

# North Country Prevention Newsletter



**Date:** October 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 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.

## Consortium Tobacco Prevention and Control Coordinator Laura Remick Leaving Post October 10<sup>th</sup>

Staff and coalition members of North Country Health Consortium's Substance Abuse Prevention Program will miss the firm and talented skills of Laura Remick, Tobacco Prevention and Control Program Coordinator, who will be leaving her post on October 10<sup>th</sup>. Laura has been with North Country Health Consortium for over 7 years, first working with the Northern New Hampshire Area Health Education Center and most recently as coordinator of the Northern Grafton County Coalition and facilitator of the Berlin Area Secondhand Smoke Committee.

Laura, both a Certified Prevention Specialist and Community Health Education Specialist (CHES) is taking a position with Northern New Hampshire Area Health Education Center in St. Johnsbury as their Health Careers Coordinator. A resident of Vermont, Laura is looking forward to working closer to home. Everyone wishes Laura well in her new position.



Laura Remick talking about Kick Butts Day activities at a recent Northern Grafton County Coalition meeting

## North Country Coalitions Awarded Drug Free Communities Support Program Grant

North Country Health Consortium has been awarded a Drug Free Communities Support Program Grant for its work with local networks and coalitions. The grant's goal is to prevent alcohol, tobacco and prescription drug abuse. All of Coos County and Northern Grafton County to Woodsville/Haverhill will be covered. Activities focus on using environmental strategies and increased participation by youth. Funds will make it possible for the Coalition to do the following:

- Send three teams of middle school youth to Teen Institutes Leaders in Prevention Training;

- Award 6 mini-grants in the region to youth groups interested in working on prevention strategies in their communities;
- Continue public awareness campaigns including Red Ribbon Week, the Great American Smoke Out, Kick Butts Day, and Alcohol Awareness month;
- Promote Project Monitor, an anonymous tip line for reporting underage drinking and Project Monitor SafeHomes Pledge Program to educate and encourage parents not to provide alcohol to underage youth in their homes;
- Work with the NH Liquor Commission in efforts to prevent sales of alcohol to underage youth;
- Educate the public and parents about the dangers of prescription drug abuse; and
- Expand efforts to prevent youth from using tobacco.

In addition the grant will make it possible to increase efforts to recruit community members throughout the region and provide trainings for professionals, community members and others interested in youth substance abuse prevention. For more information contact Valerie Herres, Coalition Project Director at [vherres@nchcnh.org](mailto:vherres@nchcnh.org) or 837-2519.

## North Country Health Consortium receives STOP Grant.

NCHC has been awarded the Sober Truth on Preventing Underage Drinking Act Grant (STOP Act) at \$50,000 per year over four years. These funds will be used to strengthen prevention efforts in the North Country by engaging youth groups in Prevention activities. With the North Country Coalitions identifying a clear need for more youth leadership and participation in North Country Prevention activities, the STOP Act Grant will make it possible to work with more youth.

The STOP Grant contains multiple training opportunities to assist youth in building leadership skills and preparing them to join the coalition as contributing partners, not just token members. The central activity in this proposal is the distribution of six youth mini-grants in the first year (5 in the three subsequent years) that will enable teams of youth to implement environmental strategies in the community and track the impact. Participants in the Youth Leadership Project will be supported by training and technical assistance that span the entire project year.

Through youth leadership development activities, the coalition seeks to build its capacity to engage

youth, develop relevant programs for youth, and better understand the risk and protective factors in our communities that contribute to youth substance abuse.

The Project will connect students with others across school districts to create a learning and networking community for youth. The activities that the students will implement require partnership with at least one sector other than their school community and will help to build working relationships and enhance collaboration.

The outcomes of each youth team will be shared with the key stakeholders in the community. Youth's successes will be celebrated, their efforts will be supported with technical assistance from staff and coalition members, and they will be invited to participate in coalition activities as subject-matter experts on their peer culture and community. These activities and outcomes are designed to help in building capacity and collaborative infrastructure throughout the local communities in the Region as well as complement the efforts of the coalitions to build youth leadership. We look forward to strengthening youth participation in underage drinking prevention activities in the North Country.

## October 23<sup>rd</sup> to 31st is Red Ribbon Week

October 23<sup>rd</sup> to October 31st is Red Ribbon Week, a time to take a stance against drug abuse. Each year Red Ribbon Week activities recognize the value of a healthy and drug free lifestyle. This is a national campaign that which started 1985 after a federal DEA officer was tortured and murdered by drug traffickers. The red ribbon became a symbol of communities coming together to commit to drug-free lifestyles. A national campaign broad-based emerged and the red ribbon now symbolizes community collaboration for the prevention of alcohol, tobacco, and other drugs.



There are many activities that schools and communities may plan around Red Ribbon Week including;

- Planting red tulip flower bulbs with youth and family
- Distributing Red Ribbons and handouts in

- the community
- Supporting Red Ribbon activities at local schools

For more ideas and information visit [www.nfp.org](http://www.nfp.org) or contact Valerie Herres at 837-2519 or [vherres@nchcnh.org](mailto:vherres@nchcnh.org).

## Northern Grafton County ATOD Task Force Meeting

On September 17<sup>th</sup> at the Littleton Community Center Annex, Nicole LaPointe, the Evaluator for the North Country Prevention Network (Strategic Planning Framework Area A Collaboration covering Coos and Northern Grafton County focusing on Underage Drinking, presented a summary from surveys and key informant interviews that were done with many different professionals and community members and young adults in Northern Grafton County.

The two top risk and protective factors identified were

- 1) Social norms around alcohol as a “rite of passage” and the expectations and attitudes of family and peers as the strongest influence on their decision not to drink. Parents were identified as the focus population in this strategy with the strategies of promoting the Project Monitor SafeHomes Pledge along with other educational messages to parents.
- 2) Social norms that youth and young adults believe that their peers drink more alcohol and other drugs than they actually do and their peers contribute strongly to their decision whether or not to drink. A school-based social norms campaign would be the primary strategy to change the social norm showing that a significant number of youth choose not to drink.

The Task Force was asked to reflect on their experience and whether the results were accurate to them. All agreed that the results were comprehensive and on target and were looking forward to the SPF SIG Strategic Plan which will focus on environmental strategies.

The Group also had an opportunity to meet Valerie Smith and Matt Glover from the NH Liquor Commission who are promoting the Buyer Beware Social Marketing Campaign which targets young adults who provide alcohol to underage youth. The North Country Substance Abuse Network and North Country Coalitions will also be targeting young adults in order to reduce access to alcohol by youth.



Bob Thompson (standing) and Nicole LaPointe present SPF-SIG Assessment findings to the Northern Grafton County members.



New Grafton County Inspector Matt Culver from the NH Liquor Commission and Chief Smith from the Littleton Police Department share a few words over lunch at the recent NGC Task Force Meeting.



NGC Task Force members review Assessment Materials at recent meeting. Left to right are Arlene Soule, Heather Holt, Cindy McLaren, Dianne Rappa, Matt Culver and Becky Wallace.

## Coos County Coalition

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.

On the agenda for the next meeting will be updates on the NH Liquor Commission Investigative activities and trainings, information on the restructuring of substance abuse prevention, intervention and treatment at the state level as part of DHHS, an more detailed overview of the upcoming youth LIP and Mini-Grant Projects which are made possible through the new Drug Free Communities and STOP Grants, and updates by members. There's an opportunity to network with other stakeholders interested in youth, prevention and treatment of substance abuse.

**The next meeting of the Coos County Coalition will be on Thursday, October 16<sup>th</sup> from 8 to 9:30 for breakfast at UNH Cooperative Extension in Lancaster.** Meetings are open but please RSVP so we are sure to have enough food for everyone.

## Juvenile Justice Project

The Coos County Coalition's Juvenile Justice Project continues to work together to support current organizations that provide mentoring to youth by adult volunteers. Current members of the JJP include Girls Scouts, After School Programs, North Country Health Consortium's Community Substance Abuse Prevention Program, the Department of Corrections in Woodsville and Berlin, the Division of Juvenile Justice and Parole, the Berlin Teen Center, Youth Alternatives Court Diversion, Northern Human Services Case Management and Student Assistance Programs, NH CASA and other stakeholders.

A display board has been designed for members to use to support their recruitment efforts at events and materials have been collected to be used to promote mentoring opportunities throughout Coos County. The group continues to update a clearinghouse of these opportunities and to inform the public.

In addition the JJP has begun to explore various models for a youth or teen court. **The next meeting of the Juvenile Justice Project is scheduled for Monday, October 27<sup>th</sup> from 8 to 9:30 and will take place at the conference room of Northern Human Services in Berlin.** Anyone interested in juvenile justice issues, mentoring or teen court is welcome to attend. For more

information contact Valerie Herres at [vherres@nchcnh.org](mailto:vherres@nchcnh.org).

## 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 members hip, meets on alternative months. Guests are welcome to attend. Contact Valerie if you plan on coming at [vherres@nchcnh.org](mailto: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 24<sup>th</sup> from 8 to 9:30 am.

## Coos Families Connected

Coos Families Connected is a collaboration formed to support Coos County Family Court activities and resources. The group has recently set up a website that will contain an updated resource guide for the court and families in the region. The next meeting Coos Families Connected is scheduled for Thursday, October 16<sup>th</sup> from 6 to 8 pm at the Northern Human Services office at 69 Brooklyn St in Groveton. For more information contact Valerie Herres at [vherres@nchcnh.org](mailto:vherres@nchcnh.org) or call her at 837-2519.



## 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 some 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](mailto:vherres@nchcnh.org) for more information, for quit line and display materials and additional resources.

## 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 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](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.

### Trainings, Conferences and Workshops:

Juvenile Justice and Mental Health Conference at the Grappone Conference Center in Concord on Tuesday, October 7, 2008 from 9 to 12 PM. \$20 to register. Contact Claudia Ferber, NAMI NH. For more information contact [cferber@naminh.org](mailto:cferber@naminh.org).

First New Hampshire Legislative Summit on Work and the Family at the Holiday Inn in Concord from 9 to 3 pm on October 29<sup>th</sup>. Registration is FREE including lunch. Must pre-register. Call Jamie Sherwood, UNH Cooperative Extension at 862-1928.

New Hampshire Annual ATOD Conference "Coordinating Efforts for Quality Services" at the Grand Summit Hotel in Bartlett, NH on October 2<sup>nd</sup> and 3<sup>rd</sup>. Registration required. NHADACA program. Contact NH Substance Abuse Conference, 105 Pleasant St., 3<sup>rd</sup> Floor North, Concord, NH 03301.

## 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](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 North Country Substance Abuse Prevention Coalition is:

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