

North Country Prevention Newsletter



Date: February 2009

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.

[Youth Grants Update and Request for Proposals Releases](#)



The requests for proposals and information on the youth grants have been released. These are \$1000 grants to support youth groups in schools and in the community to take on substance abuse prevention projects using environmental approaches.

Information on the grants and a copy of the Request for Proposals are at <http://www.nchc-csap.org/applicationmaterials.html>.

If you or anyone you know is working with youth groups (5th through 12th grade) be sure to check this out.

Here's the timeline for the grants.

January 30th: Bidders' Conference available at various locations in the North Country.

February 17th: Completed application must be received by this date.

March 2nd: Announcement of grantees.

June 2009: Project must be completed.

Information on the grants and a copy of the Request for Proposals are available at <http://www.nchc-csap.org/applicationmaterials.html>

For more information contact Diana Gibbs at dgibbs@nchcnh.org or Valerie Herres at vherres@nchcnh.org or call either 837-2519.

North Country Youth Leadership Project

Along with the Youth Grant Project, the North Country Substance Abuse Prevention Coalitions have been working together on another aspect of the project. This is to recruit and send four teams of middle school students to the Leaders in Prevention (LIP) training hosted by Teen Institute annually. Teams of 8 youth and one or two adult facilitators attend LIP for a weekend and then return to their local communities where they select one or more group activity that address substance abuse and other youth issues.

Funds for the LIP teams are supported by the Drug Free Communities Support Program and STOP grants awarded to North Country Health Consortium in October 2008. For more information on the North Country Youth Leadership Project contact Valerie Herres at vherres@nchcnh.org or Diana Gibbs at dgibbs@nchcnh.org or call either at 837-2519.

Seventeen Attend Littleton Area Substance Abuse Prevention Task Force Meeting Planning Session January 20th

A planning and information session was held on Tuesday, January 20th with the Littleton Area Alcohol, Tobacco and Other Drugs (ATOD) Task Force with 17 stakeholders in attendance with Bob Thompson, Coordinator of the Strategic Planning Network as facilitator. The luncheon meeting was held at the Gregg Academy in the Littleton Area Learning Center. Bob unveiled a new display from the Strategic Planning Framework – State Incentive Program (SPF-SIG) which is represented in Region A by the North Country Prevention Network. The Littleton Area ATOD Task Force is a member of the Network along with the Coos County Coalition and other local community stakeholder groups.



Members of the Littleton ATOD Task Force Meeting discussing local concerns. From left to right: Chief Smith of the Littleton PD, Joelle Smith of Ammonoosuc Community Health Services, Melissa Berry and Mike Ferrant from the Boys and Girls Club, Cindy McLaren, Heather Holt and Arlene Soule from SAU 84 and 35.



Members at meeting from left, Dave Roy the NH Dept. of Health and Human Services, Joelle Smith from ACHS, Melyssa Berry and Mike Ferrant from Boys and Girls Club, Cindy McLaren, Heather Holt and Arlene Soule from SAU 84 & 35, Bob Thompson, Dick Fowler and Dale St. Pierre from Division of Juvenile Justice Services and Pat Paul from Northern Human Services.



Littleton ATOD Task Force members from left to right: Dale St. Pierre from the Division of Juvenile Justice Services, Pat Paula and Linda Goldstein from Northern Human Services, Dave Roy from NH DHHS, Diana Gibbs from North Country Health Consortium, and Kathy Jablonski from UNH Cooperative Extension.

Valerie Herres, Director of the Community Substance Abuse Prevention Program at North Country Health Consortium spoke about the upcoming Great American Spit Out and shared materials and information with members. She also discussed the Drug Free Communities Support Program Grant (DFCSP) which supports efforts of the task force. The three drugs that the DFCSP will be focusing on in the next few years are alcohol, tobacco and abuse of prescription drugs. Valerie explained that prescription drug abuse has increased throughout the country and that the trend has reached the North Country.

The group has been meeting for the past several years. The session was build around gathering information, concerns and direction from the group

for activities for the next year. Members were asked what their chief concern was around substance abuse and what did they want the group to focus on.

Many issues and ideas were shared including interest in targeting information towards parents, working closely with law enforcement and the importance of prevention and difficulty and expense of treatment once someone has become addicted to drugs. The group will be meeting bi-monthly. For more information on the Littleton Area ATOD Task Force or for a schedule of meetings contact Bob Thompson at bthompson@nchcnh.org or call him at 837-2519.

Coos County Coalition

The Coos County Coalition meets bi-monthly in Lancaster at UNH Cooperative Extension. These are breakfast meetings held from 8:00 to 9:30 (sometimes with additional informational sessions held after). Dates for 2009 are: Coos County Coalition meetings will be on Thursdays, from 8:00 to 9:30 on the following dates:

February 19
April 16
June 18
August 20
October 15
December 17

Tobacco Prevention and Control News

North Country Substance Abuse Coalition DISECTS "THIRD-HAND SMOKE"

North Country Substance Abuse Prevention Coalitions are concerned that smoking outside is not enough to protect pets and children from the hazards of cigarette smoke. According to Dr. Winickoff's recent Harvard study of "third-hand smoke", 95% of non-smokers and 84% of smokers realize the effects of second-hand smoke on humans. However, when participants of the study were asked about "third-hand smoke", only 65% of non-smokers and 43% of smokers actually saw the dangers of someone inhaling lingering smoke and the particles that are left behind on clothing, furniture and on our bodies, after a cigarette had been put out.

Smoking outside, opening a window, using a fan; these are all common ways that people who smoke try to eliminate or reduce smoke inhalation by their children. The reality is that children are *still* at risk of

inhaling the toxins in cigarette smoke even if they do crack a window. Dr. Winickoff's study has shown that even in homes where parents smoked outside, the level of tobacco toxins were still up to 7 times greater than in those homes where neither parent smoked. Additionally, in homes where parents smoked inside, levels of toxins were even 8 times greater than in homes where parents smoked outside, as 90% of particulate matter sticks to walls, furniture, etc.

Dr. Jonathan Winickoff, assistant professor of pediatrics at Harvard Medical School, has coined the term "Third-hand" smoke. Third-hand smoke refers to the toxic brew of gases and particulate matter from the smoke of a cigarette that lingers in the hair and clothing of a smoker, in furniture, cars, curtains, bedding, carpets, children's toys, and where ever else cigarette smoke was able to make its way to.

The different classifications of which "hand" tobacco smoke is considered has been an ongoing research process over the years. First-hand smoke is the smoke that the smoker inhales. Second-hand smoke is the smoke that the smoker breathes out and the smoke that comes from the lit end of the cigarette. Third-hand smoke is the smoke and toxic particles in smoke that deposits itself on everything and everyone in its reach.

"Children are more likely than adults to inhale or consume the toxins in cigarette smoke because of their closeness to items and surfaces that have been contaminated by cigarette smoke, such as furniture, toys, and even a parent's clothing (through snuggling and cuddling) Children crawl across carpets that hold the toxins, says Valerie Herres, Program director for the North Country Health Consortium (NCHC), "As most people know, babies and toddlers love to put *everything* in their mouths, in turn consuming the toxins that are present."

What does this mean for children and pets? There is not a determined "safe level" of tobacco exposure, making every exposure dangerous. The developing brain of children can be affected as well, causing lower IQ, from the lead found in third-hand smoke. Children who are exposed to second-hand and third-hand smoke are more likely to have chest infections, colds, allergies, ear infections, pneumonia, bronchitis, asthma attacks, and may be more likely to develop cancer due to the cancer causing agents in cigarettes. Babies have an increased risk of Sudden Infant Death Syndrome (SIDS), and are more likely to need hospital care in their first year of life.

In the words of Dr. Winickoff, "It's important to realize that the developing brain needs to be protected even from small toxins. People [and pets] who suffer the most from this don't have a voice." We can start saving our children and pets from this exposure by seeking alternatives now. Quitting would eliminate the problem, but smoking less is a start! For help with quitting tobacco use, call 1-800-Try-To-STOP.

For more information on the Coalition, projects, or materials on tobacco, including cessation materials, call Diana Gibbs, ATOD Prevention Coordinator at NCHC, at 837-2519 or email her at dgibbs@nchcnh.org.

Tobacco Prevention and Control Program has new look!

The NH Tobacco Prevention and Control Program which supports funds the state's tobacco prevention and control coalitions along with the Smokers' Helpline, Resource Center and Web Site has a new look for the new year. Below are some samples:



This is the new logo for the state program.



This is the new logo for the Smoker's Helpline



This is the new logo for the Try to Stop website.

Through With Chew Week – February 15th to 21st.

This year, New Hampshire Tobacco Prevention and Control Program is holding its first Annual Great American Spit Out and Though With Chew Week. This year's activities are targeting teens and young adults who are using chew, many of whom believe, that chew is less harmful than tobacco. Unfortunately, this is a myth.

The use of chew has increased dramatically in the past few years. Since chew is not a cigarette, state taxes for its sales is minimal making it a less expensive tobacco product that falls under the category of cigars or loose tobacco. (Any tobacco product wrapped in tobacco is considered a cigar or loose tobacco.)

This year the North Country's tobacco coalitions will be focusing on contacting dental practices with educational materials and information on support services for their patients. North Country Health Consortium's Molar Express, a mobile dental clinic that travels to local communities from Pittsburg to Woodsville will be participating in the information week along with other dental practices in the North Country.



In addition the coalitions have contacted local pizza parlors in many communities to ask they promote prevention and resources to tobacco users.



Tobacco use (cigarette smoking, chew etc.) doesn't just lead to bad breath and yellow teeth. A new fact sheet from the NH TPCP details some important facts about using chew:

- Each year in the United States, mouth or throat cancer will kill an average of **8,000** people. This is one person per hour, 24 hours a day.
- Tobacco use causes **tooth loss** and gum disease. In 2006, nearly twice as many adult smokers in NH reported tooth loss due to decay or gum disease compared to tooth loss reported by nonsmokers.

- All forms of tobacco contain nicotine. **Nicotine** is highly addictive. Quitting nicotine addiction is very difficult. People average seven to ten attempts before they are successful.
- Cigars and chew tobacco are not safer than cigarettes. All tobacco products contain toxins that cause **cancer**.
- Cancer from chewing tobacco doesn't just occur in the mouth. Some of the cancer-causing agents in the tobacco can get into the lining of the stomach, the esophagus, and into the **bladder**.
- Chew and dip are left in contact with gums, cheeks and/or lips for prolonged periods of time. This can cause leukoplakia. **Leukoplakia** appears either as a smooth, white patch or as leathery-looking wrinkled skin. It results in cancer in three to five percent of all cases.
- About 70% of spit tobacco users report having **mouth sores**.
- Using chew can also cause: cracking and **bleeding lips** and gums, receding gums and bone loss in the jaw, (which can eventually make teeth fall out), increased heart rate, high blood pressure, and irregular heartbeats, all leading to a greater risk of heart attacks and **brain damage** (from stroke).
- Chewing tobacco decreases a person's sense of taste and ability to smell. As a result, users tend to eat more salty and sweet foods which can lead to more **cavities**.

Some tips to share with friends and family who may be using tobacco and want to quit are:

- Make a list of all the reasons you want to quit; keep it with you and look at it often.
- Be assertive. Tell others clearly why you are quitting chew or cigarettes.
- Make it difficult to use tobacco; wet down and throw out all **cigarettes** and smokeless tobacco.
- When the urge to use tobacco hits, take a deep breath. Hold it for ten seconds, then release slowly. Deep, rhythmic breaths are similar to **smoking**, only you inhale clean air instead of poisonous gases.
- Stock up on low-calorie "nibbles": sugarless gum, hard candy, carrots, sunflower seeds, fresh fruit, popcorn.
- Avoid situations where you usually use tobacco: the "smoking area" at school, the convenience store or mall, riding with friends who smoke or chew, etc.

- Keep busy. Acquire some new hobbies. Write a letter, play an instrument, take a walk, call a friend.
- Get rid of "tobacco mouth" by brushing your teeth several times.
- Announce your plan to quit. Ask for help from friends and family members who will offer encouragement.
- Figure out how much money you will save by not using tobacco.
- Reward yourself frequently. Quitting is hard; you deserve credit for your efforts. Plan to reward yourself with each success; buy a new record or tape, a new pair of jeans, or do something nice for yourself.

The Next Step:

3 Free Services for People Who Are Ready to Quit

1-800-Try-To-STOP

www.trytostoph.org

www.BecomeAnEX.org

The Coalitions will be contacting dental offices with information for patients who may use chew and working with local pizza parlors to alert young customers who may be using chew, or have friends that do, of the risks. The date of the GASO is

The date of the Great American Spit Out is February 19th and Through With Chew Week is February 15th to 21st.

For materials on chew, tobacco prevention or for a chew quitting guide contact Diana Gibbs at djgibbs@nchcnh.org or call her at 837-2519.

Project Monitor:



Join with the efforts of others in your community to stop underage drinking and prevent underage drinking parties.

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 of North Country Health Consortium, local coalitions and law enforcement from Northern Grafton County and Coos County have agreed to contact the potential hosts to alert them of the legal and libel consequences of providing alcohol to underage youth. 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@northumberlandpolice.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

NH Liquor Commission anonymous tip line for Buyer Beware and providing alcohol to underage youth – 1-888-8-OVER 21.

The NH Liquor Commission also has a line to call anonymously tied to their **Buyer Beware Program** which targets young adults who purchase alcohol to youth. The number to call is 1-888-8-OVER 21.

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. Taking the **Project Monitor SafeHomes Pledge** is a positive step that parents and other caregivers can make 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.

The NAMI Littleton Family Support Group Meeting Schedule

The Littleton NAMI Family Support Group sent along its upcoming schedule of meetings and presentations. Please pass this information on to anyone who might be interested.

Where: All Saint's Parish House, School St. entrance, Littleton

When: The first and third Tuesday of each month 7-9 pm

**February 3- Educational Presentation
"What is happening in**

the brain when someone has a mental illness?

We will explore this question with a psychiatrist.

February 17- Family Support Meeting

March 3- on PTSD. Educational presentation
Speaker Michelle Authier from White Mt. Mental Health.

March 17- Family Support Meeting

April 7 - Educational presentation on Bipolar Disorder.
Speaker Bethany Ricker from White Mt. Mental Health.

April 21- Family Support Meeting

May 5- Educational presentation on Community Mental Health Services and Crisis Management.
Speaker Leann Despina from White Mt. Mental Health.

May 19- Family Support Meeting

June 2- Educational Presentation on Effective Communication skills.

June 16- Family Support Meeting
July 21- One Meeting in July—Family Support
August 18- One Meeting in August—Family Support

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.

February 5, 2009 Dover (Cocheco Country Club)

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.

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."