

North Country Prevention Newsletter



Date: December 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 North Country Prevention Coalitions including the Juvenile Justice Project, Northern Grafton County Coalition and Task Force, Coos County Coalition, North Country Prevention Network, Woodsville Area Stakeholders and the Coos County Family Support Project, 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.



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 – 788-3282 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

North Country Coalitions and members are gearing up for a region wide information campaign to alert local residents about **Project Monitor** . In the works:


- An underage drinking report card/newsletter
- A **Project Monitor**  Fact Sheet
- Project Monitor  payroll stuffers for local businesses
- A renewal of commitment with local law enforcement
- Ads and Flyers
- Bulletin Board Displays for schools and workplaces
- Articles targeting youth and parents.

We are looking for stakeholders, parents and youth interested in getting involved in this campaign at what ever time and commitment level you can provide. For more information contact Valerie Herres at vherres@nchcnh.org or 837-2519

December is Project Monitor Awareness Month!

What's Project Monitor and How is It Connected to Reducing Underage Drinking

Note: Early onset (drinking of alcohol) by youth increases their risk of alcohol dependency. The younger the age a youth drinks the higher the risk. Drinking alcohol permanently affects brain development. The longer we can influence a youth to wait the better.

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

Parents Overestimate Teens' Access to Cigarettes; Underestimate Access to Beer and Prescription Drugs

Parents of teenagers overestimate how easy it is for teens to buy cigarettes, according to a recent national telephone survey. Thirty-nine percent of parents said that cigarettes are the easiest for teens to buy, compared to one-fourth of teens. In contrast, parents underestimate how easy it is for teens to buy beer and prescription drugs. Fifteen percent of teens say that beer is the easiest for them to buy and 19% cite prescription drugs as the easiest. Only 9% and 8%, respectively, of parents said that these drugs were the easiest for teens to buy. The prescription drug findings are particularly concerning given the recent research—reported in the media—showing that teens are using prescription drugs (see *CESAR FAX*, Volume 17, Issue 2) and that these drugs are can be bought on the internet without a prescription (see *CESAR FAX*, Volume 17, Issue 29).

Model School ATOD Policies and Out of School Suspensions

One of the important things to look at in order change norms and community standards around substance abuse is school ATOD policies. All North Country schools have substantive policies although some could use some tweaking to bring them up to the consistency and fair standards that the Centers for Disease Control recommends.

Model ATOD policies have many elements but none is more important than what to do if a student is identified for a school substance abuse violation. Currently some school policies mandate suspension.

Unfortunately suspension may look like a “reward” to some students. A model school policy needs to include a thoughtful process of how to help students rather than “reward” or punish them. It’s important that each student who has been identified with substance abuse (use of alcohol, marijuana, tobacco etc.) should have an assessment to determine if they have a substance abuse dependency issue. This needn’t be very expensive and in most cases school staff can be trained in one or more simple adolescent assessment tools. The GAIN Quick is one such tool. Many North Country Schools already have staff on board who have been trained in these tools.

However we know that consequences are also important. North Country Substance Abuse Prevention Coalitions have been researching what current best practices are around these issues and we have plans to release a fact sheet this winter.

Meanwhile one bit of information we’d like to share is that an ATOD policy needs to be in line with a full school approach for discipline issues. A recent report has indicated that PBIS, which is being implemented in several North Country Schools, can be a powerful foundation on which to lay a school’s ATOD Policy. We don’t believe that PBIS is sufficient by itself for school substance abuse violations but it can be a powerful foundation for it.

The following is from the Drug Free Communities List Serve which addresses this issue. If you are interested in PBIS be sure to check out the links in the message.

Subject: Alternative Programs to Out of School Suspensions

The best evidence based practice being used as an alternative to out of school suspensions is PBIS. Positive Behavior Interventions and Supports (PBIS) is a proactive systems approach to establishing the behavioral supports and social culture needed for all students in a school to achieve social, emotional, and academic success. Intervention model applies a three-tiered system of support, and a problem-solving process to enhance the capacity of schools to effectively educate all students

Positive Behavioral Interventions & Supports Websites:

<http://www.pbis.org/main.htm>

<http://www.pbisillinois.org/> (Illinois)

<http://pbismaryland.org> (Maryland)

<http://www.ed.state.nh.us/education/News/PBIS.htm> (New Hampshire)

KIP Retreat (Kids in Prevention) – An Innovative Youth Leadership and Prevention Campaign in Woodsville Funded by Elbow Grease and Community-School Commitment

For the past 8 years Haverhill Community Middle School (HCMS) has been implementing a KIP Retreat. KIP stands for Kid in Prevention and includes the involvement of many champions at the school and in the Woodsville Community including Jim Kinder, HCMS Counselor, Laura Moody, former KIP Counselor and college student, Mat Forest, HCMS Assistant Principal, Kyle Logan and Arianna Kinder, volunteer leaders.. KIP targets 4th and 5th graders mentored by 7th and 8th graders who attend a two day retreat (with one overnight.).

The mission of KIP is to improve the environment, including “our schools, community and families. It is understood by the group members that by giving of

oneself and teaming together as a cohesive group we can make a difference.” KIP youth “vow to give freely, work hard, and have fun!”

The KIP group implements and supports activities that are alcohol and drug-free.”

The most recent KIP retreat took place at Mountains Lake Lodge on Monday and Tuesday, November 10th and 11th. Twelve 4th grader and 12 fifth grade students participate along with 10 7th and 8th graders.

The retreat is an event “jammed full of innovative activities and events focused on promoting healthy decisions. Its purpose is to give the younger students an opportunity to develop skills and knowledge in the areas of leadership and to promote guidelines represented by the acronym CARES (Cooperation, Assertion, Responsibility, Empathy and Self-Control.)

The rationale for KIP is that Prevention is...”if a person feels a sense of belonging to a certain community and that community has a certain set of acceptable behaviors; then that person will not engage in behaviors that the community sees as acceptable. This would jeopardize his/her membership in the community.”



Jim Kinder and youth at recent KIP retreat in November.



Signs representing KIP activities.

Coos County Coalition

The next meeting is scheduled for Thursday, December 18, 2008 at 8:00 for breakfast at UNH Cooperative Extension in Lancaster. For more information or to RSVP contact Valerie Herres at vherres@nchcnh.org or 837-2519.

Juvenile Justice Project/Tobacco Prevention and Control Committee Going to NH Corrections

The next meeting of the Coos County Coalition Juvenile Justice Project combined with the Berlin Area Secondhand Smoke Committee will take place on Monday, December 15th from 8:15 to 10:00 at the NH Correctional Facility in Berlin. Corrections will be providing refreshments for the meeting. Interested stakeholders along with members are invited and are welcome to stay for a tour of the facility after the meeting. Since security is important be sure to contact Valerie Herres at vherres@nchcnh.org or 837-2519 by December 9th at the latest to get clearance prior to the meeting (you'll need to provide your birthdate!)

Coos County Coalition 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. Please RSVP Valerie Herres if you plan on attending at vherres@nchcnh.org or 837-2519.

Full membership meetings take place at UNH Cooperative Extension in Lancaster. The two year

terms of three members of the Committee expire at the end of the year. Elections for those positions will take place at the next full Coalition meeting on Thursday, December 18th. The breakfast meeting runs from 8:00 to 9:30 am.

Future full Coalition meetings will be on Thursdays, from 8 to 9:30 on the following dates:
December 18
February 19
April 16
June 18
August 20
October 15
December 17

Coos Families Connected

The next meeting of Coos Families Connected, an advisory board for the Family Court in Coos is scheduled for Thursday, December 4th in Groveton at Northern Human Services on Brooklyn Street from 6 to 8 pm.

Northern Grafton County Coalition

The next meeting of the Northern Grafton County Coalition is tentatively scheduled for Wednesday, January 20th at noon time, place yet to be determined. For more information contact Bob Thompson at bthompson@nchcnh.org or 837-2519.



Tobacco Prevention and Control Program:

[Recent NH Tobacco Prevention and Control News](#)

Coming Soon NEW NH Try to Stop Website on 11/5 check it out at www.trytostoph.org

TTAC is pleased to announce the release of the Developing Smoke free Implementation Regulations (DSIR) toolkit. The DSIR is a web-based toolkit designed to help health departments, advocacy organizations, and others in the public health community draft and adopt regulations to implement comprehensive smoke free laws. The Developing Smoke free

Implementation Regulations toolkit includes: examples of effective state and local implementation language; model implementation and enforcement rules; an introduction to public health rulemaking; an overview of smoke free policy for lawyers; and other useful resources for smoke free implementation. To review the toolkits click on <http://www.ttac.org/products/DSIR/>

Check out: Campaign for Tobacco Free Kids website, their Research Center has Fact Sheets on many topics that you can print or upload. <http://www.tobaccofreekids.org/research/>

Tobacco firms target teenage girls with 'super slim' products (UK)
Public health groups have accused tobacco companies of capitalizing on adolescent girls' weight concerns with new products that target girls with sleek, feminine packaging and presentation. Silk Cut will launch new "super slim" cigarettes, which will be sold in "perfume-shaped" packs. In a similar marketing approach, the American cigarette brand Virginia Slims will launch redesigned pink "purse packs" next year in an effort to appeal to women. Virginia Slims Lights and Ultra lights will be sold in the new purse packs to help Philip Morris grow its market share in "light" cigarettes. Since the 1920s, tobacco companies have used marketing messages to link smoking to a slim figure, and according to the director of UK public health group Action on Smoking and Health (ASH), Silk Cut's use of the "super slim" terminology glamorizes smoking and preys on young women's weight anxieties. Click <http://www.independent.co.uk/life-style/health-andwellbeing/health-news/tobacco-firms-target-teenage-girls-with-super-slim-products-cigarettes-966237.html> for more information on these new lines of "women's cigarettes". Click http://www.brandweek.com/bw/content_display/new-s-and-features/packagedgoods/e3i7e19cce243eb21aad670286574b29033 to read a marketing article on the Virginia Slims purse packs.

NH DHHS, TPCP Website: www.dhhs.nh.gov/dhhs/atod

Project Monitor SafeHomes Pledges:

The North Country Substance Abuse Coalition 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

NH Risk Behavior Data Now Available By County

County-level reports using the 2007 NH Behavioral Risk Factor Surveillance System (BRFSS) are now available online. The reports include the most commonly requested health risk factors from the BRFSS. www.dhhs.state.nh.us/DHHS/HSDM/behavioral-risk.htm

Free Satellite and On-Line Training in Interesting Topics

The Distance Learning section of the Multijurisdictional Counterdrug Task Force Training Program offers more than a dozen telecasts and videos each year dealing with a variety of Counterdrug topics ranging from Raising Drug-Free Kids to Electronic Tattletales: Drug Evidence in Online Social Networking Groups. www.mctft.com/telecasts/upcoming_telecourses.shtml

Now Accepting Applications for Upcoming Community Leadership Initiative Retreats

New Futures Community Leadership Initiative (CLI) continues to build a network of advocates in New Hampshire to reduce underage alcohol problems and increase access to treatment - and we want you! Working in partnership with New Futures, these advocates act on public policies that impact these issues. Participation in CLI begins with a one-day leadership retreat designed to provide information and enhance advocacy skills.

December 3, 2008	Shelburne (Town & Country)
February 5, 2009	Dover (Cocheco Country Club)
December 9, 2009	Concord (Common Man)

To learn more about these leadership opportunities, please contact [Linda King](mailto:Linda.King@new-futures.org) at 658-2770 or visit the New Futures website at www.new-futures.org.

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.

Training Opportunities for Substance Abuse Prevention and Related Topics

Be sure to check out the New Hampshire Training Institute on Addictive Disorders website at <http://www.nhadaca.com/training.html> for information on upcoming offerings. It also includes news, resources, job listings, peer assistance and legislative updates related to training.

North Country Substance Abuse Prevention Coalitions

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 North Country Substance Abuse Prevention Coalition is:

“Working together to create healthier communities for our children.”