

About Prevention is Key of Morris County

Morris County Prevention Is Key, Inc., (MCPIK), is a private, non-profit, community-based health organization serving Morris County. We have been providing prevention, education, information and referral services to county residents, businesses, schools, faith-based organizations, municipal alliances, and social service agencies since 1989.

The mission of Prevention Is Key is to promote and enhance the health and well being of our community, preventing substance abuse, addiction, violence, and related issues through heightened awareness, advocacy, education, programs,



services, information, and referral.

MCPIK offers programs and services throughout Morris County that reach across the age continuum.

From prenatal education to healthy aging, we partner with organizations from all segments of society to build healthy communities. We partner with various organizations to improve the health and well-being of the community around you; we're here to help.

Following is a short overview of each of our program offerings. Call us today for more information at 973-625-1998 or visit our website at www.mcpik.org

SERVICES TO SCHOOLS

*Footprints for Life*TM - helps young children build a strong foundation of life skills rooted in key social competencies. The social competencies that *Footprints for Life* addresses are planning and decision-making practice, interpersonal skills, cultural competence, peer pressure, and peaceful conflict.

Forest Friends - is a developmental puppet program designed to help children learn basic life skills and character enhancement that they will use their entire life.

Smoke Signals- The dangers of Second Hand Smoke, Tobacco and Dip are all covered in an interactive and fun way which engages all learning styles and leaves audiences moved to action. This program is aligned with several of the New Jersey Core Curriculum Content Standards for Comprehensive Health and Physical Education.

Keys to InnerVisions 2 (KIV2) - helps students understand that by changing the way they think, they can change the way they feel and behave in academic and social situations. KIV teaches students new skills that will help them make better choices.

Pathways to Independence Mentoring Program- is designed to help Morris County's older teens and young adults between the ages of 16-21 to prepare for life on their own after leaving home, a shelter, or a juvenile detention center.

Prevention is Key
25 W. Main Street
Rockaway, NJ 07866
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cgoeke@mcpik.org
www.MCPIK.org



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Alcohol and Youth Program- is the school based component of the Morris County Youth Drinking Prevention Coalition. By engaging our youth directly through educational opportunities in each school district, meaningful change in attitudes and perceptions about alcohol use and its consequences take hold.

Healthy Relationships and Dating Safety -is an engaging interactive program developed to help teens recognize the difference between caring, supportive relationships and unhealthy, controlling abusive dating relationships.

Strengthening Families - designed to prevent substance abuse in youth by helping them to build skills and giving parents more tools to help their children become responsible young adults. The program also helps families improve the relationship between parents and youth and decreases the level of family conflict.

Services to the Community

Coalition for a Safe and Healthy Morris – mobilizes key county stakeholders with a passion for prevention to reduce substance abuse among youth by creating opportunities for data collection, collaboration, strategic planning, resource sharing, evaluation and coordination of countywide prevention initiatives.

Sober Cyber Collegiate Communities of Morris- aims to reduce the negative consequences of underage and high risk alcohol and other drug use in the 18 to 25 year old populations at the Morris County colleges.

Community Intervention Project of Morris- is a program that is implementing the Community Trials Intervention Strategies to positively alter the alcohol use patterns of three county municipalities by mobilizing local coalitions to create environmental change in each.

Wellness Initiative for Senior Education (WISE) - is a wellness and prevention program targeting older adults, which is designed to help them celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse.

Resource Center – Community-based, centrally located facility that is home to a vast array of free resource material and current information on the fields of substance abuse, addiction, recovery support, violence, learning disorders, gambling, and many other topics concerned



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