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From the CEO

Summer Months & Underage Drinking



Dee Ogle, CEO

Thousands of college, high school, and middle school students are already or will soon be on summer break, a time when underage drinking tends to go up. An average of 11,000 teens start using alcohol each day during the summer break, compared to about 8,000 a day during other times of the year. With teens being out of school and parents busy at work, the summer months provide a prime opportunity for minors to be unsupervised and possibly consume alcohol.

Minors are not allowed to buy alcohol, but they can easily get it from older friends, strangers willing to buy it for them, store clerks who fail to check IDs, the internet, their friend's parents, and their own parents. According to the American Medical Association, two-thirds of teens ages 13-18 gain access to alcohol from their homes without consent from an adult.

So, what can be done to help prevent underage drinking? As a start, if you have alcohol in your home, monitor and secure the alcohol.

Discuss drinking and drug use with your teen. At the beginning of each school break, discuss drinking and drug abuse with your teen, being very definite about your expectation that your children will refrain from drinking or using drugs.

Stay connected with your children. When families have dinner together five nights a week or more, relationships between parents and children are closer and this translates to lower substance abuse.

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CEO cont.

Don't let your teen go to alcohol parties and don't allow alcohol to be served at any parties at your home. The likelihood that your teen will go to a party where alcohol is served is very high. You will need to cover this point thoroughly with your children and make it clear that you expect them to leave, not stay and try to remain sober when everyone around them is drinking, It would be smart to make sure they take a cell phone with them so they can call home for a ride.

A recent survey from Liberty Mutual and Students Against Destructive Decisions revealed that 37% of parents allow teens to drink with them. Fifteen percent of teens said they were allowed to host parties where alcohol was served and 47% said they were allowed to go to parties where alcohol was served. If you do not want your children to drink, you are going to have to make it clear so that your demand outweighs the permissiveness they find all around them.

Make sure they stay out of vehicles if the operator is under the influence. Make it completely acceptable for them to call you day or night if they need a ride home, that way they can get home safely without driving drunk themselves, and they can refuse to ever get in a car, boat or other vehicle with a drunk operator.

Always know where they are, who they are with and who their friends are. They may not like this but will know you are concerned with their safety.

Point out the influence of the media. A 2012 study at Dartmouth College showed that adolescents (aged 10-14) on average, watched more than four hours of alcohol use in movies with many young people viewing more than eight hours. Those teens who were exposed to the most on-screen alcohol use were twice as likely to start drinking and 63% were more likely to progress to binge drinking. You can't prevent your children's exposure to these influences but a common sense conversation on how these experiences can affect their thinking can help protect your child from being swayed by these images of drunkenness, heavy drug use and destructive activity.

Reward them for those times when they reject peer pressure and stay sober when their friends did not. Also reward them for accomplishments like finishing a class or a project. Invite them to discuss problems that may have come up while they were with friends.

Help them get involved in drug-free activities they enjoy. Whether it's a sports activity, attending a concert or a short outing, the time and expense on your part can reap great rewards when your child realizes that having fun does not have to involve drugs or alcohol.

Set a good example. How you handle alcohol and drugs yourself is probably far more important than you might think. More than six million children under the age of 18 live in a household with an alcoholic. You may be setting a good example for more than just your own children.

It could be your influence that saves the life of your children or the life of another child in your community. In fact, you may never know how many lives you save by being vigilant and determined. Thank you for helping keep all children sober and safe.



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From the Council's President



Eliva Aguiar, The Council's President

FUN RUN!

On May 2, 2015, the Council on Alcohol and Drug Abuse-Coastal Bend (COADA) held its first Fun Run fundraiser at Cabaniss Field. COADA joined forces with CCISD, the Junior League of Corpus Christi, AgriLife and numerous other community organizations to host both the Fun Run and a Garden Show. More than 300 CCISD students participated in the event. The COADA staff and Board of Directors had a great time interacting with the runners and serving the community. We hope to grow the event next year!

And the winners are....

Ages 5-7 Division

First Place: Mathew Montelongo – Oak Park Elementary
Second Place: Mario Vega- Oak Park Elementary
Third Place: Savannah Lopez- Oak Park Elementary



Ages 9-11 Division

First Place: Jayden Ortiz- Cullen Middle School
Second Place: J.T. Albornoz- Dawson Elementary
Third Place: Denise Gongora- Menger Elementary



Adult Division

First Place: Thad Albornoz
Second Place: Pamela Armstrong
Third Place: Yvonne Scott

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Education Department



**Armando Trevino,
Program Director**

Pioneer’s Life Skills Club Tobacco Prevention Event “Rally Against Tobacco”

On May 21, 2015, The Council on Alcohol & Drug Abuse – Coastal Bend’s (The Council) Youth Prevention Universal program co-sponsored, “the Rally against Tobacco” Health Fair with CCISD Crockett Elementary School. The event featured a tobacco presentation, performance by the Life Skills Club and community health vendors provided wellness information. Over 130 individuals attended our “Rally Against Tobacco” activity. The Council sends out a thank you to Ms. Salas, School Counselor, and Ms. Lee Anna Martinez, Parent Facilitator for co-facilitating the event making it a big success. Also, special thanks to Al Solis and Susan Canales, Council employees, for facilitating the presentation, performance, and activities. A final shout out to the Tobacco Prevention and Control Coalition’s Nueces Youth Against Tobacco (NYAT) for assisting during the event with “Tobacco Jack”, monitoring, assisting at the sign in table, cleaning up after the event and for being role models to our Crockett Elementary students.



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Intervention Division Project Link



Karen Palombo,
PPI Program Manager

March for Babies Event

Project Link participated in The Annual March for Babies event on March 9th. It is an annual event where we as a community raise money for our women and the services needed. The March of Dimes Division estimated approximately \$470,000 was raised and there were nearly 3,000 people in attendance.

The Council's Pregnant/Post-Partum Intervention Division recently received funding from the March of Dimes to continue the Hope Chest Program. This program provides resources to promote prenatal care participation and healthy behaviors during pregnancy.

We have enjoyed a wonderful partnership with the March of Dimes and look forward to continuing this partnership in future years. Thank you March of Dimes! Call Karen at 361-854-9199 for information on the program.



THE YOUTH CONTINUUM OF CARE COALITION Community Coalition Partnership



Donine Schwartz,
Coordinator

Community Coalition Partnership News

The mission of the CCP is to encourage community mobilization to implement evidence-based environmental strategies with a primary focus on changing policies and social norms in communities to prevent and reduce underage drinking and underage drug abuse across Texas. In addition to the prescription drop box projects, the Coalition is working on projects to ensure that I.D. requirements are being met by community alcohol and tobacco retailers.

The next meeting will be on Thursday, June 18 at the Council's office - 1801 S. Alameda, Ste. 150, 11:30 a.m. Lunch will be provided. Call Donine at 854-9199 if you would like to attend or want more information.

Interested in joining
the Coalition? Call
Donine at
361.854.9199.

Check out our website: www.ccpcoastalbend.org for information, current news, and list of coalition partners.
Like us on Facebook at www.facebook.com/Youth-Continuum-of-Care-Coalition

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THE YOUTH CONTINUUM OF CARE COALITION Tobacco Prevention and Control Coalition



Melissa Hofstetter,
Coordinator

World No Tobacco Day

The Tobacco Prevention & Control Coalition (TPCC) celebrated World No Tobacco Day during the last weekend of May by participating in the 5th Annual It's Your Life 5k Run & Walk. World No Tobacco Day is intended to draw attention to the widespread prevalence of tobacco use and the negative health effects, which currently lead to nearly 6 million deaths each year worldwide, including 600,000 of which are the result of non-smokers being exposed to second-



hand smoke, according to the World Health Organization. Sponsored by It's Your Life (IYL) Foundation of Corpus Christi, the 5k was held at Cole Park on Saturday, May 30.

The TPCC's youth group, Nueces Youth Against Tobacco (NYAT), set up a booth to pass out information on cessation and to promote tobacco free parks. NYAT was able to visit with around 175 youth, parents, and participants. The youth group members engaged younger kids about the dangers of tobacco and were in charge of their game and handing out prizes. In an effort to mix fun with promoting tobacco free parks, NYAT came up with a game called "Can You Can Tobacco". Our "Can You Can Tobacco" activity served as a way to talk to families about the dangers of second hand smoke and how our tobacco free parks initiative will help to battle those dangers. This was a perfect example of a youth-led, adult-supervised event as the NYAT members were able to see first-hand that they can make an important difference in our community. (Contributed by Tiffany Montemayor)



The YCCC's Tobacco Prevention and Control Coalition focuses on preventing and reducing illegal and harmful use of tobacco products in Nueces County, with a particular emphasis on reduction of youth use. Efforts are made to promote community-based and environmental strategies that will have an impact on the social, cultural and economic processes of the community. The next meeting is Monday, June 15, 3:30-5:00p.m. at First United Methodist Church, 900 Shoreline Blvd, Room 223. If you are interested in joining this group, call us at 361-882-1008.

Offering Hope and Healing for Those in Need

COUNCIL ON ALCOHOL & DRUG ABUSE - COASTAL BEND

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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, March of Dimes Hope Chest, Adult Outpatient Treatment and Aftercare Treatment, Youth Outpatient Treatment and Aftercare Treatment, School-based Youth Programs (Botvin's Life Skills), Youth Continuum of Care Coalition (Community Coalition Partnership, Tobacco Prevention and Control Coalition).

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 Armando at least one month notice at the Council 361-854-9199.

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

"Like" us on Facebook to get updates on events and issues.



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. Meetings are open to the public.

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