



## VOLUNTEER OPPORTUNITES



This 90 + member coalition is working to prevent teen age drinking and drug use and abuse in Essex County. ADAPT's adult and teen volunteers work on community outreach and awareness projects promoting healthy living and the dangers of alcohol/drug abuse.

Much of this work is done through three committees:

Our **Prescription Drug Committee** works on:

- *Brown Bag Days* to consult senior citizens and prevent prescription drug abuse.
- *Prescription Drug Drop Box Installations* to expand access to proper prescription drug disposal.
- *Realtor's Lunch & Learn* to prevent prescription drug theft from homes on the market.
- *Pharmacy Inserts* to raise awareness about proper monitoring, securing, and disposal of prescription drugs.

Our **Underage Drinking Committee** works on:

- *Responsible Beverage Service Training* for liquor stores to prevent youth access to alcohol and improper techniques used by staff members of alcohol establishments

Our **HUB Committees** *target and focus approaches in specific parts of Essex County*. The towns in these three hubs are East Orange/Orange, Caldwell/West Caldwell, and Livingston/Millburn. Specific activities include:

- *Public Service Announcements* to bring awareness to the community about different ADAPT initiatives
- *Health Class Collaborations* to bring education to incoming students about drug abuse in an interactive and educational way

- *Sticker Shock Campaigns* to prevent adults from purchasing alcohol for minors.
- *Data Collection and Planning/Implementation* to follow an evidence-based model within each HUB to create sustainable change initiatives

### School-Based Programs

The following FAMILYConnections School-Based Youth Services Programs utilize volunteers to assist teens with their homework:

- The Loft at Columbia High School (South Orange)
- The Hub at Maplewood Middle School (Maplewood)

Homework help is provided after school from approximately 3pm – 6 pm. The hours of operation may vary by site. Interested individuals must be available late afternoon and be prepared to make a commitment to assist students for at least one marking period. Prospective volunteers complete a volunteer application. Background checks and an interview with the Program Manager are required. Prospective volunteers must be at least 18 years of age. Familiarity with Common Core methods will be helpful.

### Collections

Please refer to the listing under *In-Kind Donations*. Collections can be done throughout the year by individuals, groups, or as a teen community service project. They may be organized to tie in with specific health observances including:

- |                                     |           |
|-------------------------------------|-----------|
| ▪ National Recovery Month           | September |
| ▪ Domestic Violence Awareness Month | October   |
| ▪ Mental Health Month               | May       |
| ▪ Healthy Aging                     | May       |

### Our Gala

Our Spring Gala is FAMILYConnections' signature fundraising event. Much of the work is done during the first few months of the year. There are plenty of ways to get involved. Here are a few of them:

- Participate on the Planning Committee
- Obtain items for the auction and/or wine pull
- Work the night of the event
- Promote the event
- Help secure sponsors

For more information on these opportunities, please contact Nancy Wellbrock at [nwellbrock@familyconnecionsnj.org](mailto:nwellbrock@familyconnecionsnj.org) or (973) 323-3412