

North Country Prevention Newsletter



Date: August 2008

North Country Prevention Newsletter

Welcome to another edition of the North Country Prevention Newsletter. This is a monthly electronic communication to and for the Coos County Coalition including the Juvenile Justice Project, Northern Grafton County Coalition, North Country Prevention Network, community partners, program participants, the community and interested stakeholders and is a project of North Country Health Consortium's Community Substance Abuse Prevention Program.

We invite items for the newsletter from our readers that relate to prevention, youth and parent programs, new developments, training and opportunities. The deadline for submissions to this monthly newsletter is the 26th of each month. Send items to vherres@nchcnh.org.

To remove your name from this email list hit reply and type "remove from list" in the subject box.



Cigarette Litter

Did you know that cigarettes are the most littered item in America? About 1 in 3 cigarette butts end up as litter. The materials that make up the cigarette can take up to 12 years to break down. Butts are often thrown innocently on sidewalks and lawns, or gardens where they often end up getting washed into drains and then out to lakes and seas. They are also very dangerous for small children to pick up and put in their mouths. Butts have been found in the stomachs of fish, whales, birds and other animals sometimes leading to digestive blocks. At the North Country Health Consortium we have sent out gentle reminders to smokers not to drop their butts in the garden. (See picture)

North Country Web Sites to Bookmark:

North Country Health Consortium's website that give an overview of the activities of the Consortium at <http://www.nchin.org/>

Coos County Juvenile Justice Project website that provides more detailed information on the JJP at <http://www.coosjip.org>

Coos Families Connected website – still a work in progress but check it out at <http://www.coosfamiliesconnected.org>

Coos County Resources maintained by RESPONSE at www.coosresources.org which is a comprehensive list of resources. Note there is a page to add information on resources.

Resources: Web Watch

Here's a listing of helpful websites as listed in YOUTH TODAY, the newspaper of youth work (see their website at www.youthtoday.org). Note that we have tried to check out these links but you should use your discretion in linking and care in sharing information. Check out if you're interested in the topic.

After School Lesson Plan Database

www.sedl.org/afterschool/lessonplans

Over 100 sample lesson plans for afterschool practitioners. Each plan is designed for a specific grade level and has detailed descriptions of how to begin, what to do and how to evaluate the results.

Life Skills

Cultivating Readers at:

<http://www.familit.org/site/c.gtJWJdMQIsE/b.1204561/k.BD7C/Home.htm>

This is an online magazine from the National Center for Family Literacy that gives parents and youth workers strategies to promote reading and make it

fun. The activities are broken down by age group, with versions available in Spanish and English. The site includes a guide to age-appropriate books.

Child Welfare

National Center for Adoption Law and Policy

www.law.capital.edu/adoption

Seeks to improve child protection and adoption policies through advocacy, education and research. It offers weekly round up of adoption news and case summaries along with links to upcoming events for adoption professionals and research findings.

Health

TeenGrowth

www.teengrowth.com

This site offers youth a secure environment to search for and request health care information on drugs, emotions, health, family, friends, sex and sports. It includes a body mass index calculator and directory of crisis hotlines.

Juvenile Justice

Campaign for Youth Justice

www.youtube.com/jjreform

The Campaign for Youth Justice, which fights incarceration of youth in adult prisons, has its own channel on YouTube. It includes videos about the effects of incarcerating youth in adult prisons and about alternatives to incarceration.

Parenting

Family Guide

<http://family.samhsa.gov>

The US Substance Abuse and Mental Health Services Administration supports this website for parents. It focuses on mental health and abuse of alcohol, tobacco and other illegal drugs. Has links to news about youth behavior and research, facts and substance abuse, tips for talking to youth about these issues and activities to engage youth.

[Menu of Environmental Strategies to Reduce Underage Drinking](#)

Underage drinking in rural areas, which include NH's North Country, continues to be a challenge that our coalitions are addressing. There needs to be a continuum of services that to reduce underage drinking that include direct service prevention programs such as parenting programs, youth activities and education, mentoring of young people and other evidence based programs.

In addition, coalitions have begun to include environmental strategies that address the bigger picture, and in this cash strapped economy, ways to change community norms, promote enforcement,

change policies and ordinances that will reach the whole community.

One of the objectives of the Strategic Planning Framework – State Incentive Program (SPF-SIG) and the North Country Prevention Network is to conduct a comprehensive needs assessment and come up with a regional plan to reduce underage drinking. Each SPF-Sig regional network will then use the information they have collected about their own region to.

Environmental strategies are an effective way to prevent and reduce underage drinking and abuse of other substances. Strategies need to be tied to local need assessment data and findings. Below are the most well known strategies used to reduce underage drinking but it is not a complete list. The strategies are from “Environmental Strategies: Selection Guide.”

If (high) **Retail Access** is identified then these strategies apply:

- Conditional Use Permits/Land Use Permits
- Regulation or Bans on Home Delivery of Alcohol
- Responsible Beverage Service Training
- Checking Age Identification

If (high) **Social Access** is identified then these strategies apply:

- Alcohol Restrictions at Community Events
- Beer Keg Registration

If (misperception, traditional acceptance or inaccurate information) **Social Norms** is identified then these strategies apply:

- Social Marketing (provide information on the impact of alcohol and truth about impact using multiple marketing strategies)
- Social Norms Campaigns (address issue of who isn't using alcohol to change perception that everyone is)

If (there is high) **Alcohol Promotion** is the identified then these strategies apply:

- Alcohol Advertising Restrictions in Public Places
- Media Literacy
- Media Advocacy
- Prohibition of Alcohol Sponsorship of Public Events

If (youth have low) **Perceived Risk** is the identified then these strategies apply:

- Graduated Licenses
- Revocation of Licenses for Impaired Drivers
- Use of Mass Media Appropriately

If (low) **Pricing** is the identified then this strategy applies:

- Increase Alcohol Taxes or Price

If (more) **Enforcement** is the issue then these strategies apply:

- Compliance Checks (underage youth attempt to purchase alcohol)
- Party Patrols (an extension of anonymous tip lines – enforcement monitoring of parties and after party activities)
- Shoulder Tap Programs (youth stand outside establishments and ask adults to purchase alcohol for them)
- Enforce Impaired Driver Laws
- Sobriety Checkpoints
- Open Container Laws
- Apply Appropriate Penalties to Minors
- Cops In Shops (collaboration between retailers and enforcement where officers “work” in shops and target underage youth and to take time to educate servers and other employees.

[Coos County Coalition – North Country Prevention Network Needs Assessment Results Presentation on August 21st at Breakfast Meeting](#)

Bob Thompson, Coordinator of the North Country Prevention Network (Strategic Planning Framework Collaboration) will be offer a Power Point Presentation at the next Coos County Coalition meeting scheduled for Thursday, August 21st at UNH Cooperative Extension in Lancaster. Bob will share the long awaited data that the Network has been conducting in its needs assessment phase. Coalition members will be able to share ideas and help shape the resulting strategic plan. For more information or to RSVP contact Valerie Herres at 837-2519 or email her at vherres@nchcnh.org.

The Coos County Coalition holds meetings in Lancaster at UNH Cooperative Extension bi-monthly. It’s a wonderful opportunity to meet others who are working on youth prevention, intervention and treatment, and to catch up on the latest information and opportunities. Contact Valerie Herres at 837-2519 or email her at vherres@nchcnh.org for more information. The Coalition meeting dates for 2008 are:

Thursday, October 16, 2008
Thursday, December 18, 2008

[Schedule of Future Executive Committee meetings](#)

The Coos County Coalition Executive Committee, a seven member board that provides guidance and makes recommendations to the full membership, meets on alternative months. Guests are welcome to attend. Contact Valerie if you plan on coming at vherres@nchcnh.org. Schedule of meetings which take place at UNH Cooperative Extension in Lancaster are:

Monday, September 22, 2008
Monday, November 10, 2008

[Juvenile Justice Project](#)

The goal of the Coos County Juvenile Justice Project is to prevent youth court petitions and the next meeting is scheduled for August 11th at the CASA office in Berlin. Contact Valerie Herres at 837-2519 or vherres@nchcnh.org for more information.

[Juvenile Justice Project Meeting Schedule \(Mondays from 8:30 to 10:00 am\)](#)

September 8
October 13
November 10
December 8

[Coos Families Connected](#)

The next meeting of Coos Families Connected will be on Thursday, August 21st at UNH Cooperative Extension in Lancaster starting at 6:00 pm. All who are interested in Family Court and Juvenile Justice issues are welcome to attend. Contact Valerie at 837-2519 or vherres@nchcnh.org for more information.

[Northern Grafton County Coalition](#)

Scheduled date for the next NGC Coalition meeting is on Tuesday, September 9th at Community House in Littleton. For more information contact Laura Remick at 837-2519 or lremick@nchcnh.org.



Tobacco Prevention and Control Program:

The Coos County Coalition and Northern Grafton County Coalitions have just heard from the state Tobacco Program that next year will have level funding from the Center of Disease Control. There may be more funding from the Cancer Collaborative; although the Governor has reduced available monies drastically to accommodate the decreased revenues coming into the state in these hard economic times.

The newest edition to the Clearing House library is a “You Can Quit Smoking ... Plan for Success” a self directed CD. These are available for loan from Laura Remick at 837-2519 or lremick@nchcnh.org

Tobacco Prevention and Control Local Action Committee Contact Information

Lancaster Area – Contact Laura Remick, North Country Health Consortium at 837-2519 ext 222 or email lremick@nchcnh.org

Colebrook Area – Contact Laura Remick at 837-2519 or email her at lremick@nchcnh.org.

Berlin Area – Laura Remick, North Country Health Consortium at 752-1035 or email lremick@nchcnh.org. The next meeting is scheduled for Monday September 15 at the Northland Dairy Bar 12 noon – 1:30 pm. New members welcome

Littleton Area – Laura Remick, North Country Health Consortium at 837-2519 ext 222 or email lremick@nchcnh.org

Project Monitor:



Project Monitor is an anonymous tip line that anyone can call if they become aware of a party being planned that may provide alcohol and/or drugs to youth. It is a prevention program and local law enforcement from Northern Grafton County and Coos County have agreed to contact the potential hosts to alert them to the legal and libel consequences of providing alcohol to underage you. Spread the word. If you would like flyers with tip line numbers call Valerie Herres at 837-2519 or email vherres@nchcnh.org.

Project Monitor Tip Line Numbers in your area:

Berlin: 752-3131
Colebrook: 237-4487
Gorham – 466-2336 or email gpde@ncia.net
Groveton – 788-3232 or email npd@northumberlandpolicenh.com
Lancaster – 788-3282
Littleton – 1-800-564-6911 or 603-787-2111
North Stratford - 922-3821
Pittsburg – 237-4487
Stewartstown – 237-4487
Whitefield – 837-5266 ext 50

Project Monitor SafeHomes Pledges:

The North Country Substance Abuse Coalitions now have printed Pledge cards that you can use at your events and to spread the word. **Project Monitor SafeHomes Pledges** is a positive step that parents and other caregivers can take in pledging not to provide alcohol to children in their home and to supervise parties closely. It is also a safe way for parents to connect with other parents and develop a system of working together to help their children. If you would like pledge cards for you or for an event contact Valerie Herres at vherres@nchcnh.org or call 837-2519. A Project Monitor Display and materials are now available on loan for your event. Contact Valerie for more information.

Coos County Underage Drinking Task Force

If you are interested in a Project Monitor or SafeHomes Pledge Campaign program in your school or community contact Valerie Herres at vherres@nchcnh.org or call her at 837-2519 for more details. Pledge cards, education materials, tip sheets for parents and a display board are available.

Coos County Coalition for Substance Abuse Prevention

This news update is supported by funds from the NH Tobacco Prevention and Control Program and the Drug Free Communities Support Program.

Please send comments and news items to Valerie Herres at vherres@nchcnh.org.

If you would like to have your name removed from this newsletter send an email to vherres@nchcnh.org and type Remove from List in the email subject box.

If you have any comments on the content or would like to send information, news updates, important links and other information to be added to subsequent electronic updates send them to vherres@nchcnh.org.

It is a project of the North Country Health Consortium, a rural health network improving the health of North Country residents through innovative collaboration. Working together with businesses and other community organizations, the health and human service provider members of the Consortium are building a regional health care system to address the needs of Northern New Hampshire.

"North Country Health Consortium leads innovative
collaboration to improve the health status of the region."

The vision of the Community Substance Abuse Prevention Program of NCHC is:

"Working together to create healthier communities for our children."