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San Juan Safe Communities Connection eNewsletter

July
2009

www.sjsoci.org
www.umattr.com

DIRECTORS CORNER

Good Morning,

Well, we are getting ready to close out yet another summer month, and it won't be long before our kids will be back in school. In preparation for that, we have a team of very dedicated volunteers who are busy trying to get our UmattR kids selected and this years program up and running. I would be remiss if I did not thank them for their efforts in breathing life into this super program for this, our third year. So, to Opal Tidwell, Chuck Trujillo, Heather Faverino, Sgt. Pat Cordell and Tim Allen we appreciate all your time, energy and effort.



I am currently attending some training in Louisville, Kentucky presented by the Community Anti-Drug Coalitions of America (CADCA). Their mission is to strengthen the capacity of community coalitions to create and maintain safe, healthy and drug-free communities, and San Juan County has had a great relationship with this organization for many years. CADCA has developed a program called the National Coalition Academy, and one of its components is the National Youth Leadership Initiative. We had the opportunity to interact with a panel of these young leaders from all across the nation, and I was struck by some of the consistent messages they gave to adults about ways to keep kids from abusing substances. Whether from California, New York, Michigan, or Texas, they all agreed on 6 key points:

- Learn to be patient with kids.
- Learn to listen to kids. We won't be able to learn anything from kids unless we listen.
- Respect kids and what they have to say.
- Help develop kids to be future leaders, by engaging them in real world problems.
- Engage our youth by making them a partner in finding solutions.
- Don't water down our messages to kids, we need to tell them like it really is, without sugar coating the dangers.

Those of us who have been involved in the UmattR Trading Card program for the past three years have heard these or similar messages being given by our UmattR candidates on a consistent basis as well. I would like to think that Safe Communities and most of the other non-profits and service providers throughout the county try to listen to the voices of our young people, but I also think we can all do a better job engaging our youth when seeking meaningful solutions to the root causes of our community ailments. Toward that end, we are going to more actively engage our UmattR kids in the solution process, and we will be setting up a monthly forum at the Sycamore Park Community Center designed to solicit input from our youth and young adults. I also feel it would be advantageous to better dialogue with the Mayor's Teen Advisory group and other existing youth groups as well. This will be a very high priority in the coming months for our office, and if you would like to get involved, please let me know and we will plug you in.

Take care, and I will talk with you next month.

Dan

For more information about CADCA, go online at www.cadca.org ; or SAMHSA, at www.samhsa.gov; or the National Youth Leadership Initiative, go to www.coalitioninstitute.org and look under the "Training" section.

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UmattR Trading Card Program

UmattR Trading Card Program

I know that most of you are aware of the UmattR Trading card program, as this is the third year we will be doing it here in San Juan County, but we would like to share a bit about the program for those who may be unfamiliar with it. Please note that the sponsorship options have changed to offer more opportunities for sponsorship at a lower cost for more businesses and organizations. We are actively looking for sponsors so we can continue to offer this wonderfully successful program.

The program promotes 12 High School Seniors with diverse interests who are committed to living drug, alcohol and tobacco free to serve as mentors for children and are committed to sharing their positive message within our community. Their interests may be sports, FFA, photography, music, chess, computers, or any other positive interest.

They are each featured on their own trading card, which they take to area elementary schools and community events to sign for younger students. They discuss their choices and hope to help these children see that it is possible to be "cool" and still make the right decisions in life. They are required to attend at least 15 events throughout the school year. After the younger students have collected all 12 cards and have them signed they may then enter a drawing to win prizes at the end of the school year.

The program is designed to promote real world role models for children. Candidates for the program will be asked to sign a contract to remain drug, tobacco, alcohol and legal trouble free for their senior year, and is subject to random drug testing. At the end of the program year, each senior will receive a \$1,000 scholarship to the college of their choice.

You can find additional information about the UmattR Program at www.umattr.com

SUPPRESSION

A New Form of Meth

Raymond Keeswood,
Dine' Ba' Hozho Coalition

COMMUNITY CALENDAR

For All Community Events, Visit:

[San Juan Safe Communities Calendar](#)

Tuesday, August 4

National Night Out
Minium Park, Aztec
5-7pm

[Invitation](#)
[Website](#)

Center for Nonprofit Excellence Announces Summer Trainings Various Dates

[Click Here For Dates](#)

August 3-5

Drug-Free Schools' Conference
Gaylord National Resort and Convention Center
National Harbor, MD

[Information](#)

August 6-7

Ending Violence Against Women (EVAW) Project
Ute Mountain Casino Towaoc, CO

FREE Training

Day 1: Domestic Violence
Day 2: Sexual Assault

TO REGISTER:

Call, Fax or Email Danielle Olson, EVAW Training Coordinator
Phone: (303)830-9115 dolson@evawproject.org
Fax: (303)830-8378

August 20-21

Responding to Sexual Assault in Rural Communities in NM
Marriot Pyramid North Albuquerque, NM

Register online [here](#).

Register by phone: (505) 412-1872,
888-883-8020 (toll free)

August 22

Drug and Alcohol Awareness Class
San Juan College, Room 7103
12-4pm

August 27

Monthly Clinical Support Group
Desert View Counseling 2700 Farmington Ave.
Building F
8:30-9:30am

September 2

DWI Victim Impact Panel
Magistrate Court building, 950 W. Apache St.
Farmington, NM
6:30-7:30pm

Safe Communities Spotlight

The partnership between the Partnership for a Drug Free America and our office to present the Meth360 program continues. We are still

Shiprock, NM

On 6-11-2009, NTF Team 3 with a buy/bust and rolled back with a federal search warrant for the crooks residence.

The buy/bust was for 14,000 methamphetamine pills going for \$10.00 each. The crook delivered and was arrested. These pills are coming out of South East Asia to Mexico and then to the United States.

The picture illustrates vitamin jars full of straws. Each straw contains ten (10) pills. The pills look like miniature Sudafed or small reddish candies. Each pill is a dosage unit of meth.



[Crossing the border: Mexico's deadly drug war](#)

By Mark Potter, NBC News Correspondent

While reporting on the vicious drug war inside Mexico, which claimed more than 5,000 lives there last year, we were shown a U.S. map that really put us on alert.

The map showed all the United States cities where federal law enforcement officials believe Mexican traffickers have set up smuggling operations. Each of these American cities was marked in red and together they filled the country, from South to North, West Coast to East Coast.

As one official put it, when it comes to drugs, weapons and violence, "Our southwest border has now moved to Chicago, Atlanta and New York."

For many people, Atlanta is the real shocker. News that Mexican traffickers have spilled over into Phoenix, El Paso and other border towns is more easily understood, given their locations. But drug agents talking about Atlanta becoming a major illicit drug distribution hub for Mexican cartels supplying the entire U.S. eastern seaboard is a different story.

Slowly, the traffickers moved into Atlanta and other towns in recent years by hiding among the already established immigrant communities. The drug trafficking business model they put together is quite sophisticated and hard to crack.

[Read More](#)

looking for venues to present to, so please keep us in mind. We have presentations targeting the community at large, parents, teachers and churches.

I want to let you know about a couple of new additions to our website at www.sjsjci.org.

First of all, we have added a drug intelligence section, where we share current happenings in the drug world, particularly what is going on in Mexico and Latin and South America as it affects us. To access this info, [click here](#) or go to our homepage and look for the "INTEL UPDATE" button at the upper right hand corner, just below our logo. Please give us some feedback on what you like about it, and how we can improve this feature.

Also, we video taped the drill down and bridges presentations from our July quarterly meeting, and those can be accessed off our home page. Scroll down and click on "Drill Down Strategy and Bridges out of Poverty." The two presentations total approximately an hour. We are looking for feedback concerning our strategy moving forward, so let us know what you think. You can also download the video [here](#)

If you have questions about anything we are doing, or if you would like to be a part of anything we have going, please feel free to call our office.

(505) 599-1491
info@sjsjci.org

PREVENTION

[New Resource Available to Help Decision-Makers Choose Cost Effective Substance Abuse Prevention Programs](#)

Communities can better develop comprehensive prevention strategies based on their unique needs and characteristics and use cost-benefit ratios to help guide their decisions with the help of a new publication released today by the Substance Abuse and Mental Health Services Administration (SAMHSA).

[Read more...](#)

Two letters from The Meth Project:

#1:

Hi All,

We are pleased to share a recently published article by the Stanford Law & Policy Review The Montana Meth Project: "Unselling" A Dangerous Drug. Stanford Law & Policy Review is one of the most prominent policy journals in the nation; past contributors include Bill Clinton, Joseph Biden, John McCain, and James Baker.

We are honored to have been featured by the Stanford Law & Policy Review, and hope you enjoy reading the article, which can be found [here](#).

In other recent news, you may have seen that the Montana Office of Public Instruction and the CDC issued the 2009 Montana Youth Risk

Humor



The Tomato Garden

An old Italian lived alone in New Jersey . He wanted to plant his annual tomato garden, but it was very difficult work, as the ground was hard. His only son, Ronaldo, who used to help him, was in prison. So the old man wrote a letter to his son and described his predicament:

Dear Ron,

I am feeling pretty sad, because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days.

Love, Papa

A few days later he received a letter from his son.

Dear Pop,

Don't dig up that garden. That's where the bodies are buried.
Love, Ronnie

At 4 a.m. the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left.

That same day the old man received another letter from his son.

Dear Pop,

Go ahead and plant the tomatoes now. That's the best I could do under the circumstances..

Love you, Ronnie

Street Gangs

[Test 'Predicts' Probability of Future Gang Involvement](#) July 17, 2009

A Los Angeles researcher has developed a new multiple-choice test that claims to predict if a child will join a gang in the future, the Wall Street Journal reported on May 20.

Malcolm Klein, Ph.D., a retired University

and Behavior Survey data, showing that since the launch of the Montana Meth Project in 2005, there has been a 63% reduction in teen Meth use in the state. For more information click [here](#).

Sincerely,
The Meth Project

#2:

All,

We have several exciting announcements today - Montana's Youth Risk Behavior Survey (YRBS), released this week has found that Meth use among teens in Montana has dropped by 63% since 2005, the year the Meth Project launched. Idaho First Lady Lori Otter has joined the National Meth Project Board of Directors, and the Wyoming Meth Project has released the 2009 Wyoming Meth Use & Attitudes Survey showing significant progress in changing attitudes and behaviors towards methamphetamine.

The 63% decrease in teen Meth use reported by the Montana Office of Public Instruction and the CDC continues a trend we have seen since the launch of the Montana Meth Project. The new YRBS findings reflect other data released by the Montana State Attorney General's Office and other state agencies, which have shown significant declines in Meth use during the same period. For further details view the full press release [here](#).

First Lady Otter has been a leader of the Meth Project's efforts in Idaho, as well as nationally. She testified on Capitol Hill before the House Appropriations Subcommittee to underscore the need for continued funding for methamphetamine prevention and has worked tirelessly to raise awareness about Meth in Idaho. Press release available [here](#).

The 2009 Wyoming Meth Use & Attitudes Survey was also released today. The 2009 survey is the second statewide survey to examine the attitudes and perceptions that Wyoming teens have toward methamphetamine use. The survey data shows significant increase in Wyoming teens' awareness of the dangers of Meth use. Details of the survey can be found [here](#).

Thanks for your interest and ongoing support,
Meth Project

Humor

Dementia Quiz: Read the question, formulate your answer, then scroll to the bottom of the newsletter for the correct answer.

Question One: You are a participant in a race. You overtake the second person. What position are you now in?

Question Two: If you overtake the last person, then which place are you in?

of Southern California professor and a social psychologist who has spent more than 40 years studying Los Angeles' street gangs, created the test for children ages 10 to 15. The test includes about 70 multiple choice questions that ask adolescents about issues such as past relationships, drug use and their attitudes toward violence.

City officials said they had relied on anecdotal information from local police and educators to create gang-prevention programs in the past. This year Los Angeles' policy makers said they plan to use the empirical evidence from test results to decide if the city's \$24 million budget for gang prevention is being spent on the children who are most at risk.

Critics of the test said it may not identify enough children who are in danger of joining gangs. "This [test] cannot be the only solution," said Urban Education Partnership's senior director Ellen Pais, whose organization hosts community events for children as alternatives to gang involvement.

More than 900 children who live in L.A. areas where gangs are active have already taken the test. About one-third of the test takers have been identified as being at risk for joining a gang and will be enrolled in a gang prevention program.

[Resource Outlines New Strategy To Combat Gangs](#)

The National District Attorneys Association has released "Civil Gang Injunctions: A Guide for Prosecutors." This monograph describes the innovative use of gang injunctions, pioneered by the Los Angeles City Attorney's Office, to reduce the spread of gang-related criminal activity. (BJA)

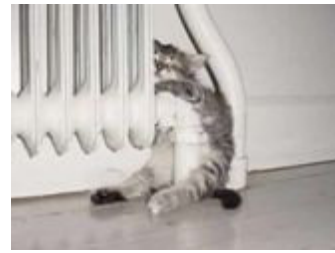
Community Coalition News

Our local Rotary Clubs have a history of trying to effect positive change in San Juan County. When given the information that one of the factors considered in determining how big to build incarceration facilities in the future is by looking at the reading level of our children today, the San Juan Rotary Club took it upon themselves to try and impact that statistic.

We would like to thank Jill McQueary and the San Juan Rotary Club for their support of the Sycamore Park Community Center's reading program. Jill wrote a grant to obtain books for the Community Center resource area, and the Rotary Club matched the amount of the grant. If the opportunity arises to personally let a Rotarian know how much they mean for our community I would hope you would take it. Thank you again Jill.

Humor

Little Johnny watched, fascinated, as his mother smoothed cold cream on her face.



FAMILY WELLNESS, PARENTING, MENTORING

Frequent Moves Linked to Childhood Suicide

When a family relocates frequently, the children may be put at increased risk of suicidality, according to a Danish study.

The risk for both attempted and completed suicide doubled among kids age 11 to 17 after three to five changes of residence, Ping Qin, Ph.D., M.D., of the University of Aarhus in Aarhus, Denmark, and colleagues found.

With more than six moves, the risk at least tripled, in an apparent "dose" response manner in the longitudinal, population-based study reported in the June issue of the Archives of General Psychiatry.

Teens and tweens are particularly sensitive to life's changes, "especially those changes beyond one's own choice and will," that disrupt their familiar environment and disrupt their social network, the researchers noted.

[Read More](#)

Alcohol and the risk of suicide

[Interested? Take the Next Step](#)

From the U.S. Department of Health and Human Services, I'm Ira Dreyfuss with HHS HealthBeat.

Researchers say many suicides are linked to alcohol. The scientists at the Centers for Disease Control and Prevention based that on a 17-state study of violent deaths.

The researchers found almost a quarter of the people who died by suicide and were tested for alcohol had a blood alcohol level above the legal limit. Dr. Alex Crosby says the connection between alcohol and suicide was higher among males and present in a variety of racial, ethnic, and age groups.

Dr. Crosby says:
[Dr. Alex Crosby speaks] "Avoid alcohol and then seek help, either through a local health care provider or a person's own health care provider. Or they can call the National Crisis Hotline: 1 800-273 TALK."

The study is in CDC's Morbidity and Mortality Weekly Report.

Learn more at hhs.gov.

HHS HealthBeat is a production of the U.S. Department of Health and Human Services. I'm Ira Dreyfuss.

'Why do you do that, mommy?' he asked.

'To make myself beautiful,' said his mother, who then began removing the cream with a tissue.

'What's the matter?' asked Little Johnny. 'Giving up?'



Treatment

[States Exploring Drug Courts, Other Affordable Alternatives to Prison](#)

July 23, 2009

More than 25 states as well as Washington, D.C., are exploring alternative-sentencing methods and revamping probation and parole programs to cut the rising cost of keeping inmates in prison, the Washington Post reported July 13.

Governors and legislatures are particularly investing in drug courts, which offer low-level drug offenders treatment and weekly meetings with a judge as a way of keeping them from serving prison time. States are also turning to the 500 courts nationwide designated for people arrested for driving under the influence, so that offenders will be sent to treatment programs and undergo random tests instead of being sent to jail.

Probation time in some states is also being reduced, as is the number of people sentenced to prison for minor violations such as failing to appear for scheduled court appointments.

The economy is bringing a lot of states to the table," said Adam Gelb, who directs the Pew Center on the States Public Safety Performance Project. "The research has pointed to a path for them to [provide] more public safety at less cost."

The average cost to keep an inmate in prison is \$79 per day, whereas the daily cost to monitor that person through probation or parole is \$3.50, according to the Pew Center. In an effort to reduce its prison spending, New York has eased mandatory-minimum drug laws enacted during the Rockefeller era, and Virginia is currently seeking sentencing alternatives for its nonviolent offenders. President Barack Obama has requested more than \$200 million from Congress for prisoner-reentry programs.

[More Drug Rehab for Less Violence in Mexico](#)

Last revised: July, 14 2009

Is There Hope for the American Marriage?

By Caitlin Flanagan Thursday, Jul. 02, 2009

Foward by:
Ron Price
Executive Director
Four Corners Coalition for Marriage & Family, Inc.

Dear friends and supporters of the Four Corners Coalition for Marriage and Family. This article, from one of the most liberal magazines of our day, makes a compelling case that we are on the right side in the fight to save the institution of marriage in our society. The author begins the article lamenting the recent news of high profile affairs and breakups. Below are the points I found to be most notable with certain portions in bold print:

. . . The reason for these appeals to lasting unions is simple: on every single significant outcome related to short-term well-being and long-term success, children from intact, two-parent families outperform those from single-parent households. Longevity, drug abuse, school performance and dropout rates, teen pregnancy, criminal behavior and incarceration - if you can measure it, a sociologist has; and in all cases, the kids living with both parents drastically outperform the others.

. . . The Centers for Disease Control and Prevention reported in May that births to unmarried women have reached an astonishing 39.7%. How much does this matter? More than words can say. There is no other single force causing as much measurable hardship and human misery in this country as the collapse of marriage. It hurts children, it reduces mothers' financial security, and it has landed with particular devastation on those who can bear it least: the nation's underclass.

. . . Few things hamper a child as much as not having a father at home. "As a feminist, I didn't want to believe it," says Maria Kefalas, a sociologist who studies marriage and family issues and co-authored a seminal book on low-income mothers called *Promises I Can Keep: Why Poor Women Put Motherhood Before Marriage*. "Women always tell me, 'I can be a mother and a father to a child,' but it's not true." Growing up without a father has a deep psychological effect on a child. "The mom may not need that man," Kefalas says, "but her children still do."

. . . "There's a 'sleeper effect' to divorce that we are just beginning to understand," says David Blankenhorn, president of the Institute for American Values. It is an effect that pioneering scholars like McLanahan and Judith Wallerstein have devoted their careers to studying, revealing truths that many of us may find uncomfortable. It's dismissive of the human experience, says Blankenhorn, to suggest that kids don't suffer, extraordinarily, from divorce: "Children have a primal need to know who they are, to love and be loved by the two people whose physical union brought them here. To lose that connection, that sense of identity, is to experience a wound that no child-support check or fancy school can ever



With drug war violence rising along the U.S./Mexican border, Sinaloa drug rehabilitation professionals from 8 centers attend 2-day workshop on Narconon drug-free withdrawal techniques.

MAZATLAN, Mexico, July 18

There have been thousands of killings in northern Mexico in the last two years, even including narco-trafficking bands attacking rehab centers. Narconon International executives decided to bring additional tools to fight the source of the problem - drug addiction itself. On July 14th and 15th, their staff gave a hands-on workshop to counselors from 8 Mazatlan drug rehabilitation centers in the State of Sinaloa.

The workshop's purpose was to impart and practice the methodology of Narconon's unique drug-free withdrawal techniques. Presenting were Narconon's president, Clark Carr, Eduardo Garcia, Latin American Consultant, and Xochitl Orlandi, Director of Administration. Also, Charles Tennison, director of the Narconon Latin America Office in Mexico City, joined by Juan Inez, director of Narconon Navajoa from the state of Sonora.

Narconon® was invited to Mazatlan to present by Victor Capaceta, director of a rehab center named Una Luz en el Camino (A Light on the Way). "We have 5,000 rehab beds in Sinaloa," said Capaceta, "and a lot of lives under our care. Because of its long-term results, I asked Narconon to share its knowledge with us. They came and the seminar was very fruitful."

[Read More](#)

Drugs, Murder Inundate Border Town, Treatment Centers Targeted

July 17, 2009

Local news media in Ciudad Juarez, Mexico, estimate that more and more of the nearly 700 people killed so far this year, were people with addictions seeking treatment at local centers, the Washington Post reported June 14.

Some local officials and addiction counselors said that they believed patients in the treatment centers may owe local drug dealers money, work for competing gangs, or have stolen drugs -- or that the high rate of unsolved murders in the border town may have contributed.

"Many people sell drugs during the day and sleep at the centers during the night. That's

heal."

. . . Or is marriage an institution that still hews to its old intention and function - to raise the next generation, to protect and teach it, to instill in it the habits of conduct and character that will ensure the generation's own safe passage into adulthood? Think of it this way: the current generation of children, the one watching commitments between adults snap like dry twigs and observing parents who simply can't be bothered to marry each other and who hence drift in and out of their children's lives - that's the generation who will be taking care of us when we are old.

. . . What we teach about the true meaning of marriage will determine a great deal about our fate.

This article says what most of us already know, but it is heartening to see it in a magazine like Time. At the Four Corners Coalition for Marriage & Family we are continuing our efforts:

1. to get the monthly marriage class, The Couple Check-up, on solid footing.
2. to train numerous couples in September to be marriage mentors; and
3. to arrange for next spring's annual marriage conference at the Civic Center.

Other items such as a fatherhood conference, and a program for youth titled "How To Avoid Marrying a Jerk" are also being discussed. If you would like more information about any of these efforts, if you are interested in being trained to be a marriage mentor, or you know someone who might be please contact me at 505 327-7870 for more details. Again I thank you all for your support. Please let me know if there is anything we can do to show our appreciation or to answer any questions you might have.

Yours for healthy marriages and families,

Ron Price
Executive Director
Four Corners Coalition for Marriage & Family, Inc.

Building a Safety Net for the Internet

With the rise of social networking tools like Facebook and Twitter, it's no wonder teens are spending more hours online, subsequently creating a digital world of their own. While it might be difficult to keep up with all the latest online fads, parents can actively monitor their teens' Internet use to ensure their children are playing it safe.

Many teens say their parents are unaware of their online activities. Furthermore, nearly one-third (29%) of students say their parents would disapprove if they knew what they were really doing on the Internet.[1] It's important for parents to take the time to learn about the many online dangers teens are exposed to on a regular basis to effectively keep them out of harm's way.

[Take the teens and technology crash course for](#)

the problem. Their troubles come home with them," said Victor Silerio, who runs a treatment center that -- unlike most in the vicinity -- restricts patients' access to leave and re-enter the facility.

At least seven treatment centers have closed since receiving threats from local drug gangs, said Silerio.

Local officials said that when about 10,000 soldiers policed Ciudad Juarez for a few months earlier in the year, the number of murders per day decreased.

[New Manual Provides Guidance on Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment](#)

Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment, a new manual which offers substance abuse counselors a four-step process for addressing suicidal thoughts and behaviors in substance abuse treatment, is now available through the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#).

Alcohol Facilities See a Spike By Steve Lynn The Daily Times

Posted: 07/10/2009 01:05:28 AM MDT

FARMINGTON - More people are seeking treatment at alcohol treatment facilities and administrators say the weak economy is contributing to the increase.

More people are seeking treatment for alcoholism this summer than last summer at Four Winds Recovery Center and Totah Behavioral Health Authority, and the DWI Detention, Treatment and Aftercare Program also is seeing a slight increase.

People seeking treatment at Four Winds and Totah Behavioral Health are blaming their alcoholism on unemployment and other factors related to the troubled economy, administrators at those treatment facilities said.

The increase comes as the Farmington area faces rising unemployment. The area's unemployment rate elevated to 6.7 percent in May, more than double the 3.2 percent unemployment rate in May last year, according to the Bureau of Labor Statistics.

Totah Behavioral Health may hire another case manager after the number of people seeking treatment there surged. Funded by the city of Farmington and by state and federal governments, the facility provides free treatment for people with alcohol and drug addictions who are or at risk of becoming homeless.

The facility normally treats around 200 people during the summer, said Sally Reynal, clinical director for Totah Behavioral Health.

Six case managers are treating around 350 people this summer, Reynal said. "It does seem that we've had a lot more people coming in this summer than ever before," she said.

[parents.](#)

Parent Tips

Top Tips for Monitoring Your Teen's Use of Digital Technologies



For teens, personal technology devices like computers, hand-held computers (i.e. "Blackberries") and cell phones can provide a wealth of positive information and connection to a greater community. In many families, these are also providing convenient new ways for kids and grown-ups to keep in touch throughout the day and to consult with one another as plans and schedules change. However, unsupervised technology use can also open a world of temptation and misinformation on topics such as drugs, sex, and other risky behaviors.

Kids want and need the kind of trust between themselves and their parents and other care-giving adults that only a continuous pattern or regular, healthy give-and-take communication can establish. But parents also need to know that their trust isn't being violated. Kids can't always be counted on to use digital technologies appropriately. Sometimes they stumble into danger unknowingly. They need guidance and rules. Here are some tips to keep them on the right track:

- Limit your teen's time spent online, and put computers in a common area of the house so you can more easily monitor use.
- Be clear and consistent about what is off limits - including Web sites, chat rooms, games, blogs, or certain music downloads - and how to handle information promoting drugs or sex. Discuss consequences for breaking the rules.
- Enforce the consequences. The more meaningful the consequence to the teen, the less likely they will break the rules. For example, if you catch your teen Instant Messaging (IM'ing) someone they don't personally know, take computer, Blackberry, or cell phone privileges away for an extended period of time. You can also restrict or prohibit use of these devices as a consequence for breaking curfew, coming home smelling of smoke or alcohol, or exhibiting other signs of substance abuse.
- Learn about the digital devices your teen uses. Teens' cell phones are living diaries of their friends, activities, and whereabouts. Know the people who are listed in your teen's electronic phone book and learn how to review recent calls and text messages. (Check the cell phone manual for instructions on how.) If a strange number appears, ask about it.

People tell Reynal that not being able to find a job and afford housing is driving them to drink excessively, she said. Other transient people treated by the facility who normally find summer oil and gas, construction and yard work jobs are having trouble this summer.

Case managers, who perform a variety of tasks to help clients during the facility's 28-day program, try to help find the transient people jobs so they can obtain housing. "There's just nothing available," Reynal said. "We can't find (jobs) for them."

Four Winds, an alcohol detoxification and treatment facility funded by local and state governments, treated more than 2,900 people last fiscal year, said Jim Clark, Four Winds executive director. The facility treated 48 more people last fiscal year, July 2008 to June 2009, than the previous fiscal year.

Around two dozen people are waiting to begin the facility's 28-day treatment program. Less than a dozen were waiting to start the program the same time last year.

Increased enforcement by police could lead to greater numbers at the detoxification facility and court orders could contribute to more people on the treatment program's waiting list, he said.

"There's just a whole lot of things that can factor into it," he said. "The economy just happens to be just one factor." Job loss and having less money causes stress, leading people to drink more, he said. "My overall feeling about that is, of course, more people are drinking as a result of the economy," Clark said.

The DWI treatment center has more people on its waiting list this summer than last summer, said Rob Mitchell, San Juan County Alternative Sentencing Division administrator. Mitchell could not immediately provide statistics because facility computers weren't functioning properly.

Normally a waiting list builds at the start of summer, but that list began last fall when Farmington Police ramped up enforcement, Mitchell said.

People have to wait three weeks to begin the program this summer while they normally must wait only one week, he said.

More enforcement by police and a greater number of people ordered by a judge to participate in the program are the main reasons for the increase, Mitchell said. Only jail inmates or those on work-release are allowed in the treatment program.

Several factors lead people to drink and drive, he said. "It could be the economy, it could be relationships, it could be jobs," he said.

·Visit your teen's Web site or personal blog. Review your teen's profile, pictures, video, and music uploads. Also check out the links that your teen includes on his/her page. These will give you a candid view of his/her thoughts on issues like drugs and dating as well as an inside glimpse of your teen's friends and activities. Check out his/her "network," as well, and what type of information is on his/her friends' sites.

·Monitor your teen's e-mails and Instant Messaging. Know whom your teen is communicating with online. Ask who is on his/her cell phone and Instant Message contact lists. Ask to review their e-mail address book on a regular basis and who unfamiliar addresses represent. Use every available opportunity to meet and get to know those friends AND their parents.

·Remind your teens that the Internet is public space and anyone, including college admissions offices, potential employers, and even predators, can see what they're posting online. Talk to your teen about not posting personally identifiable information or regrettable pictures/videos and information.

·Make sure your teen knows that everything "on the web" isn't necessarily legal. Alcohol, tobacco, illicit and prescription drugs are all marketed on the Internet, along with weapons, pornography, and opportunities for real-world sexual liaisons. Young people need help understanding that many things offered to them via the Internet may be illegal, as well as dangerous. Talk to them about letting you know if they receive personal messages encouraging them to engage in illegal behaviors so that you can notify the appropriate authorities.

·Use technology to help monitor your teen. See for yourself what's posted on social networking sites (i.e. MySpace.com) your teen visits by setting up your own account. Use text messaging to check in with your teen after school. If your teen has a camera phone, have him/her send a picture of where he/she is and who he/she is with. If he/she is supposed to be at a school football game, tell your teen to take a picture of him/herself with friends in the stands.

·If you suspect, go the extra mile. Some technologies enable you to track the exact Web pages, blogs and message boards that your teen visits. Many of these same products have filtering devices that prevent teens from viewing inappropriate content. Learn about this technology here.

·Talk to other parents about how they monitor their teens, especially in this age of gadgets and digital devices. Ask what has worked for them and what hasn't. Stay connected and share your stories to aid your monitoring activities and keep your kids safe.

Above all, don't feel uncomfortable with these tactics. Think of the online world in terms of a real neighborhood-would you let your teen hang out with a stranger down the street or have an unknown adult check in on your child while you are away? Probably not. The same types of precautions you'd take in your own neighborhood are the same types of precautions

NEWS & PUBLICATIONS

ARTICLES OF INTEREST

[U.N. Drug Report Admits Policy Problems, But Slams Legalization Talk](#)

July 5, 2009

News Feature by Bob Curley

International drug-control policies need to be reformed and the solution to growing drug trafficking and related crime lies in recognizing drugs as a health problem -- one that can be prevented, treated and controlled -- but not legalizing and taxing drugs, according to a new report from the United National Office on Drugs and Crime ([UNODC](#)).

Echoing one of the main arguments of drug-policy reform advocates, the top anti-drug official at the United Nations says that drug prohibition has created "an illicit black market of macro-economic proportions." But UNODC Executive Director Antonio Maria Costa warned that drug legalization would be a "historic mistake" even as the 2009 U.N. World Drug Report praised drug decriminalization policies enacted in Portugal, where possession remains illegal but users face only civil, not criminal penalties.

[Read More](#)

[Top Pain Pills May Be Banned](#)

July 7, 2009

News Summary

A federal advisory panel has recommended that the U.S. Food and Drug Administration (FDA) ban the painkillers Percocet and Vicodin because of their damaging effects on the liver, the New York Times reported on July 1.

The two popular painkillers combine acetaminophen with a narcotic. High doses of acetaminophen are believed to cause liver damage. The panel noted that, over time, people who take Percocet or Vicodin need to take higher and higher doses of the drugs to receive the same effect.

[Read More](#)

Research and Resources

July 16, 2009

[Study Shows Link Between Heavy Drinking Among Teens and Mental Health Problems](#)

A study reported in Reuters Health found that teens who drink heavily are more likely than their peers to have behavioral problems or symptoms of depression and anxiety.

The study, of nearly 9,000 Norwegian teenagers, found that those who said they had been drunk more than 10 times in their lives were more likely to have attention and conduct problems in school. Meanwhile, heavy-drinking girls showed higher rates of depression and anxiety symptoms.

The findings, published in the online journal Child and Adolescent Psychiatry and Mental Health, are based on a one-time survey.

you should take in the virtual world. You can do it. You're supposed to do it. You owe it to them.

Humor



Upcoming Events and Training Opportunities

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

Sexual Assault Services of Northwest New Mexico is MOVING July 31st!

A couple of blocks down the street, right across the street from the ER.

New Address:
812 W. Maple

All phone numbers will be the SAME!!
Hotline: 326-4700

National Night Out

Tuesday, August 4, Minium Park, Aztec, from 5-7pm.

National Night Out is designed to:
Heighten crime and drug prevention awareness;
Generate support for, and participation in, local anticrime programs;
Strengthen neighborhood spirit and police-community partnerships; and
Send a message to criminals letting them know that neighborhoods are organized and fighting back.

<http://nationalnightout.org/nno/>

Center for Nonprofit Excellence Announces Summer Trainings

Various Dates
[Click Here For Dates](#)

[Drug-Free Schools' Conference Scheduled for August](#)

On August 3-5, 2009, the Office of Safe and Drug-Free Schools will hold its 2009 national conference in National Harbor, Maryland. The conference will address issues related to civic and character education, crisis planning, mental and physical health, substance abuse, and violence prevention. ([OJJDP](#))

"We can say that mental health problems (are) closely connected to alcohol drinking and intoxication, but we cannot from these data say anything about which comes first," explained lead researcher Dr. Arve Strandheim, of the Norwegian University of Science and Technology in Trondheim.

That said, conduct and attention problems do tend to develop early in childhood, and would be less likely to arise in adolescence, Strandheim told Reuters Health. But regardless of whether drinking problems or other issues come first, the bottom line is that parents should be aware that they often go hand-in-hand, according to the researcher.

Among teens who said they had attention problems at school, roughly 43 percent had been drunk more than 10 times - versus 25 percent of those with little difficulty concentrating in class. Similarly, 35 percent of teenagers who acknowledged conduct problems - such as getting into fights - also admitted to getting drunk frequently. That compared with roughly 27 percent of teens with few conduct problems. Anxiety and depression symptoms were also linked to more-frequent drinking binges, but only among girls.

GRANT WRITING

For full list of grant resources, go to:

[San Juan Safe Communities Grant Funding](#)

[Download the June-August 2009 Grant Funding Calendar](#)

[SAMSA Funding Opportunities](#)

**Getting Financial Assistance
How to Write Persuasive Grant Proposals**

By Keenan Patterson

As a grant seeker, you may write proposals. A proposal communicates your plan to grantmakers and asks for their support. Grantmakers want to support good projects. Use the tips and outline in this article to create winning proposals.

[Read More](#)

Ending Violence Against Women (EVAW) Project

August 6-7
Ute Mountain Casino Towaoc, CO

FREE Training

The EVAW Project is a unique collaboration of: The CO District Attorneys Council, The CO Coalition Against Domestic Violence, The CO Coalition Against Sexual Assault, and The County Sheriffs of CO. Funded through the STOP Violence Against Women Act, grant # DOJ 2008-WF-AX-0003, this nationally recognized project has been offering training and technical assistance to communities in Colorado since 1996.

The EVAW Team consists of trainers with extensive experience in the fields of domestic violence, sexual assault and stalking. Trainers use a "team approach" to the problems we face when working with cases involving violence against women.

August 6- 7, 2009
8:00 a.m.-5:00 p.m.
Day 1: Domestic Violence
Day 2: Sexual Assault

Training For Law Enforcement, Prosecutors, Victim Advocates, Probation Officers, Mental Health Workers and allied professionals.

POST course number: DI0004
POST and CLE credits available!

Course topics include:

- Domestic Violence and Sexual Assault Investigations
- Predominant Aggressor Analysis
- Drug-Facilitated Sexual Assaults
- Overview of Current Laws
- Protection Orders
- Stalking
- Strangulation
- Myths and Realities of Sex Assault
- Victim and Suspect Dynamics
- Using Victim Advocates Effectively
- Prosecution of Difficult Cases

TO REGISTER:

Call, Fax or Email Danielle Olson, EVAW Training Coordinator
Phone: (303)830-9115 dolson@evawproject.org
Fax: (303)830-8378

Responding to Sexual Assault in Rural Communities in NM

August 20-21
Marriot Pyramid North Albuquerque, NM

Topics: Child, youth, adult sexual assault; Incest; Dating Violence; Multi-disciplinary response teams; Serving native, immigrant, and disability populations; Interviewing and report writing for law enforcement.

Register online [here](#).

Register by phone: (505) 412-1872,
888-883-8020 (toll free)

Join Our Mailing List!
San Juan Safe Communities Initiative
100 W. Broadway
Farmington, NM 87401
(505)599-1491
www.sjsici.org



LINKS

For more...check out these links.

Visit our new Safe Communities Facebook page and become a Fan

<http://www.facebook.com/home.php#/pages/Farmington-NM/San-Juan-Safe-Community-Initiative/67202090768?ref=ts>

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/>.



[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](#)

Quiz Answers:

First question: If you answered that you are first, then you are absolutely WRONG! If you overtake the second person you take his place, so YOU are in second place!

Second question: If you answered that you are second to last, then you are WRONG again!!! You can't overtake the LAST person.



Please tell us your thoughts on any article found in this newsletter.

info@sjsci.org

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