

North Country Prevention Newsletter



Date: November, 2008

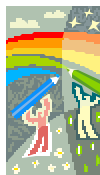
North Country Prevention Newsletter

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, Coos County Coalition, North Country Prevention Network, 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.

Great American Smoke Out – November 20, 2008



By now everyone knows that tobacco and smoking is addictive. However, only too often it may take many tries for someone to quit using tobacco. The American Cancer Society's (ACS) Great American Smoke Out has been a boon to many smokers over the years as they find the support and guidance they need to quit for the very last time – and find success and a smoke free life.

As always the ACS has many resources for individuals, community groups and schools that will help spread the word. Their website at <http://www.cancer.org/docroot/subsite/greatam>

ericans/Smokeout.asp is filled with information, resource materials and tips.

This will be the 32nd year for the Smoke Out which occurs on the third Thursday of the month in November. This year it is on November 20th. Methods to quit have increased over the years to include group programs, on line quit programs and the now well known Help Line and NH Try to Stop Resource Center at 1-800-833-1477 or at www.trytostop.org.

If you or anyone you know is trying to quit be sure to check out the resources available to you. There are also local support groups:

In Lancaster contact Margo Cliché at Weeks Medical Center Community Outreach at 788-4911 extension 3130 or margo.l.cliche@hitchcock.org.

In Colebrook contact Sheila Macie at Upper Connecticut Valley Hospital at 237-4971.

In Berlin contact Ann Morin at Androscoggin Valley Hospital at 326-5860.

You can also go to the National Quitline Websites below:

www.quitworks-nh.org
www.trytostop.org
www.quitnet.org
www.smokefree.gov
www.cancer.org
www.lunguse.org

Materials that can be downloaded at the American Cancer Society Website include:

Desktop Helpers
Payroll Stuffers
Posters
Fact Sheets
Stickers
T-Shirt Transfers
Employer Kits
School Kits

Tips to Make Quitting Tobacco Successful

1. Believe you CAN quit smoking
2. Create a Quit Plan
3. Take Action
4. Prepare yourself Mentally

5. Get Help and Support from Family and Friends
6. Get Help from your Doctor
7. Know Your Triggers
8. Exercise
9. Find a Quit Buddy
10. Don't Give Up. If you believe you can quit you will. It may take several attempts before quitting "sticks". If you quit for a short time then resume smoking, you are one step closer to quitting for good. Just quit again. Keep doing it until you quit for life.

If you or anyone you know would like some Smoker's Quitline materials contact Valerie Herres at 837-2519 or vherres@nchcnh.org

U.S. Nicotine Addiction Rate Highest in 15 Years – From Join Together October 29, 2008 Research Summary

New [research](#) out of the Palo Alto Center for Pulmonary Disease Prevention shows that nicotine dependence in the U.S. is at its highest level since 1993, with 75 percent of that seeking tobacco-dependence treatment considered highly dependent on nicotine.

Researchers studied pretreatment nicotine dependence severity in 630 subjects between 1989-2006 and found those participants' pretreatment addiction scores increased by 12 percent over the last 15 years. The study authors could not pinpoint a definite cause for the trend; however, "Previous studies suggest that individuals who have less severe nicotine dependence have already been successful at quitting smoking, which leaves a larger percentage of patients who are highly nicotine dependent among the greater tobacco-using community," said lead author David Sachs.

The study's findings highlight the need for more individualized tobacco-dependent treatments and possible increases in pharmacologic doses and duration of medical use, the researchers said. "Today's severely nicotine-dependent patient may not respond to the current 'standard' in tobacco dependence treatment, much of which is based on nicotine

dependence data and outmoded treatment concepts from 15 years ago," Sachs said.

The study's results were presented at the 74th annual international scientific assembly of the [American College of Chest Physicians](#).

Strategic Prevention Framework State Incentive Grant (SPF SIG) Plan Submitted to the State

From October, 2007 through August, 2008, the North Country Health Consortium (NCHC) and staff of the North Country Substance Abuse Prevention Network have conducted an assessment of needs and assets related to underage drinking and young adult binge drinking in the North Country. The assessment process culminated in a strategic plan of action that has been shared informed stakeholders throughout the region for feedback. This plan recommends appropriate, proven-effective environmental strategies that address specific, identified need in the North Country. Pending the approval of this plan by the NH Division of Public Health Services, \$151,400 will be released to implement this plan over two years.

The North Country region is designated by the state as Region A. It is made up of Coos County and northern Grafton County. For purposes of the assessment, the region was divided into 6 'sub-regions.' The towns in these sub-regions share some similarities in services, economic profile, demographic characteristics, and in the development of substance abuse prevention infrastructure.

These sub-regions are:

- 2) Colebrook, Groveton and Pittsburg (SAU #7 and #58)
- 3) Berlin and Gorham (SAU #20 and #3)
- 4) Lancaster (SAU #36)
- 5) Littleton & Franconia (SAU #84, #77 and part of #35)
- 6) Haverhill, Lisbon (SAU #23 and part of #35)
- 7) Lincoln, Woodstock (SAU #68)

The most notable differences among communities that emerged from the assessment findings were in community readiness and capacity. The risk and protective factor findings, which are discussed below, seem to be consistent regionally.

The assessment findings showed both assets and challenges to the region's capacity to address the issues of underage drinking and young adult binge drinking. Challenges included inconsistent or short-term funding to programs and projects, frequent staff turnover and the subsequent loss of institutional knowledge, a lack of community involvement in prevention activities, and community attitudes that condone or ignore underage drinking and binge drinking. Community members identified these things as threatening existing prevention efforts and presenting as barriers for new initiatives.

Many assets were also identified in supporting youth and youth risk prevention activities: 1) interest and engagement of police departments and law enforcement; 2) positive expectations and pro-social norms set by schools; 3) the level of knowledge and commitment of prevention leaders in communities; 4) the community coalitions and the reach of their networks in sharing information; and 5) increased awareness in the last 5 years about the risks of youth drinking among the general population, and among parents of young children, in particular.

Assessment findings indicated that outreach and education to parents is a key prevention strategy for the North Country. Parents need to be made aware of the most recent information about the risks of youth drinking and the penalties for supplying alcohol to youth so they can support their children to make healthy choices. Reducing access to alcohol in the home is only one of many steps that parents can take to reduce the risk of dangerous drinking behavior. The assessment found that young adults over 21 are the primary source of alcohol for minors. A social marketing research effort will be undertaken with young adults to better understand their attitudes and beliefs about drinking and their own drinking behavior. Reaching this population about risks and penalties is crucial. Business owners of stores that sell alcohol will be asked to partner with the Network to post in-store information like 'Buyers Beware'.

Schools provide a natural fit for prevention education activities. The strengths of the North

Country schools in providing youth risk prevention can be built upon by implementing model ATOD policies throughout the North Country. School Boards, administrators, faculty and staff will be engaged in this process.

The assessment found that youth believe their peers are drinking and using drugs much more frequently than they actually are. This misunderstanding make substance use seem more normal, and can contribute to a young person's decision to use drugs or alcohol. Organizing youth will be a major strategy in building community coalition capacity throughout the North Country and in implementing strategies identified in this plan. One of the objectives of these youth groups will be to communicate to other students how many of their peers have never smoked or drank in order to reinforce a healthier social norm. Youth groups will be provided mentorship, training and mini-grants to work toward Mobilizing Communities for Change on Alcohol (CMCA).

There are a number of organizations and systems already working effectively on prevention activities in the North Country. These groups will be supported in their efforts by strategies that were deliberately chosen to dovetail with and augment existing efforts. The Coos County Coalition and the ADAPT coalition in Lincoln and Woodstock are two examples of strong, active groups working to keep young people safe through substance abuse prevention activities. These coalitions provide a platform to launch some of these new initiatives, and the expertise to ensure their success. The North Country High School Coalition for Alcohol Abuse Prevention is a new collaborative of six North Country high schools working with North Country Education Services (NCES) to train staff in research-based prevention curricula and implement programs and policies that meet best practice standards. The Network will work to engage other schools in these trainings and to spread the information coming out of this work.

The full strategic plan report is available upon request. Please contact Bob Thompson, North Country Substance Abuse Prevention Network Coordinator for more information at 837-2519 x 602 or bthompson@nchcnh.org

Lessons from Geese

Something we received from Drug Free Communities Support Program Contract Manger Mike Koscinski:

FACT 1:

As each goose flaps its wings it creates "uplift" for the birds that follow. By flying in a "V" formation, the whole flock adds 71% greater flying range than if each bird flew alone.

LESSON:

People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.

FACT 2:

When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It quickly moves back into formation to take advantage of the lifting power of the bird immediately in front of it.

LESSON:

If we have as much sense as a goose we stay in formation with those headed where we want to go. We are willing to accept their help and give our help to others.

FACT 3:

When the lead goose tires, it rotates back into formation and another goose flies to the point position.

LESSON:

It pays to take turns doing the hard tasks and sharing leadership. As with geese, people are interdependent on each other's skills, capabilities and unique arrangements of gifts, talents or resources.

FACT 4:

The geese flying in formation honk to encourage those up front to keep up their speed.

LESSON:

We need to make sure our honking is encouraging. In groups where there is encouragement, the production is much greater. The power of encouragement (to stand by one's heart or core values and encourage the heart and core of others) is the quality of honking we seek.

FACT 5:

When a goose gets sick, wounded or shot down, two geese drop out of formation and follow it to help

and protect it. They stay with it until it dies or is able to fly again. Then, they launch out with another formation or catch up with the flock.

LESSON:

If we have as much sense as geese, we will stand by each other in difficult times as well as when we are strong.

Coos County Coalition

Next meeting 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

Next meeting scheduled for Monday, November 17th at noon for lunch at the Northland Dairy Bar in Berlin. For more information or to RSVP contact Valerie Herres at vherres@nchcnh.org or 837-2519.

Schedule of Future Coos County Coalition 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. Meetings take place at UNH Cooperative Extension in Lancaster. The next meeting of the Coos County Coalition Executive Committee will be on Monday, November 24th from 8 to 9:30 am.

Coos Families Connected & Northern Grafton County Coalition Meeting dates to be announced.



Tobacco Prevention and Control Program:

The Tobacco Prevention and Control Program (TPCP) is funded by two grants by the NH TPCP and works closely with the Coos County and Northern Grafton County Coalitions.

Activities include promotion of the state quit line (You Can Stop. We Can Help at 1-800-Try-To-Stop or 1-800-879-8678), to eliminate exposure to second hand smoke in private and public places and to prevent youth tobacco use. Meetings are scheduled throughout the region. Contact Valerie Herres at 837-2519 or vherres@nchcnh.org for more information, for quit line and display materials and additional resources.

Colebrook: 237-4487
Gorham – 466-2336 or email gpde@ncia.net
Groveton – 788-3232 or email npd@northumberlandpolicenr.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:



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

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 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.

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.”