



North Brunswick Township

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Dr. Zychowski

Lou Ann Benson, Municipal Alliance Coordinator

Middlesex County Coordinator

Charoulla Castanos- Beaton

Approximately \$41,482.00 in funds are provided to program for substance abuse prevention and education to the community.

If you are interested in getting involved please call The Department of Parks, Recreation & Community Services at (732)247-0922 ext.475

North Brunswick Municipal Alliance Committee



Our Municipal Alliance Programming at a glance

Vision Statement

The North Brunswick Municipal Alliance is committed to eliminating underage drinking and providing education on the dangers and misuse of alcohol in efforts to create a community of fully informed individuals.

Mission Statement

The Township of North Brunswick's Municipal Alliance is mission driven to assist in eradicating underage alcohol use. We will work collectively by incorporating educational tools in community events and programs to expand public awareness and ultimately put an end to underage drinking.

School Prevention Program

Women's & Men's Leadership/ Mentorship Series

This program is comprised of three sessions and a follow up breakfast for one hundred 11th and 8th graders. In the first two sessions the young men and women are separated into individual groups and each set of participants are paired up, an 8th grader is paired with a 11th grader mentor. For the remainder of the program the mentor and the mentee work together. In the sessions the participants discuss the dangers of underage drinking, peer pressures and how to overcome these temptations through leadership. Speakers from all walks of life present to the two groups. The last sessions the men and women are brought together, they recap and discuss what they have learned and what skills they will carry through in their everyday lives. The follow up breakfast brings the above 8th and 11th graders back together when they are 9th and 12th graders the following September.

Get Up & Move Prevention Program

The Get Up & Move program is a holistic approach to wellness and prevention that is offered to 3rd graders through 8th graders. This program promotes wellness through healthy eating, exercise, nutrition and information on how to maintain a healthy lifestyle. Topics discussed will be pertaining to substance abuse, underage drinking, prescription drugs, and the consequences that come with these interactions. Through the months of April & May the Get Up & Move Prevention Program will be separated by gender, Boys on the Move & Girls on the Move. In May they have the opportunity to complete the Memorial Day 5K together. In June the two groups will come together and meet in continued activities relating to the positive outcomes of living a healthy lifestyle.

Youth Council Outreach

This program is a collaboration with the North Brunswick Youth Council. The Youth Council will be mentored monthly by a consultant from the Jefferson Foundation and they will learn how to gain community involvement and use as a prevention tool. They will also complete a community service task monthly.

Social Decision Making & Problem Solving

This program is run through our after school Project LEAL program. Social Decision Making and Problem Solving is an eight week long program implemented in all four elementary schools and our middle school. The instructors visit schools as they teach the participants about healthy life skills, and how to manage themselves and others in challenging situations and relationship in a productive and ethical way.

NBTHS Prevention Program

In collaboration with the North Brunswick Township High School we will present a 4 year long program that the students will participate in. Each grade level within the high school will have a program that will touch on the topics of underage drinking, alcohol and drugs. Once they complete the programs that are designated for Freshmen, Sophomore and Junior year they will be able to join in the culminating event which will be Project Graduation Senior Year.

Were Not Buying It

This Middle School geared program will discuss and review the six modules of Were Not Buying It which include discussion on; Media in order to raise youth awareness on how their surroundings influence their choices, alcohol discussing how messages in movies pertaining to underage drinking are explored, marijuana and how it is a glamorized substance in popular music, Rx Drugs and how television commercials, emails and pop ups portray them as a solution to whatever ails you and sharing how bullying can come in many forms aside from physical actions.