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San Juan Safe Communities Connection eNewsletter

August
2010

www.sjsoci.org
www.umattr.com

DIRECTORS CORNER

Hello Safe Communities members and friends,

I hope everyone enjoyed their summer and that you actually got to take some time off. I just got back from the great state of Wyoming where I attended my mother-in-laws 80th Birthday. While there I was able to stop in to see a "Bridges Out of Poverty" site called "Connections Corner" located in the Laramie County Community College in Cheyenne, Wyoming. They are doing some incredible things with the "Getting Ahead" program and seem to be touching many lives. They are working with a group from the community and the college is actually offering the same class for college credits as well. I will be exploring the possibilities with our Bridges Subcommittee when next we meet in September. If you would like to be a part of this subcommittee, just drop me an email or give me a call. We will begin our first "Getting Ahead" class in September, and our September newsletter will highlight the class and the participants, so look for that.



Also in September, we want to make sure that we remember the tragic events which occurred on September 11th, 2001. Let's remember to say our prayers for those who survived and for the loved ones of those who did not. Lest we forget!

September is **[National Alcohol and Drug Addiction Recovery Month](#)**, and I believe all our cities and the county will be doing proclamations to that effect. Our many thanks go out to everyone working in health care and the mental and behavioral health industry. This is your month, as well as all the folks who have struggled with addiction and have recovered. Our thoughts are with you, particularly this month.

One other event is happening in September that I would really like to highlight. The Drug Enforcement Administration is sponsoring a "National Take Back Initiative" to be held on September 25th here locally. This is a prescription and expired medication drop off program which is being conducted locally by all our area police and sheriff's departments. The program will be available from 10am - 2pm at 5 locations as follows: In Farmington, people can take their medication to either Walmart on East or West Main, where Farmington officers will be standing by to secure them. Aztec and Bloomfield residents can go to their local police departments, and folks who live in Kirtland can drop their medications off at the Kirtland Sheriff's Office Substation. More information has been provided in an article

written under the Suppression heading in this newsletter, however if you would like to find out more, please contact our office at info@sjsci.org or call us at 599-1492. Let's spread the word and perhaps we clean out the medicine cabinets of residents all across the county.

We produced our FY 2010 Annual Report this month and it can be viewed on our web site at www.sjsci.org. I would encourage everyone to view it to see what we have been doing this past year, and to review our plans for FY 2011. If you have comments, questions or suggestions, please give me a call.

We have begun work on creating a printed quarterly newsletter which will supplement the e-newsletters we will continue to send out each month. The first printed quarterly will be available in October. If you would like to receive it, please drop me an email or call our office at 599-1492.

I would like to direct all our readers to the Intel section of our web site, <http://www.sjsci.org/resources/intel/intelupdate.asp>, to see what is going on there as it relates to the activities of the Mexican Drug Cartels and drug street gangs. There has been a major uptick in the amount of violence in Mexico, and we are seeing bombings and grenade attacks in many of the tourist cities like Puerto Vallarta and Mazatlan, which has heretofore been virtually untouched by the violence. I am not sure where all this is heading, but we will keep you posted as things break.

I guess that's it for this month, but if you have questions or comments about anything, please call our office at 505-599-1492 or by sending an email to info@sjsci.org.

Until next month, please take care. Dan D.

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Safe Communities Spotlight

**"You Matter" (UmattR.com)
Trading Card Program**

COMMUNITY CALENDAR

For All Community Events, Visit:

**[San Juan Safe Communities
Calendar](#)**

**[National Non-Profit Calendar of
Capacity Building Training &
Events](#)**

**Every Monday and Tuesday
(Starting Aug. 16, 2010)**

6:30-8:30pm

ECHO Financial Education

Sycamore Park Community Center,
1051 Sycamore Street, Farmington,
NM

To register call 505-325-7466

The class is free

Every Saturday

[Download the Sponsorship Form](#)

By investing in the "You Matter" (UmattR.com) Program you will:

- Be building youth leadership skills and peer mentoring for the community.
- Be promoting a drug free message in the schools and in San Juan County communities.
- Gain exposure for your business through your logo / message on the trading cards, posters, flyers, PSA's websites, newsletters, paper, radio, banners, and community events.
- Be supporting the idea of creating a safer community, one child at a time. This starts by helping kids learn to make good choices at an early age.

You can find additional information about the "You Matter" Program at www.umattr.com or www.sjsci.org

Community Coalition News



The Farmington Boys and Girls Club...Each year, the Boys and Girls Club awards 50 members who are outstanding in areas such as Academic Improvement, Character

& Leadership, Reading & Literacy, Music, and Teen Leadership. Ramon Yanez won for consistently employing and displaying one of the four Club strategies used to help members become successful, "The sense of Usefulness". Congratulations Ramon!!! To see other wonderful,

2-3pm
Parent/Caregiver Support Group
Farmington Civic Center, 200 W. Arrington, Farmington NM 87401
505-860-5038

September 9, 2010

7-8pm
Drug Free San Juan County Meeting
Farmington Civic Center

September 11, 2010

9am-5pm
Mud Volleyball Tournament
Farmington Sports Complex

September 14, 2010

6:30-8pm
Reducing Underage Drinking: A Collective Responsibility Town Hall
Farmington Civic Center

September 16, 2010

9am-12pm
Dine' Ba Hozho Coalition/Drug Free Communities Meeting
Contact Raymond Keeswood at raykeeswood@yahoo.com

September 16, 2010

3:30-5pm
CHIC Meeting
Rehabilitation Hospital 525 South Schwartz Avenue Farmington, NM

September 26, 2010

Soap Box Derby
Farmington Boys and Girls Club

August 28, Sept. 18, Oct. 16, 2010

9-5pm
Homebuyer Education Class
Farmington Civic Center, Civic Center Board Room
To register call 505-325-7466
The class is free

Prevention

We are looking for anyone who might want to volunteer to sit on one of our various sub-committees to drill

deserving members go to their web site at www.bgcfarmington.org. The Boys & Girls Club of Farmington has been a part of the Farmington and San Juan County community for 50 years. To celebrate this anniversary, the Club wants you to know about several upcoming events they have planned.

The first is a mud volleyball tournament to be held at the Sports Complex on September 11th from 9am to 5pm, and the second is an equally exciting event, the first ever Soap Box Derby. It will be held on September 25th. For more information on locations or to register, visit our website at www.bgcfarmington.org, or contact the Club at 505-327-6396.

The Lord's Pantry news...They are excited to announce the 1st Annual "Will Golf for Food" Classic! The Lord's Pantry, a 2010 recipient of the San Juan Safe Communities Initiative Community Change Agent Award, has been assisting people in need for the past seven years. The "Pantry" currently provides food, clothing and other necessities to more than a 100 families each week. With the approach of winter, and the current economic conditions, even more people in San Juan County will be forced to seek help. What better Fun(d) Raiser could there be than a Golf Classic?

The tournament begins at 9:00 AM October 16th, 2010 at Riverview Golf Course in Kirtland, New Mexico. The event will be a "2 man scramble", with a "Shotgun" start. The cost is \$80.00 per golfer, with breakfast burritos and tournament caps provided to all participants, and sponsorship opportunities are available. For more information contact John at 320-5758 or Carol at ctaulbee59@gmail.com.

down and focus on specific issues in the following areas: Community Center Programming, Bridges Community Programming, Business Partnership Development, Data Utilization or the Epi Workgroup, Violence Prevention, Gang Prevention or Alcohol Program Development.

If you are interested in working on any of these areas, please email us at info@sjsci.org or call our office at 505-599-1492, or contact the Prevention Committee Chair, Pamela Drake at drakep@sjcpartnership.org.

ANTI-DRUG UPDATE is your source for the latest news on the National Youth Anti-Drug Media Campaign. Feel free to forward this information to your community partners and announce this information on your Web site or in your organizational newsletter. Sign up for the ANTI-DRUG UPDATE [here](#). Free materials from the Media Campaign are available to distribute in your community by clicking [here](#) or calling (800) 788-2800.ABOUT THE MEDIA CAMPAIGN.

Since its inception in 1998, the National Youth Anti-Drug Media Campaign has been authorized by Congress to reduce and prevent teen drug use. For more information on the ONDCP National Youth Anti-Drug Media Campaign, visit www.MediaCampaign.org.

REMINDER: Prescription Drop Off

September 25, 2010 - 10am-2pm
Farmington: both Wal-Marts
Aztec: at the Police Department
Bloomfield: at the Police Department
Kirtland: Sheriff's Office Sub-Station

Sponsored by: San Juan County

After School programming...Our own New Mexico After School Ambassador, Flo Trujillo, of our Farmington Public Library wants to encourage those in our community who are doing after school programming to register for the 11th annual Lights On Afterschool, to be held on October 21st, 2010. Take part by opening your doors to show off what you are doing as an after school program. For more information, contact Flo at ftujill@infoway.org.

"United to Help" is a local multi-denominational faith-based group... They will be presenting their "United to Help" festival at Brookside Park this Saturday, August 28th from 2pm to 6pm. The event is to highlight their organization and to make the public aware that exist to help those in need. There will be a story telling booth, along with other community booths, and there will be games and activities for people of all ages. San Juan Safe Communities will have a booth there, so please come by and say hello. For more information please contact Pastor Susan LaClear via email at marananthacrc@msn.com.

Patricia Ramirez with Indian Health Service provided us with a PowerPoint on the topic of alcohol laden energy drinks. It points out the dangers and is a must-watch for our readers. You will find it on the home page of our web site at www.sjsci.org. Check it out.

Echo Hope... Rosalyn Fry, Housing Director, is submitting the first in a series of great stories describing the

Sheriff's Office, Aztec, Bloomfield, and Farmington Police Departments, and the DEA



Latest Issue of Justice Resource Update Features OJP's Evidence-Based Approaches

The June 2010 issue of the Office of Justice Programs' (OJP's) [Justice Resource Update e-newsletter](#) features a closed-caption [video](#) in which Assistant Attorney General Laurie Robinson describes the integration of evidence-based approaches into OJP's activities. The issue also includes a call for peer reviewers, advance notice of upcoming reports from OJP's Bureau of Justice Statistics, and an announcement of state and local criminal justice grants from OJP's Bureau of Justice Assistance, among other matters.

[Drug Policy Directors Take a Stance Against California's Proposed Marijuana Legalization Law](#)

A Los Angeles Times commentary written by current Office of National Drug Control Policy Director R. Gil Kerlikowske, as well as predecessors John Walters, Barry McCaffrey, Lee Brown, Bob Martinez and William Bennett, published this week explains why Californians should "just say no" to Proposition 19 to legalize marijuana, which is on this November's ballot. [Read more.](#)

The Meth Project News

impact that their housing program has had on the lives of people from all around San Juan County. What a great read. I hope you enjoy.



Helen Beatty with Stephen, Noah and Emily

Helen Beatty is a special education teacher at Kirtland Elementary School, and has been with the district for three years. She is the mother of three, and found out about the ECHO HOPE Housing Program in May through a relative who attended a presentation at the Farmington Senior Center. She contacted us to see if she might qualify for the ECHO HOPE Housing Program. She had been paying high rent, and wanted a home for her children but was discouraged thinking she would not be able to afford the mortgage payment or the down payment. She was hopeful that ECHO would be able to help. After a visit to ECHO's office and an interview with a counselor she found out her family was indeed qualified to have a home financed by the USDA Rural Development program.

Helen worked with the ECHO staff to select a house plan and lot for their new home. She and her 3 children found the perfect lot in a subdivision off of the La Plata Highway that has a full acre for a big yard. Construction will begin in September and they will move in by Christmas. Our congratulations to the Beatty family!

The ECHO HOPE has qualified 16 families for homes this year. The USDA Rural Development program is an exceptional opportunity for working families to purchase a home. ECHO

The Meth Project News...The Meth Project is pleased to announce that Paint the State 2010 has drawn a tremendous response from young people in both Idaho and Montana. First introduced in Montana in 2006, Paint the State is a public art contest that encourages young people to create highly visible, public works of anti-Meth art.

This year, the Idaho Meth Project and Montana Meth Project contests inspired hundreds of submissions, ranging from demolished cars to billboards.

To view all the Paint the State artwork in Montana or Idaho, click here:

<http://paintthestatemontana.org/>

<http://paintthestateidaho.org/>

Also, the Montana Meth Project has been recognized by the Montana Association of Alcoholism & Drug Abuse Counselors as the recipient of its Prevention Program of the Year Award. The award commends the effectiveness of the Montana Meth Project's research-based public education campaign and the role it has played in reducing methamphetamine use in the state. The award recognizes the Meth Project-which launched in 2005-for its comprehensive approach, which includes a statewide advertising campaign, extensive community outreach, and peer-to-peer programs that actively engage Montana's young people in meth prevention.

The announcement also cites data released last month by the Centers for Disease Control and Prevention (CDC), which showed that teen meth use in Montana has declined 63% since the Project's inception and is now below the national average for the first time since 1991.

For more information contact The Meth Project at www.methproject.org.

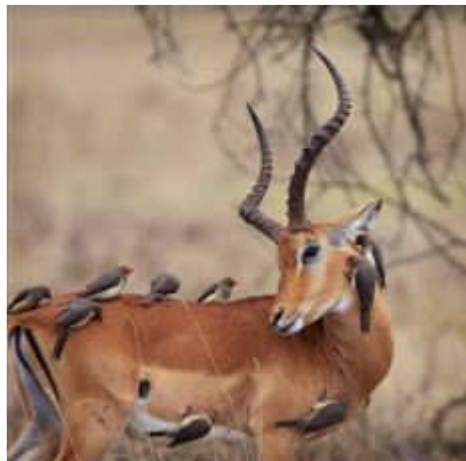
Humor

HOPE is seeking qualified families to have homes in the rural areas of San Juan County. The program provides free home buyer education, financial literacy classes and credit counseling. If you would like more information call the ECHO HOPE Housing program at 325-7466 or visit our administrative office at 1921 E. Murray Drive. Home ownership remains the American Dream. Come and see us and let's make owning a home part of your future.

The Local Collaborative... What is a Core Service Agency (CSA)? It coordinates care and provides essential services to children, youth and adults who have a serious mental illness, severe emotional disturbance, or dependence on alcohol or drugs. For those eligible to receive services, the CSA's provide or coordinate psychiatric services, medication management, everyday crisis services, and comprehensive community support services that support an individual's self-identified recovery goals, and other clinical services.

For more information call 1-866-769-4060 and ask to speak to a Consumer and/or Family Member Liaison, or call the Safe Communities office at 505-599-1492 and we will get you in touch with someone.

The San Juan County Partnership...The Partnership is sponsoring a Town Hall Meeting called "Reducing Underage Drinking - A Collective Responsibility," on September 14, 2010 at the Farmington Civic Center. For information call them at 505-566-5867 or reach them by email at sjcpoffice@sjcpartnership.org .



How nice is it to have friends?

SUPPRESSION & CORRECTIONS

We are looking for members who might want to volunteer to sit on one of our various sub-committees to drill down and focus on specific issues in the following suppression areas: Street Gang Intervention System Development (there is a Suppression component in it), and taking a look at new policing strategies in context of the "drill down" approach.

If you are interested in working on any of these areas, please email us at info@sjsci.org or call our office at 505-599-1492, or contact the Suppression Committee Chair, Sheriff, Mark McCloskey at mccloskeym@sjcounty.net.

Want to know what's going on in the drug trade... Check out the "[Intel Update](#)" section on our web site. This week there is a very informative video on "Expanding Reach of Mexico's Drug Cartels."

Citizens Concerned About

Addictions...They are hosting a soy products dinner on September 5th, at 12:45pm, at the Pinon Hills Seventh Day Church fellowship hall, located at 5001 Foothills Drive in Farmington. The purpose is to show how soy can be used in your meals to help promote a healthier lifestyle. You must be pre-registered and to do so, contact any of these numbers: 787-9804, 598-5235, 716-3907, or 327-6918.

Focused Solutions Counseling...

They opened on July 1st, in Aztec, and offer outpatient alcohol and drug treatment to Aztec and the surrounding area. If, you believe you have a problem with drugs and/or alcohol or know somebody who does, and would like a free consultation contact the agency. The agency offers evening group sessions, individual sessions, substance abuse assessments, and will complete substance abuse assessments at the local jails. If, you would like more information please feel free to contact 505-333-7042 or come by the office at 218 E. Chuska St. You can visit the agency website at www.focusedsolutions.comcastbiz.net.

Elevate Youth Ministries...This faith-based outreach is designing creative ways to help the youth all around Farmington to get involved in a business model that will teach them to operate a business, work for their own money and draw them into a place that will teach them how to make good choices in life. They are doing this by purchasing recreational inflatable rides which will be set up and operated by

Police Challenged by Crashes Involving Prescription Drugs

Car crashes involving prescription drugs are often harder to detect and prosecute than those involving alcohol or illicit drugs, the New York Times reported recently. Drunk-driving crashes are declining, but law-enforcement officials say that more people are being charged with driving under the influence of prescription drugs. However, unlike with alcohol, there's no standard for intoxication for prescription painkillers, anti-anxiety medications, and other legal drugs that may or may not be used according to their prescription. Also, taking such drugs (alone or in combination with other substances or alcohol) has widely different effects on different people - all of which makes prosecuting such offenses more difficult.

[Read more.](#)

New Web Site Focuses on Drug Courts OJP's

Bureau of Justice Assistance (BJA), in partnership with the National Association of [Drug Court Professionals](#), recently launched the online [National Drug Court Resource Center](#). By providing information, support, and networking opportunities, this new site will help drug court professionals, policymakers, clients, and citizens nationwide understand drug courts and use them more effectively.

Drug courts use the coercive power of the courts to help low-level, nonviolent offenders get treatment. There are currently more than 2,000 drug courts in the United States, and they have been shown to reduce recidivism rates and prison

young people who are involved with the Elevate program at area community and private events. If you would like more information on this exciting opportunity for youth contact Cody Stovall at 360-2604 or by email at cody_elevate@hotmail.com.

Farmington Police

Department...The FPD is inviting everyone to attend a benefit dinner for one of their own. Konner Dowdy, infant son of FPD officer Kyle Dowdy, recent Iraq war veteran, suffers from a rare form of cancer called neuroblastoma. He is in need of additional costly treatments, and this dinner, along with an associated raffle and motorcycle rally will assist this fine family in meeting their needs in this very trying time. Let's all get in Konner's Korner on this one!!!

Dinner is at the FOP lodge on Mickey Drive, and will be held September 11th, 2010, from 6:30pm - 8pm. The cost for the dinner is \$5. For more information contact Sgt. Pat Cordell at 320-6735, Sgt. Daniel Webb at 320-6716, or log on to www.konner13.blogspot.com.

To look at all our coalition partner newsletters, [click here](#)

Local "Drill Down" Efforts

To look at our updated Community Engagement Framework model [click here](#). *(Our "Drill Down" Strategy is the last one on the right)*

The Bridges Project; building a sustainable community

The Bridges Subcommittee continues to meet to discuss how the Bridges program will be implemented in our county. The group is currently

expenditures, while holding offenders accountable for completing a treatment program.

The Resource Center is a repository for a variety of information on drug courts, including research findings, funding opportunities, trainings, and announcements. Soon it will feature webinars, blogs, and a live chat about drug courts. [Visit the Resource Center](#) to learn more.

Prescription drug abuse is the fastest-growing drug problem in the United States. Because prescription drugs are legal, they are easily accessible, often from a home medicine cabinet. Further, some individuals who abuse prescription drugs, particularly teens, believe these substances are safer than illicit drugs because they are prescribed by a healthcare professional and sold behind the counter.

Physicians, law enforcement officials, teachers, parents, grandparents, and young people need to know about the dangers of prescription drug abuse. A recent national survey of high-school students reported that among 12th graders surveyed, **7 of the top 10 abused substances** are pharmaceuticals. Between 1997 and 2007, **treatment admissions for prescription painkillers increased more than 400 percent**. Between 2004 and 2008, the **number of visits to hospital emergency departments involving the non-medical use of narcotic painkillers increased 111 percent**. And we know from the latest National Survey on Drug Use and Health that most people who abuse these drugs are getting them from friends and family or from a doctor.

ONDCP is committed to making efforts to prevent and reduce prescription drug abuse and

attempting to build the community mentoring structure, a process which could take many months to actually develop. The Community Mentoring project is a part of our Neighborhood Resource Development effort, and is an attempt to develop adult mentors from every walk of life who would volunteer to provide tips and information that could help our R-Rules and Getting Ahead graduates find the resources they are lacking. They will also help provide access to experiences that will help the graduates grow and prosper in their "new" world.

We will begin the facilitation of our first Getting Ahead training in September. We are recruiting participants as we speak, predominately from the Sycamore Park neighborhoods and from the clientele of the Lord's Pantry. The class is 15 weeks in duration, so the first class will graduate just in time for Christmas. We are looking for a minimum of 10 people from around our county to act as Community Mentors for the graduates of the program. If you would like to talk with us about what this position entails, please call our office at 505-599-1492 or send us an email at info@sjsci.org. Check out our new Bridges Project website if you get a chance at www.sanjuanbridges.com.

Gang Intervention System

If you are interested in getting involved with our street gang efforts, please let us know and we will put you to work on our subcommittee. It has been a long time coming, and we have high hopes and expectations that we will be able to address the street gang problem.

Intervention/Treatment

emergency room visits resulting from that abuse. You can support this initiative:

- Carefully monitor prescription drugs in the home;
- If you have unused or expired prescription drugs, properly dispose of them at a law enforcement-sponsored take-back event in your community;
- Support efforts to educate physicians about opiate painkiller prescribing;
- Share information about the dangers of prescription drug abuse with your family, friends, and members of the public through newsletters, emails, and websites, including adding ONDCP's Prescription Drug image to your site to raise awareness about the issue (instructions for adding this image can be found [here](#)).

Together, we can help spread an important message: If you have unused prescription drugs in your home, dispose of them properly. Don't take medication that isn't prescribed to you. If you know of a friend, work colleague, or loved one who you think might be abusing prescription drugs, get them help

Guidebooks Assist Veterans and Law Enforcement

The International Association of Chiefs of Police (IACP) recently released [two guidebooks](#) to help law enforcement executives and returning combat veterans address the transitional process these veterans, their agencies, and fellow officers face when the veterans return from military deployment. Visit IACP's Employing Returning Combat Veterans project [Web page](#) to learn more. (BJA)

DEA Sponsors National

We are looking for anyone who might want to volunteer to sit on one of our various sub-committees to drill down and focus on specific issues in the following Intervention/Treatment areas: Intervention Program Development, Treatment Program Development, Supportive Housing Initiative, or Street Gang Intervention System Development.

If you are interested in working in any of these areas, please email us at info@sjsci.org or call our office at 505-599-1492, or contact the Intervention Committee Chair, Rob Mitchell at rmitchell@sjcounty.net.

For millions of individuals, the [National Alcohol and Drug Addiction Recovery Month \(Recovery Month\)](#) campaign is a celebration of their accomplishment of achieving long-term recovery and living happy, healthy, and meaningful lives. For others, it is a promise of hope that they, too, will find the treatment and recovery services they need. As The Road to Recovery series kicks off its 10th season, this episode will highlight the many successes enjoyed last year during the **Recovery Month** campaign's 20th anniversary, and look forward to another exciting **Recovery Month** in September 2010.

Recovery Month Event With a Generic or Customizable Event Radio or Television PSA

Brand new! Two **Recovery Month** Community Event television PSAs are available to help you publicize and promote your Recovery Month event. The PSAs highlight events from previous Recovery Month observances and were produced in-kind by [Odyssey Networks](#), a [Recovery Month Planning Partner](#). The PSAs were created in an evergreen format so

Prescription Drug Take Back Day

Prescription drugs are being misused and abused at alarming rates throughout the United States. As part of their efforts to address this problem, the Drug Enforcement Administration (DEA) is sponsoring a National Prescription Drug Take Back Day on September 25. On that day, the DEA will collect potentially dangerous expired, unused, and unwanted prescription drugs for destruction at sites nationwide from 10 a.m. to 2 p.m. local time. The service is free and anonymous, no questions asked. [Read more.](#)

Street Gangs

Bulletin on History of Gangs Available

The National Gang Center has released a new bulletin, [History of Street Gangs in the United States](#), which reviews the chronology of major historical events associated with the emergence of street gangs in each of four major geographic regions. This publication also places emphasis on older gangs-traditional street gangs-and their involvement in violent criminal activity and other serious crimes.

[The National Gang Center](#) is a collaborative effort between the Office of Justice Programs' Bureau of Justice Assistance and OJJDP. This partnership works to provide a comprehensive range of approaches to respond to street gangs, from prevention and intervention to criminal justice strategies such as suppression, prosecution, and reentry.

FAMILY WELLNESS, PARENTING, & MENTORING

Tips for Parents: Check out the "Parent Toolkit" - Inside you will

they can be used year after year to promote your events!

Narconon

Narconon...It doesn't take much searching on the Internet to find stories about the devastation being caused by prescription drug addiction today. According to the latest National Survey on Drug Use and Health (NSDUH) there are about 6.2 million Americans who are current non-medical users of prescription drugs, many of whom are addicted.

The above statistic shows that despite any medicinal value, many drugs today have a high potential for abuse and all of them have additional side effects. So, when addicts turn to a treatment center for help, prescribing more drugs to them can be detrimental to their recovery. This is one of the reasons why the [Narconon drug rehabilitation program](#) is drug-free. The program was founded in 1966 by a former heroin addict named William Benitez and has not used any type of drug replacement therapy since its inception. Based on research and developments by the late American author and humanitarian L. Ron Hubbard, Narconon incorporates other therapies to help ease withdrawal symptoms, removed stored toxins from the body and rebuild natural health...

SUCCESS STORIES

Success Stories - Life after Meth From [drugfree.org](#)

find:

Understanding Teens; Connecting With Your Kids; Protecting Your Kids; How to Spot Drug and Alcohol Use; How to Help if They Are Using.

For more information, please visit our partners [here](#).

Teen prescription drug abuse

continues to be a troubling threat for parents and our Nation's teens -nearly 2,500 youth aged 12-17 abuse a prescription pain reliever each day for the very first time. The Campaign offers the "Teen Prescription Drug Abuse Video Discussion Guide" and accompanying "Teens in Treatment" video as an aid for communities to host discussions with teens and share tips with parents. You may order these and other materials by clicking [here](#). Other Rx-focused materials include:

- Prescription Drug Abuse Brochure: a succinct brochure that outlines the growing prescription drug problem and prevention tips for parents.
- A Prescription for Parents on Preventing Prescription & Over-the-Counter Abuse Among Teens: a tip sheet with important information for parents to safeguard their prescriptions and their teens.
- "Is Your Prescription Available for Pickup?" Customizable Open Letter: customize this open letter for your group to encourage parents to talk about prescription drug abuse with their teens.

Drunk, drugged, and distracted driving is a significant problem, particularly among teens. These behaviors are dangerous for teen drivers and passengers, as well as others who share the road. In 2008, an estimated 7.2 percent of youth aged



Kim Vazquez
Roseville, CA
40

What Made Me Try It

I spent my life in emotional pain with no skills to deal with that pain. After an event in my mid twenties triggered that pain on a level that I couldn't handle, emotional pain turned into daily migraines. These migraines would last almost 12 years. Although I grudgingly accepted the prescription given to me by my doctor, irritated that I had to take a pill everyday, over time I began to love what that little pill could do for me. Because I didn't know how to leave my past behind me, I was always internally upset. The Vicodin helped me feel comfortably numb and gave me more energy, so I was able to work harder and stuff my feelings further.

Moments of Truth

I read a book that gave me just a little hope. It wasn't a recovery book, but it was about a woman that had a beautiful life connected to spirit. A little voice inside me whispered that I, too, could have that life. However, I continued to kneel by my bedside at night like a little girl saying her prayers. I was quite serious about what I was asking for. God, please let me die, I begged. Or- at least send the angels that can help me. I received a miracle and my moment of clarity. I became willing to picture what life without drugs might look like. Of course, when I went to Rehab, on the 1st night they said the alcohol had to go too. Gulp. That was even tougher to swallow than my pills.

My Keys to Recovery

In Recovery I became so free when I realized that "I know nothing and I have everything to learn." Up until that point since I was a successful businesswoman I HAD TO know everything or at least act like it. I was willing to consider everything like a whole new world opened up to me. The other key has been quieting my mind and not allowing it to run amuck without me. I don't think as an extracurricular activity anymore and that has made room for divine guidance and inspiration. I have tapped into that guidance and followed it to a life better than I imagined. Meditation is crucial and so is helping others. Helping others is a form of medicine in my life today.

16 or 17 drove under the influence.[2] In addition, younger, inexperienced drivers under 20 years old have the highest proportion of distraction-related fatal crashes (16%).[3] The Media Campaign's "New Driver's Kit" offers tips, facts, quizzes, and more to alert parents and teens to the dangers of drugged, drunk, and distracted driving. You may order or download the kit and other materials - including the "Parent-Teen Driving Contract" and "Tips for Parents of New Drivers" flyer - by clicking [here](#).

Time to Text...Going back to school signifies a time of new beginnings - new friends, more difficult classes and exciting experiences. It can also be a challenging time, with added peer pressure when it comes to teen drug and alcohol use.



Today's teens juggle all these responsibilities and, [as new research shows](#), many are consuming up to 8 hours of entertainment media and technology daily - that adds up to 53 hours a week! Parents report being concerned that with so much teen immersion in technology, it's difficult for them to break through the media noise and make their voices heard.

While nothing takes the place of a face-to-face conversation, texting can help parents reach reluctant teens in a

Lessons Learned

Who would have thought I'd find out in Recovery that my parents are human. What? Yes, human. I realized that I held them supremely responsible for everything that happened in my childhood as well as everything that happened after. Nothing was my fault! At 35 when I was still hurting myself through poor decisions, whose fault was that? Still theirs! The truth is, when I was old enough to take good care of myself, I didn't. I harmed myself more than my parents ever did and I made excuses for my mistakes. I've learned my parents and I aren't so different. We are all humans, having a human experience, making mistakes and doing the best we can. Their mistakes were no worse than mine have been.

My Advice

Find someone who inspires you to seek a better life. Keep your ears open and listen for the life that's available to you! I have the most amazing life today. I have moments of bliss better and longer lasting than any drug I ever took. My life is not perfect, but the way I respond to everyday life is so different that I can find the joy in life on life's terms. And I'm not special! I'm just like you. The life I have today is available to anyone, and with all my heart I hope you seek it!



Did You Know???

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some more facts about the 1500's:

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof; Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with

non-confrontational way to discuss sensitive topics, like drug use and drinking.

That's why we've created a free, downloadable guide called "[Time To Text](#)" to help parents harness the power of media and technology to improve parent/child communication. This easy-to-use tool offers tips on how to text, suggests examples of different messages to send to teens and even provides a cheat sheet parents can keep in their wallet. Visit [TimeToTalk.org](#) to learn more today!

YOUTH ISSUES

Teens spend hours on the computer after school, and many say their parents are unaware of the access they have to risky behaviors once they are in front of a computer screen. Check out the resources offered in the Teens and Technology Package - including the "Online Exposure: An E-Guide for Parents" and accompanying quiz, "Online Exposure: Fact Sheet," and "Do You Speak Teen?" handout - online [here](#).

[America's Children in Brief: Key National Indicators of Well-Being, 2010](#) indicates statistically significant decreases in preterm births, low birthweight, infant mortality, and substantiated reports of child maltreatment. Births to females ages 15 to 17 also decreased. More children had health insurance. Positive trends were found also in academic achievement: reading and mathematics scores for 4th and 8th graders increased, as did reading scores for 12th graders. However, the number of households with children reporting shelter cost burden, crowding, and physically inadequate

big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt, thus the saying, "Dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way. Hence: a thresh hold. (Getting quite an education, aren't you?)

NEWS & PUBLICATIONS

ARTICLES OF INTEREST

U.S. Senators Tell FDA Alcoholic Energy Drinks Unsafe

The Marin Institute reported this week that Senators Charles E. Schumer (D-NY), Dianne Feinstein (D-CA), Amy Klobuchar (D-MI), and Jeff Merkley (D-OR) have joined forces in a recent letter to the U.S. Food and Drug Administration calling on the agency to make public its findings from an investigation into possible health risks posed by energy drinks that combine alcohol and caffeine.

[Read more.](#)

ADAM II Report Available

The "[Arrestee Drug Abuse Monitoring Program II \(ADAM\) 2009 Annual Report](#)" (NCJ 230756, 182 pp.) documents and analyzes the 2009 data that were collected for the program. Since 2000, ADAM and ADAM II have served as an important source of information on the basic

housing went up, as did the number of children living in poverty. Children in households classified by the U.S. Department of Agriculture as "food insecure" increased, while the number of children living with at least one parent employed full time year-round decreased.

Copies of America's Children in Brief: Key National Indicators of Well-Being, 2010 may be ordered from the [National Criminal Justice Reference Service Web site](#).

FIRST ANNUAL COMMISSIONER'S PLAY HEALTHY AWARDS Nominate Extraordinary Youth Coach & Student Athlete For a Chance to Win Trip to New York City and More!

Nominate Youth Coach and Student Athlete for Prizes

The Partnership for a Drug-Free America, in conjunction with Major League Baseball (MLB) Charities, launched the first annual [Commissioner's Play Healthy Awards](#) to celebrate extraordinary individuals on and off the playing field. The awards are an extension of the Partnership and MLB's comprehensive nationwide efforts, including the [Play Healthy](#) website, to educate families on the risks of steroids and performance-enhancing substances and to recognize youth coaches and student athletes who embody the spirit of teamwork and healthy, drug-free competition.

One winning youth coach and one student athlete will receive an exciting array of prizes, including a trip for themselves and one special guest to New York City.

characteristics, drug use, and drug market participation of arrestees, a population often more heavily involved in drugs than other groups surveyed. (ONDCP)

The U.S. Department of Justice (DOJ) hosted a Tribal Youth Summit at the Institute of American Indian Arts in Santa Fe, NM, on July 19-23, 2010. More than 110 American Indian and Alaska Native (AI/AN) youth representing 21 tribal communities from across the nation participated. The youth were nominated by their tribal communities and selected by representatives of OJJDP and the Office on Violence Against Women (OVW). [Read more.](#)

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[The draft HHS Strategic Plan for Fiscal Years 2010-2015 was recently posted on the U.S. Department of Health and Human Services \(HHS\) Open Government Web site.](#) The Open Government site allows the public consultation process truly to be participatory. Individuals can review and comment on the draft plan as well as see the comments posted by others. To ensure the broadest possible participation in the development of the Strategic Plan, please review and comment on the draft. The public comment period will end August 14, 2010.

Research and Resources

Frontiers in Urban Science Exploration Resource Guide

The Resource Guide describes Frontiers in Urban Science Exploration (FUSE), created by The After-School

Nominations may be submitted online at www.drugfree.org/playhealthy between Thursday, August 5, 2010 to Friday, October 15, 2010. Nominees for the student athlete award must be between 13 and 18 years old and nominees for the youth coach award must coach teams of students who are between the ages of 13 to 18. All nominations must be made by someone other than the person being nominated. Winners of the Commissioner's Play Healthy Award will be notified on Wednesday, November 15, 2010 and announced on Wednesday, December 1, 2010. Please visit www.drugfree.org/playhealthy for additional contest rules and regulations.

Suicide Prevention: New Publication To Help American Indian Youth

To Live To See the Great Day That Dawns helps communities build effective prevention programs. [Click here.](#)

Upcoming Events & Training

Summer Changes Everything Conference

November 9-10, 2010
Indianapolis, IN

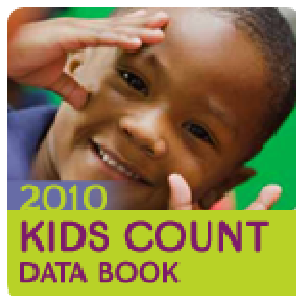
Don't miss this national conference focused entirely on summer! Learn research-based methods and techniques that can revolutionize education, during the summer and year-round.

Network with peers and make the most of strategic partnerships to get entire communities involved in summer learning.

Enjoy engaging speakers at

Corporation (TASC) to stimulate a culture shift that leads to greater opportunities for kids to experience informal science education after school, as well as in school and during summers. The guide, part of a national initiative to promote FUSE, presents promising science, technology, engineering and math (STEM) models from around the country and provides links and information about STEM research reports, curricula and evaluation resources. FUSE and this resource guide were developed with support from Noyce Foundation.

[Kids Count DATA Book 2010](#)



The 21st annual KIDS COUNT Data Book profiles the status of America's children on a national and state-by-state basis and ranks

states on 10 measures of well-being. Read the national news release to learn more about how kids are faring and visit the Data Center to find state rankings and to create your own maps, graphs, and charts.

[Teen Survey Reveals 5 Million Youth Attend Drug Infected Public Schools](#)

Joseph A. Califano Jr., Founder and Chairman of The National Center on Addiction and Substance Abuse at Columbia University and former U.S. Secretary of Health, Education, and Welfare, will release the findings from CASA's 15th annual back-to-school

workshops that have been tailored to take your knowledge and skills to the next level, whether you're new to summer learning or an experienced program director.

Click [here](#) for more details.

GRANT WRITING

For full list of grant resources, go to our web site at www.sjsci.org, under RESOURCES on the left side.

[The Michael and Susan Dell Foundation](#) welcomes opportunities to work in partnership with other foundations and support collaborations that are directly inspiring these children to hope and dream; enabling their potential to emerge and grow through quality education; encouraging positive behaviors and providing access to basic health care and services for life-long vitality; and fostering stable family environments in which they can thrive. The Foundation seeks to fund projects that directly serve or impact children living in urban poverty, particularly in the areas of education, childhood health and family economic stability. Deadline: Rolling

Funding Opportunities

[OJP's Web](#) site includes a complete list of all open solicitations. You can also review the entire [2010 Program Plan](#) for comprehensive information about opportunities throughout the year. Don't forget to check the [Web site](#) regularly for updates.

Humor

The teacher wrote on the blackboard: "I ain't had no fun in months." Then asked the class, "How could I correct this sentence?"

Little Johnny raised his hand and

report, National Survey of American Attitudes on Substance Abuse XV: Teens and Parents at a press conference in Washington, D.C. Aug. 19.

Resource Available for Law Enforcement Intelligence Efforts **[DOJ's Global Initiative](#)**, with the DHS/DOJ Fusion Process Program, recommends **[Privacy, Civil Rights, and Civil Liberties Compliance Verification for the Intelligence Enterprise](#)**, a hands-on tool to assist state, local, and tribal law enforcement agencies and fusion centers in assessing compliance with applicable policies, rules, and guidelines. (BJA)

[Ecstasy Users Suffer Serotonin Transporter Deficit](#)

Current users of ecstasy - those using about two tablets of the drug monthly - had lower levels of serotonin transporter (SERT) in the cerebral cortex of their brains, according to Canadian researchers who successfully replicated a smaller study from Johns Hopkins University.

replied, "Well, you could get yourself a new boyfriend."



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LINKS

For more...check out these links.

[Visit our new Safe Communities Facebook page and become a Fan.](#)



Please Join In The Rooms-an Online Social Networking Site for the Recovery Community

Join In The Rooms-the Web's newest and most comprehensive social networking site for the worldwide recovery community. In The Rooms provides resources for people seeking help or treatment, for people in recovery, and for friends, family, and allies of those in recovery. You can join online meetings and affinity groups, browse the library for articles, connect with other resources for recovery, and take an active role in promoting recovery. Join here: <http://www.intherooms.com/>.

[STAND \(Students Taking Action Not Drugs\)](#)

Keep up-to-date by [becoming a friend of the Partnership](#) on Facebook!

Find us [@drugnews on Twitter](#) for the latest news about drugs and alcohol

<http://bjs.ojp.usdoj.gov> : Bureau of Justice Statistics:

Related Resources

www.methpedia.org - One stop for all methamphetamine information

<http://www.samhsa.gov/treatment/> - Samhsa Website to "Find Treatment"

www.rxotcawarenessmonth.com - Prescription Drug Awareness website

<http://www.samhsa.gov/treatment/> - Samhsa Website to "Find Treatment"

www.rxotcawarenessmonth.com - Prescription Drug Awareness website

www.sicbridges.org - St. Joseph's Bridges Out of Poverty

<http://www.samhsa.gov/treatment/> - SAMSA Website to "Find Treatment"

www.rxotcawarenessmonth.com - Prescription Drug Awareness Site

[Expand Your Universe - Mentor a Child](#)

[MENTOR, The National Mentoring Partnership](#)

[National Mentoring Center](#)

[Stalking Resource Center](#)

[Working Together to End the Violence: Stalking](#)

<http://www.datehookup.com/content-violence-in-dating.htm>

www.checkyourself.com (A place for teens to check out where they are with drugs and alcohol.)

www.drugfree.org/meth360

www.drugfree.org/parents360

www.drugfree.org/wrecked

[ONDCP National Youth Anti-Drug Media Campaign](#)

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) announces the availability of "[OJJDP News @ a Glance, May/June 2009](#)"

<http://www.recoverymonth.gov> - Recovery Month Events (from CADCA)

<http://teacherpathfinder.org/Parent/drparent.html>-Parenting Resources

<http://www.crystalrecovery.com/>

[National Criminal Justice Reference Service \(US DOJ\)](#)

www.narconon.org

[Harvard Mentoring Project](#)

[Teachers Magazine](#)

[Substance Abuse and Mental Health Services Administration](#)

[Parents The Anti-Drug](#)

[Drug Free America Foundation, Inc.](#)

[National League of Cities, Institute for Youth, Education, and Families](#)

[The Meth Project](#)

[Meth Awareness Project](#)

[Meth Resources.gov](#)

[The Office of National Drug Control Policy](#)

[Meth-Free Montana; Most of Us](#)

[National Gang Crime Research Center](#)



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