



**Community
in Crisis**



CREATING CONNECTION

BUILDING COURAGE

GIVING HOPE

COMMUNITYINCRISIS.ORG

OUR PARTNERS



Our partners are important to us in bringing our mission to life. We are filled with gratitude for their trust and belief in our work.

GAGNON
FAMILY
FOUNDATION

MARGARET A. DARRIN
CHARITABLE TRUST

 Fournier Family
Foundation

 Horizon
Foundation for New Jersey

Robert Wood Johnson
University Hospital Somerset

FAR HILLS RACE MEETING


Drug-Free Communities
Local Problems Require Local Solutions

LEAD AND **UNITE COMMUNITIES** TO REDUCE THE INCIDENCE AND CONSEQUENCES OF THE MISUSE OF SUBSTANCES THROUGH **EDUCATION, PREVENTION AND HOLISTIC SUPPORT** IN AN ENVIRONMENT FREE OF STIGMA.



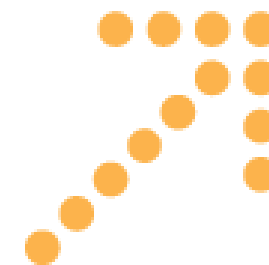
PREVENTION

Much of our work focuses on preventing the pills to heroin pathway by increasing education, reducing access, and heightening awareness.



COMMUNITY HUB

The Community Hub is a gathering place to foster healthy lifestyles, provide education on prevention initiatives and support individuals in sobriety.



OUTREACH

There are comprehensive resources for prescribers, educators, and community leaders. Be the change in your community.

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JODY D'AGOSTINI



Jody is a Certified Financial Planner/Wealth Manager.

Jody is the reason we exist - she is the founder, inspiration and CEO of Community in Crisis and serves on the Finance and Development committees. She is a longtime resident of Basking Ridge. In 2013, two of Jody's daughter's friends were tragically lost to an opioid overdose which galvanized Jody to tackle an epidemic that was hidden in the shadows, underfunded and underserved.

KEN MUSGROVE



Ken is a person in long term recovery who decided after many years in a career that did not feed his soul to trust the Universe and dedicate his time and effort to helping others on a path to recovery. Ken's journey led him to Certified Peer Recovery Training, developing and facilitating workshops exploring multiple pathways of recovery, participating on the advisory panels of a couple of community organizations, coordinating the volunteers of a writing program supporting the Morris and Sussex Drug Court in an effort to find how to best use his talents to serve others.

The genuine compassion exemplified in CIC's programming aligned with Ken's passion for recovery and made him a natural fit as the Director of Recovery Support at Community in Crisis.

LEADERSHIP

ANDI WILLIAMS



Andi Williams is the Executive Director and one of the founding volunteer members of Community in Crisis. Since December 2013, Andi has devoted much of her time building collaborations with community partners, advocating for support, fundraising, and increasing public education and awareness of the need for meaningful prevention education and for social and recreational sobriety support in a concerted effort to reduce overdose deaths.

TONI KNOLL



Toni Knoll is the Consulting Director, responsible for prevention programs and strategy development, including management of two major federal grant programs. Most of her career was spent in marketing research both on the corporate side and as an independent consultant. She also served as policy director for a state legislator, as managing director of an international relocation firm and on nonprofit boards, including several alumni boards at Penn State, her alma mater. She has an MBA from Fairleigh Dickinson University.

COMPASSION

CREATING CONNECTION

BUILDING COURAGE

GIVING HOPE

In 2013, two overdose deaths in the space of a week in the Somerset Hills towns of New Jersey led to the beginnings of a powerful movement of volunteers committed to ending opioid overdose deaths. A community coalition consisting of a wide range of local leaders, stakeholders and faith-based organizations mobilized and, using the 2014 Governor's Council on Alcoholism and Drug Abuse's (GCADA) evidenced-based report on the burgeoning heroin/opioid epidemic as its foundation, created working groups united in fighting the crisis. We are one of only a few federally-funded Drug Free Communities (DFC) coalitions singularly focused on the opioid crisis. We are primarily volunteer driven, with a widely diverse group of approximately 100 volunteers.

The Community Hub in Bernardsville has been our home since 2017, a beautiful historic building dating back to the 1700s. The Hub offers a welcoming environment to everyone seeking information, resources and volunteer opportunities that can help support them and others in the face of the opioid epidemic. The Hub also provides, in a non-judgmental location, workshops and resources for individuals in post-acute care recovery and their families as they integrate back into their environment and support system.

COMMUNITY

OUR IMPACT

From dreams around a kitchen table in 2013, we have flourished and witnessed our tangible impact. We have greatly enhanced community partnerships, received significant federal funding and support from corporate and private donors, and generated substantial impact in our community.

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PREVENTION THROUGH EDUCATION

We offer programs, workshops, town halls and presentations to communities to tackle the opioid and vaping epidemics. Working with prescribers and consumers, we encourage the reduction of opioid prescriptions in the community.

RECOVERY SUPPORT

Opportunities for substance-free socialization and skills-based programming offer individuals in post-acute care recovery a network of hope, support and peer connections. The Community Hub is a safe and inviting space that welcomes all.

COMMUNITY TOOLKIT

Created in partnership with the Ernest Mario School of Pharmacy - Rutgers, and the Horizon Foundation for New Jersey, the toolkit offers communities low- to no-cost recommendations, materials and presentations designed by Community in Crisis to help them tackle the opioid and vaping epidemics.

WHAT IS ADDICTION? FACTS AND FIGURES



Addiction is a **disease of the brain** and the most severe form of a substance use disorder.¹



1 in 7 people will struggle with substance use during their life.²



Addiction is preventable. A key element in preventing substance use disorders is **delaying the age** when use begins.³

In 2019 there were **3,021** suspected **overdose** deaths in NJ*



Approximately **23.5 million** Americans are in recovery from substance use disorders.⁴

1. Drugs, Brains and Behavior: The Science of Addiction. <https://www.drugabuse.gov/publications/drugs-brain-behavior-science-addiction/drug-abuse-addiction>
 2. Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs and Health. <https://addiction.surgeongeneral.gov/sites/default/files/surgeon-generals-report.pdf>
 3. Understanding Drug Use and Addiction. <https://www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction>
 4. Survey: Ten percent of American adults report being in recovery from substance abuse or addiction, <https://www.oasas.ny.gov/pio/press/20120306recovery.cfm>

2019 AT A GLANCE

A LANDMARK YEAR FOR COMMUNITY IN CRISIS



78

Middle school students in 6 week prevention education programs.



39

Vaping education workshops to parents and youth.



94

High school students completed volunteer projects.



143

Individuals in recovery with socialization programs and support groups.

4,093

People served with programs, education and support.

4,119

Hours of volunteer support.

\$60,573

Value of in-kind support contributions.

\$117,000

Worth of volunteer hours.

CREATING CONNECTION.
BUILDING COURAGE.
GIVING HOPE.

IT'S LIKE A PANDEMIC INSIDE A PANDEMIC.

Pandemic is a word with which we've become very familiar. Each year, more than 70,000 Americans die from a drug overdose. **But now we're seeing these numbers climb**, as countless individuals in recovery experience relapse when faced with loneliness, job loss and stress. It's like a pandemic inside a pandemic. Through personal outreach and virtual technology, we want to build a network of connection around them, lend support to their families, and give them hope.

Our middle and high school students need to reconnect and feel valued after this **long period of isolation, stress, and boredom**. Through community service, internships, and volunteer experiences, we give them purpose, help them feel connected, and teach them the importance of staying risk averse.

Each year, more than
70,000
Americans die from
a drug overdose.

"I just want to thank you and tell you how very grateful I am for the outpouring of help, love and support that you gave me and my daughter in our darkest moments. I will never be able to repay what you did for us. I could not have handled any of it without all your help. You saved both our lives."

~ Kelly: Far Hills, NJ

"I just finished watching the vaping webinars and am kind of reeling seeing the hip, technically savvy materials that CIC offers. I want to share the link to these webinars to the head of our Outreach Committee. These webinars help me see how we can connect to kids. So helpful."

~ Amanda: Bridgewater, NJ

www.CommunityInCrisis.org/donate

YOU DREAM IT. WE BUILD IT.

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**YOUR GIFT MAKES A DIFFERENCE,
NO MATTER THE AMOUNT.**

\$250 pays for...

a middle school student to attend Hub Club where they learn about making healthy and informed choices while enjoying a community service project in a safe and nurturing environment.

\$500 opens the door for...

an individual in recovery to enjoy weekly cooking classes so that they learn a new skill, discover a new hobby and enjoy nutritious recipes.

\$750 helps...

a high school student join our Youth Leadership Council to design and implement prevention strategies throughout the year. The council focuses on substance use prevention initiatives, and helps craft messages that resonate with their peers.

\$1,000 provides...

a Narcan (naloxone) training class and kits for 10 people. Narcan is a lifesaving antidote that can reverse the effects of an opioid overdose. It can mean the difference between life or death of loved ones struggling with substance use disorder.

PLEASE ALSO CONSIDER A RECURRING MONTHLY DONATION.

www.CommunityInCrisis.org/donate

PROGRAMS AT THE HUB

GATHERINGS

BEREAVEMENT AND BEYOND

Have you lost a loved one to overdose? Bereavement and Beyond is a group of parents coming together to support each other in an intimate setting after a loved one's substance passing. The third Wednesday of the month 7:00-8:30pm currently online. <https://communityincrisis.org/programs/>

FAMILY SUPPORT AND RECOVERYGROUP

Hosted by Community in Crisis on the 2nd and 4th Monday of each month from 7:30-9:00pm, this free support group focuses on helping loved ones of those struggling with addiction. Practical and behavioral topics are offered for discussion time is also allocated in each session for personal issues and concerns. Currently offered both online and in person. communityincrisis.org/family-support-recovery-group

CREATIVE EXPRESSION

Whether it's an art event such as "Coffee and Crayons" or a concert with our partners Love More For Julius, we invite the recovery community and their allies to come together, celebrate themselves, their recovery and have some fun! Check our calendar for upcoming events. communityincrisis.com/virtual-community-hub

ONLINE NARCAN TRAINING AND KIT

NARCAN is a brand name of the life saving drug naloxone. This workshop offers training, proper administration and storage. In collaboration with the Far Hills Race Meeting Association and RWJUH Somerset Community Partnership. Check out calendar on Communityincrisis.org for upcoming dates. communityincrisis.com/virtual-community-hub

ZEST COOKING CLASSES

Geared to individuals in active recovery and their loved one or sponsor if desired, classes include how to create and prepare awesome dishes such as soups, pastas, family-style platters, and dishes to entertain your friends. Led by two professional chefs from London, the atmosphere will be fun, upbeat, and casual. communityincrisis.com/programs

RECOVERY SUPPORT



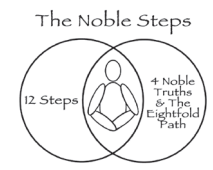
ALCOHOLICS ANONYMOUS

Whether you are seeking or maintaining recovery, this group is for you. Come experience a positive solution-based message of recovery. Virtual or in-person groups online at the Community Hub. communityincrisis.org/programs



DRUG ADDICTS ANONYMOUS

DAA (Drug Addicts Anonymous) is a fellowship of men and women who have recovered from addiction and are committed to helping those who still suffer using the Twelve Steps as outlined in the book Alcoholics Anonymous. Virtual or in-person groups online at the Community Hub. communityincrisis.org/programs



NOBLE STEPS

The Noble Steps is a meditation and literature-based discussion meeting. Through the use of mindfulness and meditation, the Noble Steps is a peer led group that encourages the study and practice of the 12 Steps and Buddhist teachings in an environment open to those on all recovery paths. Virtual or in-person groups online at the Community Hub. communityincrisis.org/programs



POP-UP RECOVERY SUPPORT

Currently offering a mindfulness eating practice, **Buddha then Breakfast**, Wednesday mornings 8:00-8:30am. An opportunity to come together as a group to Center and Savor. Check our website and calendar for other pop up events throughout the year. communityincrisis.com/calendar



SMART Recovery®

The goal of SMART Recovery is for you to achieve a healthy, positive and balanced lifestyle so you can conquer new challenges when you feel confident your addictive behavior is behind you. In person or online Wednesdays 6:00-7:00pm. communityincrisis.com/virtual-community-hub

PREVENTION

SMOKING AND VAPING

CHRONIC PAIN MANAGEMENT

PREVENTION THROUGH EDUCATION

We offer programs, workshops, town halls and presentations to communities to tackle many issues such as vaping / smoking, chronic pain management and safeguarding of medications to name a few.

EDUCATION

VAPING WORKSHOPS



Staff Training

Emphasizes latest risks and trends and how to incorporate vaping education into subject classes.



School Nurses

Highlights signs and symptoms of nicotine use with recommended resources for quitting.



Coaches

Discusses the impact of vaping in terms of performance and motivation.



Parents

Offers ideas and guidance on how to talk to your children.



Students

Suitable for middle or high school students. Flexible and adaptable.



Quitting

Review of available quit resources and avoiding pitfalls.

HEALTHY LIFESTYLE PROGRAMS



Additional activities such as a art workshops for High School students, alternative pain management lectures and Naloxone trainings, etc., are offered throughout the year.

Visit www.communityincrisis.org to sign up for our newsletter.

THE COMMUNITY HUB



The Hub offers a welcoming environment to everyone seeking information, resources and volunteer opportunities that can help support them and others in the face of the opioid epidemic. With a focus on fostering healthy lifestyles, the Hub offers youth, adolescents, adults and families workshops, coffee and conversation, speaker series, volunteer programs and presentations.

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in Crisis
www.CommunityInCrisis.org

A TRANSFORMATIONAL GIFT FROM THE

MARGARET A. DARRIN
CHARITABLE TRUST



OUR NEW HOME. JANUARY 2021.

STOP BY AND SEE US!



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FAR HILLS RACE MEETING


Drug-Free Communities
Local Problems Require Local Solutions

WHO ARE WE?

CIC Team

Andi Williams
Executive Director

Toni Knoll
Consulting Director

Ken Musgrove
Director of Recovery Support

Paige Neilsen
Youth Engagement Coordinator

Susan Visser
Prevention Program Manager

Ryan Benward
Marketing Coordinator

Brenda Miller
Senior Education Coordinator



**Community
in Crisis**

www.CommunityInCrisis.org

Creating connection.

Building courage.

Giving hope.

Thank you so much for
your continued support.