



From the CEO



Dee Olge, CEO

SPRING BREAK HEALTH AND SAFETY TIPS

As spring approaches, many teenagers are busy making plans for spring break. For many students, spring break is a carefree time away from classroom pressures. Unfortunately, for many it is also a time of excessive drinking and dealing with its aftermath – violence, sexual aggression, and even death. As your teenager prepares to celebrate spring break escape, take the opportunity to talk with them about the consequences of drinking and sober alternatives to a drug fueled spring break.

Research shows that parents do make a difference. Talking with your adolescent about alcohol now could prevent serious problems later. Alcohol acts as both a stimulant and a depressant. So while people who drink may temporarily feel elated and happy, the feeling does not last and alcohol's depressive effects take over. Discuss the following risks:

- Their inhibitions and memory soon become affected, so they could say and do things they might regret or might not remember doing at all.
- Their decision-making skills are also affected. They may become restless and aggressive. They may be more inclined to get into fights, trash a house, or make unwise decisions about sex.
- Their physical control is affected as well – they can experience loss of balance, slurred speech, or blurred vision.

Cont. on pg. 2

- **Do you know someone who would like a copy e-mailed? Send us their e-mail 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.**

Inside this issue:

| | |
|--|---|
| FROM THE CEO CONT./ FINANCE DEPARTMENT | 2 |
| FINANCE DEPT. CONT./ PROJECT LINK | 3 |
| TREATMENT AND RECOVERING SUPPORT SERVICES | 3 |
| TREATMENT AND RECOVERING SUPPORT SERVICES CONT. | 4 |
| YCCC COMMUNITY COALITION | 5 |
| COMMUNITY COALITION CONT./ TOBACCO COALITION | 6 |
| TOBACCO COALITION CONT. | 7 |
| TOBACCO COALITION CONT. | 8 |
| COADA INFORMATION | 9 |

The Council Link

CEO cont.

It is important to remember, too, that:

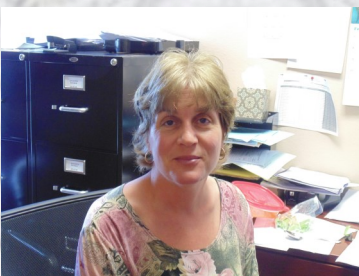
- Critical driving skills and decision-making abilities are diminished long before someone begins to show the obvious physical signs of intoxication. As your adolescent consumes more alcohol, fine motor skills and reaction time begin to suffer. This compromises driving abilities even further and increases the risk of having an alcohol-related traffic crash.
- Young people are less sensitive than older adults to alcohol's effects on alertness, so they can drink longer before feeling drowsy. But that is exactly when many serious problems occur. Under the influence of alcohol, even normal activities such as swimming, running, or just crossing a busy street can become truly dangerous – and potentially life threatening.

Encourage your young person to make this year's spring break memorable by planning a break that provides fulfilling experiences such as a community service project (for example, working on a Habitat for Humanity project), or a chance to spend quality time with friends or family without alcohol use. During the break, there could be the opportunity to start a fitness program as well as doing a variety of fun activities like walking, dancing, playing volleyball, or swimming.

Having fun takes energy and fuel. Discuss eating healthy, eating a variety of foods, including plenty of vegetables, fruits, and whole grain products. Good nutrition should be part of an overall healthy lifestyle, including regular physical activity, not smoking and stress management. Spring break time could be a great time to start or enhance a healthy lifestyle.

If your adolescent has an alcohol or drug problem, has thoughts of suicide, or is in crisis for any reason, get help. Call 911 for emergency services or 361.854.9199 for substance abuse help.

Finance Department



Rhonda Bergy,
Finance Manager

Caregiving: It's Not Just for Children Anymore

A record 57 million Americans — or nearly one in five people in the U.S. — live in multigenerational households, according to the Pew Research Center. Some of this growth is due to adult children moving back home, but more and more elders are moving in with their children.

In 2012, 22.7 percent of adults ages 85 and older lived in a multigenerational household, reports Pew. As people live longer, experts expect this trend to continue.

Why should employers care? Caregiving — and the stresses it creates — affects work productivity. Among those ages 45 to 54, 68 percent reported taking time off from work or leaving early in the prior six months because of caregiving duties. Half of these workers missed eight to 16 hours of work in the last six months due to their caregiving responsibilities. In addition, more than three-quarters of Baby Boomers reported taking up to 16 hours of paid vacation time to care for another person. This should concern employers, says Barbara Campbell, regional vice president in The Hartford's Group Benefits Division, because "...while many Baby Boomers are under pressure on all sides, they are using their paid time-off as an extension of their hectic lives rather than a vacation."

The Council Link

Finance cont.

Further, caregiving (and the stresses it creates) can also cause health problems. Employees who care for an older relative are more likely to report health problems like depression, diabetes, hypertension or heart disease.

As a result, the MetLife study Working Caregivers and Employer Health Care Costs estimated that employees with eldercare responsibilities cost employers an average of 8 percent more per year in healthcare costs than employees without eldercare responsibilities. This equals an estimated \$13.4 billion annually in additional costs for all U.S. employers.

According to the MetLife study, “Employed caregivers seem to be able to provide care to someone for 14 hours or less per week (considered a low level of caregiving) with little impact on their ability to stay on the job. However, providing 20 hours or more per week often results in major work adjustments, such as cutting back on hours or stopping work altogether, and the decline in annual income that goes with that work adjustment.”

Source: Employee Benefit Reports Feb 2015, Volume 13, No. 2

Intervention Division Project Link



Karen Palombo,
PPI Program Manager

New research from The University of Texas at Austin suggests that many teenagers, especially younger teens, may not be getting the message about the risks of using alcohol and other drugs during pregnancy — but that having involved parents and being engaged academically can help. The study examines the relationship between substance use and teen pregnancy using a large, nationally representative sample. Nearly 3 in 5 (59%) pregnant teens reported having used one or more substances in the previous 12 months, a rate that is nearly two times as great as that of non-pregnant teens (35%).

Additionally, the study suggests that use of these substances continues during pregnancy for many teens, particularly younger ones. More than one third (34%) of all pregnant adolescents ages 12-14 reported having used one or more substances during the previous 30 days. The substance use, however, decreases dramatically for all pregnant youths as they progress from the first into the second and third trimesters of pregnancy, according to the study. The most commonly used substance is alcohol (16%), followed closely by cannabis (14%), and finally other illicit drugs (5%). “We found that the odds of substance use were roughly 50 percent lower among pregnant teens reporting consistent parental support and limit-setting, as well as those who expressed strong positive feelings about going to school,” Vaughn said. “This suggests that it makes sense to engage both parents and teachers in efforts to address substance use among pregnant teens.”

All women should know the dangers of alcohol while she is pregnant. There is no safe amount to drink while you are pregnant. For more information, please call 361-945-4501

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 Council Link

Treatment and Recovery Support Services Adult & Youth Outpatient Treatment



James E. Sandoval,
Director of Treatment and Recovery
Support Services

HABITS: HELPFUL AND HARMFUL

Some people ask our substance abuse professionals ‘If a person knows something’s bad for you, why don’t they just stop doing it?’ Drug and alcohol abusers struggle to stop behaviors that support their addictions and often have to make several attempts in treatment before they find success. Habitual behavior is both helpful and harmful to us. This topic is explored in The National Institute for Health’s monthly newsletter, NIH, from January 2012 by Editor Harrison Wein, PhD. He discusses the research on the brains of addicted individuals and how the research shows what happens to brains as habits form.

Researchers have found clues to why bad habits, once established, are so difficult to stop. “Habits play an important role in our health,” says Dr. Nora Volkow, Director of NIH’s National Institute on Drug Abuse.

“Understanding the biology of how we develop routines that may be harmful to us, and how to break those routines and embrace new ones, could help us change our lifestyles and adopt healthier behaviors.” (NIH 2012)

Habits can arise through repetition. They are a normal part of life, and are often helpful. “We wake up every morning, shower, comb our hair or brush our teeth without being aware of it,” Volkow says. We can drive along familiar routes on mental auto-pilot without really thinking about the directions. “When behaviors become automatic, it gives us an advantage, because the brain does not have to use conscious thought to perform the activity,” Volkow says. This frees up our brains to focus on different things. In a sense, then, parts of our brains are working against us when we try to overcome bad habits. “These routines can become hardwired in our brains,” Volkow says. And the brain’s reward centers keep us craving the things we’re trying so hard to resist. The good news is, humans are not simply creatures of habit. We have many more brain regions to help us do what’s best for our health. Bad habits may be hard to change, but it can be done. (NIH 2012).

When it comes to diseases like cancer and diabetes, medical staff depend on evidenced based research to provide lifesaving treatment and hopefully one day a cure. (NIH 2012) Likewise, with the disease of addiction, we know that continued evidence based research combined with the continuum of care (education, prevention, intervention and treatment) is the most effective approach. The Council’s Treatment Division provides psycho-education, counseling and recovery support services to Adults and Youth which directly address substance use disorders. The Council is proud to be a continuum of care provider for the residents of the Coastal Bend.

During the past several years our programs have expanded to meet the growing needs of our community and we are so fortunate to have such a loyal, dedicated and conscientious Executive Director, Dee Ogle, and a skilled, caring, dedicated and enthusiastic staff. The Treatment Division Staff includes our Administrative Intake Specialists Julia Livas, Margaret Garcia and Jose Rios; Adult Treatment Staff/Counselors: Michelle Smith (Clinical Training Institution Coordinator), Pat Watson, Marina Garcia, Cindy Smith and Larry Nickoloff. Larry also serves in the youth program. Our Youth Treatment Staff/Counselors: Kimberly Kirk, Irisema Ruiz and Jacob Abrigo (all three also serve in adult services). Jacob is also our State Certified Recovery Coach Trainer. Our Recovery Support Services include: Jose Rios, the Recovery Coach Supervisor and Data Entry/Evaluator, Joe Cisneros, Annie Bonker and Cynthia Contreras who are all State Certified Recovery Coaches. Please call The Council if you need help in breaking the cycle of addiction by calling (361)-854-9199 (Adults) and 361-887-7070 (Youth).

The Council Link

THE YOUTH CONTINUUM OF CARE COALITION Community Coalition Partnership



**Donine Schwartz,
Coordinator**

Prescription Drop Box

On February 24, 2015, a ribbon cutting ceremony was held. In partnership with the Youth Continuum of Care Coalition, Community Coalition Partnerships, the Port Aransas Constable Office now has a pharmaceutical drug drop box placed in the lobby of their office (705 West Avenue A.) for proper and safe disposal of expired and unused medications. The box was generously donated by The Rotary Club of Port Aransas.

The intent of the box:

Encourage citizens to remove unneeded medications from their homes.

Prescription drugs have become a bigger issue among teenager use, so these drugs can become the target of theft and misuse as much of that supply comes from the medicine cabinets of their parents, grandparents and friends. The drop-off box offers a way to safely dispose of these prescription drugs so they don't become used or abused by youth.

Medications may be dropped off anonymously 8:00am-5:00pm Monday-Friday. Pills may be left in their original container or placed in zip locked bags. **No liquids or needles** may be placed in the box.



The Council Link

CCP cont.

The Controlled Party Dispersal Training

On February 28, 2015, Texans Standing Tall along with The Council on Alcohol & Drug Abuse – Coastal Bend, the Corpus Christi Police Department and the Texas Department of Transportation, hosted a Controlled Party Dispersal Training Nueces and San Patricio law enforcement to receive this free valuable training. The Corpus Christi Police Explorer's participated in training demonstrations. The training and demonstration was held at the Corpus Christi Police Department located 321 John Sartain St. Corpus Christi, Texas.



According to the 2014 Texas Secondary School Survey, alcohol continues to be the most commonly used substance among Texas students. The survey states that **50.5%** of Texas secondary students report alcohol use at some point in their life, while **21.2%** report using alcohol within the past month. Teen parties with little or no adult supervision are one of the highest-risk settings for youth alcohol abuse.

The Controlled Party Dispersal Training is designed to safely control the breakup of underage drinking parties while discouraging future events. The goals of the training include:

- *How to properly manage the initial response, control and processing of a party
- *Discover any adult providers
- *Conducting a proper dispersal of participants involving parents & guardians.

The event included both classroom and hands-on experimental training. Area youth (Corpus Christi Police Explorers) participated in the hands-on portion of the program. The demonstration portion of the training was open to the public and media.



Courtesy picture from KRISTV News

Check out our website: www.ccpcoastalbend.org for information, current news, and list of coalition partners.

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.

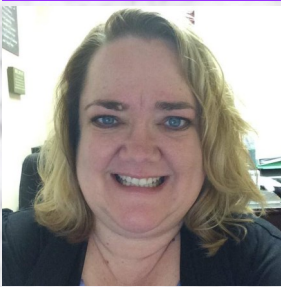
The next meeting will be on Thursday, March 19 at the Council's office - 1801 S. Alameda, Ste. 150, 11:30 a.m. Lunch will be provided. Call Donine at 854-9199 if you would like to attend or want more information.

Interested in joining the Coalition? Call Donine at 361.854.9199.

The Council Link

THE YOUTH CONTINUUM OF CARE COALITION Tobacco Prevention and Control Coalition

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, March 9, 3:30—5 p.m. at First United Methodist Church, 900 Shoreline Blvd, Room 223. If you are interested in joining this group, call Melissa at 882-1008.



Melissa Hofstetter,
Coordinator

Youth Promote Community Change

With e-cigarette and hookah use on the rise, the Tobacco Prevention and Control Coalition (TPCC) partnered with the state organization Students, Adults and Youth Working Hard Against Tobacco (Say What!) and other local health organizations to host a community action event in Corpus Christi. The free event took place Saturday, February 21, 2015 at Cole Park following a Teen Leadership Summit at the Holiday Inn Marina, also sponsored by the TPCC and Say What!. The teens participating in the summit made posters with tobacco prevention messages and “paraded” from the Holiday Inn Marina to Cole Park. The signs included messages such as “Honk If You’re Tobacco Free” and tobacco facts such as “77 Texans Die Every Year From Their Own Smoking”.

During the community-wide action event, the youth participated in several activities that encouraged and promoted a tobacco-free community. They obtained signatures for a petition promoting tobacco-free park policies, engaged in chalk talk (used chalk to write tobacco facts and messaging on the sidewalks in Cole Park), participated in a flagged cigarette butt hunt, and held a dance-a-thon with other youth and park users.

These youth were able to advocate for community change by engaging in these activities and promoting healthy lifestyle choices and encourage other youth to get involved in the tobacco prevention movement. Many thanks to Nueces Youth Against Tobacco (NYAT) and Ingleside's Students Against Destructive Decisions (SADD) for giving up their Saturday to advocate for change!

The Say What! program is managed by the Texas School Safety Center at Texas State University in San Marcos, TX, and is funded through a grant from the Texas Department of State Health Services. The Centers for Disease Control and Prevention (CDC) reports that 77 Texans die every day from their own smoking. Also, the Surgeon General predicts that 498,000 kids now under 18 and alive in Texas will ultimately die prematurely from smoking.



**Interested in joining
the Coalition? Call
Melissa at
361.882.1008.**

Cont. on pg. 8

The Council Link

TPCC cont.

BITS AND PIECES

Check out our website: www.tobaccocoalition.org for current news, updates on Coalition Membership and other activities.

Like us on our Facebook Page to enjoy informational articles, photos and program announcements: Tobacco Coalition of Nueces County.

Follow us on Twitter @TPCC(NuecesCounty)

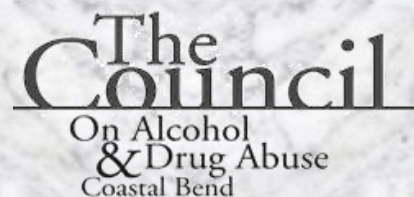
Each month, youth members of the TPCC visit a City Park to pick up cigarette butts. The goal is eventually to make all public parks tobacco-free zones, but we are beginning with removing the debris to clean up the parks.

Do you have an opinion about tobacco-free parks? Take a brief survey at www.surveymonkey.com/s/RJWB9LK



If you would like to join the group, contact Amo Vera at 882-1008 or avera@coada-cb.org for more information. Everyone is welcome!

Offering Hope and Healing for Those in Need



COUNCIL ON ALCOHOL & DRUG ABUSE - COASTAL BEND

Administrative Office
1801 S. Alameda, Ste.150
Corpus Christi, TX

Phone: 361-854-9199
Fax: 361-854-9147
E-mail: avera@coada-cb.org

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.

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



Use GoodSearch as your search engine and select the Council to benefit each time you search online. It's free:
www.goodsearch.com

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).

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

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



Board of Directors:

Elvia Aguilar, President
Marcia Lewandos, Secretary
Lisa Blair, M.D., Treasurer
Kathy Adame
Richard Torres
Timothy Carpenter

Advisory Committee:

Libby Averyt
John Otto
Sheriff Jim Kaelin
Dianne Lang
Charles Kaffie
Carol Duque

The Board meets monthly on the 4th Tuesday at 5:00 p.m. Meetings are open to the public.

Funded by:



And other community partners and individuals