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# San Juan Safe Communities Connection eNewsletter

December  
2009

[www.sjsci.org](http://www.sjsci.org)  
[www.umattr.com](http://www.umattr.com)

## ***DIRECTORS CORNER***

Hello friends,

This year has just flown by for us here at Safe Communities. It seems that Christmas, 2008 was just a short time ago, but here we are in 2009. Maybe it would be a good idea if we encouraged each other to take the time during all the hustle and bustle to rest, renew and take stock of all the blessings around us. It kind of reminds me of the Christmas gift suggestions made by author Oren Arnold who said that to enemies we should give forgiveness; to friends we should give our hearts; to customers we should give service; to ourselves we should give respect; to all we should give charity; and to every child we should give the honor of a good example.



Next month our office will be releasing a report recapping our accomplishments for 2009. This will be presented to our board of directors, but the report will be made available to anyone upon request. The report will also outline the goals for 2010. So that is one of the things we have been working on. The other items which have consumed much of this December has to do with carrying out all our UmattR Trading Card events, planning for our Bridges efforts, putting all the subcommittees together, planning our fundraising and conference events for this coming spring, and working on the logic model and evaluation components of our organization. If you have questions about any of these things or anything else, or if you would like to find out how you can plug in to what we are doing, please feel free to call our office or drop us an email.

As we head into a new year, I can tell you that I am so proud of everyone who helped our community accomplish so much this past year. My thanks go out to our staff, our board of directors, and all those who so graciously volunteered their time. I would also like to thank all of our strategic partners, including San Juan College, San Juan Regional Medical Center, the City of Farmington, San Juan County, Big Brothers Big Sisters, the Oasis Church, San Juan Rotary Club, ConocoPhillips, PNM, Merrion Oil and Gas and State Farm Insurance; as well as all the non-profits, service providers, civic groups, businesses and private citizens, without whom our many successful collaborations would not have happened. I thank you all, and here's to an even more productive 2010.

I hope everyone is ready for Christmas because it is going to happen whether you are or not. The Darnell household is very nearly ready. I finally got my lights up on the house. Mine is the house on the right! I let my neighbor do all the heavy

lifting on this one. He is a good fellow and I appreciate him greatly.

I would like to extend a wish for a very Merry Christmas and for a Happy New Year to our readers as we close out 2009 and step boldly into 2010. My thoughts and prayers for safe journeys go out to all those who will be traveling this holiday season.

Until next month, take care. Dan D.



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### *Safe Communities Spotlight*

**Farmington Police and Fire Heroes  
(Holsters and Hoses) Vs. Harlem  
Ambassadors Basketball Game  
March 3, 2010**

### *COMMUNITY CALENDAR*

**For All Community Events, Visit:**

[San Juan Safe Communities Calendar](#)

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

**Be sure to listen to Safe Communities Spotlight every Tuesday and Thursday 8-9pm 1620 AM [FarmingtonRadio.com](http://FarmingtonRadio.com)**

**Or listen on demand [here!](#)**

**Every Friday**

RU Reformers Unamious  
7pm - 9pm  
Bible Baptist Church

Be sure to catch our Farmington Police and Fire heroes play a fundraising basketball game against the Harlem Ambassadors at the Farmington High School Gym on March 3, 2010! Tickets will be on sale soon!

Advanced tickets will be on sale soon, Prices as follows:

Youth and Seniors (60+) - \$7  
Adults (19-59) - \$10  
Children Under 6 free

At the door:

Youth and Seniors (60+) - \$9  
Adults (19-59) - \$11  
Children Under 6 free

### **UmattR Trading Card Program**

There are still sponsorship opportunities available for the 2009-2010 uMattR Trading Card Program. Please email [info@sjsci.org](mailto:info@sjsci.org)

Listen to 2009-2010 uMattR participants on Safe Communities Youth Spotlight Tuesdays and Thursdays 8:30-9 or on demand [here](#).

Watch our UmattR Teens in the theater! We will be partnering with the Farmington Rotary to make a new anti-meth commercial which will be airing soon in local theaters!

Also, if you want the UmattR teens to come to your place of work or school, please email [umattR@hotmail.com](mailto:umattR@hotmail.com) to schedule a date and time!



**Mayor's Teen Advisory Council**

### **December 29**

8am-5pm  
Restoring & Celebrating Family Wellness Winter Conference  
Natoni Garnenez Gym, Shiprock, NM

### **December 31**

6pm-12am  
2009 Roses in Winter New Year's Eve Ball  
Farmington Courtyard by Marriott  
[alma@familycrisiscenternm.org](mailto:alma@familycrisiscenternm.org)  
[www.familycrisiscenternm.org](http://www.familycrisiscenternm.org)

### **January 9, 2010**

2-3pm  
ADHD/Parent Support Group  
Farmington Civic Center, 200 W. Arrington

### **January 21, 2010**

9am-12pm  
Dine' Ba Hozho Coalition / Drug Free Communities Meeting  
Please contact Raymond Keeswood at [raykeeswood@yahoo.com](mailto:raykeeswood@yahoo.com) for more information

## *PREVENTION*

### **Prevention Committee activities**

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 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](mailto:info@sjsci.org) or call our office at 505-599-1492, or contact the Prevention Committee Chair, Pamela Drake at [drakep@sicpartnership.org](mailto:drakep@sicpartnership.org).

### **Community Center Programming:**

The Mayor's Teen Advisory Council (MTAC) is looking for middle school to high school youth who are active and committed to their community and who want to have a voice in city government and get other youth involved in their community. MTAC is a youth-led organization with youth from diverse backgrounds. Youth provide a voice in local government and a "seat at the table" with regard to youth issues. MTAC meets monthly during the school year on the first Thursday of the month in the Teen Zone at the Farmington Public Library at 7pm.

Nothing is more important than the active engagement of young people in representative government at the local level. MTAC youth gain work experience, acquire new skills, learn responsibility and accountability, develop a greater sense of confidence and empowerment, and forge meaningful connection to other youth and adults.

Research also suggests that young people who are involved in positive activities such as community service are less likely to pursue risky behaviors and get into trouble. Each year, members of the Mayor's Teen Advisory Council provide the Mayor and the City Council survey results collected from the community on youth issues. MTAC is a member of the Children's Cabinet and New Mexico Youth Alliance that provides valuable perspectives to guide policy making throughout the state.

One program MTAC participates in is Youth in Action, MADD (Mothers Against Drunk Driving) whose mission is to reduce the social and retail availability of alcohol to minors and support enforcement of underage drinking laws.

The goal for YIA is to reduce youth access to alcohol by increasing

Our neighborhood needs assessment indicated the desire from community residents for both life skills training as well as some financial literacy understanding. We are in the process of developing a funding mechanism to be able to offer the life skills classes at the Sycamore Park Community Center compliments of our strategic partner and Safe Communities member, San Juan College. Discussions are ongoing as to when or how this can happen.

### **Bridges Out of Poverty / Getting Ahead training schedule:**

**Betti Souther** - R-Rules classes begin, January, 2010

**Phil DeVol** - Getting Ahead facilitator training (1 day), January/February, 2010

**Local Instructors** - Getting Ahead classes (15 two hour classes), beginning March, 2010

**Phil DeVol** - Community Resource Development, Summer, 2010

### **The Meth Project News...**

#### **"Meth Project proves effective"**

12/13/2009 - Helena Independent Record  
[READ ARTICLE](#)

#### **"Meth Project Foundation gets high Barron's rank"**

10/30/2009 - Billings Gazette  
[READ ARTICLE](#)

#### **"Don't Allow Methamphetamine to Ruin Your Life"**

9/2/2009 - Psychology Today  
[READ ARTICLE](#)

#### **"Teen Meth use down"**

7/2/2009 - KULR8.com  
[READ ARTICLE](#)

#### **"Survey finds fewer teens using meth"**

awareness and enforcement of alcohol laws for alcohol retailers and community members. During a Sticker Shock, youth work with retailers to place prevention messages on alcohol multi-packs, creating a visual reminder of underage drinking laws. Youth do not handle the alcohol. Youth work with an adult and place the sticker on the alcohol.

Fill out an application for MTAC at [www.infoway.org](http://www.infoway.org) by clicking on TEEN ZONE and answer in narrative a response to the questions below.

Applications can be submitted to [teenzone@infoway.org](mailto:teenzone@infoway.org) or taken to the Teen Zone at the Farmington Public Library, 2101 Farmington Avenue, Farmington, NM 87401 by 5:00 p.m. February 1, 2010. All questions can be directed by email to [teenzone@infoway.org](mailto:teenzone@infoway.org) or by calling 566-2201.

### **MTAC Written Application**

Please answer the following questions below on a separate sheet of paper. Suggested length is no more than one typed narrative page or short individual responses to each of the questions.

1. Why would you like to be on the Mayor's Teen Advisory Council and how do you think you can contribute to the board's role in the community?
2. How do you think you can or will represent your peers as a member of the MTAC?
3. What activities do you or have you participated in at your school and throughout the community?
4. What community issues regarding youth would you like to work on as a member of the MTAC?
5. The MTAC meets once a month at

7/2/2009 - Associated Press

[READ ARTICLE](#)

## **SUCCESS STORIES**

### **Success Stories - Life after Meth From [drugfree.org](http://drugfree.org)**



Jeanna Prescott  
Carryville, FL  
38

#### **What Made Me Try It**

I was raised by addicts, and I always said as a child that I didn't want to be like my parents, but that didn't last. I started drinking with friends and partying, thinking that because I knew a lot about addiction that I could control what I was doing. Unfortunately, I didn't know as much as I thought I did. I got married at 19. My husband was 10 years older than me, and it wasn't long after we were married that I was doing hard drugs starting with cocaine. I just wanted to do what everybody else was doing, and I really liked it, but once I started I couldn't stop.

#### **Moments of Truth**

My husband would stop using on a Sunday, but Monday would roll around, and I was taking money out of the checking account and leaving my job and going to buy more dope. He never knew, so when he finally found out that our bills weren't getting paid, the credit cards were maxed out and I had lost my job, he told me I had to quit or he

library. Can you commit to attending the majority of meetings?

#### Humor



### Why, Why, Why???

Why do we press harder on a remote control when we know the batteries are almost dead?

Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?

Whose idea was it to put an 'S' in the word 'lisp'?

### *Intervention/Treatment*

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](mailto:info@sjsci.org) or call our office at 505-599-1492, or contact the Intervention Committee Chair, Rob Mitchell at [rmitchell@sjcounty.net](mailto:rmitchell@sjcounty.net).

#### **A Support Group for the Professional**

Roy Harrington, Optum Health, submitted information on A Support Group for the Professional;

FOCUS ON LIFE AND ON YOUR HEALTH.

was leaving. This was just the first time.

#### **Recovery from Relapse**

I never truly recovered from my addictions until I hit rock bottom. I would go to detox, treatment, jail and it would last for a little while. I thought I was trying as hard as I could, but it never worked until I had lost everything and everyone. I had to stay in jail long enough to get my head clear and see that the way I lived couldn't go any lower. My health was terrible, and I truly believed that if I used one more time that I would die.

#### **My Keys to Recovery**

A complete life change; God, family and friends. In five years I have gained a huge support system of others in recovery. I am given the opportunity to share my experiences and give back what I have been given on a daily basis which helps me continue on my road to recovery.

#### **Lessons Learned**

Every aspect of my life is different. I have gained such a respect for life and people that I never knew I could have. I wake up in the morning, thanking God for another day and asking him to guide me and give me strength to continue on the path I've been given. He has blessed me with a job with the very same Sheriffs Department that arrested me, working with people lost in or fighting addiction, a new husband, a new home, and rebuilt relationships with my family and friends who I had hurt in the past. I have been clean for five years, and I wouldn't change anything, because it made me the person that I am today.

#### **My advice**

It is a group where you can find support, resource and share with others affected by the stress of our professional lives in a comfortable and confidential setting.

They are the 1st Thursday of the Month 12-1 PM and the 3rd Thursday of the Month 6-7 PM, held at 2800 Hutton Avenue, Farmington NM 87402. If you would like to attend one of the designated times and travel is a problem please call 326-9369 within two hours before the meeting and a teleconference can be set up. Please call until you get an answer.



#### Humor

The math teacher saw that little Johnny wasn't paying attention in class. She called on him to answer an addition problem out loud. She said, "Johnny! What are 2 and 4 and 28 and 44?" Without missing a beat Johnny quickly replied, "NBC, FOX, ESPN and the Cartoon Network."



#### Suppression

We are looking for members who might want to volunteer to sit on one

NEVER GIVE UP. A person has to make up their mind to be done with drugs, and it will be a life changing process. It takes time, but it is so worth it when you get to the other side. You cannot do it alone, and we have to accept help from those who are willing to give it. God is my higher power and without him I would not have been able to accept the fact that I was a drug addict and that I could change and be forgiven and forgive at the same time.

[Read my full story here.](#)

#### Street Gangs

#### [Online Tool Provides Strategies for Preventing Community Gang Violence](#)

OJJDP has created an online tool that teaches communities effective strategies to address local gang problems. The tool, provided by OJJDP and BJA's National Gang Center, is called the Comprehensive Gang Model Overview. It provides a 23-minute discussion of OJJDP's Model for identifying target areas with high levels of gang activity, locating gangs, and focusing appropriate resources on them. The tool also describes how communities can follow proven anti-gang strategies and how to implement the Model locally.

[Read more](#)

#### COALITION NEWS

#### [New Report Shows That the Safe Schools/Healthy Students Initiative Can Reduce Violence and Promote Safer Schools \(11/3\)](#)

In the wake of several recent highly publicized stories about violence

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](mailto:info@sjsci.org) or call our office at 505-599-1492 , or contact the Suppression Committee Chair, Under Sheriff, Mark McCloskey at [mmccloskey@sjcounty.net](mailto:mmccloskey@sjcounty.net).

### **Leading Criminologist Highlights Effectiveness of "Hot Spots" Policing**

The hardest-to-solve crime problems usually occur in concentrated places, often termed "hot spots." Research has shown that if law enforcement authorities can pinpoint those locations, they can make them less hospitable to criminals through proactive policing.

Dr. David Weisburd, a distinguished criminologist and leading researcher in the field of hot spots policing, provided an overview of this groundbreaking approach to crime control in an interview with Mary Lou Leary, Acting Assistant Attorney General for the Office of Justice Programs, on October 26, 2009. The discussion, called hot spots Policing and Why It Works," was sponsored by the National Institute of Justice (NIJ).

Dr. Weisburd discussed why geography matters, the techniques for identifying hot spots, and the strategies for using hot spots policing, also known as ["placed-based" policing](#). The seminar examined how the use of intensified patrols in high-crime areas, or hot spots, can reduce the level of crime. Dr. Weisburd said he and his

among school-aged children, a new report shows that school districts participating in the Safe Schools/Healthy Students Initiative substantially improved the safety of their students. According to the report by SAMHSA, over a 3-year period, school districts participating in the Safe Schools/Healthy Students grant program reported fewer students involved in violent incidents, decreased levels of experienced and witnessed violence, and improvements in overall school safety and violence prevention.

## ***NEWS & PUBLICATIONS***

### **ARTICLES OF INTEREST**

#### **HHS Secretary Sebelius Announces Senate Confirmation of Pamela Hyde as Administrator of SAMHSA**

U.S. Department of Health and Human Services (HHS) Secretary Kathleen Sebelius announced today that the United States Senate unanimously confirmed Pamela S. Hyde, J.D., as Administrator for the Substance Abuse and Mental Health Services Administration (SAMHSA) within HHS.

"Pamela Hyde has worked tirelessly on behalf of the people of New Mexico to expand access to health and human services programs and improve their quality," said Secretary Sebelius. "With over 30 years of experience in both the private and public sectors, Pamela's health policy expertise and management experience will be invaluable to our Department. She will be an outstanding leader at SAMHSA, and I look forward to working with her in this new role."

#### **Humor**

There I fixed it...Gitter Done!

colleagues found that an intensive focus on place will not simply displace crime, but can actually help to lower crime in adjacent areas.

Included among the numerous research studies cited at the seminar was an OJJDP-sponsored study of juvenile crime in Seattle, WA, between 1989 and 2002. Findings from this study are providing the first portrait of the distribution of officially recorded juvenile crime events in smaller geographical areas-such as a favorite gathering place in a mall, restaurant, subway station, or bus station-rather than certain police precincts or beats, the larger areas usually patrolled by police.

Dr. Weisburd and his colleagues have found that crime tends to concentrate in discrete areas where youth congregate, and that police resources are used most efficiently when law enforcement focuses specifically on these places to deter crime. OJJDP will release the preliminary findings of the Seattle study in early 2010.

Dr. Weisburd won the [2010 Stockholm Prize in Criminology](#) for his work on hot spots policing. He is the director of George Mason University's Center for Evidence-Based Crime Policy.

To learn more about hot spots policing, please visit [NIJ's Web site](#). To read about Dr. Weisburd's research in place-based policing, see his January 2008 article, "[Place - Based Policing](#)."

### *Research and Resources*

#### **2008 National Survey on Drug Use and Health (NSDUH)**

NSDUH is a source for epidemiological research and estimates of the prevalence of substance use and mental health disorders.



### *Upcoming Events and Training Opportunities*

**[For all events, please visit the SJSCI online calendar](#)**

#### **Meth 360**

We offer presentations specifically targeting: community groups, parents, teachers, and churches. The presentations will begin a dialog with these groups about what each can do to impact the problem of methamphetamines within our community. To schedule an event, go to [our website](#) and click on the Meth360 button.



The 2008 NSDUH data and documentation files are now available for download and online analysis from the Substance Abuse and Mental Health Data Archive (SAMHDA). SAMHDA provides ready access to the most current and comprehensive national data on substance abuse and mental health.

All SAMHDA data and services are free of charge and may be downloaded from the SAMHDA Web site. Most studies are available for online analysis. Annual reports for the NSDUH series are provided by SAMHSA's Office of Applied Studies.

With tools such as Quick Tables, users can easily produce custom analytic tables with the NSDUH data. Just choose from preselected variables on drop-down menus by pointing and clicking. Then, copy and paste the results into documents or slides.

[Download Data](#) |  
[Use Quick Tables](#) |  
[Analyze Data Online](#)

### **Monitoring the Future (MTF) Survey**

The National Institute on Drug Abuse and the University of Michigan released the 2009 Monitoring the Future (MTF) Survey on Monday. The survey showed that while there were slight decreases in the use of cocaine and methamphetamine among youth, marijuana and prescription drug abuse showed no signs of slowing down. The findings present a valuable opportunity to help educate the public about the rising rates of youth drug use. CADCA has developed a Media Outreach Toolkit to help coalitions get local media coverage of these important survey findings.

The toolkit includes:

A one-page document summarizing the 2009 Monitoring the Future findings

## ***FAMILY WELLNESS, PARENTING, AND MENTORING***

### **Research Shows Parenting Can Prevent Drug Use, Aid Brain Development**

From the founding of National Families in Action during the height of the War on Drugs to Joseph A. Califano's book, *How to Raise a Drug-Free Kid*, parents and communities have been touted as the keys to preventing alcohol and other drug problems among youth, and research now shows that environmental and genetic risk factors can be trumped by [parental engagement during the critical adolescent years](#), according to Nora D. Volkow, M.D., director of the [National Institute on Drug Abuse \(NIDA\)](#).

"Parents are incredibly important in raising drug-free kids, but in many instances they are not there or are not involved" -- absences that can have measurable effects on brain development as well as other aspects of growing up -- said Volkow. For example, studies of orphans have demonstrated that the brains of children who lack connections to parents actually mature more slowly, raising the risk of drug use and other impulsive behaviors.

Half of all vulnerability to addiction can be traced to an individual's genetic background, but that hardly means that a child's fate is sealed if they have a family history of addiction. Rather, Volkow said that addiction is, in many ways, a developmental disorder that is intimately linked to the maturation of the brain from childhood through adolescence and into early adulthood.

Delivering the keynote address at the Nov. 17 CASACONFERENCE *How to Raise a Drug-Free Kid: The Straight*

A news release template  
Powerpoint presentations and fact sheets

Talking points

We encourage you to utilize these documents to tailor your local response to the findings. Please visit [our Web site](#) to access the MTF Media Outreach Toolkit now!

For questions on how to use these materials, contact CADCA's Communications Department at 703-706-0560 ext. 256.

### **Annual Prison Population Numbers Released**

["Prisoners in 2008"](#) (NCJ 228417, 46 pp.) presents data on prisoners under jurisdiction of federal or state correctional authorities on December 31, 2008, collected from the National Prisoner Statistics series.

### **New Resource Addresses Crime Prevention in Schools**

["Guide for Preventing and Responding to School Violence, 2nd Edition"](#) addresses both prevention and intervention from a systemic view. It clarifies the roles of the school, the community, families, law enforcement, and the justice system and explains how these groups can work together effectively to respond to school violence.

### **Report Describes Efforts To Assist Tribal Youth**

Published by the American Youth Policy Forum, ["Strengthening Indian Country Through Tribal Youth Programs"](#) describes how OJJDP's Tribal Youth Program is empowering Native American youth and reinforcing

Dope, organized by the [National Center on Addiction and Substance Abuse \(CASA\\*\)](#) at Columbia University, Volkow compared this brain development to a sculptor taking a block of stone and transforming it into a work of art.

"In childhood the brain is particularly 'plastic,'" said Volkow. "It is open to stimuli much more than as an adult, and these stimuli affect brain formation both physically and chemically."

A child's cerebral cortex -- the brain's center for memory, attention, perceptual awareness, thought, language, and consciousness -- starts out larger than that of an adult, but shrinks as the brain differentiates during the first two decades of life. "The brain of an adult is much more connected than that of a child," noted Volkow.

The frontal cortex -- critical for using cognitive control to regulate desires -- is the last part of the brain to fully differentiate, said Volkow, which helps explain why adolescents are especially prone to risk-taking and experimentation. As the brain advances on its "developmental trajectory" it can be strongly influenced by environmental factors, she said.

"Social stresses are crucially important," Volkow said, pointing to the [Adverse Childhood Experience \(ACE\) Study](#) research showing that risk of drug abuse rises tenfold among individuals who experience five or more "adverse childhood experiences," such as recurrent physical or emotional abuse.

"Studies of children raised in orphanages showed that their brain connectivity was much less developed than those with normal parenting," added Volkow; the effect was most pronounced among the children who had been living in orphanages the longest. The research "directly

cultural connections in tribal communities. A [summary](#) of the report is also available online.

### **Study Finds Alcohol Abuse Costs New Mexico \$2.5 Billion Annually**

A study released by the New Mexico Department of Health found that the economic costs of alcohol abuse in New Mexico totaled \$2.5 billion in 2006. The study also notes that the cost was 27 times greater than the \$97 million in state tax revenue collected on alcohol sales.

## *YOUTH ISSUES*

### **OJJDP Bulletin Reports Declining Juvenile Arrests in 2008**

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) has published ["Juvenile Arrests 2008."](#) The bulletin summarizes juvenile crime and arrest data reported by local law enforcement agencies as cited in the FBI report "Crime in the United States 2008." There were 3 percent fewer juvenile arrests in 2008 than in 2007 and juvenile violent crime arrests fell 2 percent during the same period, continuing the recent decline.

### **Teens' Stories Show How Accessible Drugs Are**

A new survey finds that 23 percent of teens say they can get marijuana within an hour and that prescription drugs are easier to obtain than beer -- findings echoed in stories from young drug users themselves.

In an Aug. 26 article, [CNN](#) interviewed youths whose experiences mirrored the major findings in the National Center on Addiction and Substance Abuse at Columbia University's 14th annual [Teen Survey](#). While looking for Pop Tarts at a friend's house, Jessi Danner,

connected the lack of parenting to delays in the development of the brain," she said.

Children who are genetically predisposed to addiction rarely suffer from drug problems if they have parents who are actively involved in their lives, according to researchers. Those who have both genetic vulnerability and absent or uninvolved parents have a "very significant increase in drug addiction," however, according to Volkow.

Studies of prevention programs like ["Preparing for the Drug-Free Years" \(PDF\)](#) and ["Communities That Care"](#) demonstrate that parents, families and communities can create an environment that is protective against youth drug abuse. Moreover, said Volkow, researchers have found that interventions can actually improve dopamine levels in the brain. "Even though kids may be born to very adverse environments, the plasticity of the brain now gives us a path forward in terms of identifying interventions to help reverse the changes caused by these stimuli and increase the likelihood that kids will be able to stay drug-free," said Volkow.



### **"10 Resolutions That Show Your Kids You Care."**

Resolving to talk more often with your child about healthy

then only 10, found a bag of cocaine in a drawer. "There's this little baggie and she's like, 'I have seen this in movies. You shove it up your nose' - and so that's what we did," recalled Danner.

Danner, who became addicted, is now in the final stage of treatment at Vanguard Services in Virginia.

Similarly, Daniel Buruca was only 9 when he started using LSD. Devon Kennedy was in the 9th grade when she started using amphetamines and then quickly progressed to using cocaine and heroin.

Kennedy, who grew up in a Washington suburb, said she had no problems finding drugs at a young age.

"Every time I went to someone's house, the first thing I said was I had to go to the bathroom and I went to the bathroom cabinets and there would always be something in there. Everywhere you went, somebody had a parent who had something," said Kennedy.

The CASA survey found that the number of teens who say it is easier to buy marijuana than cigarettes or beer has increased by 37 percent since 2007, and two-thirds of teens surveyed said drugs are used, kept or sold in their high school.

Debbie Taylor, Vanguard's president and CEO, said parents should ask pediatricians to give their kids drug tests during their yearly physicals so any problems can be spotted right away. "Children go so quickly into an adaptive and addictive phase that it's very difficult to reel them back at that point," said Taylor.

decisions & choices is a great idea for the New Year.

1. Teach your children to trust you by seeing you as a role model.
2. Be patient, not just tolerant. Apologize when you make a mistake or do something you regret.
3. Ask teens what they need from you - and do whatever you can to meet those needs.
4. Listen to your teens, a lot. Avoid interrupting.
5. Teach your children about ethics, values and principles they can apply in choices and decision making.
6. Help them discover the feeling of gratitude, not just to say thank you.
7. Keep the promises you make. If you do not keep your word, acknowledge that. Help your teen understand the circumstances or choices that precipitated the change in your plans.
8. Answer your teen's questions and be consistent. When you notice behavioral changes in them, make yourself available and encourage them to talk about what is going on in their life.

9. Be understanding when they have a difficult time and let them know you will love them no matter what.

10. Be diligent. Have ongoing conversations with your kids about the risks of drugs and alcohol.

### *GRANT WRITING*

**For full list of grant resources, go to:**

[San Juan Safe Communities Grant Funding](#)

[San Juan Safe Communities Grant Writing](#)

[SAMSA Funding Opportunities](#)

<http://www.samhsa.gov/grants/>

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**San Juan Safe Communities Initiative**  
**100 W. Broadway**  
**Farmington, NM 87401**  
**(505)599-1491**  
[www.sjsoci.org](http://www.sjsoci.org)



### **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 \(Students Taking Action Not Drugs\)](#), a division of Drug Free America Foundation, Inc., launched its new virtual anti-drug campaigns for high school and college students this week. Materials such as posters, stickers, postcards and more can be tailored to meet the specific needs of your school. STAND uses this innovative online approach to reach schools and other student led organizations who are interested in advocating for healthy lifestyle choices.

These campaign resources can easily be customized to enhance health education programs and other student-run clubs. Another new feature that has been added to the STAND site is a mobile compatibility function so phone web browsers will be able to access it with ease. Links to popular social networking sites such as Facebook and Twitter have also been added.

This new approach will allow students to access free downloadable campaigns about the hazards associated with alcohol and drugs almost immediately upon accessing the site. It also provides support and opportunities for student advocacy surrounding this very important health issue.

We encourage you to check us out at <http://studentstakingaction.org>.

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

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

[www.drugfree.org/meth360](http://www.drugfree.org/meth360)

[www.drugfree.org/parents360](http://www.drugfree.org/parents360)

[www.drugfree.org/wrecked](http://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](http://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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