

Concho Valley C.A.R.E.S Success Update

To Eliminate Substance Abuse Through Community Effort

August 2011

www.cvcare.org
 www.twitter.com/cvcare
 www.twitter.com/YOUTHCARES



C.A.R.E.S. General Membership Lunch & Learn

The C.A.R.E.S. General Membership will host the Lunch and Learn for the month of August. At this months Lunch and Learn, **San Angelo City Council Representative Johnny Silvas** will be joining the coalition to discuss the goals and changes that are taking place in San Angelo’s Downtown District.

Date: Wednesday, August 10, 2011

Time: 12:00 PM - 1:00 PM

Location: River Crest Hospital, 1636 Hunters Glen Rd., San Angelo, TX

Please RSVP to Jennifer Pittman at jenniferp@adaccv.org as lunch will be provided. Look forward to seeing you there!

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The Boys & Girls Club of San Angelo Back to School Bonanza

Northside Unit, 1802 N. Lillie
 Saturday, August 6, 2011
 8:00 AM - 11:00 AM

Each Kid Will Receive New Backpack and
 Underwear While Supplies Lasts.

Child Must Be Present & Accompanied
By An Adult

For More Information Call: 655-8343
Must Provide Proof of Income

YMCA

End of Summer Bash

San Angelo YMCA, 353 S. Randolph
 Saturday, August 13, 2011
 8:00 AM - 10:00 AM

Open Swim
 9:00am - 10:00am

Children Under 8 Must Be Accompanied
By An Adult At All Times

Backpack Give Away!
For Children Kindergarten - 5th Grade
Child Must Be Present - No Exceptions

If you would like to contribute an article related to substance abuse or have an agency announcement for the CV CARES Success Update, please contact

Jennifer Pittman—Drug-Free Communities Coordinator at jenniferp@adaccv.org .

CV CARES Success Update is distributed on the 1st of every month so deadlines are the 25th.

PARENT CARES

Parenting Issues For Parents In Recovery

Submitted by Nichole Monzon—ADACCV Prevention Coordinator

Adults in recovery face many day-to-day challenges, and for those who are parents, maintaining good relationships with children can be both rewarding and daunting at the same time. Addressing parenting issues during various stages of recovery can lead to enhanced quality of the parent-child relationship, especially during adolescence. Research has shown that effective parenting is one of the most critical influences on healthy adolescent development – and for parents in recovery, parenting might be an even more critical factor given children’s heightened risk for problems with substance use.

Parenting issues that appear to be especially relevant to parents in recovery are:

- **Overindulgence as a coping mechanism for guilt:** Parents in recovery, just like all parents, should be encouraged to set limits, monitor and supervise activities and friends, and provide a structured environment that encourages responsible behavior.
- **Discipline issues:** All parents find it difficult to balance warm and supportive parenting with having to hold a child responsible for his/her behavior. But parents must realize that age appropriate rule-setting and positive discipline are necessary and will most likely lead to better child outcomes in the long-term.
- **Preoccupation with maintaining recovery:** Despite the importance of occasionally making major life changes, parents in recovery should work to ensure sure that changes are handled with care and monitored to make sure children are adjusting well. Moreover, day-to-day issues like arranging for alternative activities for children during the times that a parent attends recovery support services or NA/AA/Al-Anon meetings can sometimes be stressful if not planned carefully. Drawing on help and support from trusted neighbors, extended family members and community support networks is another strategy.
- **Parental absence:** There is no one best strategy for confronting the sensitive topic of past parental absences during the time when the parent was in the active stage of addiction. Many families find counseling helpful to overcome these issues. Ongoing open and honest discussions between parents and children can help as well. Parents need to keep in mind that children differ in their responses to such stressful life events, with some being much more sensitive than others. Also, as children grow older, their capacity for processing information and having discussions about such past events might improve.
- **Rebuilding trust between parent and child:** This process can take a lot of time and work for both parent and child, the latter needing reassurance a parent can be relied upon to be responsible when it comes to caring for a child. Even the smallest demonstration can make a difference, such as being on time to pick up a child from a friend’s house or prompt attendance at a sports or school event. Encouragement from family members, significant others and family friends can help.
- **Overcoming stigma:** From a clinical point of view, there appear to be no clear strategies for helping a child – or recovering parent – overcome the stigma of drug or alcohol abuse. Recovering parents should expect to have to deal with the challenge and focus on the positive aspects of their recovery (for themselves as well as their children) and the new behavior patterns they have or are trying to establish.

Adapted from an article in Counseling Magazine by Amelia Arria, Ph.D. 1, Jerry Moe 2 and Ken C. Winters, Ph.D. 1, written for the Betty Ford Institute.

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We Are YOUTH CARES

Help A Friend : How to Help

Submitted by Jennifer Pittman—DFC Coordinator

It's never easy to tell a friend that he or she has a problem...but isn't that what a friend would do? No one ever thinks that "trying" drugs is going to lead to a life-threatening addiction. Yet, millions of people have to deal with this tough issue every year.

In this section, you will find information on how to recognize a problem and some suggestions on how to have a talk with your friend. You may even find yourself in need of help or someone to talk to.

Does my friend have a drug problem?

Does your friend seem like a different person when they drink or get high? Maybe they have been letting you down lately and you think it's connected to drug use. Or maybe some of the things they do when they are drunk or high are just scary. This can be a difficult situation to deal with, and sometimes the situation gets worse before it gets better. Don't make excuses. Talk to your friend.

What are the signs?

If your friend does one or more of the following, you should talk to him/her.

- Gets drunk or high on a regular basis.
- Drinks or uses drugs when he/she is alone.
- Shows up at school drunk or high or has skipped class to use.
- Needs drugs or alcohol to have a good time or cope with everyday life.
- Plans for drug use in advance.
- Starts hanging out with new friends who will do drugs with him/her or can score for him/her.
- Lies about drug use.
- Pressures others to use drugs.
- Has broken plans with you, or showed up late, because he/she was getting drunk or high.
- Shows little interest in or quits sports or activities he/she once enjoyed.
- Has driven a car while drunk or high.
- Borrows or steals money to buy drugs or alcohol.

Article Source: Abovetheinfluence.com

***Life's most urgent question is: What are you doing for others?
~ Martin Luther King Jr.***



If you would like to contribute an article related to substance abuse or a quote, for our YOUTH CARES page of the CV CARES Success Update, please contact Jennifer Pittman—Drug-Free Communities Coordinator at jenniferp@adaccv.org .
Deadlines are the 25th of every month.

Calls to National Smokers Quit Line Jump After New Cigarette Labels Introduced

Submitted by Nichole Monzon—ADACCV Prevention Coordinator

After new cigarette labels mandated by the U.S. Food and Drug Administration (FDA) that carry graphic images were unveiled recently, calls to a national smokers' quit line jumped. USA Today reports that the 1-800-QUIT-NOW line received more than 4,800 calls the Tuesday the labels were introduced. On a typical Tuesday in June, the quit line receives about 2,000 calls.

The warning labels will carry graphic images of the consequences of smoking, including diseased lungs and rotting teeth, and will include the quit line number. They will replace the traditional "Surgeon General's Warning."

The new labels are a result of the 2009 Family Smoking Prevention and Tobacco Control Act, which gave the FDA authority to regulate the content, marketing and sale of tobacco products. The law requires the FDA to issue final regulations requiring color graphics illustrating the ugly consequences of smoking by June 22, 2011.

The FDA will require that the disturbing pictures cover at least half of the front and back of a cigarette package by October 2012, and the images must take up to at least 20 percent of each cigarette ad

Article Source: Betty Ford Institute



WHO: Majority of Countries Are Not Doing Enough to Cut Smoking Rates

Submitted by Nichole Monzon—ADACCV Prevention Coordinator

The majority of countries are doing nothing or are not doing enough to reduce smoking rates, the World Health Organization (WHO) said this week. The WHO said it was encouraged that more than one billion people in 19 countries are now covered by laws that require large, graphic health warnings on packages of tobacco, nearly double the number of two years ago.

According to Reuters, the WHO Report on the Global Tobacco Epidemic, 2011 says that such warnings have been proven to motivate people to quit smoking, and to reduce the appeal of tobacco for people who have not yet become addicted.

The report makes a variety of recommendations for reducing tobacco use, including requiring large, graphic health warnings on tobacco packages, as well as recommendations about monitoring tobacco use; protecting people from tobacco smoke; helping users quit; enforcing bans on tobacco advertising, promotion and sponsorship; and raising taxes on tobacco.

The WHO estimates that more than a billion people worldwide smoke tobacco, and 80 percent live in poor regions. Up to half will eventually die of a tobacco-related disease.

Article Source: Betty Ford Institute

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Jennifer Pittman—Drug-Free Communities Coordinator at jenniferp@adaccv.org.

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August 2011

- 8/9 YOUTH CARES Meeting**
- 8/10 CV CARES Lunch & Learn**
- 8/23 YOUTH CARES Meeting**
- 8/24 Steering Committee Meeting**
- 8/25 Newsletter Submission Deadline**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 YOUTH CARES Meeting	10 CV CARES Lunch & Learn	11	12	13
14	15	16	17	18	19	20
21	22	23 YOUTH CARES Meeting	24 Steering Committee Meeting	25 Newsletter Submission Deadline	26	27
28	29	30	31			

September 2011

- 9/6 YOUTH CARES Meeting**
- 9/14 CV CARES Lunch & Learn**
- 9/20 YOUTH CARES Meeting**
- 9/24 Let It Go! Recovery Rally**
- 9/25 Newsletter Submission Deadline**
- 9/26 Family Day**
- 9/28 Steering Committee Meeting**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 YOUTH CARES Meeting	7	8	9	10
11	12	13	14 CV CARES Lunch & Learn	15	16	17
18	19	20 YOUTH CARES Meeting	21	22	23	24 Let It Go! Recovery Rally
25 Newsletter Submission Deadline	26 Family Day	27	28 Steering Committee Meeting	29	30	

Do You Want to Host One of Our Meetings?
 We need a location that can accommodate up to 30 people.
 CARES will provide all the food and materials; we just need you to provide the location.
 We'll also allow you some time to promote your agency and it's services!
 Please contact Jennifer Pittman at jenniferp@adaccv.org or 325-224-3481 .

*Articles and agency announcements made in any CV CARES update, notice, newsletter, etc must be in line with our strategic plan outlined for the Drug Free Communities (DFC) Grant. If your agency has an announcement you would like to share but does not fall in line with our strategic plan, you can share them at our CV CARES general membership monthly meetings.

Announcing the Concho Valley Autism Center

San Angelo will soon welcome the Concho Valley Autism Center. The center will offer individualized, intensive 1:1 ABA therapy that addresses behavioral, communication and social skill deficits of children & adults with ASDs and other developmental/behavioral disorders. Short-term behavioral assessment and/or consultation will be provided as well.



*The CV CARES Coalition Welcomes You to
San Angelo!*

The United Way Campaign Kick-Off & Second Annual Children's Parade!

Help Us Kick Off This Years Community Campaign!!
Kirby Park, Edmund Blvd
Saturday, August 13, 2011

Registration : 8:30 AM
Line Up : 9:30 AM
Parade : 10:00 AM

***Free Hotdog Lunch to Follow for Parade Participants
and their Families***

**Decorate your bike, wagon, stroller, or yourself Or
Gather up your church group, daycare, or kids club
and create a theme!**

**Registration is FREE and is open to children 12 and
under**

*For more information or to register for parade call the
United Way office at 325-949-3716 or visit the website
www.uwconchovalley.org*



Concho Valley C.A.R.E.S. Coalition
c/o Alcohol & Drug Abuse Council for the Concho Valley
3553 Houston Harte
San Angelo, TX 76901
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www.cvcare.org



Please
Place
Postage
Here

Mission Statement: *To eliminate substance abuse through community effort.*

Vision Statement: *Our dream is through God's guidance; we unite our community, and create an environment that encourages the elimination of substance abuse, so our children and families can thrive in a spiritual, moral, healthy, drug-free environment..*