

If you have ever considered that you might have a substance abuse problem ask yourself these simple questions!

1. Have you ever felt you should cut down on your drinking or drug use?
2. Have people annoyed you by criticizing your drinking or drug use?
3. Have you ever felt bad or guilty about your drinking or drug use?
4. Have you ever had an "eye-opener", a drink or drug first thing in the morning to steady your nerves or get rid of a hangover?
5. Have you ever awakened one morning, after drinking / drugging the night before and realized you couldn't remember parts of that evening?

If you have answered, "yes" to two or more of these questions, you may have a problem.

**Crossroads provides short-term outpatient treatment. Scheduling an appointment will guarantee time specific to your needs.
To schedule a *confidential* appointment call
(732) 615-2275**

- Al-Anon (732) 536-5676
- AA (800) 245-1377
- Nar-A-Non (732) 409-1238
- NA (800) 992-0401

Crossroads at Croydon Hall
900 Leonardville Road
Leonardo, NJ 07737



Middletown Township Office Of Substance Abuse Services

**Assessment/Referral/Counseling
(732) 615-2275
Prevention/Intervention/Education
(732) 615-2277
Municipal Alliance Programs
(732) 615-2269
Email: crossroads@middletownnj.org
www.middletownnj.org**

NJDHSS License #22652

Crossroads At Croydon Hall

The destructiveness of drug and alcohol abuse impacts upon thousands of individuals without regard for race, religion, age, education, or income. The Mayor and Township Committee are committed to addressing this problem. **To express this commitment, the Middletown Township Municipal Alliance and the Middletown Township Office of Substance Abuse Services were established.**

Crossroads is a New Jersey Licensed Facility that provides alcohol and drug abuse services to all Middletown residents. Services include education, consultation, assessment, treatment, and referral assistance for anyone seeking help in their own or a loved one's struggle with addictive substances. **These services are available, free of charge with flexible offices hours and complete confidentiality.**

PROGRAMS PROVIDED

Prevention Education

Education is the key to prevention. Educational programs are presented on a variety of substance abuse topics to youth through the **K.I.D.S. (Kids Instructed on Dangerous Substance) Program** and to adults through the **G.L.A.D. (Grown-ups Learning about Drugs) Program**. Your group or organization may request a program tailored to meet the specific needs of the audience.

Assessment and Referral

If you are a parent and your child abuses drugs or alcohol, you may be confronted with confusing symptoms and behaviors. Or perhaps you have a parent who abuses drug and alcohol and this is affecting you. An evaluation can often provide an initial diagnosis of the problem so that appropriate services can be provided.

Counseling Services

Individual Counseling

. . . is focused on clarifying issues, deciding the appropriate approach in dealing with alcohol or drug use and providing support for friends or family members of an addicted person.

Family Counseling

. . . is focused on helping family members and friends take specific actions to intervene in alcohol abuse, to prevent continued addictive lifestyles and to build health and supportive relationships.

Group Counseling

. . . will be made available for people learning how to live a drug and alcohol free lifestyle, and for those who have or continue to experience the negative impacts of a loved one's addiction.

Indications that your child is at risk or may be abusing alcohol or other drugs:

- Truancy
- Disruptive behavior in class
- Poor/failing grades
- Abrupt behavioral changes / "mood swings"
- Family history of chemical dependency
- Low self esteem
- Psychological distress
- Confrontations with local authorities
- Family problems
- Violence
- Sleeping in class
- Skipping/cutting class
- Suspension from school

Indications that an adult friend or family member is at risk or may be abusing alcohol or other drugs:

- Change in general outlook on life
- Employment problems or conflicts
- Changes in friendship and social activities
- Isolation or withdrawal from usual activities
- Financial problems, large debts
- Sudden mood swings
- Changes in appearance or personal hygiene

**NON-CRISIS SITUATIONS
CROSSROADS
(732) 615-2275**

**RIVERVIEW 24-HOUR
CRISIS LINE
(732) 219-5325**

**LIFE THREATENING
SITUATIONS CALL 911**

THERE IS HOPE!

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