

## North Country Prevention Newsletter



**Date:** September 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.

### Northern Grafton County Meeting September 16<sup>th</sup> to Review North Country Prevention Network Assessment of the Region

The next Northern Grafton Substance Abuse Prevention Coalition meeting is scheduled for Tuesday September 16<sup>th</sup> from 12 noon – 1:30 pm at the Community Center Annex Building, 120 Main Street, Littleton. The focus of the meeting will be on the strategic prevention assessment process for underage drinking along with a summary of key findings from the community. Please come to give us your input. A free lunch will be provided. For more information or to RSVP contact Laura Remick at 837-2519 ext 222 or [lremick@nchcnh.org](mailto:lremick@nchcnh.org)

### Youth and Binge Drinking Assessment Identifies Social Norms As Strong Contributor

The North Country Substance Abuse Prevention Network has completed the first phase of its assessment process. The findings were shared for the first time on August 14<sup>th</sup> with a group of coalition and advisory members for input and response.

Prevention activities in the North Country are making a difference by increasing the perception of harm that underage and binge drinking can cause, both among young people and adults. The rates of youth drinking and binge drinking have gone down in the North Country between 2005 and 2007. However, North Country students are still more likely to have had a drink in the last 30 days than the average student in New Hampshire.

Assessment findings indicate that the attitudes and expectations of family members and peers are the two strongest influences on a young person's choices. And while the vast majority of parents surveyed feel that underage drinking is not acceptable under any circumstances, there is still a belief that experimenting with alcohol is a normal part of growing up.

Parents, students, and law enforcement officials alike feel that it is easy for people who are under 21 to get alcohol. The most common source identified is friends and siblings who are of legal drinking age. The second most common source identified is from the home.

Talking to one's children, and making clear the family rules, expectations and consequences regarding alcohol, tobacco and other drug use, has a powerful impact on kids. Monitoring children's school night activities and setting consistent curfews for children under 18 has been shown to prevent use of alcohol and other drugs among students.

Young adults over 21 need to be made aware of the criminal penalties for buying alcohol for friends and siblings who are underage. Under New Hampshire's Party Host Liability Law, a person who hosts a party where minors drink alcohol or use drugs may be charged with misdemeanor, fined up to \$2,000 and spend a year in jail.

The assessment findings were drawn from an analysis of fifteen different assessment tools that gathered input from community leaders, prevention professionals, law enforcement, parents, young adults and youth. The presentation of the findings will be shared with community groups working on prevention activities throughout the North Country. The Network is seeking input on further prioritizing risk and contributing factors, and on choosing environmental strategies that will address the greatest needs.

This work will inform a strategic plan for youth and binge drinking prevention in the North Country. The strategic plan will be completed and shared with community members and coalitions in September.

The North Country Substance Abuse Prevention Network is a program of the North Country Health Consortium, and is funded by the NH Division of Public Health Services. The goals of the project are to reduce and prevent youth drinking and young adult binge drinking in New Hampshire. The Network is one of ten regional projects throughout the state that is following the Strategic Prevention Framework model, which is a five-step process including assessment, capacity building, planning, implementation, and evaluation.

### What is New Futures?

Many of us have heard the name before – but who are they and what do they do? New Futures is a non-profit, non-partisan, *advocacy* organization focused on reducing underage alcohol problems and increasing access to addiction treatment in NH. The organization is based in Exeter with a small office in Concord, but they work statewide. New Futures was established by the New Hampshire Charitable Foundation ten years ago to take broader approach to alcohol, tobacco and other drug problems. Over the years, the organization's activities have evolved, but they remain focused on leadership development, policy development and capacity building.

The Community Leadership Initiative (CLI for short), is the “advocacy arm” of the organization and over the last decade has developed a network of citizen advocates across the state whose phone calls and letters have made a significant difference in our state. New Futures recruits individuals who are concerned about underage alcohol problems and addiction treatment, and prepares them to take action. The network is periodically mobilized and the advocates are asked to contact their legislators and/or policy makers. New Futures and the CLI advocates spearheaded the passage of legislation creating the Alcohol Fund which takes money from the increase in profits from the sale of alcohol and directs it to prevention and treatment in communities. Legislation introduced to lower the drinking age from 21 to 18 has twice been defeated thanks to efforts of the advocates.



New Futures Leadership Retreats Participants Role Play Process.



Former Speaker of the House Donna Sytek and Others Lead the Group Through “How a Bill Becomes a Law”

The North Country will have an opportunity to increase the number of advocates working on these problems in our communities when New Futures brings a CLI Retreat to the Town and Country Motor Inn in Shelburne, on December 3, 2008. Dover will be the location of an additional Leadership Retreat on February 5, 2009. The Leadership Retreats prepare participants to be confident, effective advocates. Call Linda King at 658.2770 or click on the link above for an application.

The [State Strategy to Reduce Underage Alcohol Problems](#) was produced by New Futures in collaboration with many state and local partners. It is unique to New Hampshire and highlights strategies that are environmental – focused on changing the conditions in the community rather than an individual. The organization continues to dedicate resources to spreading the word about opportunities to reduce the availability of alcohol to

underage drinkers, the occasions for underage drinking, and the demand for alcohol among young people.

The [Adolescent Treatment Initiative](#) (ATI) is funded by the New Hampshire Charitable Foundation and managed by New Futures. The ATI projects are operated locally and in addition to direct treatment provide information, referral and networking for families of teens who may have alcohol and other drug problems. Sites are located in Coos County, Plymouth, Lebanon, Belknap County and Keene.

The goal of ATI is to provide outpatient, community-based substance abuse treatment that is research based. Prior to entering treatment, each adolescent completes a comprehensive assessment using the Global Appraisal of Individual Needs. Three models of treatment have been selected for this project: Motivational Enhancement Therapy/Cognitive Behavioral Therapy, Adolescent Portable Therapy and Assertive Community Reinforcement Approach.

New Futures latest publication, [We Need to Face the Challenge: Alcohol and Other Drug Policy in New Hampshire 2008](#), sets an agenda for the next 10 years. Five critically important issues for our state's future are: Paying for Treatment Services; Workforce Development; Adopting Evidence-Based Practices; Treatment Services in the Justice System; and Advocacy and Public Policy.

Each month, New Futures distributes an electronic newsletter with updates about resources, research, legislation and much more for those concerned about alcohol, tobacco, and other drug problems. To sign up or learn more about New Futures go to [www.new-futures.org](http://www.new-futures.org). You'll be glad you did!

## **[Prescription Drug Abuse – Article from Join Together \(8 5 08\). On the Increase!](#)**

### **[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. The Coalition meeting dates for 2008 are:

Thursday, October 16, 2008

Thursday, December 18, 2008

### **[Schedule of Future Executive Committee meetings](#)**

Prescription drug abuse affected nearly 7 million Americans in 2007, and problems ranging from poorly trained prescribers to easy access to medications among young people are making it difficult to stem the tide, [Reuters](#) reported July 30.

Non-medical use of prescription drugs is up 80 percent since 2000, and overdose deaths from prescription medication are now the leading cause of accidental death among adults ages 45 to 54. But among physicians, parents and other segments of society, there often seems to be a laissez-faire attitude about the dangers associated with pain medications and other prescription drugs.

"There's very low social disapproval," said Stephen Pasierb, president and chief executive of the Partnership for a Drug-Free America. "In fact, there are parents who [are] almost relieved that their kid is using Vicodin and not smoking marijuana."

Authorities are attempting to institute several measures to block access to prescription medications, which many youths report are readily available via the family medicine cabinet. A program run by the University of Maine is allowing elderly consumers to mail unused prescription drugs to the state in postage-paid envelopes so that the unneeded medications don't end up getting misused by someone else.

Meanwhile, the number of Americans receiving substance use treatment related to pain medication jumped by 321 percent from 1995 to 2005. Some authorities believe the most productive outreach efforts should target physicians. Len Paulozzi, an epidemiologist with the National Center for Injury Prevention and Control, recently told members of Congress that physicians have not received sufficient training in the pharmacology of potentially dangerous opioid painkillers.

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, September 22, 2008

Monday, November 10, 2008

### **[Juvenile Justice Project](#)**

The goal of the Coos County Juvenile Justice Project is to prevent youth court petitions and the next meeting is scheduled for August 11<sup>th</sup> at the

CASA office in Berlin. 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)**

September 15  
October 13  
November 10  
December 8

### **Coos Families Connected**

The next meeting of Coos Families Connected will be on Thursday, August 21<sup>st</sup> at UNH Cooperative Extension in Lancaster starting at 6:00 pm. All who are interested in Family Court and Juvenile Justice issues are welcome to attend. Contact Valerie at 837-2519 or [vherres@nchcnh.org](mailto:vherres@nchcnh.org) for more information.

### **Northern Grafton County Coalition**

Scheduled date for the next NGC Coalition meeting is on Tuesday, September 16<sup>th</sup> at Community House in Littleton. For more information contact Laura Remick at 837-2519 or [lremick@nchcnh.org](mailto:lremick@nchcnh.org).



### **Tobacco Prevention and Control Program:**

#### **Tobacco Prevention and Control Local Contact:**

Funding in the tobacco prevention budget this year has been reduced to 75%. Laura Remick will be coordinating activities in Coos and Northern Grafton County. The focus of the work plan includes working with businesses, youth, schools, health professionals and community members to create environmental change and to reduce the serious health impact of tobacco use. Laura has lots of resources including; work site kits, smoking cessation resource information, curriculum and other information and can provide guest speaking to your agency or organization. Please contact her at 837-2519 ext 222 for more information.

### **Big Tobacco and their influence on Youth**

When it comes to marketing their products to youth, the tobacco companies promote their cigarette brands through every possible medium. They portray smoking as being glamorous, sophisticated and a popular habit. Not only do they advertise on television, magazines and newspapers but also through the internet and direct emails. Big Tobacco also does a lot of "indirect advertising" including sponsoring sporting events and teams, placing their brand name logos on t-shirts, back packs and other items that attract teens. Advertisements and placement of tobacco products in convenience stores is much more influential to underage smokers than adult smokers. One example of this is this advertisement for Virginia Slims targeted to girls.

What can you do about this?

- Talk with your local merchants about where and what they put up for tobacco advertising.
- Talk with your kids or kids you have influence over about the marketing tactics of tobacco companies.
- For more information or ideas contact the Laura Remick, the Regional Tobacco Coordinator at 837-2519 ext 222.

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 September 15 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@northumberlandpolice.com](mailto: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

## 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.

## **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 Community Substance Abuse Prevention Program of NCHC is:

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