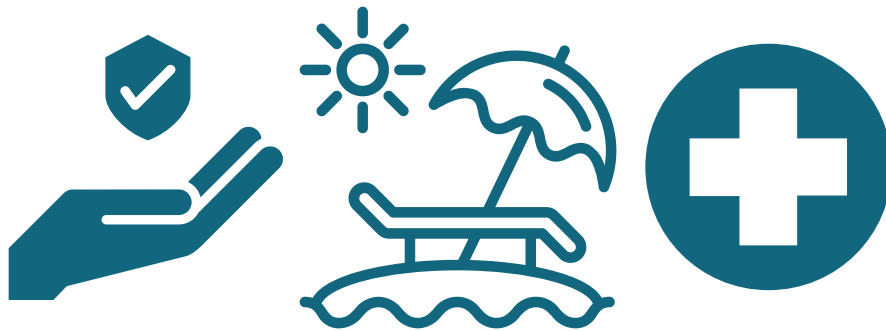




MONMOUTH COUNTY

# *Summer Safety Toolkit*

*A Community Guide to Keeping  
Residents and Visitors Safe  
During the Summer*



Created By: The Prevention Coalition of Monmouth County,  
an affiliate of Prevention First, a division of Preferred  
Behavioral Health Group in collaboration with the  
Monmouth County Overdose Fatality Review Team

# Welcome To Monmouth County

Monmouth County, located in Central New Jersey, is a picturesque destination characterized by a wealth of natural beauty, historical significance, and diverse cultural attractions. It was created on March 7, 1683, and has since played a pivotal role in the state's history.

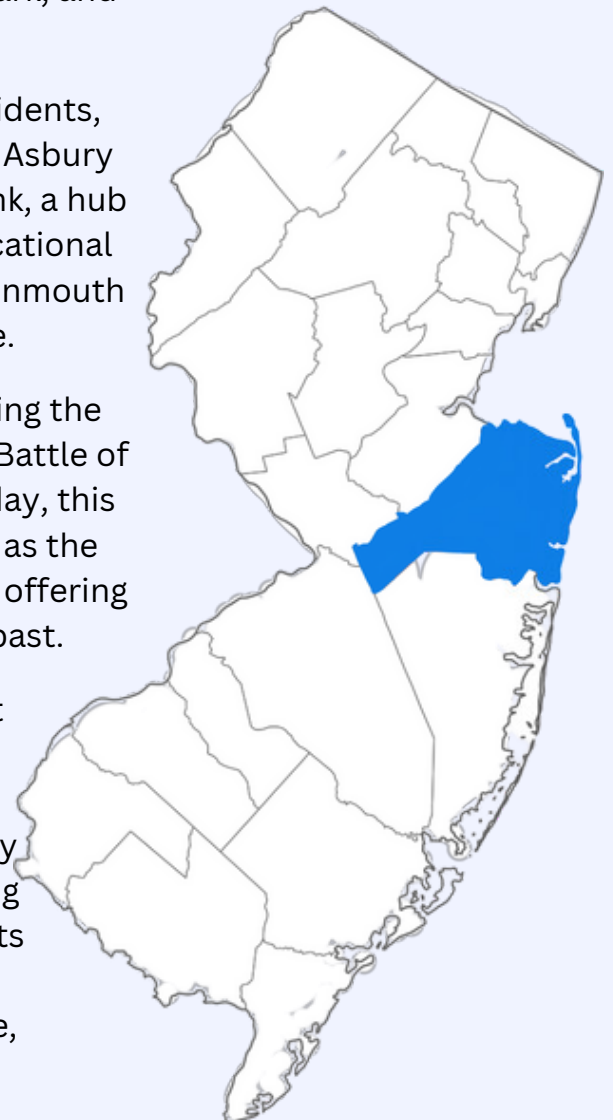


Spanning 665 square miles, Monmouth County offers an idyllic landscape that ranges from serene beaches along the Jersey Shore to lush farmlands and forests, acting as a testament to its diverse array of ecosystems. This ecological richness is preserved in various parks and recreational areas such as the Allaire State Park, Monmouth Battlefield State Park, and Hartshorne Woods Park.

The county is home to approximately 620,000 residents, dispersed among a variety of unique towns such as Asbury Park, known for its vibrant music scene, and Red Bank, a hub of shopping and dining establishments. For its educational needs, it is served by prestigious institutions like Monmouth University and Brookdale Community College.

Monmouth County was a significant location during the American Revolution, with notable events like the Battle of Monmouth taking place within its boundaries. Today, this historical legacy is preserved in attractions such as the Monmouth Battlefield State Park and Allen House, offering both residents and visitors a glimpse into the past.

From its thriving cultural attractions, like the Count Basie Theatre and the Monmouth Museum, to recreation at Monmouth Park Racetrack and the sandy beaches that line its Shore, Monmouth County offers an enriched quality of life. Known for its strong sense of community, its commitment to preserving its historic roots, and its love for arts and culture, Monmouth County truly is a remarkable place to live, work, and explore.





YOUTH  
YOUTH  
YOUTH  
YOUTH



# SUMMER

## TIPS TO HELP YOUTH STAY HEALTHY AND SAFE

THE LACK OF STRUCTURED TIME DURING THE SUMMER  
FOR YOUTH CAN LEAD TO SOME  
RISKY BEHAVIORS.

AS CAREGIVERS YOU CAN HELP BUILD STRUCTURE  
THROUGH HEALTHY ACTIVITIES WITH FRIENDS AND  
FAMILY.

YOUTH  
YOUTH  
YOUTH  
YOUTH

### Be Involved

Learn about opportunities in your  
community for youth involvement.  
Know where your youth is and who  
they are with.

Create a plan with your  
youth to avoid risky  
behaviors.

### Be Encouraging

Encourage exploration, discovery,  
and self-expression.  
Define and reinforce your core family  
values.

Empower youth to make their own  
decisions utilizing positive skills and  
tools.

Emphasize the importance of  
building and maintaining healthy  
relationships.

### Be Health Conscious

Be aware of possible side  
effects from the sun on any  
medication youth may take.

Pack accordingly with  
sunscreen, hat, sunglasses,  
and water.

Peak heat hours are  
11am and 2pm.  
Stay Hydrated!

SAFE . HEALTHY . FUN

# LOOKING TO MAKE A DIFFERENCE IN YOUR COMMUNITY?



BE A PART OF OUR HYBRID **YOUTH TOBACCO ACTION GROUP** ON OUR MISSION TO END YOUTH USE OF VAPES & OTHER TOBACCO PRODUCTS AND SO MUCH MORE

Youth Time to Shine is a great opportunity for you to **become a leader**, **meet new people**, and **build your resume** all while **having FUN**.

Scan the barcode to learn more about our group from some of our members.



**SCAN ME**

## HOW TO JOIN

- Must be in middle or high school
- For an application, visit: [www.pcofmc.org/youth-time-to-shine](http://www.pcofmc.org/youth-time-to-shine)
- Mail the completed application to Samantha Paulsen at: [SLPaulsen@preventionfirst.net](mailto:SLPaulsen@preventionfirst.net)



Prevention Coalition  
of Monmouth County  
AN AFFILIATE OF **prevention first**

**Tobacco-Free**  
FOR A HEALTHY NEW JERSEY

Follow us on:



@Incorruptible.Monmouth



@Incorruptible Monmouth





## ENJOY MONMOUTH COUNTY BARS & RESTAURANTS RESPONSIBLY

**Get Your  
Servers TIPS  
Certified  
TODAY!**

- ☑ Promotes responsible alcohol consumption.
- ☑ Helps prevent over-service and intoxication.
- ☑ A collaborative approach to preventing the misuse of alcohol.
- ☑ Helps businesses avoid the penalties and fines associated with illegal alcohol sales.
- ☑ Creates a safer work environment.

### Training Intervention ProcedureS - TIPS

#### Safe Alcohol Use This Summer

- Know your limits.
- Appoint a designated driver or plan for alternate transportation.
- Hydrate between drinks, and be mindful of the heat.

#### Help Prevent an Overdose While at Bars & Restaurants

- Train bartenders and servers on how to administer Narcan.
- Display print materials that identify the signs of an overdose in restrooms.

If you are interested in scheduling a TIPS training, please contact  
GiAnna Rossano at [grossano@preventionfirst.net](mailto:grossano@preventionfirst.net)



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# MOTELS/HOTELS/AIR BNB



## OVERDOSES COMMONLY OCCUR IN HOTEL/MOTEL ROOMS. HERE'S HOW YOU CAN BE PREPARED:

- 1** Stock Narcan in hotel/motel/air bnb bathrooms and advertise with amenities information.
- 2** Provide Monmouth County Substance Use Resource Directories and recovery service materials in each room.
- 3** Train hotel/motel staff and air bnb property managers in Narcan administration.
- 4** Hang educational flyers in each hotel/motel room or air bnb identifying the signs of an overdose.
- 5** Place phone number for "Never Use Alone" by room telephones 800-484-3731 for English | 800-928-5330 for Spanish.
- 6** If medications are left behind, ensure staff are trained to dispose of them safely. A list of dropbox locations in Monmouth County can be found at <https://www.pcofmc.org/rxdrop>

**S**uspect an  
**O**VERDOSE?

**S**tay and

**CALL 911**

or your local emergency number

**The Good Samaritan law can  
protect you from simple drug  
possession charges.**

**Together we can  
#StopOverdoses**



# Be a HERO

HELP EVERYONE REVERSE OVERDOSES



Naloxone (brand name Narcan) is now available free of charge to anyone 14 years or older in New Jersey at participating pharmacies (No ID or prescription required).

## Why is carrying naloxone important?



Since 2018, tens of thousands of New Jerseyans have experienced an overdose and more than 15,000 died of a suspected drug-related death.

Narcan immediately reverses an opioid overdose, dramatically increasing the chance for survival while ultimately improving the odds for future recovery.

**FIND  
PARTICIPATING  
PHARMACIES**

**SCAN**



**Together, we can stop overdose deaths**

# YOUR GO TO INFORMATION PAGE



## WWW.988LIFELINE.ORG

THE 988 SUICIDE & CRISIS LIFELINE IS A NATIONAL NETWORK OF LOCAL CRISIS CENTERS THAT PROVIDES FREE AND CONFIDENTIAL EMOTIONAL SUPPORT TO PEOPLE IN SUICIDAL CRISIS OR EMOTIONAL DISTRESS 24 HOURS A DAY, 7 DAYS A WEEK IN THE UNITED STATES.

## WWW.NJ211.ORG

THIS STATEWIDE SERVICE IS FREE, CONFIDENTIAL, MULTILINGUAL AND ALWAYS OPEN.  
THREE EASY WAYS TO REACH US: DIAL 2-1-1;  
TEXT YOUR ZIP CODE TO 898-211;  
OR CHAT WITH US ONLINE.



## WWW.MONMOUTHRESCOURCENET.ORG

MONMOUTH RESOURCENET IS A COMMUNITY-BASED DIRECTORY OF RESOURCES THAT AIMS TO CONNECT INDIVIDUALS AND FAMILIES WITH THE RESOURCES THEY NEED TO IMPROVE THEIR WELL-BEING AND QUALITY OF LIFE. IT PROVIDES INFORMATION ABOUT VARIOUS ORGANIZATIONS, PROGRAMS, AND SERVICES AVAILABLE TO MONMOUTH COUNTY RESIDENTS, INCLUDING HEALTHCARE PROVIDERS, MENTAL HEALTH SERVICES, SUBSTANCE ABUSE PROGRAMS, SUPPORT GROUPS, EMPLOYMENT ASSISTANCE, AND MORE.

## WWW.PCOFMC.ORG/PREVENTION-HUB

THE PREVENTION HUB OF MONMOUTH COUNTY IS HOSTED BY THE PREVENTION COALITION OF MONMOUTH COUNTY, AN AFFILIATE OF PREVENTION FIRST, AND CONNECTS RESIDENTS AND PROFESSIONALS WITH PREVENTION RESOURCES AND SERVICES TO BUILD RESILIENCE IN OUR LOCAL COMMUNITIES.

TO REACH THE MONMOUTH COUNTY PREVENTION WARM LINE AND SPEAK WITH A RESOURCE COALITION STAFF MEMBER CALL 732-663-1800 X 2710.



## ADULT GUIDE



## MONMOUTH COUNTY YOUTH AND ADULT BEHAVIORAL HEALTH RESOURCE GUIDE

THE FOLLOWING GUIDES PROVIDE CONTACT NUMBERS FOR A MULTITUDE OF SERVICE PROVIDERS THROUGHOUT MONMOUTH COUNTY.

## YOUTH GUIDE



Interested in being more involved in  
the Prevention Coalition of  
Monmouth County?  
Become a member TODAY!

Scan Here for a  
Membership  
Form



Prevention Coalition  
of Monmouth County  
AN AFFILIATE OF prevention first



**PREFERRED**  
BEHAVIORAL HEALTH GROUP  
An Oaks Integrated Care Affiliate

## QUESTIONS? CONTACT US

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GRossano@preventionfirst.net