



City of Angels

Children of Addictions



City of Angels and NCADD-NJ working together to promote recovery

NCADD-NJ and COA have been conducting focus groups in the Mercer and Monmouth County areas to determine services necessary to promote long-term recovery. The purposes of the focus groups are:

- To determine the barriers to getting into treatment, recovery and sustaining long-term recovery
- To assess services necessary to overcome these barriers and
- Develop and implement these services in the Mercer/Monmouth County areas.

Friends of Addiction Recovery — New Jersey, supported by NCADD-NJ, has provided recovery support services for over seven years and has found that a recovery support center would provide a consistent stable means of delivering these and other needed services.

Not only is there a tremendous need to expand treatment capacity but there is an overwhelming need to establish recovery support centers and provide recovery support services while people are waiting to receive treatment as well as when they are engaging in and have completed treatment and are reentering the community.

A Recovery Community Center (RCC) is a physical location where people in recovery from addiction to alcohol and/or drugs can connect to services geared to support their recovery.

RCC's are located in the community and are not treatment facilities. RCC's exist to assist persons with the recovery process.

The services rendered are done so through peer-to-peer efforts.

Recovery support services include workshops, trainings, meetings, services and social events. Sample workshops include job-readiness, knowing your rights and keeping recovery first.

When people with an addiction get appropriate services: illnesses heal, families are restored, hopes are renewed, and lives are saved.

For more information please contact Jeanette Grimes at jgrimes@ncaddnj.org or (609) 477-7012.

Warning signs of addiction struggles

1. Denies or tries to hide drinking and/or other drug use.

2. Prescription medication missing from the medicine cabinet.

3. Valuable items from the house are missing.

4. Justifies or minimizes the amount and frequency of alcohol consumption and/or other drug use.

5. Forgets or denies things that took place while under the influence.

6. Close friends frequently drink or use drugs.

7. Drink to help relax.

8. Has been arrested for driving under the influence.

9. Drinking or using drugs is affecting various aspects of their lives. For example: has frequent accidents, conflicts with others, financial difficulties, often misses work, strained relationships with family and friends.

10. Often thinks or talks about alcohol and/or other drugs.

11. Avoid social functions where alcohol and/or other drugs may not be available.

12. Increase or decrease in appetite.

13. Loss of interest in family activities.

14. Often late or misses appointments.

If you have questions about the warning signs or you would like to talk to someone, visit www.CityOfAngelsNJ.org or call 609-910-4942.

Take Modified CAGE All Addictions test

How do I know if I have a problem with alcohol and/or other drugs?

If you are concerned that you might have a problem with alcohol and/or other drugs, you are not alone.

Many people struggle with various addictions, some are too ashamed or scared to get help.

It can become upsetting to think about your use of alcohol and/or other drugs.

If you are ready to regain control of your life help is available.

4. Have you Ever used drugs to avoid the low feeling you get after using, or to avoid withdrawal symptoms?

Your score

Score one point for each yes answer.

If you scored 1, there is an 80% chance you're addicted to alcohol.

If you scored 2, there is an 89% chance you're addicted to alcohol.

If you scored 3, there is a 99% chance you're addicted to alcohol.

If you scored 4, there is a 100% chance you're addicted to alcohol.

(Source: www.addictionsandrecovery.org)

If you answered yes to any of the questions or you would like more information about addiction please check out www.CityOfAngelsNJ.org today!

CAGE TEST

1. Have you ever felt you should Cut down your use of drugs?

2. Have you ever been Annoyed when people have commented on your use?

3. Have you ever felt Guilty or badly about your use?

City of Angels gives thanks

City of Angels says thank you to these friends, affiliates and supporters:

Assemblyman Wayne DeAngelo

County Executive Brian Hughes

Hamilton Mayor John Bencivengo

Robbinsville Mayor David Fried

Ewing Mayor Jack Ball

Superintendent Steve Mayer, Robbinsville

School District

Mercer County Office of Addiction

National Council on Alcohol and Drug Dependency, NJ

Camp Fire, USA of NJ

Mercer Street Friends

In addition a big thank you goes to the sponsors

Chuck Barbetti of High Point Auto Insurance

Roma Bank
First Choice Bank
Dolce and Clemente
Mark Roselli
Gambina

FUCCELLO'S
CUSTOM EXHAUST & MINOR REPAIR
FOREIGN & DOMESTIC

10% off Full Exhaust System
\$150 or more
With This Coupon.
Expires 7/31/09
FUCCELLO'S

BRAKES • SHOCKS • CV JOINTS
We will MATCH or BEAT any written estimate and we will accept all competitors coupons
588-9780
1158 SOUTH OLDEN AVE.
TRENTON, NJ 08610



HEADLINING

Sherry St. John

(www.SherryStJohn.com)

FEATURING

Magician Matt Schick

(www.magicofmatt.com)

Jagged Blue Band

**The Solution
Cyclopean Seed**

(<http://www.myspace.com/cyclopeanseed>)

Scott Rednor

(www.myspace.com/scottrednorandhisband)

Driven

(DrivenNJ@myspace.com)

Date: Saturday, August 1st (rain or shine)

Time: 12:00 PM-7:00 PM

Where: Tall Cedars Grove

245 Sawmill Road, Hamilton, NJ 08620

Tickets: \$15.00 per person

\$25.00 per couple

\$30.00 family (2 adults, 2 children)

\$5.00 each additional child

Children under 5 are free

For tickets contact: CashelSchmittinger@cityofangelsnj.org

or call (609) 910-4942

Alcohol is not permitted