



## From The Director's Desk:



We recently finished another fiscal year and I am pleased to inform you that we have accomplished what we intended to.

Despite the fiscal challenges in the State, SFSNJ continues uninterrupted services for our programs and we served 849 unduplicated clients and families in FY 2009-2010.

New contracts for services went into effect this year increasing our treatment capacity and diversifying the population we served. Our outcomes continue to be outstanding. 62 percent of our clients completed their treatment plans and / or needed another level of care and 85 percent are free of illicit substance and or alcohol by the time they ended their treatment.

All of us at SFSNJ are committed to continue providing and enhancing substance abuse and mental health counseling services to adults and adolescents, all despite the reduction of funding in the State.

As you will read in this newsletter, we have recently begun to offer Suboxone Treatment Services for opiate addicted individuals as well as

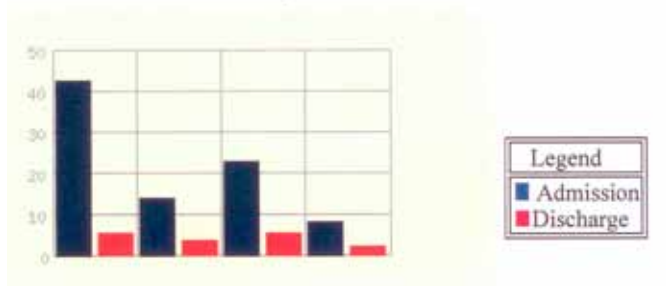
Anger Management Counseling Services. These services are offered as a result of requests by our clients and various referral sources. Additional special population services will be offered in the near future as we continue to satisfy the community's needs.

### SEASHORE FAMILY SERVICES OF NJ (BRICK) 07/01/2009 - 06/30/2010

Outcome Measured by Primary Drug at Discharge  
Discharge between 07/01/2009 - 06/30/2010

Primary Drug	Drug use at Admission	Drug use at Discharge
Alcohol	342 (42.3)	43 (5.3)
Heroin	111 (13.7)	27 (3.3)
Marijuana/Hashish	183 (22.6)	42 (5.2)
Cocaine/Crack	64 (7.9)	16 (2)

Discharge = 808



Source: New Jersey Substance Abuse Monitoring System

We have also set another organizational goal —the reduction of admission wait time. We will accomplish this by hiring additional staff to meet the increased demand for our services. We are committed to eliminating our current waiting list and to assess for treatment every person who is interested in our services within 30 days.

**Continued on Page 5**

## About Anger Management

Everyone has likely experienced anger at some time throughout their life. Some people become angry more often than others, and have regular, intense outbursts. Others tend to bottle their feelings, and then explode or erupt without warning - like a volcano. Anger is a basic human emotion and a natural reaction to situations beyond our control. There are a number of things that can trigger or contribute to anger such as the actions of another person, an event, stress, expectations not being met, and feelings of hurt, disrespect, humiliation, embarrassment, jealousy and sadness.

Anger is healthy and depending on how it is managed and expressed, anger can be positive or negative. Anger has positive consequences when angry feelings help you address a problem or issue with yourself or another person and rectify the situation.



Throughout life's challenges, we may find ourselves feeling emotions difficult to cope with. This can affect our self-esteem and ability to make meaningful decisions in work, relationships, and daily living. When you make the choice to seek counseling, you have already begun to empower yourself towards change. Selecting a therapist is as critical as the decision itself.

Sometimes there is a complex array of factors presenting with the anger problem. People with certain mental and personality disorders may also have an anger management problem. Or

anger management and control may be a symptom of a serious mental or personality disorder.

Seashore Family Service's counselors can explore the personal goals of the client and help the client become aware of any discrepancies between the actual social consequences of their anger expression and the pursuit of their personal goals. Our counselors can work to incorporate the client's goals and treatment plan into the values and goals of the existing informal culture of the client. And, they can also help clients build appropriate interpersonal and cognitive skills and develop an appropriate vocabulary for communicating triggers, thoughts, emotions, and behaviors.

SFSNJ offers therapeutic counseling with other anger management treatment as very effective ways to examine emotional reactions and interpreting situations in a less hostile way. We seek to help the client control immediate impulses and consider the consequences of his/her actions. And at SFSNJ we know that there are many proven techniques and tools available to reduce and control anger.

They include self-awareness and stress reduction in respect to certain situations. We teach clients to become desensitized and to disconnect anger and fear from frustration situations. Our therapeutic approaches usually include frustration tolerance training as well as meditation and relaxation techniques. A skilled and licensed SFNJ professional will help a client deal with anxiety, guilt, low self-esteem and can accurately identify depression and other emotional disorders that may be complicating anger management treatment.

## Featuring two SFSNJ Employees: Cindy Monsen, LCSW and Dana Passenti, BA



Mrs. Monsen is a Licensed Clinical Social Worker and has been working in the social work field for eight years. She began as a Substance

Abuse Counselor in Asbury Park where she also did HIV testing and counseling. While working full time she obtained her Masters Degree from Monmouth University. She worked at several local agencies and schools including The Mental Health Association of Monmouth County where she helped get the Family Crisis Intervention Program up and running in 2006. Mrs. Monsen has worked with a diverse population of clientele ranging in ages from 5 to 75, providing outpatient as well as in-home individual and family therapy. She also has two years' experience working in a private practice focusing on Cognitive Behavioral Therapy. In addition, Mrs. Monsen is a member of The National Association of Social Workers.

Dana has been working in the substance abuse field since 2006. Prior to joining SFSNJ, she worked as a counselor for Gateway Foundation as well as a counselor for the residential program at Straight & Narrow Inc. Dana holds a Bachelors degree in Psychology with Minors in Biology and Substance Abuse from Ramapo College of New Jersey. In August 2008 Dana received her Masters and Post-Masters degrees in Counseling from Seton Hall University. Dana is currently preparing for the LCADC and the LPC exams.



## Our Executive Staff

### EXECUTIVE DIRECTOR

Mr. Roberto Flecha, MBA, LCADC, CCS

### CLINICAL DIRECTOR

Ms. Nina M. Rettino-Mantone LCSW, LCADC

### BUSINESS MANAGER / FINANCIAL DIRECTOR

Ms. Lisa Leidecker, LPC, LCADC

### TRANSITIONAL HOUSING / G.R.O.W.T.H.

### PROGRAM DIRECTOR

Ms. Joyce Green-Rodriguez, M.A.T.

### CLINICAL SUPERVISOR - TOMS RIVER OFFICE

Ms. Vivian Andersch, LPN, LCADC, CCS, CJC, CCGC

## Our Board

*Albert Petroni, President*

*Mary Ann Ceres, Vice President*

*Phillip Lucas, Treasurer*

*Richard Caldes, Secretary*

*Dana A. O'Connor, RN, BSN  
Board Member*

*Kathleen A. Martin, RN, LSW,  
Board Member*

*Denise Purdy-Thompson  
Board Member*

*Charles Wehmeyer  
Board Member*

35 Beaverson Blvd.  
Bldg. 8 Suite 8A  
Brick, NJ 08723  
732-477-3507

270 Chambers Bridge Road  
Brick, NJ  
732-920-2700

226 Main Street  
Toms River, NJ  
732-244-1600

[www.sfsnj.org](http://www.sfsnj.org)

## Seashore Family Services (SFSNJ) now offers Medication Assisted Recovery (MAR)

MAR features the use of medications, as prescribed and overseen by a physician, to support recovery from a substance use disorder. MAR provides for the use of medications along with counseling and behavioral therapies to provide a whole patient approach to treating substance use disorders, as well as other recovery supports, such as counseling and peer support. Although no medications cure dependence on drugs or alcohol, some do play a significant and lifesaving role in helping people begin and sustain recovery.

Many treatment programs and primary care physicians use medications as an important tool in the treatment of addiction, for purposes such as to:

- Detoxify a person/prevent withdrawal
- Reduce the frequency and intensity of cravings
- Block the experience of feeling “high” (intoxication)
- Provide a shield against impulsive use
- Treat or control symptoms of a medical or mental disorder, that if left untreated could lead to relapse

Many people with substance use disorders also have problems such as depression, anxiety, or post-traumatic stress disorder. Treating co-occurring (substance use and mental health) disorders together increases the chances of long-term recovery. Mental health care often and

appropriately includes the use of medications, such as antidepressants. It is vital for the safety of individuals with co-occurring disorders to inform all their treating professionals about each medication they are taking.



Seashore’s Medication Assisted Recovery Program provides comprehensive, psychiatric, and behavioral counseling care for adults addicted to narcotics and other opiates on an outpatient basis. Our highly qualified and credentialed counselors provide group, individual, and family counseling. Psychiatric practitioners are on staff to meet the needs of program clients. Our MAR program uses Suboxone as well as intensive counseling to assist clients to establish a responsible, healthy lifestyle.

Our program is for people who are addicted to prescription painkillers or other opium-derived drugs and is based on well-documented research showing that the most effective treatment for alcohol and opiate dependency addresses both the physical and psychosocial aspects of addiction. Our program, therefore, takes both a medical and a clinical approach to helping our clients

*Continued on Page 5*

*Continued from Page 1 -For The Director's Desk*

As we noted, additional counselors are being hired and should be in place within the next 60 days. A Clinical Supervisor position was created to increase management effectiveness in the programs. In addition, we will centralize admission by October 2010.

This centralization admission process will enable the client to call any of our units and obtain an admission appointment, by the time they complete a phone call, regardless of the unit they intend to attend. This improvement will assist the client in maintaining compliance with their referral sources and reduce the need for multiple calls to multiple units.

The coming twelve months will be challenging fiscally and operationally for our organization. As a not-for profit, SFSNJ will continue to seek funding sources that will enable us to assist our clients with their financial obligations for treatment.

However, the most important task we face in the coming years is to ensure that we provide excellent service to our clients and satisfied referral sources.

That is our mission and we will accomplish it.



**Seashore  
Family Service of NJ**

*Comprehensive Services for Families*

*Continued from Page 4 - SFSNJ now offers Medication Assisted Recovery (MAR)*

overcome your need for drugs. The program is an outpatient service and is capable of treating people with dual diagnoses.



As with all of the services and programs SFSNJ offers,

our program is centered on you as an individual. Our staff will assess your emotional, behavioral, physical, social and ethnic make-up in order to provide a more comprehensive approach to your treatment. This includes consideration of - and sensitivity to - your culture, gender, age and sexual orientation.

The people who are most important to you also are important to your treatment. Spouses, parents or other family members are included whenever possible. Your medical, psychiatric, educational, legal, vocational and social needs also are considered when developing your individualized treatment plan.

Our services are designed to support, motivate and guide your progress through treatment. The MAR program employs practices proven effective in addressing substance abuse, mental health and related issues.