

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

To Eliminate Substance Abuse Through Community Effort

January 2012

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Concho Valley C.A.R.E.S. Coalition Lunch and Learn

Join the Concho Valley C.A.R.E.S. Coalition for the January Lunch and Learn. At this month's Lunch and Learn Christina Robinson, Pediatrician at Shannon Clinic, will present on the health effects of alcohol on today's youth.

Date: Wednesday, January 11, 2012

Time: 12:00 PM-1:00PM

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

Please RSVP to Jennifer Pittman at jenniferp@adaccv.org or 325-224-3481 by **Tuesday, January 10, 2012** as a FREE lunch will be provided and seating is limited. **Due to overwhelming demand, there is a limit of 5 representatives for each organization.**

Congratulations to the Concho Valley C.A.R.E.S. Member & Business of the Year!

Retha Fortenberry



River Crest Hospital



Thank you to everyone who contributed and attended the Concho Valley CARES Coalition Drug Free Communities Annual Progress Luncheon!

CV CARES...On Target!

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

Two Key Questions are Focus of New Teen Alcohol Screener for Pediatricians

Submitted by Jennifer Pittman- DFC Coordinator

A new alcohol screening tool that focuses on two key questions is designed to help pediatricians spot children and adolescents at risk for alcohol-related problems. The doctor asks about the patient's own drinking, as well as his or her friends' alcohol use.



Alcohol Screening and Brief Intervention for Youth: A Practitioner's Guide, available from the National Institute on Alcohol Abuse and Alcoholism (NIAAA), walks the doctor through the steps to take when patients say they or their friends drink, and helps them assess the level of risk for current and future alcohol problems.

Screening for alcohol at a young age is very important because alcohol is by far the drug of choice among youth, says Vivian B. Faden, PhD, Director of the Office of Science Policy and Communications, and Associate Director for Behavioral Research at NIAAA. "Many kids drink, and when they do, they tend to binge drink," she said. According to NIAAA, over the course of adolescence, the proportion of kids who drank in the previous year rose tenfold, from seven percent of 12 year olds to nearly 70 percent of 18 year olds.

The guide addresses two key obstacles to alcohol screening of children and teens: time constraints and pediatricians' comfort level in talking about drinking with their patients, says Dr. Faden. "Our instrument is easy to use and brief, and provides direction for what to do if patients say they are using alcohol," she says.

Depending on the patient's age, the pediatrician selects from among three sets of questions – one for elementary school (starting at age nine), middle school (11-14) and high school (14-18) students. By using the guide, pediatricians can detect risk early, either before their patients start drinking, or at an early age, Dr. Faden says. It is empirically based, she notes. Both the screening questions and the scale that helps doctors determine a patient's risk were developed by a panel of experts that analyzed national survey data on more than 166,000 youth and data collected over time on young people as they grew up.

The guide is the first alcohol screening tool to include a question about friends' drinking. It can be easier for a pediatrician to start the conversation by asking a patient about their friends' alcohol habits, rather than their own, particularly with younger children, according to Dr. Faden.

The new tool provides a chart to help pediatricians respond to patients who say they or their friends drink. The chart helps the doctor determine how at risk for unhealthy consequences the patient may be, based on age and how often the patient drinks. The tool also provides recommendations for next steps, ranging from a discussion about the risks of alcohol use to referrals for treatment for those who need it.

NIAAA collaborated with the American Academy of Pediatrics in developing the guide, which will be mailed to every pediatrician in the country. In addition to the full publication, NIAAA is providing a pocket guide for pediatricians to easily consult.

Youth CARES

How to Help a Friend

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. There are plenty of free online resources and confidential hotlines, as well as advice from teens who have been there and have dealt with this tough issue.

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. If he/she:

- 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.

Also, even if your friend doesn't exactly fit any of these, but you feel like he/she is headed in the wrong direction, you can say something. You don't have to wait for it to get worse.

Do you or a friend need help dealing with a drug or alcohol problem?

Drug Facts

Get quick facts about drug risks

NIDA (National Institute on Drug Abuse)

Get more facts about the science behind drugs and addiction

Visit www.cvcares.org for more information and resources.

Article Source: Above the Influence

Anti-Smoking Programs Still Active in the Concho Valley *Funding for Local Groups Remains 'Strong'*

Submitted By: Jennifer Pittman, DFC Coordinator

In the Concho Valley, the state's tobacco settlement money goes toward pig lungs, smoking pamphlets and people who go into schools with statistics on the effects of smoking. The Alcohol and Drug Abuse Council for the Concho Valley is the primary source of education, prevention and treatment for drug addictions in the area.

State funding for tobacco prevention and cessation programs have dropped to the lowest level since 1999, when states first received tobacco settlement money, according to a report issued the Campaign for Tobacco-Free Kids and other organizations.

Locally, funding is still strong. Jeanelle Montez, ADACCV's prevention program coordinator, said she has not seen any belt tightening in her budget. "We haven't seen a cut," Montez said. "We're blessed. I know it's happened in other places. We've been real lucky."

Prevention services are offered to all schools — varying from elementary classrooms to lecture halls at Angelo State University. ADACCV staff offers courses on the effects of smoking, using pig lungs to show the difference between a "clean" set of lungs and those of a 10- to 20-year smoker.

The San Angelo Police Department and Tom Green County Sheriff's Office also offer tobacco use prevention along with their anti-drug curriculum in schools. The local chapter of the American Cancer Society does its own education programs but raises their funding through donations.

ADACCV offers classes year-round but focuses its resources in November on the Great American Smokeout, a nationwide campaign through the American Cancer Society that encourages tobacco users to quit.

During November, Montez said, the center held a contest for school-age students, "Letters to Loved One," in which the students addressed letters to tobacco users, asking them to stop. Awards were given to elementary, junior high and high school students.

"Our elementary (winner) is the one that really sticks out to me," Montez said. "He was young and he drew a picture. He did such a neat job on asking his mom and dad to quit smoking because he needed them because he was still little." His drawing showed a smiling family, next to a contrasting one in which the parents were smoking and everyone appeared sad, Montez said.

Prevention dollars also are spent on the Texas Youth Tobacco Awareness Class, a court-mandated class for minors convicted of possessing tobacco. Classes also are offered at Sara's House and William's House, the council's two residential treatment centers.



Article Source: Standard Times

If you would like to contribute an article related to substance abuse for our Parent CARES or 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.

C.A.R.E.S. Calendar

01/01 New Years Day

01/02 Office Closed

01/11

Monthly Community Lunch and Learn

12:00PM - 1:00PM

River Crest Hospital

1636 Hunters Glen Rd.

San Angelo, TX

01/16 Martin Luther King Jr. Birthday Observed

01/25 Steering Committee Meeting
12:00PM - 1:00 PM

SAISD Training Room

1624 University Ave

San Angelo, TX

January 2012 Happy New Year!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day	2 Office Closed	3	4	5	6	7
8	9	10	11 Lunch & Learn	12	13	14
15	16 Martin Luther King Jr. Birthday Observed	17	18	19	20	21
22	23	24	25 Steering Committee Mtg	26	27	28
		Grant Writing Seminar-SanAngelo				
TIPSS Conference-Austin						
29	30	31				

February 2012

02/09 Monthly Community Lunch and Learn

12:00PM - 1:00PM

River Crest Hospital

1636 Hunters Glen Rd.

San Angelo, TX

02/06 - 02/09

CADCA National Leadership Forum - National Harbor, MD

02/22 DFC Year 5 Renewal Due

02/23 Steering Committee Meeting

SAISD Training Room

1624 University Ave

San Angelo, TX

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9 Lunch & Learn	10	11	12
CADCA National Leadership Forum - National Harbor, MD						
13	14	15	16	17	18	19
20	21	22 DFC Year 5 Renewal Due	23 Steering Committee Mtg	24	25	26
27	28	29				

†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.

Concho Valley C.A.R.E.S. Coalition will like to wish you and your family a Happy New Year!



Thank You for Your Continuous Support!



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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..