

The Shore Community Alliance

"To Prevent Substance Abuse Disorder"

Manasquan, Spring Lake Heights, Sea Girt

**The Shore Community Alliance meets the 2nd
Thursday of every month (except July) at 6:00pm**

All Invited!!

The Manasquan Recreation Building

Atlantic Ave. Manasquan



THE SHORE

COMMUNITY ALLIANCE

"To Prevent Alcohol and Drug Abuse"

Shore Community Alliance Mission

The Mission of the The Shore Community Alliance is to provide programs and services for Elementary and High School students, parents, law enforcement, members of governing bodies, business owners, prevention and treatment professionals and other concerned citizens. All of our programs contain a substance abuse prevention component and are evaluated by our board members, administration, and program facilitators. These programs are ongoing to our communities to ultimately reduce substance abuse.



2024/2025 YUP (Youth Understanding Prevention) Programs

Provide Information, Enhance Skills, Provide support, change consequences

Provide information to youth regarding: The consequences of underage drinking, marijuana use, tobacco/vaping and wellness/healthy living strategies. Youth will benefit through greater knowledge and understanding of the dangers of substance use and abuse and will be able to use these skills as they get older and share with others. Information will be provided and programs will be run utilizing several approaches such as these evidence-based programs and other campaigns:

*Evidence based interventions

- ***Red Ribbon Week** - This week long event is a drug and alcohol evidence based awareness program. Many activities, contests, facts and speakers are presented to the students in Manasquan schools. It's a fun way to teach students the dangers of drugs and alcohol and how to prevent use and abuse.
- **PEER Leadership Training** - an activity that takes place monthly in Manasquan High School. The group meets with schools group leader and the Alliance Coordinator. The Peer Leaders plan activities and groups from topics provided by the School Group Leader. These students will learn how to present these topics in a fun and educational way to their peers in the 7th a 8th grades in the sending district schools. The Peers benefit by being mentors to others and relaying a no use message and the dangers of heroin use. The 7th and 8th Graders younger students benefit by receiving this message from their peers and becoming educated of the dangers of heroin.
- ***BABES Puppet Curriculum** - is a 6 week puppet based curriculum held in (3) elementary schools (Manasquan, Spring Lake Heights, Sea Girt). All 2nd graders receive the program to enhance skills and provide information regarding the dangers and consequences of substance use as well as enhancing life skills. The classes begin in October and end in June.
- **School Counselors and SAC Roundtable Meeting** – Meetings take place with the entire sending district SACs and school counselors and the Alliance Coordinator to discuss issues regarding drug and alcohol use, strategic prevention plans and resources that are available to share. The meetings are meant for all age groups from elementary and up. The Alliance Coordinator plans programs for the schools including collaboration on Red Ribbon week and Drug Awareness week in the schools throughout the year. Communication is kept open with all of these schools to collaborate on all drug related programs including the Heroin roundtable meetings.
- ****“Don’t Get Vaped In” Youth Workshops** – The first “Don’t Get Vaped In” student workshop will take place during the Peer leader trainings. All youth in this group are 7th to 8th graders. The second one will take place in Manasquan High School to grades 9 & 10. This effective strategy approach is helpful to engage students about youth tobacco prevention and assist schools and communities in responding effectively using educational and supportive approaches. The presentations are effective in teaching youth about the dangers of using e-cigs. The presentation is up to 1 hour long.
- ****“Too Smart to Start” Youth Workshops** – These 2 presentations will be held in the Manasquan, Spring Lake Heights and/or Sea Girt school in April or May to celebrate Alcohol Awareness Month. This program will be a 1 hour presentation to 9-13 yo. This program is an underage alcohol use prevention initiative. The goal is to decrease the risk of underage alcohol use by increasing the knowledge and skills of 9-13 year olds.



BABES Lesson Plans

Week 1 Self-image and Feelings

Week 2 Decision Making and Peer Pressure

Week 3 Coping Skills

Week 4 Alcohol and other drug Use (we will discuss a and how drugs and alcohol affect your body)

Week 5 Rhonda the Rabbit's Story (Helping children : dependent homes and Good touch/bad touch)

Week 6 Wrap-Up, Overview, Certificates & Graduatio

2024/2025 Community Outreach Prevention Programs

Provide information, Enhance skills, provide support, change consequences, enhancing access/reducing barriers.

The main purpose of this intervention is to provide information to the community regarding: the consequences of underage drinking/alcohol abuse, consequences of marijuana use, the consequences of tobacco/vaping and the misuse of prescription drugs and proper disposal of them. Wellness and healthy living strategies will be included as well. Information will be provided utilizing various approaches such as information tables, presentations/trainings, advertising and social media and print materials. Many demographics throughout the community will learn this important information and share with others.

*Evidence based programs

- ***National Night Out** - takes place in August. Four of the Shore Alliance towns will have tables and handouts/giveaways. The Alliance will display a table with the help of Alliance members. Brochures and informative slide guides along with the wheel of Misfortune will be on hand. A display on vaping will also be at the table. Small giveaways like pencils and rubber bracelets and candy will be given away.
- **Parent Presentations** - “Don’t Get Vaped In” - Presented to one of our elementary school’s throughout the year. This effective strategy approach is helpful to engage parents about youth tobacco prevention and assist schools and communities in responding effectively using educational and supportive approaches
- ***“Parents Who Host Lose the Most”** - Presented to the High School or the Middle school parents in the school year. Helps prevent underage drinking in the community. It reinforces everyone’s responsibility to promote healthy choices in your community. Its key message reminds parents that it is unsafe, unhealthy, and unacceptable. Wellspring for Prevention will help to reinforce both of these programs with a “Hidden In Plain Sight” Presentation
- ***Coffee with COPS** – Police Departments and the Shore Alliance will be present to have coffee and/or bagels with community members twice a year. This event will happen in the Fall and in the spring in order to bring awareness to the community. Resources will be with important information regarding the dangers of drug and alcohol abuse.
- **Senior Wellness Fair/series** – This fair will be for seniors in the community. The seniors will receive very informative information on prescription drugs, alcohol and tobacco use, mental health and wellness as well as handling stress.