

North Country Prevention Newsletter



September 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.

Past North Country Prevention Newsletter issues are now archived at <http://www.nchc-csap.org/newsletter.html>.

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

Teen Institute's "Celebrating Youth and Their Power to Create Change" Free Workshop September 17th at Mt. View Grand Hotel



The North Country Health Consortium's Community Substance Abuse Prevention Coalition is hosting a *free* workshop presented by the New Hampshire Teen Institute on September 17th, 2009 from 9:00am to 3:00pm at the Mountain View Grand Resort and Spa's Presidential Hall in Whitefield, NH. A free lunch and refreshments will also be provided.

The workshop, titled "Celebrating Youth and Their Power to Create Change" targets all North Country youth and family workers, coalition members, recreation department staff, school personnel, mentoring organizations, law enforcement, juvenile justice providers, court diversion staff, and community members seeking to become more familiar with adolescent development and youth empowerment.

Participants will receive certificates and 5 1/2 CEUs as approved by the New Hampshire Prevention Certification Board. Teen Institute has been offering youth empowerment training for youth and adults for many years and is known nationally for their innovative and evidence based approach to empowering youth.

Led by Heather Brown, Teen Institute's Program Director, TI staff will review adolescent development and the importance of youth involvement in community and social activities, discuss protective factors in the prevention of high risk behaviors, and the importance of

youth empowerment. Participants will learn and practice methods of empowering and celebrating youth.

Funding for the workshop is provided by a grant from the Substance Abuse and Mental Health Services Administration.

Registrations are limited so RSVP to by contacting Valerie Herres at (603) 837-2519 or at vherres@nchcnh.org by September 7th.

Youth Leadership Project First Annual Celebration – September 15th in Whitefield

The North Country Health Consortium's Community Substance Abuse Prevention Coalitions is holding a Dinner Celebration to youth groups who participated in the first round of Youth Grants awarded as part of the Youth Leadership Project (YLP) on Tuesday, September 15th at the Mt. View Grand Hotel in Whitefield from 5 to 8:00 pm.



Members of the thirteen youth grantee groups, their facilitators, coalition members, parents and interested community members are invited to attend.

The goal of the YLP is to empower youth as the driving force to prevent substance use among their peers by targeting one of the three following drugs: prescription drugs abuse, underage alcohol consumption, or tobacco use by youth.

The YLP September 15th Celebration Dinner and Presentation Evening at the Mountain View Grand Resort and Spa will be held in the Presidential Hall. Each youth group will be in attendance in order to "show off" their accomplishments during the first round of Youth Grant awards.

The youth groups were each awarded \$1,000 to perform prevention activities that address substance abuse problems that they saw in their own communities, which were from Colebrook to Lincoln.

Some of these projects included implementing prescription drop off locations in partnership with local police departments and/or hospitals; Buyers Beware programs informing young and older adults about the penalties for providing alcohol to minors; Kick Butts Day activities with store report cards that identify the advertising strategies used by tobacco companies to target youth; social norms campaigns informing youth of the number of their peers who do not use drugs or alcohol to combat the idea that "everyone is doing it;" and many other activities. The efforts of these youth groups have been noticed in their communities.

Future funding cycles will take place over the next four years, making available twenty (20) youth grants each fiscal year, from October 1st to September 30th. Youth Grants will be offered on a continual basis with rolling applications accepted. The Substance Abuse Prevention Coalitions also encourage past grantees to apply for another grant to continue their efforts.

Funding for the celebration is through a Drug Free Communities Support Program Underage Drinking Grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

For more information or to register for the Celebration Dinner contact Diana Gibbs at 837-2519 or djibbs@nchcnh.org Diana is also available to provide information on the upcoming grant cycle and the rolling grant applications which will start October 1st.

Teen Center in Berlin Is Moving Open House Thursday, September 10th from 3 to 6 pm

The Berlin Teen Center, a safe haven for area youth and at risk teens is moving to St. Barnabas Church in Berlin. Through a collaborative effort of Tri-County Community Action and the Church, the Teen Center has a new home. The new central location will make it more accessible to teens and provide a full kitchen for new activities and workshops.

An Open House is scheduled for Thursday, September 10th from 3 to 6 p.m. at St. Barnabas. Everyone is welcome to visit and see the new digs.

For more information contact Corey Vien, Teen Center Coordinator at 752-1240 or via email at cvien@tccap.org.

Tri-County Community Action Hosts September is Recovery Month Events

Tri-County Community Action will be hosting a "Celebration of Recovery" on Saturday, September 12th starting at 11:00 am to 8:00 pm at Heritage Park in Berlin.



Events of the day will include River Boat Tours, Live Entertainment, Food Vendors, Children's Entertainment, Face Painting, Crafters, Raffles and much more.

The Community Action Alcohol and Other Drug Services include:

- Step One Crisis Intervention at 361 School St., Berlin at # 752-8033.
- Impaired Driver Intervention Program (same address) at # 752-7941
- Alcohol and Substance Abuse Program (ASAP) at # 752-4941
- Friendship House Residential Program at 2957 Main St., Bethlehem Telephone # 869-2210
- Friendship House Outpatient Department at 26 Ralston Rd., Woodsville # 747-2535

For more information on September is National Recovery Month, go to <http://www.recoverymonth.gov/>

Study Identifies Motives for Prescription Drug Abuse Among Teens

From the CADCA Newsletter – August 2009

A new study published in the August issue of *Archives of Pediatrics & Adolescent Medicine*, one of the JAMA/Archives journals, found that the most common reasons high school seniors took prescription medications for non-medical purposes were relaxation, feeling good or getting high, experimentation and pain relief.

Sean Esteban McCabe, Ph.D., of the University of Michigan, Ann Arbor, and colleagues assessed survey responses from five consecutive groups of seniors at public and private high schools throughout the United States between 2002 and 2006. The 12,441 students filled out questionnaires reporting whether they had used opioids, such as morphine, opium or codeine, for medical or non-medical reasons over the past year or ever in their lifetimes. Those who reported non-medical use selected their most important reasons for doing so from a list of 17 potential motives. The students also were asked about methods used for taking the drugs (for example, smoking or in pill form) and any other substance use habits.

More than one in every ten participants—a total of 12.3 percent—reported using prescription opioids for non-medical reasons in their lifetimes, including 8 percent who reported having done so in the past year. The leading motives were to relax or relieve tension (56.4 percent), to feel good or get high (53.5 percent), to experiment (52.4 percent), to relieve physical pain (44.8 percent) or to have a good time with friends (29.5 percent).

Students who said they used the drugs only for pain relief were less likely to also report heavy drinking or other drug use than were those who took them for other reasons or who reported multiple motivations that included pain relief. "Future clinical and research efforts should attempt to differentiate between motives for non-medical use of prescription opioids because the present study identified subtypes that were significantly associated with medical use of prescription opioids and substance use behaviors," the authors write.

The report also found that more than seven in every ten non-medical users of prescription opioids motivated by pain relief reported a lifetime history of medical use of prescription opioids. Other studies indicate that many adolescents obtain opioids from their own previous prescriptions. "These results suggest that appropriate pain management and careful therapeutic monitoring could contribute to reductions in the non-medical use of prescription opioids among adolescents," the study authors noted.

The authors also suggested the use of screening efforts to differentiate between adolescents who need help with pain management and those who need a more comprehensive assessment for substance use disorders.

Where Do Youth Obtain Misused Prescription Drugs?

The August 17th issue of Cesar Fax reports on studies conducted to identify where youth obtains prescription drugs that they misuse. The article states:

Friends and family are the most common source of prescription drugs misused by youth in the U.S., according to an analysis of data from the National Survey on Drug Use and Health (NSDUH).

Around one-half of youth who reported misusing prescription stimulants (50%), tranquilizers (47%), or sedatives (47%) in the past year said that they most recently obtained the medication for free from friends or family, as did one-third of those who reported the misuse of prescription opioids.

The second most common source for obtaining stimulants, tranquilizers, and sedatives was purchasing from a friend/relative, drug dealer/stranger, or the internet, while the second most common source for obtaining prescription opioids was acquiring it from a physician.

Youth who obtained the medication by buying it were more likely to have concurrent substance use and to have ten or more misuse episodes than those who obtained the medications other ways.

According to the authors, “these results may help identify subgroups of adolescent prescription misusers who are most vulnerable to consequences from misuse or other substance use”

Check Out the New Youth Mentoring Project Blog

The Juvenile Justice Youth Mentoring Project has set up a blog at <http://nchcyouthmentoring.blogspot.com/>. Be sure to visit the new blog and send us some feedback or join in the conversation. We are planning to post updates frequently including information on upcoming events, surveys and trainings. For more information contact Valerie Herres at vherres@nchcnh.org. Come visit the blog and add your thoughts and comments.

More Blogs!

Tri-County Community Action’s Youth Alternatives Program, which implements Court Diversion Services regionally and Teen Center in Berlin has started a blog called “Teen Issues”. Blog master, Lana Gilcris, has sent us the link. It’s at <http://youthalternatives.blogspot.com/>. Be sure to check it out!

Trained Community Partner Courses Offered On Line

Help prevent middle and high school inhalant abuse with a free training from the Northern New England Poison Center partnership with the NH Community Prevention Coalitions. Certified Prevention Specialist credit is available.

- Learn about the dangers of inhalant abuse;
- Understand abuse trends;
- Review lessons designed for middle school students;
- Present lessons using the Inhalant Middle School Kit which is available from North Country Health Consortium's Substance Abuse Prevention Program.

To learn more about becoming a Trained Community Partner or to register for an online training, visit: www.nnepc.org and click on NH Community Partners or contact Melissa Heinen at heinem@mmc.org or call her at 207-232-9832.

Coos County Coalition Strategic Planning Retreat Held on August 13th in Lancaster

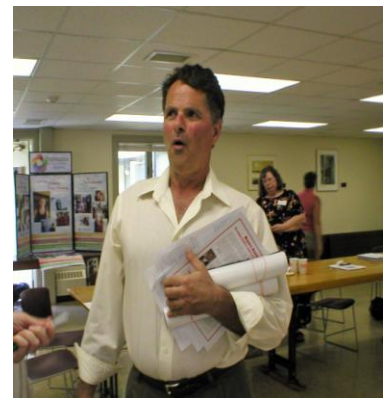
Coos County Coalition members met on Thursday, August 13th in Lancaster for a strategic planning retreat. Valerie Herres, Coalition Coordinator started off the retreat with a Power Point presentation on the first 10 years of the group. The history led newer members down memory lane and a view of the evolution of activities and projects.



The Coalition started in 1999 as an initiative of North Country Health Consortium and was soon awarded a grant from the state of New Hampshire to deepen capacity and implement the model parent and child program, Dare to Be You. Soon activities also included tobacco prevention projects and youth prevention groups.

After the PowerPoint presentation, members had an opportunity to review the group's mission, vision and strategic focus. The Juvenile Justice Project, which had just completed their strategic planning process, was incorporated into the Coalition plan.

Organizations and members had an opportunity to identify which of the domains they worked in. Domains include working with individuals, peer groups, families, schools, and the community. Members of the Coalition include many sectors of the community and work not only in prevention, but in intervention and treatment



as well.

There was discussion on who else we can invite to the table for youth substance abuse prevention.



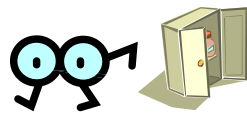
Everyone agreed that membership should continue to stay open and that Coalition members needed to continue to look for opportunities for shared leadership. There was also agreement on the need to work with others regionally, since substance abuse was a shared issue throughout the North Country and that training was an important function of Coalition efforts.

There was consensus on what the strategic focus should be for the next year. It includes continuing the collaboration and expanding capacity, maintaining a regional approach to education, and raising awareness in the general community and with professionals on the issue of substance abuse including trends and new threats, and ongoing


support for the youth leadership project.

The next breakfast meeting of the Coos County Coalition is scheduled for Thursday, October 15th at UNH Cooperative Extension in Lancaster starting at 8:00 am. For more information on the Coos County Coalition or the strategic plan contact Valerie Herres at 837-2519 or vherres@nchcnh.org.

(Photo 1: Chief John Gardiner – Lancaster Police Department; Photo 2: Russ Landry from NH Division of Children, Youth and Families; and Photo 3: Becky McEnany from NH NAMI and Sue Buteau from UNH Cooperative Extension)



PROJECT MONITOR
Prevent Prescription Drug Abuse!
Monitor your prescriptions!

Take the  Monitor Your Medicine Cabinet Pledge!

Past Issues of the North Country Prevention Newsletters Archived

Past issues of the North Country Prevention Newsletter and Print Quarterly Newsletter are now archived at the North Country Health Consortium's Website at www.nchc-csap.org/newsletter.html

The community substance abuse prevention program at the Consortium also issues quarterly print newsletters with the newest issued also available. Visit our website to see some of the things we've been doing the past year!

Tobacco Free Webinar – Destination Tobacco Free

To register for this FREE webinar DESTINATION TOBACCO FREE A Practical Tool for Hospitals and Health Systems which is scheduled for Thursday, September 10th at 2:00 pm go to www.zoomerang.com/Survey/?p=WEB229DHHNHRR5 or for more information contact dawn@dawnrobbins.com.


Learn how to:

FORGE a health system with tobacco-free employees, patients, visitors and communities';
FIND inspiration from best practices in other facilities nationwide; and
CREATE your own roadmap.

Speakers will include Dr. Steven Schroeder, Director of the Smoking Cessation Leadership Center and Dawn Robbins, Convener, Team Destination Tobacco-Free.

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 who 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.

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 and families.”