

# Municipal Alliance/ Youth Service Commission Programs

## What we do to support youth and prevent alcohol & substance abuse:

- Raise community awareness on drug and alcohol issues and fund programs through a State grant
- Provide an open forum for communication
- Share resources/information within the community
- Recommend policies and programs to community leaders
- Raise community awareness of youth behaviors, youth issues and high-risk groups
- Support youth by creating programs funded by a State grant

## MA/YSC programs include:

### Community Leaders

Community Leaders Initiative is a small informal gathering of community leaders residing and/or serving Montgomery Township. Members include representatives from the School District, PTOs, Police Department, Places of Worship, Treatment Providers, Library, and Non-profit agencies.

Community Leaders are on the front lines of our community and are frequently the first ones to hear and/or witness stories of drug abuse, alcohol abuse, and mental health issues amongst our teens and young adults. Members' input will not only help guide our programming, but also provide direction on how we can ALL best serve our young people who may be struggling. Specifically, the program has three main objectives:

- To foster supportive relationships in neighborhoods throughout the community;
- To encourage productive dialogue between adults and teens; and
- To present a unified language that all residents can use to promote a healthy, nurturing community for all young people.

### Girls on the Run

Girls on the Run inspires girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running. It is a transformational physical activity based positive youth development program for girls in 3rd-8th grade. We teach life skills through

dynamic, interactive lessons and running games. Girls on the Run is offered through [Montgomery Recreation](#) as a 10-week program meeting twice per week. The program culminates with participation in the annual Girls on the Run 5K race held locally.

## Parents Who Host Lose the Most

Drug Free Action Alliance developed *Parents Who Host, Lose the Most: Don't be a party to teenage drinking* in 2000 to educate parents about the risk associated with underage drinking and the legal consequences of allowing youth to consume alcohol.

<https://www.montgomerynj.gov/health/page/parents-who-host-lose-most>

### Program Contact Information

Contact us for a free lawn sign and place it in your yard to show your support of the Parents Who Host Lose the Most campaign.

The Montgomery Township Municipal Alliance for the Prevention of Substance Abuse

Sigrid Solis, MPH, CHES

Montgomery Township Health Educator

Montgomery-Rocky Hill Municipal Alliance Coordinator

(908) 359-8211 x2299

## Rutgers Monthly Narcan Trainings

Rutgers Robert Wood Johnson Medical School and the Division of Mental Health and Addiction Services have partnered together with Montgomery Township to offer this FREE activity and service.

Each trainee who is 18 and older and who resides, attend school, or work in New Jersey will receive a Narcan kit.

Trainings take place:

- First Monday of each month at 1:30 PM
- First Friday of each month at 12:30 PM
- Second Thursday of each month at 11:00 AM
- Second Wednesday of each month at 5:00 PM
- Last Monday of each month at 12:30 PM
- Last Tuesday of each month at 12:30 PM

\*\*\*Registration is required\*\*\*

This is a FREE TRAINING via Zoom and Naloxone (Narcan) Nasal Spray Kits will be Shipped

To Register or if you have any questions, please contact:

Rutgers-Robert Wood Johnson Medical School, Division of Addiction Psychiatry

732-235-4341

PreventOverdose [at] rwjms.rutgers.edu

*Funded by the New Jersey Division of Mental Health and Addictions Services*

## Youth Action Board

The Montgomery Youth Action Board (MYAB) is a team of passionate young leaders throughout Montgomery Township that are dedicated to improving the health and wellbeing of their communities. The mission of MYAB is to raise awareness of issues affecting the health and wellbeing of the youth in our communities and to work toward solutions, while working in collaboration with the Health Department, Montgomery Rocky Hill Municipal Alliance, Youth Services Commission, Recreation Department, and Montgomery Schools.

## Supporting Documents

