



An important message from the MMA...

Why painkiller abusers are turning to HEROIN

A dramatic increase in overdose deaths and the abuse of heroin and prescription painkillers have become an epidemic.

Over the years Mahwah has grown into one of the premier municipalities in the State to reside in. In 2008, Mahwah was recognized as the 9th best place to live in New Jersey by New Jersey Monthly magazine, but like other municipalities in New Jersey and across the nation, we are facing an urgent public health crisis in overdose deaths, and the abuse of heroin and other prescription pain killers.

Mahwah has experienced several heroin overdose deaths and our officers who are trained in administering Narcan, the opiate antidote, have already saved four lives. There is no hiding behind closed doors. This is a crisis and we must face it head on. No one is immune from this epidemic. It crosses all demographic groups and includes men and women, all age groups and income levels.

The problem is not going to be solved by enforcement alone. Education is a critical component to end this scourge and that is the purpose of this informative newsletter. This is a starting point to end the tragedies that families suffer at the hands of prescription drug and heroin addiction. We tend to become numb with statistics about the problem but we must take time to realize that there are faces behind these statistics and they are our family members, friends and neighbors.

The Mahwah Municipal Alliance (MMA), a nonprofit 501c3, is committed to offering programs, initiatives and information on these life changing issues. We will be offering a comprehensive program schedule in the fall with more specific details about upcoming events to be advertised on our website. Please visit our new website at mahwahalliance.org for more information and a listing of resources.

We urge you to take the time to look through this newsletter and learn more about the epidemic we are facing. Remember this is a problem that requires both enforcement and education to solve and we need everyone to get involved. Please share this with your family members and friends.

James N. Batelli
Chief of Police
Mahwah Police Department

Carolyn Blake
President
Mahwah Municipal Alliance



Save a life. Don't think twice. Call 911.



THE OVERDOSE PREVENTION ACT

The law offers protection for those who experience or witness any drug overdose and seek medical attention from arrest, charge, prosecution and conviction for obtaining, possessing, using, being under the influence of, and failing to make lawful disposition of drugs; using or possessing drug paraphernalia; and revocation of parole and probation based on these charges.

Although the effects of a drug overdose are reversible with prompt medical attention, studies show that help is rarely sought in these situations. By guaranteeing limited legal protection from arrest and prosecution, the law eliminates fear as a major barrier to help-seeking.



1 IN 6 YOUNG ADULTS
ADMIT TO TAKING PRESCRIPTION DRUGS
TO GET HIGH OR CHANGE THEIR MOOD

**MORE
INFLUENCE
THAN THEY
THINK**

Teens that had learned about prescription drugs from their parents or grandparents were up to **42% LESS LIKELY** to abuse prescription drugs than those that didn't.

3

**most abused
drug classes**

NARCOTIC PAIN KILLERS

CENTRAL NERVOUS
SYSTEM DEPRESSANTS

STIMULANTS



PERSONAL ACCOUNTS

“ It started with feelings of not being accepted, not fitting in, and wanting to hang out with “the cool kids”. I began experimenting with substances at a very young age to make those feelings go away. I started with alcohol in the 8th grade because the kids that I thought were cool were all drinking. I started skipping school and hanging out with people a lot older than me. I would lie to my parents all the time about where I was going. And I very quickly was introduced to drugs. It started with just weed, weed turned into trying coke, and coke turned into acid, and many other things. Drugs and partying became the only thing I wanted to do.

After being kicked out of two high schools, I was clean until I entered college. Once again, I had those same feelings of not being liked, not being accepted, etc. I started drinking and getting high all over again. At the time I had a amazing boyfriend, the guy I was going to marry. Because of me getting high I was no longer the same person, and he saw that and broke up with me. I was devastated, heartbroken. I was at a party one night and a friend offered me something he said would take all the pain away. I said yes, not knowing that I would quickly become a slave to the drug known as heroin. Once I was addicted to heroin there was no quitting, and I didn't want to quit. Like a vampire needs blood to survive, I needed heroin. If that thirst wasn't fulfilled, I felt like I was dying.

To truly take my addiction seriously and to truly WANT to stay clean and follow the rules of life, I had to experience several things:

- Becoming homeless and living on the streets with no money.
- Not being part of my family – missing birthdays, holidays, life.
- My parents not allowing or trusting me to be in their home.
- Getting arrested and being in jail for six months.

It was life changing speaking to my mom through a glass window and a telephone for almost 6 months. I never realized the value of a simple hug until I went without for 6 months. The choices that I made in life, led me to be in jail. We all have a choice in life – life is the sum of every single choice we make.

The experiences that I had to go through made me realize the gift of life, the value of family, and the true meaning of the pursuit of happiness. I want to stay clean. Nothing will make me go out and get high. Not death, not fear, not failure. I will never put myself in a situation ever again that will take me away from my family. Its not staying clean that's hard, its actually getting clean. ”

– Kaitlynn from Mahwah

COMMUNITY RESOURCES FOR ADDICTION

American Addiction Centers

Dana Romano
24/7
646-832-9216
Detox and Inpatient

The Counseling Center at Fair Lawn

16-01 Broadway, Fair Lawn, NJ
201-797-0001
www.FairLawnCounselingCenter.com
Outpatient

High Focus Center

40 Eisenhower Drive #100, Paramus
201-291-0055
Intake Hotline 800-877-3628
8am-9pm Mon-Fri | 8am-5pm Sat/Sun
www.highfocuscenters.com
Outpatient

New Pathway Counseling Services, Inc.

20 Powers Drive, Paramus, NJ
201-436-1022
www.newpathway.com
Outpatient

Summit Oaks Hospital

19 Prospect Street, Summit, NJ
800-753-5223
www.summitoakshospital.com
Detox and Inpatient

Turning Point at Care Plus NJ, Inc.

610 Valley Health Plaza, Paramus, NJ
201-986-5000
www.careplusnj.org
9am-5pm
Outpatient

Vantage Health System

2 Park Avenue, Dumont, NJ
201-567-0059
www.vantagenj.org
Outpatient

West Bergen Mental Health

One Cherry Lane, Ramsey
201-934-1160
www.westbergen.org
9am-9pm Mon-Thurs | 9:00-5:00 Fri
Outpatient

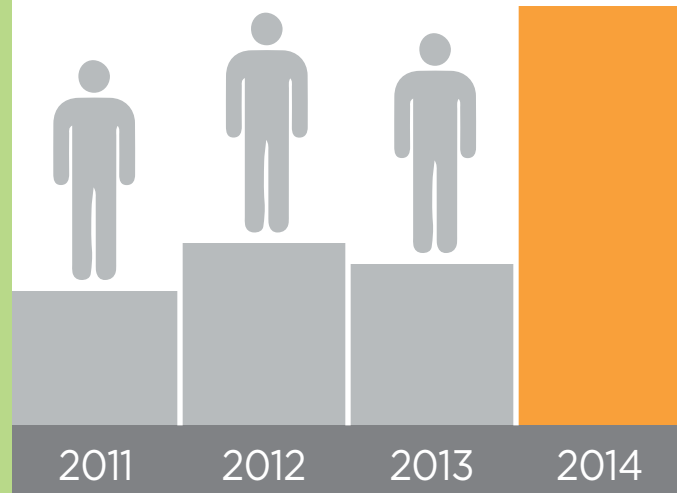
HEROIN DEATHS IN BERGEN COUNTY HAVE INCREASED BY

68%

SINCE 2011



More than 600 people died of heroin-related overdoses in New Jersey in 2014, doubling the amount of deaths from the drug since 2011, according to the state Medical Examiner's Office.



what is heroin?

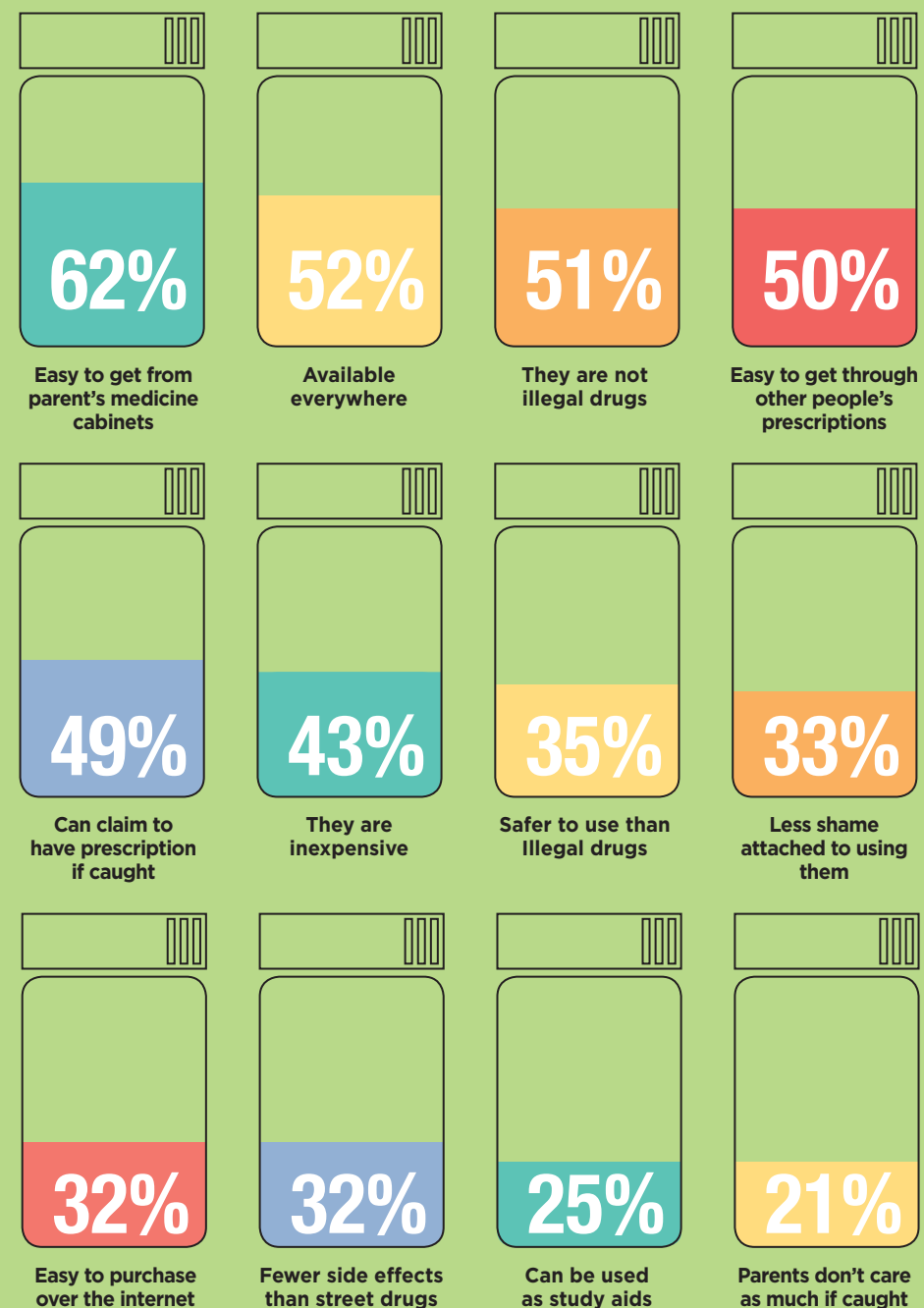
Heroin is an opioid drug that is synthesized from morphine, a naturally occurring substance extracted from the seed pod of the Asian opium poppy plant. Heroin usually appears as a white or brown powder or as a black sticky substance known as "black tar heroin". Because heroin abusers do not know the actual strength of the drug or its contents, they are at risk of overdose or death. Heroin is usually "cut" with other drugs (fentanyl) or with substances such as sugar, starch powdered milk or quinine. It can also be cut with Strychnine or other poisons.



how is it used?

Heroin can either be injected, inhaled by snorting or sniffing, or smoked. All three routes of administration deliver the drug to the brain very rapidly, which contributes to its health risks and high risk for addiction, which is a chronic relapsing disease caused by changes in the brain and characterized by uncontrollable drug seeking no matter what the consequences.

12 REASONS TEENS USE PRESCRIPTION DRUGS



One person dies every

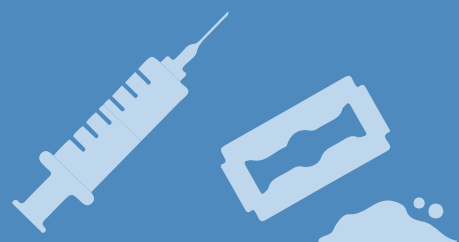


19 MINUTES

from drug overdose in the United States and this increasing trend is driven by Rx painkillers



Opioid pain relievers are responsible for more overdose deaths than cocaine and heroin combined



DRUG & ALCOHOL EMERGENCIES

Mahwah Police Department
201-529-1000 or 911

Bergen Regional Medical Center
230 East Ridgewood Avenue, Paramus, NJ
800-730-2762 – 24/7 Access #
201-967-4000 – Main #
or go to ER at this location.
Police will not be contacted if you reach out for medical help at the ER.

201-262-HELP
They provide emergency mental health services to residents of Bergen County.

ADDICTION GROUPS AND SUPPORT

Addiction Helpline for Parents Support/NJ
800-561-4299
24 Hours
Counselors are on call to speak with families.

Addictions Hotline
800-238-2333
24 Hours
For people 18 and over who do not have insurance or are on Medicaid – will help them find a facility.

The Center for Alcohol & Drug Resources
Fair Lawn/Hackensack, NJ
201-740-7069 or 201-261-2800
www.tcadr.org

Parents Anonymous/Family Helpline
800-843-5437
24 Hours
Can be called to get community resources or if one "just needs to talk" and deals with all family issues, not only addiction.

Perform Care
877-652-7624
Under 18 – 24/7
Mental health and substance abuse referrals.

How prescription drug abuse leads to heroin use.

While heroin is illicit and opioid pills such as oxycontin are FDA-approved, each is derived from the poppy plant. Their chemical structures are highly similar and they bind to the same group of receptors in the brain. A few opioids, like fentanyl, are totally synthetic but designed to bind with those same receptors.

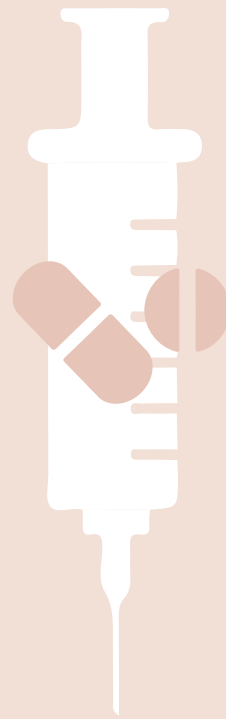
In any case, the various drugs produce the same result: an increase in pain tolerance and a sense of euphoria, along with drowsiness, occasional nausea and, at higher doses, a slowing of the user's breathing.

All these drugs trigger "tolerance" – the need to take higher doses for the same effect – and a craving for the drug in its absence.

It is precisely because there are so many similarities that pain pill addicts frequently turn to heroin when pills are no longer available to them.

Heroin is usually cheaper than prescription drugs. Opiate pain medications cost the uninsured about \$1 per milligram; so a 60-milligram pill will cost \$60. You can obtain the equivalent amount of heroin for about one-tenth the price.

In more affluent areas such as Bergen County, there are a greater number of guardians who have full coverage healthcare, and therefore have a greater number of expensive prescription pills at their disposal and in their homes.



PARENTS AREN'T TALKING

ONLY 14% OF TEENS SAID THEIR PARENTS SPOKE TO THEM ABOUT PRESCRIPTION DRUGS IN THEIR LAST TALK ABOUT SUBSTANCE ABUSE.

— MEDICATION SAFETY TIPS —

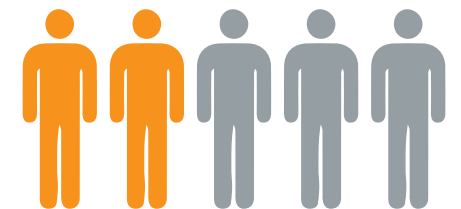


60% OF

overdose deaths are caused by **PRESCRIPTION PAINKILLERS**

25% OF TEENS

take prescription drugs not prescribed to them



2/5 TEENS

believe prescription drugs are safer than street drugs

44% OF TEENS

have at least one friend who abuses painkillers

PERSONAL ACCOUNTS



“ I was always a big drinker in high school, however an injury that led to prescription painkillers particularly MS-Contin and OxyContin (which I quickly learned to snort) led me to heroin. Emphasis on no peer pressure, friends were horrified when I tried to get clean off pres meds and couldn't know heroin was essentially the same thing, so went down to Paterson by myself and scoring was as easy as buying milk from grocery store.

Addiction sucks – it has a hold no matter what. In my case I truly believed I couldn't live without it. It solved the pain problem for a long time, so people that were telling me I had a problem, didn't understand I was solving a problem.

I completely ran out of the savings of \$20,000 I had, lost my job, my family kicked me out for the last time, and meaning it. Really, the money was the worst. I had been stealing and pawning. I didn't want to prostitute, traditional prostitution that it is. I certainly traded services with addicts I had met, but I didn't see this as hooking.

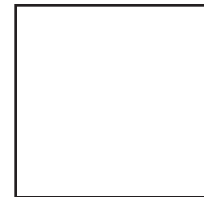
My family had tried 5 times previously to send me to rehab. I don't know why the sixth time worked. Again, I had to be stripped of everything – if an addict has an option, they will take it.

In the beginning I was motivated by others. But honestly I really didn't want to stop, I just wanted to stop hurting and they told me I would, if I just kept putting one foot in front of another. This did happen. Also, because I was suffering from chronic pain, my shrink left me on Suboxone which is what they call antagonist opiate therapy. It doesn't get you high, but it's sort of like an opiate.

Everyone always asks why someone is doing drugs. The question why is useless – it keeps us in the problem. You need to ask what and how questions to an addict and focus on the impact that the drugs are having on life when the person becomes defensive or is in denial.

To a family member it's hard. I learned a new term in a class I took called interdependence and it's in the middle of tough love and co-dependence. An example would be instead of kicking an addict out of your house you can set limits and rules like when I'm out of house you need to be. When I lock the door you need to be home. I really don't know practically how well that would work. I think what is most important for the family member is to pray. That is where the answer is. Also, family members need to get help themselves. ”

– Recovering Addict for 11 Years



MAKING A DIFFERENCE TOGETHER

The Mahwah Municipal Alliance (MMA), a nonprofit 501c3 organization, is a group of community volunteers and law enforcement officials working together to provide programs and initiatives that will help our youth make good decisions. We offer programs that focus on the dangers of alcohol and substance abuse, addiction, teenage anxiety and depression, bullying and teen dating abuse. Our programs focus on the youth, parents and community of Mahwah and the issues and problems each of us face each and every day. One of the programs that the MMA sponsored was the Town Hall Meetings addressing teenage drug and alcohol use. Other programs and speakers that we have sponsored include: Chris Herren, Remembering TJ, Dr. Bradley, CyberBullying, Ryans' Story, Rachels Challenge, Jeff Yalden, Jesses Journey and many more.

The Mahwah Police in conjunction with the MMA offers two outstanding leadership academies, the Junior Police Academy and the Youth Leadership Academy, an innovative one of a kind Academy which students work together with law enforcement officers to develop positive self esteem and leadership skills. The objective of the Academies is to promote an environment where students learn the principles of respect, discipline, team work, motivation, and leadership. The MMA is fortunate enough to have volunteers and police officers who care deeply about these issues and how we can work to provide information and resources to family and groups in our community. This is a collaborative effort from all components of our community and we appreciate your support. We are grateful for the support of our local Business Community, Board of Education and Township. Your ideas are important to us. We welcome your ideas and are always looking for suggestions and new programs that can help make a difference. Please contact us at mahwahalliance@mahwahpd.org and visit our new website.

MMA MEMBERS

- Chief James Batelli
- Captain Steve Jaffe
- Office Klaus Stewen
- Mayor Bill Laforet
- Carolyn Blake
- Don Floyd
- Valerie Tzaneteas
- Joan Stewart
- Victoria Shaw
- Todd Van Duren
- Chris Howard
- Jim McQueeny
- Liz Skrod
- Sam Alderisio - Past Chief