



## Welcome to the Middletown Alliance Newsletter!

**Family members are valuable partners in our shared mission of helping our youth and communities thrive and succeed. It's not always easy to navigate the current drug and alcohol trends or have difficult conversations with loved ones. This newsletter will include Alliance information as well as varying topics, tips, and resources about substance use, mental health, and other at-risk behaviors.**



## WHO IS THE MIDDLETOWN ALLIANCE?

The Middletown Alliance is a community-based volunteer organization. Through education and awareness, The Alliance works to prevent substance use disorders, underage drinking, alcohol use disorders, vaping, and other at-risk behaviors. The Alliance aims to eliminate the stigma of mental health disorder and substance use disorders through the events and programs they implement.

## TOPICS COVERED IN THIS ISSUE:



**Safe Medication Storage Tips**



**The Truth About Sobering Up**



**Symptoms of Depression in Teens**



**Project Medicine Drop Box**



**Upcoming Parent Program Flyer (last page)**

## CONNECT WITH US!



Scan the QR code to visit our website or go to:  
[www.middletownnj.org/alliance](http://www.middletownnj.org/alliance)



@Middletownalliance



Middletown Alliance page

## NEXT MIDDLETOWN ALLIANCE MEETING:

**Saturday, November 16th**

The Alliance now meets in person every other month on the third Saturday of the month from 8:30-9:30 AM at the Training Room in Town Hall (1 Kings Highway).



# SAFE MEDICATION STORAGE TIPS

## Tips for Parents:

- Store medicines in a safe location that is too high for young children to reach or see, even between doses.
- Never leave medicines, vitamins, or supplements out on a kitchen counter or at a child's bedside, even if you have to give the medicine again in a few hours.
- Always relock the safety cap on a medicine bottle. If it has a locking cap that turns, twist it until you hear the "click" or until you can't twist it anymore.
- Tell children what medicine is and why you must be the one to give it to them.
- Never tell children medicine is candy so they'll take it, even if your child doesn't like to take his or her medicine.
- Remind babysitters, family members, houseguests, and visitors to keep purses, bags, or coats that have medicines in them up and away out of sight when they're in your home.

**Medicines and vitamins help families feel and stay well. Children are curious; to keep them safe, parents and caregivers should always put every medicine, vitamin, and supplement up and away (especially those in gummy form)!**



## Tips for Traveling:

- When packing for a trip, keep your medicines in their original child-resistant containers. Keeping medicines in baggies or other containers often lack child safety features and can be easily opened by young children.
- While staying in a hotel, secure your medicines in a high cabinet or a passcode protected hotel room safe.
- As a guest in another person's home, don't be shy about asking them where to put your medicines and vitamins so they're out of sight and reach of children.



For more safe medication storage tips, visit: [UpandAway.org](http://UpandAway.org)



Put your medicines  
**up AND away**  
and out of sight



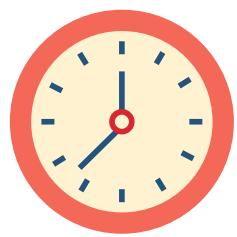
# THE TRUTH ABOUT SOBERING UP



There are many existing myths about what it takes to sober up after consuming alcohol. People swear that taking cold showers, drinking coffee, water, and Gatorade/Pedialyte sobers them up quickly.



**HOWEVER, there is only one way to sober up....and that is time!**



Contrary to popular belief, **there is no way to speed up that process!** Cold showers, coffee, and electrolytes all may help us feel better when we have consumed alcohol, but they are not removing the alcohol from our bodies at any quicker rate. Alcohol dehydrates us, so replenishing with water and electrolytes will rehydrate our bodies and help us feel better. People confuse feeling better, more awake, or less sick as sobering up quicker. Everyone's liver can only get rid of about one standard drink per hour, which is equivalent to your BAC (blood alcohol concentration) dropping .015 an hour. If you are 21 and older, your BAC has to be below .08 to be within the legal driving limit. It's always important to count standard drinks and be aware of how many you had and what your estimated BAC could be!

## SYMPTOMS OF DEPRESSION IN TEENS



**The symptoms of depression can often be difficult for parents and caregivers to spot. Depression can sometimes confused with the typical feelings of puberty and teenage adjustment.**

**However, depression is more than boredom or a disinterest in school. According to the American Academy of Child and Adolescent Psychiatry (AACAP), symptoms of teen depression include:**

- appearing sad, irritable, or tearful
- changes in appetite or weight
- decreased interest in activities
- regular complaints of boredom
- a decrease in energy
- difficulty concentrating
- feelings of guilt, worthlessness, or helplessness
- alcohol or drug misuse
- major changes in sleeping habits
- talking about or thinking of suicide
- withdrawal from friends or after-school activities
- worsening school performance

**Some of these symptoms may not always be indicators of depression. Appetite changes are often normal in times of growth spurts and particularly if your teen plays sports. Still, looking out for changing behaviors in your teen can allow you to help them when they're in need.**



# PROJECT MEDICINE DROP BOX

The Middletown Alliance and Middletown Police Department want to help you  
**DISPOSE OF UNWANTED MEDICATION SAFELY**

## DISPOSE OF UNUSED MEDICATION FROM:

- Death of a loved one
- Past surgeries or dental work
- Veterinary medication

## PLEASE NOTE:

- No needles
- No syringes
- No liquids
- Please remove prescription labels



If you have unwanted, unused, or expired medication, we have an easy disposal option for you!

**DROP OFF ANONYMOUSLY IN THE "PROJECT MEDICINE DROP BOX" IN THE LOBBY OF THE MIDDLETOWN TOWNSHIP POLICE STATION.**



1 Kings Highway  
Middletown, NJ 07748



## MIDDLETOWN ALLIANCE CONTACT INFO:



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## LEARN ABOUT TAKING MEDICATIONS SAFELY AS YOU AGE!

Visit our website or scan the QR code!



## OCTOBER IS SUBSTANCE USE PREVENTION MONTH!

An observance to highlight the vital role of substance abuse prevention in both individual and community health and to remember those who have lost their lives to substance abuse.

Prevention helps us get ahead of substance use and mental health challenges — so that youth, families, and communities can thrive!

## OCTOBER 29TH IS DRUG TAKE BACK DAY!

Proper disposal of unneeded drugs saves lives and protects the environment and our overall community.

On October 29th (and any other day) you can drop off your unwanted medication at the Project Medicine Drop Box in our Middletown Police Department lobby!



# HIDDEN IN PLAIN SIGHT

Hosted by the Middletown Alliance and the Prevention Coalition of Monmouth County

OCTOBER 24TH, 6:30-7:30 PM

MIDDLETOWN HIGH SCHOOL NORTH: MEDIA ROOM

63 Tindall Rd, Middletown Township, NJ 07748

**\*\*FOR PARENTS AND CAREGIVERS ONLY\*\***

Discover how alcohol, drugs, and paraphernalia can be easily hidden in a teenager's bedroom, bathroom, and other locations within your home and car.



**REGISTER NOW!**

**SCAN THE QR CODE OR VISIT:**

<https://forms.gle/b1wu9Jc7aREzxDpC6>



Presented by: Professor Douglas Collier, M.A., DEA (Ret)

There are signs and symptoms of youth substance use to be aware of. With early intervention, which most times can just be a simple conversation, it might save their life or a life of a friend.

