

## North Country Prevention Newsletter



**Date:** July 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 26<sup>th</sup> of each month. Send items to [vherres@nchcnh.org](mailto:vherres@nchcnh.org).

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

### North Country Prevention Training Survey Results

Thanks to everyone who took the North Country Prevention Training Survey this spring. Seventy-two people indicated what trainings they were interested in and what days, times and formats work best for them.

Result highlights are:

- Topics – high interest in Creating Effective System of Delivery through Collaboration (30.9%); Grant Writing (27.8%); Evidence Based Programs (27.8%); Youth Empowerment Strategies (25%) and Mentoring Programs for Youth (23.6%).
- Length of Training: Full Day (53.5%); Morning Program (52.1%); Lunch Program (43.7%).
- Cost – barrier when more than \$50. (50.7%)
- Travel – barrier if over one hour (39.7%)
- Receiving Continuing Education Credits are important to 40.3%

North Country Health Consortium's Community Substance Abuse Prevention staff will be using this information to develop the training offerings during the upcoming year.

### Updated SAMHSA Directory of Drug and Alcohol Abuse Treatment Programs Now Available – News Release from SAMHSA

A new, updated guide to finding local substance abuse treatment programs is now available from the Substance Abuse and Mental Health Services Administration (SAMHSA). ***National Directory of Drug and Alcohol Abuse Treatment Programs 2008*** provides information on thousands of alcohol and drug treatment programs located in all 50 states, the District of Columbia, Puerto Rico, and five U.S. territories.

This SAMHSA National Directory includes public and private facilities that are licensed, certified, or otherwise approved by substance abuse agencies in each state. A nationwide inventory of substance abuse and alcoholism treatment programs and facilities, the National Directory is organized and presented in a state-by-state format for quick reference by health care providers, social workers, managed care organizations, and the general public. This latest SAMHSA directory provides information on more than 11,000 community substance abuse treatment programs.

The directory gives important information on levels of care and types of facilities, including those with programs for adolescents, persons with co-

occurring substance abuse and mental disorders, individuals living with HIV/AIDS, and pregnant women. In addition, the SAMHSA directory includes information on forms of payment accepted, special language services available with select providers, and whether methadone or buprenorphine therapy is offered.

The updated directory complements SAMHSA's internet-based **Substance Abuse Treatment Facility Locator**. The online service, which is updated regularly and may contain more current information, provides searchable road maps to the nearest treatment facilities, complete addresses, phone numbers and specific information on services available. The electronic, searchable version of SAMHSA's updated **National Directory of Drug and Alcohol Abuse Treatment Programs** is available on the Web at <http://FindTreatment.samhsa.gov/>

### Coos County Coalition

The Coos County Coalition met on June 19<sup>th</sup> in Lancaster at UNH Cooperative Extension. Cam Brown, North Country Investigator for the NH Liquor Commission was the guest speaker. Cam talked about the Commission and how it monitors establishments with liquor licenses. The group discussed the fact that in April, the Commission had conducted compliance checks. These are done by underage youth who attempt to purchase alcohol. Youth who participate in compliance checks must meet specific standards; not appear older than they are; not wear makeup or clothing that would make them look older; must present their valid driver's license to the establishment requests it. It is not intended that compliance checks be "stings" but rather, that establishment staff are following the law.

Unfortunately 11 Coos businesses failed the compliance check that month and were fined and the employee who sold the liquor was charged with breaking the law by serving an underage youth. Cam pointed out the responsibilities of businesses when they have a liquor license. The commission provides free trainings to new business owners and periodic training of staff.

There was much discussion and support for ongoing checks, training and the importance of working with businesses and how the Coalition can get businesses involved in working on the problem.

The Coalition members also heard updates on activities including the Strategic Planning Framework, Tobacco Prevention and Control Program and the Coos County Family Support Project.

The Coos County Coalition's next breakfast meeting will be on Thursday, August 21<sup>st</sup> from 8 to 9:30 at UNH Cooperative Extension in Lancaster. All are welcome to attend and bring a friend. For more information or to RSVP contact Valerie Herres at 837-2519 or email her at [vherres@nchcnh.org](mailto:vherres@nchcnh.org).

### Schedule for future Coalition meetings

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](mailto:vherres@nchcnh.org) for more information. The Coalition meeting dates for 2008 are:

Thursday, August 21, 2008  
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](mailto:vherres@nchcnh.org). Schedule of meetings which take place at UNH Cooperative Extension in Lancaster are:

Monday, July 28, 2008  
Monday, September 22, 2008  
Monday, November 10, 2008

### Juvenile Justice Project

The Coos County Juvenile Justice Project meets monthly at various locations. The last meeting, on June 16<sup>th</sup> was held at the NH Correctional Facility in Berlin where members talked about the Volunteer Clearinghouse and ways to promote volunteer opportunities throughout the region. Marjorie Waters from NH CASA talked about the work of CASA and the need for more volunteers in the North Country. After the meeting, many members of the group had a tour of the facility and an opportunity to view the work areas, cell blocks and other parts of the facility. The Corrections Culinary Arts folks provided refreshments. A thank you to Sue Young, Diane York and Rick Buteau, members and staff from NH Corrections for hosting the meeting.

The goal of the Coos County Juvenile Justice Project is to prevent youth court petitions and the next meeting is scheduled for Monday, July 14<sup>th</sup>

from 8:30 to 10:00. It will be at North Country Educational Services in Gorham. Contact Valerie Herres at 837-2519 or [vherres@nchcnh.org](mailto:vherres@nchcnh.org) for more information.

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

July 14 at North Country Educational Services  
August 11 at CASA in Berlin  
September 8  
October 13  
November 10  
December 8

### **North Country Prevention Network Update:**

The North Country AOD Prevention Network is conducting a region-wide assessment of factors contributing to youth drinking and dangerous drinking behavior among young adults. This assessment process is being conducted by regional networks across the state. The goal is to identify effective prevention practices that fit communities in the North Country. As part of this process, community members have participated in interviews, completed surveys, and provided input through coalition meetings.

Data is still being collected, but a preliminary analysis shows several significant themes emerging across the region:

- Young people's use of alcohol, marijuana and cigarettes is going down overall.
- Students' understanding of the risk posed by alcohol and tobacco is increasing; as is parents' disapproval of kids' drinking and smoking.
- A significant risk factor contributing to youth alcohol use is social norms that support youth drinking. These norms are set and maintained by communities, parents and peers.
- Supportive adult relationships at school, in the community, and with family are seen as the greatest protection against North Country youth using alcohol and other drugs.
- Out-of-school youth and young adults are not being reached by prevention messages and programs. This represents a significant need and gap.

The data gathering process for SPF-SIG will be completed in August. Prevention partners will be invited to see the assessment results and provide final input on the most important factors contributing to youth alcohol use on August 14<sup>th</sup>. A regional strategic plan for AOD prevention will come out of

the recommendations from prevention partners and coalition members.

The North Country AOD Prevention Network is the Strategic Prevention Framework State Incentive Grant (SPF-SIG) program for Coos and northern Grafton Counties. For more information, contact Bob Thompson, North Country Prevention Network Coordinator, at 837-2519.

### **Coos Families Connected LOGO Contest Awards Ceremony**

On Thursday, June 12<sup>th</sup>, the Coos County Family Court Advisory Group – Coos Families Connected, held its LOGO Contest Awards Ceremony at the Lancaster Elementary School. Contest finalists, parents, art teachers, Group members, school personnel and several state representatives watched as North Country CASA Director Jerry Larsen reviewed the many entries and the difficulty the contest judges had in making a final determination. After that His Honor James Michalik presented the awards to the winners. Top winner of the contest was Leona Montesi of Berlin who won a \$100 gift card for her work. The four runner ups, each of whom won a \$25 gift card were Jessica Gale, Tim Coy, Sarah Kiddy and Nathan Lebargne.

The Logo will be used for the Coos Families Connected's web site and for the group's letterhead. Art Teacher, Roland Simard from Berlin High School, was on hand for the Ceremony.

The Group plans on having its web site up and running shortly. It will include a resource guide to services in the county for professionals and families.



Some of the entries for the Coos Families Connected Logo contest.



Leona Montesi from Berlin High School received a \$100 Gift card as the winner of the Logo Contest from His Honor James Michalik of the Coos County Family Court.



Finalists in the Coos Families Connected Logo Contest hold their gift cards. They are Jessica Gale, teacher Roland Simard (behind Jessica), Tim Coy, Sarah Kiddy & her mother Dawn Kiddy, His Honor Judge Michalik, Leona Montesi and Nathan Lebargne.



Coos County Commissioner Tom Brady and Dalton Police Chief John Tholl at the Coos County Families Connected Logo Contest Celebration.

## [Northern Grafton County Coalition](#)

The next Grafton County Coalition meeting is scheduled for Tuesday July 15<sup>th</sup> 12 noon- 1:30 at the Community House Annex Room in Littleton.



Samantha the Skunk read to kids about the dangers of Smoking and secondhand smoke as part of the Relay for Life events in Littleton. Tim Hite, a teenager from Lisbon played the part of Samantha "Sam"



Samantha gave away "No Smoking Zone" air fresheners for adults and "I promise not to smoke" bracelets to kids at the Relay for Life event in Littleton

## [A Banner Year for Beer Banners](#)

Now that summer is here, we're seeing more beer banners around our towns welcoming the bikers, ATV riders and other sports enthusiasts. Over the past few years, it appears that fewer businesses are putting this up. However, we did want to share these pictures of one business. See if you can count how many banners there are being displayed. Please note that in the North Country, and especially in the community shown, banners DO NOT fall under planning board regulation and are not considered signs. That just might be a project

that needs to be looked at????? Anyone interested?



There are 3 banners here and one to the right that the camera couldn't capture.



Sorry but there's one more to the left not visible. Total # of banners = 11.



### [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](mailto: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](mailto:lremick@nchcnh.org)

**Colebrook Area** – Contact Laura Remick at 837-2519 or email her at [lremick@nchcnh.org](mailto:lremick@nchcnh.org).

**Berlin Area** – Laura Remick, North Country Health Consortium at 752-1035 or email [lremick@nchcnh.org](mailto:lremick@nchcnh.org). The next meeting is scheduled for Monday July 21<sup>st</sup> 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](mailto: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](mailto: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](mailto:gpde@ncia.net)
- Groveton – 788-3232 or email [npd@northumberlandpolicenh.com](mailto: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](mailto: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](mailto: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](mailto:vherres@nchcnh.org).

If you would like to have your name removed from this newsletter send an email to [vherres@nchcnh.org](mailto: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](mailto: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.”**