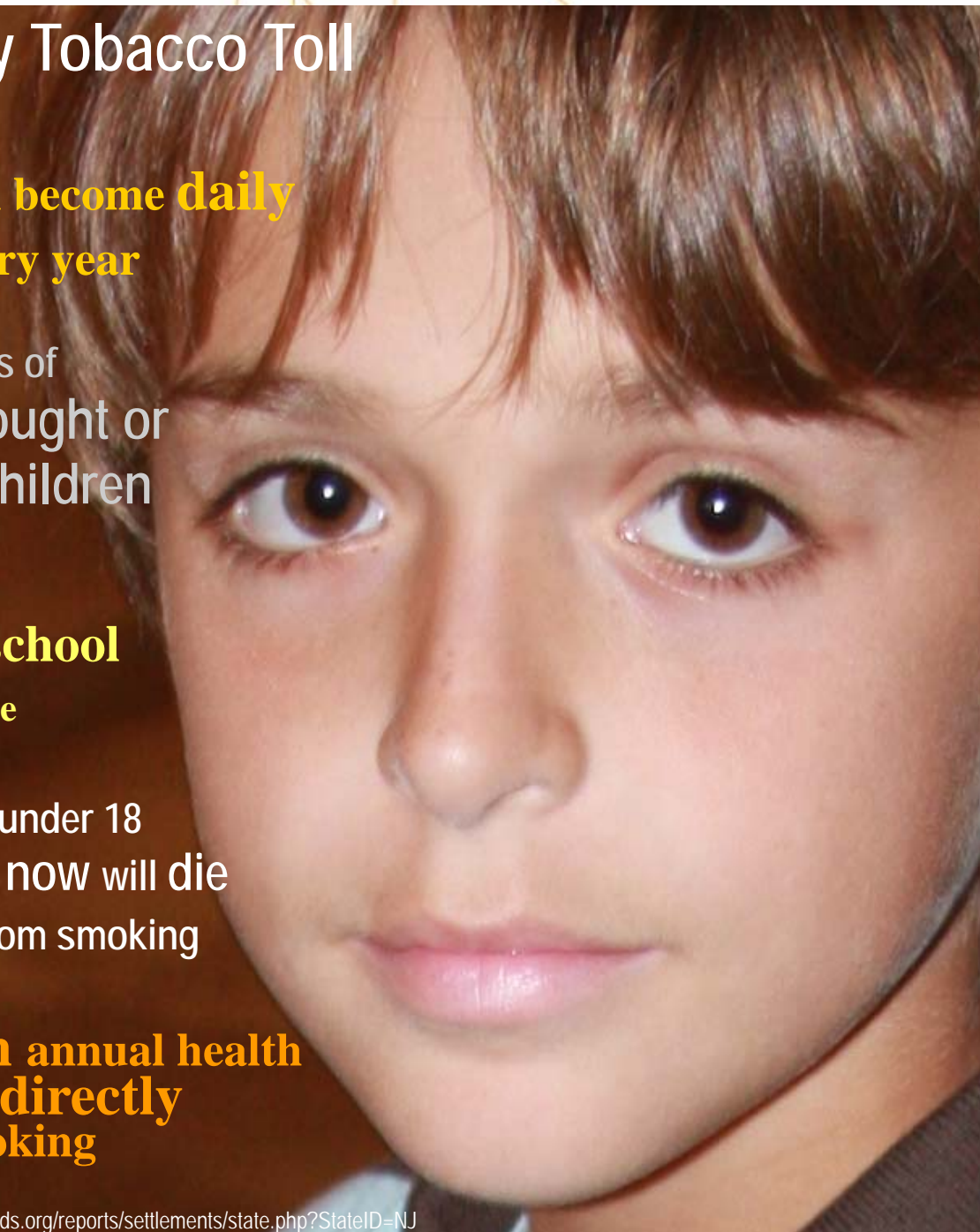
17.1 million packs of cigarettes are bought or smoked by children each year.

15.8% of high school students smoke

168,000 children under 18 alive in NJ right now will die prematurely from smoking

\$3.17 billion annual health care costs are directly caused by smoking

Source: <http://www.tobaccofreekids.org/reports/settlements/state.php?StateID=NJ>



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Dear Friends,

Prevention First extends a warm thank you to all who have supported our efforts. We are solid in continuation to fight substance abuse and violence in Monmouth County. Your support of our programs have made a difference in the lives of thousands of children as we work to put our children on the road to success!

Our mission is to strengthen the foundations of our children and families by empowering them to successfully handle difficult, everyday life situations. Our strategy is to use every resource available to us to counter the negative influence substance abuse has on our society as well as the associated violence, crime and pain. When a teacher writes to us to say that one of our programs "...was able to reach a child with extremely serious problems, and the child is now getting the help that he needs," or when a mother says "...your prevention program opened the dialog door for my son and me, and I will forever be grateful..." ...then we know we've been successful!

There are many in the community who are helping us further our mission and we hope that we can count on you to continue and to expand the word about our much needed programs – now more than ever!

As adults, we face increasingly uncertain and troubling times today...but so do our children...especially when it comes to substance abuse, alcohol bullying and violence. Drugs are more lethal, and bullying and violence are more pervasive. The prevention programs our agency provides are vital, and given the added pressures of these stressful times, the need has increased exponentially. Yet, difficult times present the challenge and opportunity to come together, gain strength and give strength! And that's where you come in--- please help us spread the word – and take a minute to send this report to your friends and family! Your support is an investment in our children's future as we work to put them on the road to success!!!

Mary Pat Angelini
Executive Director and CEO

Grace Hanlon
Board President

On the Road to Success...

...dedication matters. The 2009 Excellence in Prevention Awards honored Laura Brunetti, Elder Gregory Hopson, Sr., Joseph Piscitelli, and Benjamin Ross. These amazing people have dedicated much of their time and energy to helping Prevention First to accomplish our mission.



John and honoree Laura Brunetti



Elder Gregory Hopson, Sr., honoree, and his wife, Ida



Honoree Joseph Piscitelli and Marilyn D. Kinelski, Director of Adolescent Services



Honoree Benjamin Ross's parents, Mr. & Mrs. Evan Ross, with Marilyn D. Kinelski, Director of Adolescent Services

...fun matters. This year's ChessFest brought children together to learn the game of chess, which teaches strategy and forward-thinking skills, while having a really great time at a really fun event!



Courtney Huebner



John Szeliga, External Affairs Field Director for Verizon Communications, presents \$5,000 check to Barbara Sprechman, Director of Community Services for Prevention First



Daija and Dionna Bullock

...awareness matters. Prevention First teamed up with the Axelrod Performing Arts Center, part of the Jewish Community Center, to bring the hilarious off-Broadway performance of *inDEPENDENCE*, starring Jamie Fox, to our community at large. An expert panel, including Dr. Tony Rajiv Juneja and Dr. Dennis Embry, spoke with the audience and answered questions on the topic of addiction after the show.

"I had the opportunity to sit in an audience of teens, parents and professionals and watch Jamie's incredible performance. Her portrayal of several different characters in a Jewish family facing a family member who is imprisoned for selling drugs was powerful, personal, and carried a message that needs to be brought to families everywhere." -Allan Finkelstein, President JCCA

inDEPENDENCE



Prevention First's 2009 Benefit Concert

...inspiration matters. Play to Prevent, at the Two River Theater in Red Bank, where teens inspired others through music.



*Quincy Mumford, Headliner
Named MSNBC's five Top of the Pops
Up-and-Coming Young Singers. (above)*

*Cara Salimando
Recently signed with
Universal Motown (below)*



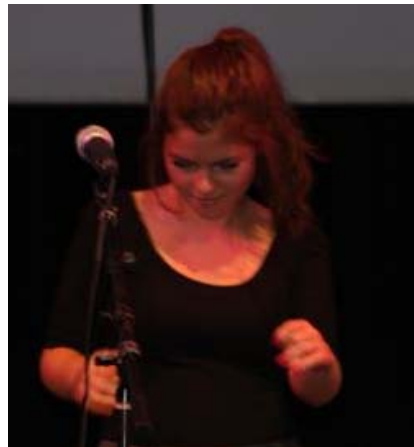
Virginia (below)



*Mary Pat Angelini, Executive Director & CEO and
Michelle McBride, Play to Prevent MC and host on
Brookdale Public Radio (below)*



*Phoebe Holiday Ryan signs Playbills for Martine
DiDomenico, Ally Baratta, and Sally Carden*

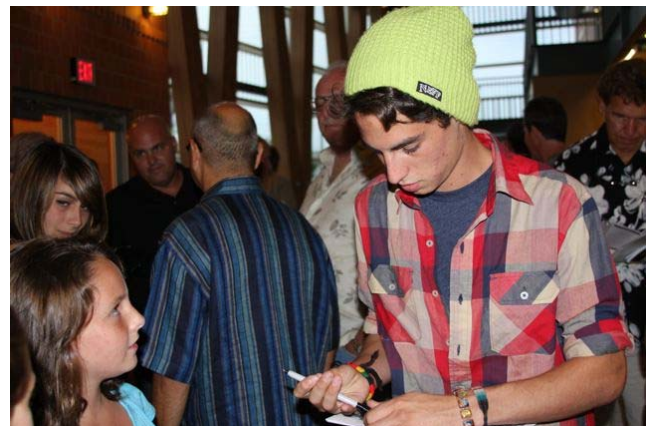


*Phoebe Holiday Ryan, American Idol
Hollywood Round Finalist (above)*

*Jim Hickey, Board Member and
ABC News Correspondent and
Grace Hanlon, Board President (below)*



*Quincy Mumford signs a Playbill for
Martine DiDomenico (below)*



...caring matters. \$1 and a Dream



Jill Tabakman

Life Skills Teacher

What can a child do with \$1? Could he or she use it to start a business, raise money for someone in need or even turn it into hundreds or thousands of dollars? That is what the 3rd grade students of Ms. Marlatt, a teacher at Green Grove Elementary School in Neptune, were given, along with the instructions to do with the money whatever they pleased. Some gave their money away, some donated to charities, and two boys even started a business together (a lemonade stand) and donated their proceeds to Prevention First. At Prevention First, the commitment of our educators does not stop after the classroom lessons are delivered. Our educators care about their students and how what they learn in the classroom impacts their lives. Jill Tabakman, who had the privilege of presenting the LifeSkills Training (LST) program to Ms. Marlatt's 3rd grade class, suggested that Prevention First be presented to the students as one of the options. It would give the children a chance to put the information they learned from "Mrs. T" into action. The students loved Mrs. T's idea! Below are excerpts from some of their essays.

Mary McLeod Bethune was a teacher with a dream. Mary had a dream to start a school for young African American girls. She set off to Florida to make her dream happen. When she arrived, she had \$1.50 in her pocket and a dream! She searched for a place to build her school and found a building for \$11 a month rent. She paid a down payment and promised to pay the rest back. The neighborhood heard what she was trying to do and decided to help out. After a short period of time and with the help of the community, Mary Bethune opened the Daytona Normal and Industrial Institute for Negro Girls. Today, Bethune-Cookman College stands as a living, growing monument to a woman who had \$1.50 and a dream!

"I raised \$17 for Prevention First and it made me feel good and it made me a better person. Prevention First came to my school and taught us about life skills. It was very fun. Prevention First is a non-profit agency to strengthen the foundations of children and families. I think donating to Prevention First was a good idea because they work very hard. Their classes are fun to take and learn about. I am going to make it happen by asking for donations. First, I have to go around asking for donations. Next, I have to write the person's name down. Last, when I'm done I'll add up the money. I think I am a better person because instead of keeping it I am giving to the community." -Nailah Hines



"I chose not to keep my money. The reason why I chose not to keep my money was because I wanted to give the money to Prevention First. They taught me a lot of things. Prevention First taught me how to choose my friends, how to make my own decisions, and how smoking messes your body up. Before I didn't know what to do when people are bullying you but now I do. Prevention First really helped me out a lot and that's why I'm giving my money to them." - Jaidin Jones

"I felt proud to myself of doing this, since I was able to talk to grown-up people and able to explain and express myself of this good deed. It's a great way to learn because it is not all about you all the time, it's the thought that counts to do something good to a person or charity, making me a better person." - Marie Nicole Canencia



Safe Dating!



...safety matters.

Did you know that one in three teens will be involved in an abusive relationship before graduation from high school?

A way to end adolescent dating abuse is to begin building Healthy Relationships.



Prevention First received a three-year grant from Robert Wood Johnson Foundation (RWJF) through its New Jersey Health Initiatives program to implement the *Safe Dates* curriculum in several Monmouth County schools. The research based curriculum is designed to educate teens about the importance of developing healthy relationships, and the ability to recognize unhealthy situations that could potentially lead to abusive dating relationships.



Students involved in the nine session Safe Dates curriculum created *Stop Dating Violence* posters. The best posters were selected and displayed in an art gallery exhibit at the Shore Institute of Contemporary Arts (SICA). The goal of the *Stop Dating Violence* exhibit was to reach parents, the community, students and professionals with the preventative message of ending dating abuse. In addition, the teens who created these posters were proud of their accomplishments and felt like they were part of an effort to help their peers avoid abusive relationships.



The Derby Ball: Keeping Kids on the Right Track

...generosity matters. Held May 1, 2009 at the Shadowbrook in Shrewsbury, where Prevention First raised over \$90,000!



Honorees Sandy and Bill Mullaney



Kim Widener, Carolynn Diakon, and Lisa Campanelli, Gala Committee Members



Mickey Gooch, Domenick DiPiero, Brian Caesar, and Tom Widener



Brian and Jessica Hickey



Diane Gooch



Laura and Richard Saker with Toby and Bob Mack



Lynne Ward with Sandy and Bill Mullaney

Tracy Brown, Gala Co-Chair, Honorees Bill and Sandy Mullaney, and Jacquie Dalton-Fiorito, Gala Co-Chair



Gloria and Len Nilson

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\$1—\$499

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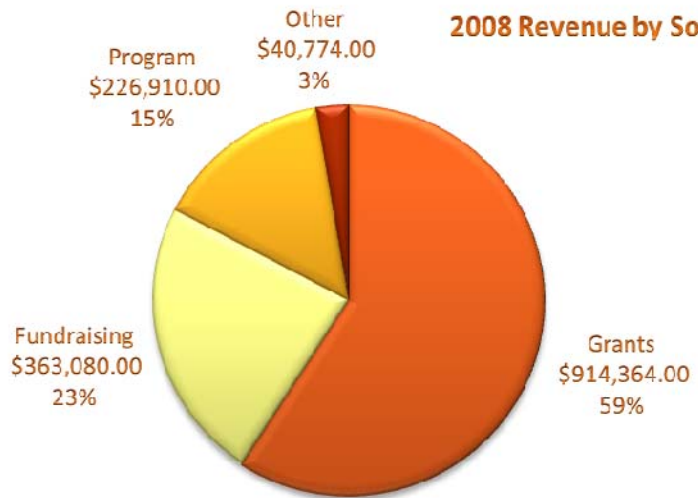
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2008 Revenue by Source*



* Net Assets as of 12/31/2008: \$249,664

The 2008 financial statements were audited by The Curchin Group, LLC, Red Bank, NJ, and can be obtained by contacting Lauren McCabe at Prevention First, 1405 Highway 35, Ocean, NJ 07712, 732.663.1800 ext. 213,

2008 Expense by Category*



\$1,000—\$2,499

- Mr. and Mrs. Robert Angelini
- Ansell Zaro Grimm and Aaron, Foundation
- Armand G. Erpf Fund
- James F. Armstrong
- Brookdale Community College.
- The Brunetti Foundation
- Laura and John Brunetti Jr.
- Builders General Supply Company
- C.J. Hesse, Inc.
- Capital Public Affairs
- Diane Carlton-Kazalski
- Brian Caesar
- Vince Cirianni
- Compac NJ
- Anthony R. Coppola, Jr.
- Cosmetic Essence, Inc.
- Elberon Development Co.
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- The Ironhill Foundation
- Canta Johnson
- Lincoln Financial Advisors
- Maldjian and Fallon LLC
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- Merrill Lynch
- Minio Family Foundation, Inc.
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- Ryan's Autobody
- Saker Shoprite, Inc.
- The Salvadore Family Foundation
- Tall Bridge Capital Partners
- Stephen Trimboli
- Two River Film Festival
- Unterberg Foundation
- Verizon Foundation
- Wal-Mart Foundation
- James Weakley
- Ann Marie Woods



Adam Kazalski and Diane Carlton Kazalski



Tracy and Nick Brown



Hilde and Shant Hovnanian with Diane and Mickey Gooch



Kim and Tom Widener

\$2,500—\$4,999

- Jim Hickey
- Meridian Health
- Monmouth Medical Center.
- Resources Real Estate
- Mr. and Mrs. William Riker
- Gary and Tamar Tolchin

\$5,000—\$7,499

- Thomas DeFelice Jr. (Circle BMW)
- Anthony Hanlon
- JCP&L Foundation
- Etta Kelly
- Dr. and Mrs. Donald MacDonald
- Philip and Tammy Murphy Foundation
- Robert and Joan Rechnitz
- Susan's Story-Bix Dimeo
- TD Bank Toms River Branch
- Verizon Corporation

\$7,500—\$9,999

- Mr. & Mrs. Richard Blank

\$10,000+

- Mr. & Mrs. Nick Brown
- Mr. and Mrs. Mickey Gooch
- Madison Marquette
- Thomas Rodilosso
- Stanley Coleman Family Fund
- Gary and Tamar Tolchin Foundation
- Mr. and Mrs. Thomas W. Widener

Top 10 Reasons to Quit Tobacco

1. Better smelling breath, clothing, and hair
2. Instant stop in premature wrinkling of the skin and staining of the teeth
3. Risk of heart attack related death decreases within one day
4. Sense of taste and smell return to normal within two days
5. Between 2 and 12 weeks, ordinary activities no longer leave you out of breath
6. Between 1 and 9 months, you will feel more energized
7. Within 1 year of quitting, your risk of heart disease is cut in half
8. In 5 years, lung cancer risk is greatly reduced and risk of stroke is the same at that of a non-smoker
9. You will save \$29,000 over 10 years instead of smoking one pack a day
10. You can add years to your life.

Tobacco Quit Quiz

- Have you tried to quit smoking on your own without success?
- Do you feel like you have lost control of how often you smoke?
- Do you feel self conscious about smelling like smoke?
- Are you embarrassed by your smoking habits?
- Is your smoking affecting your relationships with your family and friends?
- Has your doctor encouraged you to quit tobacco?
- Do you feel your health has been negatively affected by your smoking?
- Have you damaged any clothing, furniture or personal property from your cigarette?
- Do you want to quit, but you're not sure how?

For more information on tobacco cessation alternatives, contact Barbara Sprechman, Monmouth County Community Partnerships Coordinator for a Tobacco-Free New Jersey, at 732.663.1800 ext. 211 or BSprechman@PreventionFirst.net.

Source: The Institute for Prevention Tobacco Quit Center

Prevention



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