

Millstone Alliance to Prevent Substance Misuse



November 2025

Partners in Prevention for 35 Years!

Did you realize that this year marks our 35th anniversary of serving Millstone residents? We have been a part of the largest network of community-based prevention

coalitions in the country for more than three decades. Alliances are established by municipal ordinance and work to engage all sectors of the community in efforts to promote healthy behaviors and prevent substance misuse.



The **Alliance** has been active since 1990, helping to raise awareness about signs and symptoms of substance use disorders and sharing this information through community publications, local events and school and community programs. For the '25-'26 school year **LifeSkills Training** will be offered to all 5th graders starting Dec. 8th and the Achievers' Club will continue to be run after school. **STEP (Systematic Training for Effective Parenting)** and **The Power of a Grandparent** will be scheduled in the spring.

The truth is, everyone can play a role in prevention by making changes - big or small - that promote a healthy lifestyle at home and in the community. Small actions can make a big difference!

You can start by completing the brief survey at the end of this newsletter. This information helps us focus our prevention efforts on Millstone's unique issues. Or, join us at an upcoming Alliance Meeting. Your voice is critical for our efforts to succeed!



2025: December 18

2026: Feb. 19 April 16 June 18

All meetings are held at the Community Center on the third Thursday of the month. Meetings start at 5:30 PM.

“Talk, They Hear You” Campaign

For years, the Alliance has been distributing information on this important campaign through the Township website and at community events. The overall purpose of this campaign is to help parents be informed, be prepared and take action to prevent underage drinking/substance misuse.

Developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) a new **“Talk. They Hear You.”** campaign mobile app helps parents and caregivers prepare for some of the most important conversations they may ever have with their kids. It shows them how to turn everyday situations into opportunities to talk with their children about alcohol and other drugs, and equips them with the necessary skills, confidence, and knowledge to start and continue these conversations as their kids get older. The **“Talk. They Hear You.”** campaign mobile app is available on the [App Store](#), [Google Play](#), and the [Microsoft Store](#).

988 Suicide & Crisis Lifeline

If you need to talk, the 988 Lifeline is here.

In the first three years of this one-stop program, over 15 million contacts were answered. Those conversations, whether by voice, text, or chat, have saved lives and helped people all across the country.

At the 988 Suicide & Crisis Lifeline, they understand that life's challenges can sometimes be difficult. Whether the issues are mental health struggles, emotional distress, alcohol or drug use concerns, or just needing someone to talk to, caring counselors are there for you. You are not alone.

2nd FLOOR

Youth Helpline in New Jersey

2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. Accredited by the American Association of Suicidology, it confidentially serves those ages 10-14. Youth who call are assisted with daily life challenges by professional staff and trained volunteers. Assistance is available 24/7, 365 days a year. Youth can call or text 888-222-2228. Parents, please share this resource with your children. While you are always the person you want them to come to with their concerns and problems – this is just another resource that is available.

Parents can find information on this organization and access resources for assisting youth at: <https://www.2ndfloor.org/for-parents> or [For Parents | 2NDFLOOR: Youth Helpline of New Jersey](#).

Local Community Resources



Hotlines/Helplines and Emergency Services

Emergency	911
Suicide/Crisis Lifeline	988
NJ State Police (non-emergency)	609-584-5000
Addiction & Recovery	844-REACHNJ
Domestic Violence/Sexual Assault	732-264-4111
2 nd Floor Youth Helpline	888-222-2228
Society for Prevention of Teen Suicide	732-410-7900
Children's Mobile Response	877-652-7624
New Hope Foundation (Detox Services)	732-946-3030

Self Help Groups

Alcoholics Anonymous	800-245-1377
Parents Anonymous	800-843-5437
Narcotics Anonymous	800-992-0401

Prevention Websites

Partnership for a Drug Free NJ	http://drugfreenj.org/
Just Think Twice	https://www.justthinktwice.gov/
2 nd FLOOR	https://www.2ndfloor.org/for-parents

This is not a complete listing of all available resources; inclusion on this list does not signify endorsement by the Millstone Township Alliance to Prevent Substance Misuse

We would love to hear your feedback! Please let us know other topics you would be interested in knowing more about.

And please consider joining our efforts! We need many more hands than our small group of current volunteers to do this important work. Let us know your concerns and help us find the best ways to address them. Take a few minutes to complete the needs assessment survey on the following page. Next year starts a new 5-year grant cycle, so there is an opportunity to address additional topics and provide additional resources and services, but... **WE NEED TO HEAR FROM YOU!**

The survey is anonymous; we just need to know what sector of the community you represent. It can be completed by anyone over age 16. We are especially interested in youth feedback. Please mail or scan your responses to: **Millstone Alliance to Prevent Substance Misuse; 470 Stagecoach Road, Millstone Twp. NJ 08510** or email it to millstonealliance@gmail.com. Survey Monkey format to follow.

2025 COMMUNITY NEEDS ASSESSMENT				
Alliance: Millstone	Date:			
Name: (Optional)	Age: <input type="checkbox"/> 16-20 <input type="checkbox"/> 21-30 <input type="checkbox"/> 31-40 <input type="checkbox"/> 41-50 <input type="checkbox"/> 51-60 <input type="checkbox"/> 61-70 <input type="checkbox"/> 71-80 <input type="checkbox"/> 80+			
Contact: (Optional)	Sector Represented: ex. parent/guardian, business owner, congregation, etc.			

*This survey will help the Alliance focus on one or more of the following state-identified areas of risk: **Underage Drinking, Rx Medication Misuse, Marijuana, Tobacco/Vaping.** You can add additional comments and indicate additional areas of concern as well. You can use additional pages if necessary.*

1. What types of problems related to underage alcohol use do you see in Millstone?

Are youth accessing alcohol at home? Are there common places where drinking takes place? Are there accidents related to drinking and driving? etc.

1a. What factors do you believe are causing these problems? 1b. What could be done?

2. What problems related to prescription medication misuse do you see in Millstone?

Are youth/adults/seniors sharing prescriptions? Where are they accessing prescription medication? etc.

2a. What factors do you believe are causing these problems? 2b. What could be done?

3. What problems related to marijuana use do you see in Millstone?

Are youth vaping marijuana, using edibles? Where are they getting it? Are adults over-using cannabis? etc.

3a. What factors do you believe are causing these problems? 3b. What could be done?

4. What problems related to tobacco use do you see in Millstone?

Are youth/adults vaping tobacco products? Are there common places where vaping or smoking take place? etc.

4a. What factors do you believe are causing these problems? 4b. What could be done? (next pg.)

What are some positive, helpful, supportive efforts, clubs, organizations, individuals in Millstone that are doing a great job of supporting youth, providing positive activities and promoting health & wellness in the community? What kinds of activities, events and programs could we be offering?

Additional Comments:



THANK - YOU FOR TAKING TIME TO COMPLETE AND RETURN THIS SURVEY.

YOUR EFFORTS ARE MUCH-APPRECIATED!