

Hood River Prevents

Hood River County Prevention Department

Meet The New Tobacco Cessation Specialist

By Kirah Doerr, North Central Public Health District, 541-506-2690 / kirahd@ncphd.org

Hello my name is Kirah Doerr, I am the new Tobacco Cessation Specialist for North Central Public Health District. I have a B.S. in Public Health, Health Promotion and Health Behavior. My position is a 12 month grant funded position where I will utilize my education and resources to implement sustainable programs in the community. In my role I will assess community needs in Wasco and Hood River County. A large component of my work will be to develop a resource for providers, parole officers, behavioral health consultants, and other community members to refer tobacco users. The vision for this resource is to offer free individual and/or group cessation classes to users.



There will also be classes to train members interested in expanding their own knowledge of tobacco cessation. With a team of trained community volunteers tobacco users will have one more free resource they can connect with.

In the first few months I'm very excited to connect with as many resources as possible to gather feedback and determine barriers. Distributing surveys to determine readiness to quit, perceived ability to quit, knowledge of resources, attempts, barriers to attending classes, and other questions to help shape referral resources.

My goal in this position is to raise awareness of the need for cessation services to combat the tobacco epidemic causing death, illness, and low quality of life. I believe everyone is entitled to these services and should be encouraged to battle the epidemic to live a happier and healthier life.

A little bit about me . . . I moved here in February from Corvallis, Oregon where I attended college. I grew up in a small town called Philomath, Oregon where most of my family resides. When I'm not at NCPHD you can find me somewhere hiking with my dog or practicing yoga among the trees.

Table of Contents

1. Meet The New Tobacco Cessation Specialist
2. Underage Drinking Prevention
3. Be A Positive Influence On Youth
4. Sexual Assault Awareness Week
5. H.E.A.L.T.H. Media Club Updates

Some of our favorite links.



PARENTS.
THE ANTI-DRUG.

GET INVOLVED

ATOD Prevention Coalition:

When: First Wednesday of the month

3:30—5:00pm

Where: China Gorge Restaurant

(2680 Old Columbia River Dr.)

Contact: Belinda Ballah, 541-387-6890

Health Media Clubs (HRMS, Wy'east, HRVHS)

When: HRMS: Mondays

Wy'east: 1st & 3rd Tuesdays

HRVHS: 1st & 3rd Thursdays

Where: HRMS: Conference Rm

Wy'east: Lunch Room

HRVHS: Mr. Judah's Room

Contact: Belinda Ballah, 541-387-6890

Underage Drinking Prevention

By Ilea Bouse, staff, Prevention & Education Specialist, 541-387-7030 / ilea.bouse@co.hood-river.or.us

Why should we try to prevent underage drinking? According to a 2015 report by the Pacific Institute for Research and Evaluation (PIRE), there are costs to underage drinking. PIRE reported Underage Drinking cost Oregonians \$0.6 billion, which included; youth violence, youth traffic crashes, high-risk sex (ages 14-20 years old), property and public order crime, youth injury, poisonings and psychoses, fetal alcohol syndrome among mothers aged 15-20 years, and youth alcohol treatment. Most of these financial costs involve pain and suffering which hurt society, and goes beyond financial measure.

Underage drinking can be prevented, and according to The Substance Abuse Mental Health Service Administration (SAMHSA), one of the best methods is for parents and adults to talk to kids about underage drinking. They give 5 tips for talking to teens about underage drinking:

1. Show you disapprove of underage drinking.
2. Show you care about your child's happiness and well being.



FYI

Why Prevent Under Age Drinking?

1. **Brain Damage:** Underage Drinking impairs brain development.
2. **Addiction:** Alcohol wires teen brains for addiction.
3. **Behavior:** Bad decision making is just the beginning.
4. **The Law:** Fines. Jail time. For kids and adults.

Parentsempowered.org/why/

“Parents are the #1 reason kids don’t drink.” parentsempowered.org

3. Show you’re a good source of information about alcohol.
4. Show you’re paying attention and you’ll notice if your child drinks.
5. Build your child’s skills and strategies for avoiding underage drinking.”

In addition to talking to youth we can create, promote and enforce laws that minimize youth exposure to alcohol. We also can educate youth and the community about how underage drinking alters the developing brain which can contribute to addiction and substance use disorders.

Armed with knowledge about why it is important to promote a culture that protects our youth and strategies to prevent underage drinking, we can foster a financially, socially and emotionally sound community.

For more information contact the Hood River County Prevention STOP Grant Coordinator, Ilea Bouse, 541-387-7030. STOP stands for Sober Truth On underage drinking Prevention. The STOP Grant is a federal underage drinking prevention grant.

Be A Positive Influence On Youth

Taken from the National Association for Children of Alcoholics, <https://nacoa.org/>

Research tells us that children with parents dealing with alcohol or drug dependency can benefit tremendously from the positive adults in their lives who help and encourage them. You can be that adult. You can help grow healthy kids.

Rather than just watching at a distance, pondering what to do, or feeling helpless and sorry for a young girl or teenage boy who lives down the street, YOU CAN BE THE ONE to make a difference. Take Action. Reach out to a hurting child. Let a teenager know you are there.

Kids don't care about what we know, until they know how much we care," says Jerry Moe, National Director of Children's Programs at the Betty Ford Center. In small but consistent ways, sharing messages like "you are not alone," "there are safe people who can help," and "someone is on your side" can help bring clarity and hope to a child or teenager in need. When you talk with them, share your feelings and explain age appropriately your own frustrations and how you resolve them. Model what healthy living – and healthy thinking – looks like. In this way, you can help raise awareness of feelings, thought processes, and life skills that may not exist at home. Inspire these children to believe that they can create a healthy life and family for themselves when they become adults.

Join us in our efforts to be the VOICE for the CHILDREN, and help break the

cycle of addiction through early intervention. **Ways adults can be available:**

REASSURE: Offer reassuring messages to let them know you care and understand their situation. Keep your message focused on the needs of the child/teen – rather than on the problems of the parent. "I think I might be scared –and angry – if I had to take care of my baby sister if my mother was passed out on the couch. Any time you want to talk or text, know you can contact me."

SPEND TIME: Make yourself available for quality time. 15 minutes worth of

positive conversation at the mailbox is as valuable as working together to decorate the hall for a church event. Be present and available to help kids identify and express their feelings in healthy ways.

ENCOURAGE: Provide options for the child to talk with someone who is trained to help families deal with alcoholism/addiction: a teacher, school counselor, family pediatrician, a member of the clergy, or someone who provides services in the community. You can guide them toward educational support programs at school or in the community. You can inform them about Alateen. These programs will help them develop coping skills to deepen their innermost strength and resilience. Offer to help them to connect with these people or resources – then follow up.

MENTOR: Nurture a positive relationship that models healthy living, a healthy attitude, and safe options to respond to stressful situations. By respecting the child's feelings, worries and dreams, and complimenting strengths and abilities, it can help broaden a child's perspective and foster healthier ways to think and to approach the world.

TAKE ACTION. THE CHILD WHO NEEDS YOU IS WITHIN YOUR REACH, JUST A SMILE OR COMPLIMENT AWAY.



Take Action

➤ **78: percentage of abandoned infants who are drug exposed**

➤ **2: number of babies born to addicted parents every second of every hour of every day**

➤ **43: percentage of US adult population that has been exposed to alcoholism**

➤ **18: estimated number of millions of children of alcoholics in the US**

➤ **32: the annual cost in Billions (US Dollars) of non-fatal maltreatment in the US associated with parental alcohol or other drug addiction**

Sexual Assault Awareness Week

By Belinda Ballah, Director Hood River County Prevention Department, 541-387-6890 / belinda.ballah@co.hood-river.or.us

The 2nd Sexual Assault Awareness Week (SAAW) will begin on April 22 and run through April 28, 2018.

Hood River Valley High School students have been preparing for this upcoming event. They have specific activities planned for students and staff throughout the week. Monday will start off with defining what sexual assault is and provide a calendar of events. What it means to be a bystander will be addressed on Tuesday and Wednesday



will raise awareness of what a healthy relationship looks like and what consent is and is not. Thursday will provide the opportunity for small group discussion and activities along with viewing of student produced videos. The week will end with a call to action and a pledge.

While the students have been busy preparing so have the community partners. Both the city of Hood River and Hood River County have received requests for a Proclamation to proclaim the week of April 22-28, 2018 as Sexual Assault Awareness Week.

“This year . . . the theme ‘Embrace Your Voice’ to help . . . understand how they can take action to promote safety, respect and equality to stop sexual assault before it happens” taken from <https://nomore.org/campaigns/saam/>

Students and adults will be appearing on various radio shows in both English and Spanish to educate the community on the topic and provide resources and tools. Letters to the Editor will be submitted with additional information for the community.

The Columbia Gorge Community College in Hood River has joined us this year and will be providing the opportunity for a brown bag presentation to students and staff and also an evening presentation to the community at large. Educational and resource materials will also be available at the college.

We are happy to report that the 2017 Oregon Healthy Teen Survey results show a decrease in three areas around sexual assault. While not all of this can be contributed to the first SAAW, we do feel that raising the awareness in our community and schools about sexual assault is important.

Please contact the Prevention Department if you would like to be a part of the 2nd annual SAAW.

How To Get Involved

☺ **Individuals can model supportive relationships and behaviors**

☺ **Individuals can call out harmful attitudes**

☺ **Communities and businesses can take action to implement policies that promote safety, respect and equality.**

H.E.A.L.T.H. Media Club Updates

By Ilea Bouse, Staff Facilitator, Prevention & Education Specialist, 541-387-7030 / ilea.bouse@co.hood-river.or.us

The H.E.A.L.T.H. Media Clubs have been busy learning about cigarettes and vapor devices and smoke, in order to pass on their knowledge on to their peers. They are gearing up for Kick Butts Day, March 21, 2018.

They learned that vape pens could be disguised in many ways such as; pens, car key fobs, usb drivers, and asthma inhalers. They also learned about the chemicals found in the smoke and vapor emitted from cigarettes and vape pens.

The common ingredients in vapor may include: Acetone-Nail Polish Remover, Benzene- Laundry Detergent, Cadmium, Lead & Nickel- Batteries, Formaldehyde- Embalming Fluid, Styrene- Styrofoam, Propylene Glycol- Antifreeze, Naphthalene- Mothballs, Nicotine- Bug Killer. The best website to get reliable information on e-cigarettes is: <https://e-cigarettes.surgeongeneral.gov/>



The Hood River High School HEALTH Media Club will hold a poster contest, with several of the chemicals found in vape. It will start March 14th and end on Kick Butts Day, March 21st.

The Wy'East HEALTH Media club created two posters for each hall, and will decorate the sidewalks around the school with information the week of Kick Butts Day.

The Hood River Middle School is also creating two posters for each hall. They will also decorate

with sidewalk chalk, if it doesn't rain, and they want to create a video or documentary with student perspectives on tobacco, and other harmful substances.

Each club continues to grow. New members are added each month at all of the clubs. And their outreach is expanding beyond the school. The Wy'East Health Media Club went to Radio Tierra in February, and hopes to go to KIHR in April. Their goal is to be on the air on all three radio stations within this school year, and they are very close to meeting their goal. The Hood River Middle School has had multiple letters to the Editor in the paper. And the High School spread stickers throughout the County with their Sticker Shock Campaign. They also have plans to go to KIHR, and get on the HRVHS Talon.

It has already been a very productive year, and the clubs are picking up momentum. For more information contact Belinda Ballah, 541-387-6890.

GET INVOLVED

High School Health Media Club:

When: 2nd & 4th Wednesday after school
1st & 3rd Wednesday during lunch

Where: Hood River Valley High School
Mr. Judah Room (1220 Indian Creek)

Contact: Belinda Ballah, 541-387-6890

Middle School Health Media Clubs:

When: HRMS: Mondays 6, 7, 8th Lunch Periods

Wy'east 1st & 3rd Tuesday
3:45-5:00pm

Where: HRMS Room 99

Wy'east Middle School Cafeteria

Contact: Belinda Ballah, 541-387-6890

Odell Hispanic Drug Prevention Coalition

When: To Be Determined

Where: Place to be determined

Contact: Belinda Ballah, 541-387-6890



This newsletter was compiled by Hood River County Prevention Department