



The Council Link

PREVENTION & ADDICTION COUNCIL

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May, 2012



May 20-26 is National Prevention Week

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This week is an annual health observance that celebrates the work that community organizations and individuals do year-round to prevent substance abuse and promote mental, emotional, and behavioral well-being.

The purpose is to:

- ◆ Celebrate the power of prevention;
- ◆ Raise awareness about substance abuse and mental health issues;
- ◆ Build support for wellness and prevention practices; and
- ◆ Promote mental, emotional, and behavioral well-being

The themes for the week are: Monday-Prevention of Underage Drinking; Tuesday-Prevention of Prescription Drug Abuse and Illicit Drug Use; Wednesday-Prevention of Alcohol Abuse; Thursday-Suicide Prevention; Friday-Promotion of Mental, Emotional, and Behavioral Well-Being. The Council will be sponsoring several events including a special presentations at CCISD schools (Zavala and Shaw Elementary Parent Groups) on underage drinking, appearances on local media outlets, and e-blast messages highlighting each theme topic.

YOU CAN PARTICIPATE BY SIGNING THE PLEDGE ON PAGE 4 OF THIS NEWSLETTER

- WE ENCOURAGE YOU TO SUBMIT ARTICLES FOR PUBLICATION. DEADLINE FOR THE JUNE ISSUE: MAY 25. DO YOU KNOW SOMEONE WHO WOULD LIKE A COPY E-MAILED? SEND US THEIR ADDRESS SO WE CAN ADD THEM TO OUR LIST.
- NOT INTERESTED IN RECEIVING THE LINK? LET US KNOW AND WE WILL REMOVE YOUR E-MAIL FROM OUR LIST.

From the CEO



Dee Ogle, CEO

National Prevention Week

National Prevention Week kicks off near the start of

summer and is the perfect time for communities to come together and rally around prevention. Summer is a season filled with celebrations and recreational activities that can potentially be linked to substance use and abuse, such as graduation parties, proms, weddings, boating, and camping excursions.

The percentages of marijuana, cigarette and alcohol initiates among youth increase between spring

(April and May) and summer (June and July). National Prevention Week can help to raise awareness in youth and provide an opportunity for community members to learn more about substance use and mental health disorders as well as get involved in prevention efforts that can continue throughout the year.

Prevention involves both large and small actions to create a healthy and safe community --such as volunteering,

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The Council Link

“Pioneers Against Tobacco” Event A BIG Success

On April 12, The Council sponsored the “Pioneers Against Tobacco” Wellness Fair at Crockett Elementary School. The Event featured a performance by members of the Life Skills Club, Singing, Reading of Essays, spirit chants on tobacco prevention and community health vendors providing wellness information. Over 270 people attended the event and enjoyed all the activities. Winners of the poster contest are shown below. The Council sends out a thank you to Ms. Salas, Crockett elementary, for setting up the event and helping it to be a big success. Also, special thanks to Al Solis and Tabitha Villarreal, Council employees for facilitating all the activities.

POSTER WINNERS



ENJOYING ACTIVITIES



The Council Link



Would You Drink Hand Sanitizer?

The idea may sound repulsive to most people, but California doctors are warning parents of what may be a fast-growing dangerous trend after six local teenagers were hospitalized in separate incidents with alcohol poisoning from drinking the soapy stuff.

Some of the teenagers used salt to separate the alcohol from the sanitizer, making a potent drink that is similar to a shot of hard liquor. Bottles of hand sanitizer are inexpensive and accessible, and teenagers can find distillation instructions on the Internet. The liquid hand sanitizer is 62% ethyl alcohol and makes a 120-proof liquid. A few drinks can cause a person's speech to slur and stomach to burn, and make people so drunk that they have to be monitored in the emergency room.

Doctors said this is the latest over-the-counter product that teenagers have adapted for a quick high. Teenagers have done the same with mouthwash, cough syrup and even vanilla extract.

The recent cases involving teenagers surprised doctors. There were no such cases last year. The incidents also raised concerns about the lack of awareness among parents of the risks linked to the popular hygiene product. Even small bottles contain highly concentrated alcohol. If parents buy hand sanitizer, they should purchase the foam version rather than the gel type because it is harder to extract the alcohol and teenagers may be less likely to drink it.

From Los Angeles Times article, April 24, 2012

FROM THE CEO (Cont. from Page 1)

participating in community organization or healthy activities, and talking to youth and neighbors – which together contribute to a healthier and more vibrant community. To be effective as a community we must provide consistent action and weave prevention into the fabric of our everyday lives. Poor diet, physical inactivity, tobacco use, and alcohol misuse

are just some of the challenges we face.

Health is more than merely the absence of disease: it is physical, mental, and social well-being. Investments in prevention complement and support treatment and care. Prevention policies and programs are cost-effective, reduce health care costs and improve productivity and the quality of life.

You Booze You Lose

You CHOOSE

Bits and Pieces

Congratulations to proud grandparents Al and Estella Solis. Their grand-daughter Tessa Nicole Vela is a 2012 Foy Moody honors graduate and was awarded a full scholarship to Sarah Lawrence College in Bronxville, New York. Tessa plans to attend in the fall and study creative writing. She is the daughter of Pedro and Jennefer Vela and other grandparents. Manuel and Rosita Vela. Al Solis is a long-time Council staff.

DID YOU KNOW?

- ◆ By 2020, mental and substance use disorders will surpass all physical diseases as a major cause of disability worldwide.
- ◆ Annually, tobacco use results in more deaths (443,000/year) than AIDS, unintentional injuries, suicide, homicide, and alcohol and drug abuse combined.
- ◆ The annual total estimated societal cost of substance abuse in the U.S. is \$510.8 billion.

2012 national
prevention
week
MAY 20-26

PREVENTION PLEDGE



Everyone can play a role in prevention. Small actions make a big difference. Choose items below and pledge to take action to prevent substance abuse and promote mental health in your own life and the lives of those in your community.

- | | |
|--|--|
| <input type="checkbox"/> Talk to others about the prevention of substance use and the promotion of mental, emotional and behavioral well-being. | <input type="checkbox"/> Talk with a friend or loved one who has been having a difficult time and discuss things that are bothering him/her. |
| <input type="checkbox"/> Attend a National Prevention Week 2012 event. | <input type="checkbox"/> Be a role model in my community by abstaining from alcohol abuse and illicit drug use. |
| <input type="checkbox"/> Host a drug- and alcohol-free party or event. | <input type="checkbox"/> Volunteer with a community program or organization that provides support for at-risk populations such as youth, Tribal communities, and military families. |
| <input type="checkbox"/> Learn about and support suicide prevention programs such as the National Suicide Prevention Lifeline (1-800-273-TALK [8255]) and the Trevor Project . | <input type="checkbox"/> Encourage my local school district to implement an alcohol and substance use prevention program and provide programs to promote students' mental health. |
| <input type="checkbox"/> Encourage my children, friends and/or family members to improve their mental, emotional, and behavioral health by promoting rest, a healthy diet, physical exercise, and time outdoors. | <input type="checkbox"/> Spread the prevention message online by posting about and linking to National Prevention Week 2012 on my Facebook and Twitter pages, and on my blog or Web site. |
| <input type="checkbox"/> Point loved ones in the direction of resources that can help them improve their mental, emotional, and behavioral well-being. | <input type="checkbox"/> Encourage friends, family, neighbors, and loved ones to sign the Prevention Pledge! |

I know that prevention matters! I pledge to take action to prevent substance abuse and promote mental, emotional, and behavioral well-being. I recognize that I have the ability to make a difference – in my own life, in the lives of my friends and family, and in my community. I pledge to take responsibility for the daily choices that I make, and to focus on maintaining a healthy lifestyle.

Signature

Date



Offering Hope and Healing for Those in Need

PREVENTION & ADDICTION COUNCIL

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The Prevention and Addiction Council (formerly the Council on Alcohol and Drug Abuse—Coastal Bend) is a private non-profit organization that serves a multi-country region with a continuum of care in prevention, intervention and treatment of the disease of alcoholism and other drug abuse for individuals, families and communities.

Programs include: Pregnant/Post-Partum Intervention, CHOICES, Adult Outpatient Treatment and Aftercare Treatment, Youth Outpatient Treatment and Aftercare Treatment, School-based Youth Programs (Botvin's Life Skills, Project Towards No Drug Abuse, and BUILD).

Need someone to provide a program for your business, civic group or service organization? The Council will be glad to add you to our presentation schedule. Call Jan at the Council 854-9199.

We're on the web
at www.coada-cb.org

"Like" us on Facebook to get updates on events and issues. Listed as Prevention & Addiction Council



Donate to help stop drug abuse and provide treatment options to those in need. Call 854-9199

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(The Board meets monthly on the 4th Tuesday at 5:00 p.m. Open to the public.)

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