

# Hood River Prevents

Hood River County Prevention Department

## Therapeutic Foster Homes Provide Needed Service

By Anna Ketchum, Regional Child Placing Coordinator, Greater Oregon Behavioral Health, Inc  
541-705-4867

**T**herapeutic Foster Care (TFC) is a term used to describe a special type of foster home that offers a higher level of care than traditional foster care. Greater Oregon Behavioral Health Inc. (GOBHI) TFC homes are designed to serve youth, ages 4-17, who would benefit from a home that provides a safe, stable, and supportive environment. Children in our homes are in need of additional support and supervision to help build skills, providing an opportunity for youth to reach their full potential.

Parents play a key role in socializing and supporting their kids as they grow, TFC fills that gap for children whose parents are unable to do so or have not done so. Therapeutic foster parents are trained and supported in Collaborative Problem Solving. The ultimate goal is to support these youth who are exhibiting behavioral challenges due to severe complex trauma and give them the best possible chance to change their trajectory and become a healthy part of our community.

In return for opening your homes and hearts, our Therapeutic Foster Care parents receive:

Every child has...  
...the right to be  
**respected**  
...the right to **dream**  
...the right to be loved and  
**cared** for  
...gifts that should be recognized and  
**valued**  
...the right to achieve their God-Given  
**potential**  
...the need for  
**unconditional love**

- \$80 daily stipend per youth, \$2,400 monthly (Tax-free)
- Maximum of two youth placed in your home
- 24/7 support from the GOBHI Foster Care Team
- Initial and ongoing training as Therapeutic Foster Parents
- Paid time off (Respite) each month
- Opportunity to positively impact your community

### General Duties Include

- Parent and support youth in your home

- Provide daily behavioral interventions
- Participate as a member of the child and family team
- Communicate frequently with GOBHI Foster Care Team and other service providers.

### Minimum Qualifications Include:

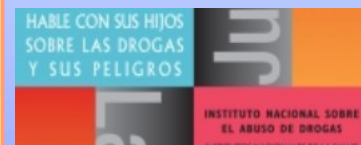
- Must be at least 21 years old and pass a home safety and fire inspection.
- Maintain an emotionally, physically, and financially stable household
- Have an adult in the home full time or available as needed to provide care for children.
- Enjoy the challenges of working with children.
- Must be an Oregon Resident.

For more information please contact GOBHI, Randy Hathaway, Recruiter, at 503-850-9211. [randy.hathaway@gobhi.net](mailto:randy.hathaway@gobhi.net)

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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)

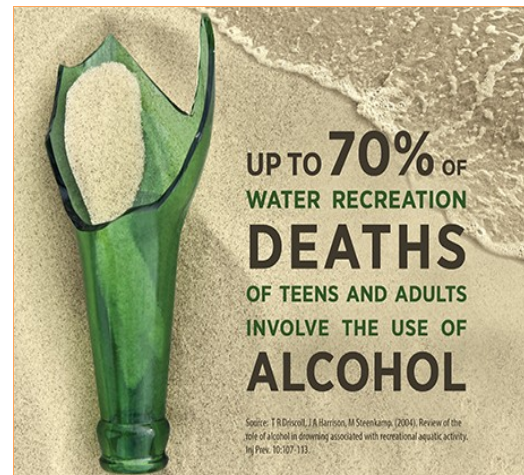
When: HRMS: Mondays  
Wy'east: 1st & 3rd Tuesdays  
HRVHS: 1st & 3rd Thursdays  
Where: HRMS: Conference Rm  
Wyeast: Lunch Room  
HRVHS: Mr. Judah's Room  
Contact: Belinda Ballah,  
541-387-6890

## Summer Fun and Alcohol Don't Mix

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

**H**ow do you beat the heat in Hood River? Swimming, playing in a river or a waterfall? Most people in Hood River have a favorite water sport or splashing spot to visit as the temperatures rise. Many people turn to floatation equipment and boats, to add to their fun on the water.

The Columbia River is a great playground for kite and paddle boarding, wind-surfing, kayaking, water skiing and other water craft sports. These devices, even paddle boards, are considered boats when used on the river outside of swimming areas, according to the Oregon State Marine Board.



### FYI

Boating requires:

1. Good balance, alcohol impairs balance.
2. Good vision, alcohol impairs vision
3. Sound judgment, alcohol impairs judgment.
4. Quick reaction time, alcohol slows reaction time.
5. Boating causes sleepiness, aka "boater's hypnosis" from motion, sun, wind, and noise. Alcohol can make this worse.

Drowning is the number one cause of death in boating accidents. Alcohol use reduces the body's ability to handle cold water.

**Boat Safe, Boat Sober!!**  
Oregon State Marine Board

*"If convicted (of boating under the influence), a boater faces a maximum penalty of \$6,250 and / or 1 year in jail."* <http://www.oregon.gov/OSMB/boater-info/Pages/Statewide-and-Local-Regulations.aspx>

According to the US Coast Guard, most boating accidents happen in the month of July.

Drowning is the primary cause of death in boating accidents, and often this can be connected to the use of alcohol. Many of these drowning are kids. "Among those 1-14, fatal drowning remains the second-leading cause of unintentional injury-related death behind motor vehicle crashes."

<https://www.cdc.gov/homeandrecreationalafety/water-safety/waterinjuries-factsheet.html>

Boating and playing in the water can be wonderful family fun; as long as it is alcohol free.

For more information call Ilea at 541-387-7030 at the Hood River County Prevention Department.

**S**econdhand smoke harms everyone. The only way to protect non-smokers is to remove smoking everywhere.<sup>1,2,3</sup> You can take steps to protect yourself and family, like making your home and cars smokefree.<sup>2,3</sup> Opening windows or using air filters doesn't help against secondhand smoke.<sup>1,2,3</sup>

## What is Secondhand Smoke?

Smoke from burning tobacco products, such as cigarettes, cigars, or pipes.<sup>1,5,6</sup> Smoke that has been exhaled, or breathed out, by the person smoking.<sup>5,6</sup>

## Health Effects in Children & Adults

In children, secondhand smoke causes the following:<sup>1,2,3</sup>

- ◆ Ear infections
- ◆ More frequent and severe asthma attacks
- ◆ Respiratory symptoms (coughing, sneezing, and shortness of breath)
- ◆ Respiratory infections (bronchitis and pneumonia)
- ◆ A greater risk for sudden infant death syndrome (SIDS)

In adults who have never smoked, secondhand smoke can cause heart disease. For nonsmokers, breathing secondhand smoke has immediate harmful effects on the heart and blood vessels.<sup>1,3</sup>, including lung cancer<sup>1,7</sup> and stroke.<sup>1</sup>

You can protect yourself and family by<sup>2,3,4</sup> quitting smoking if you smoke. Don't allow any smoking in or near your home. Don't allow any smoking in your car, even with the windows down. Make sure your children's day care center and schools are tobacco-free. Teach your children to stay away from sec-



ondhand smoke.

Being a good role model – don't use any type of tobacco

1. U.S. Department of Health and Human Services. [The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General](#). Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014 [accessed 2017 Feb 21].
2. U.S. Department of Health and Human Services. [A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You](#). Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010 [accessed 2017 Feb 21].
3. U.S. Department of Health and Human Services. [The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General](#). Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 [accessed 2017 Feb 21].
4. Huang J, King BA, Babb SD, Xu X, Hallett C, Hopkins M. Sociodemographic Disparities in Local Smoke-Free Law Coverage in 10 States. *American Journal of Public Health* 2015;105(9):1806–13 [cited 2017 Feb 21].
5. Institute of Medicine. [Secondhand Smoke Exposure and Cardiovascular Effects: Making Sense of the Evidence \[PDF-707.47 KB\]](#). Washington: National Academy of Sciences, Institute of Medicine, 2009 [accessed 2017 Feb 21].
6. National Toxicology Program. [Report on Carcinogens, Fourteenth Edition](#). Research Triangle Park (NC): U.S. Department of Health and Human Services, Public Health Service, 2016 [accessed 2017 Feb 21]

## FYI

- ◆ Tobacco smoke contains more than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer.<sup>1</sup>
- ◆ It is estimated that secondhand smoke caused nearly 34,000 heart disease deaths each year during 2005–2009 among adult nonsmokers in the U.S.<sup>1</sup>
- ◆ Secondhand smoke exposure caused more than 7,300 lung cancer deaths each year during 2005–2009 among adult nonsmokers in the United States.<sup>1</sup>

## Odell Movies in the Park Starts Its Second Year

By Luz Oropeza, staff, Odell Hispanic Drug Prevention & Health Promotion Coalition, 541-387-7031 / luz.oropeza@co.hood-river.or.us

# Odell Movies in the Park!!!

**Where:** Mid Valley Elementary School

**When:**  
Monday July 17th:  
Zootopia

Monday July 24th:  
Moana

Monday July 31st:  
Pete's Dragon

Monday August 7th:  
Sing

Monday August 14th:  
Finding Dory

Monday, August 21st:  
The Secret Life of  
Pets

**Movies will be in Spanish with English subtitles**

**Brought to you by Community Ed., Odell Hispanic Drug Prevention Coalition, and Hood River County Library**

**O**dell Movies in the Park are back! Last year was our first year bringing Movies in the Park to Odell. It was such a success last year that we decided to do it again this year. Eight sponsors helped get us going last year: Chicken & Teriyaki, Duckwall Fruit, El Puerto de Angeles III, Gorge Yellow Cab, Lake Taco, Hood River County Library District, Hood River County Prevention Department, Ixtapa, Little Shredders, James West Orthodontics, and Novedades el Potrillo. We played five movies for five consecutive Mondays. This year we will be playing six movies: Moana, Pete's Dragon, Sing, Zootopia, Finding Dory, and the Secret Life of Pets. Movies will take place at Mid Valley Elementary School, just like last year.

The purpose for this event is to bring families together so they can enjoy one another. Studies show that a positive family environment and community help protect kids from risky behaviors that can increase the chance of using drugs. In other words, a strong positive family and community environment serve to protect and buffer against risk. The more positive activities and engagement in the community a youth is exposed to, the more protection that youth has against risk factors. Risk factors include, drug availability, easy access to drugs, positive attitudes towards drugs, peer and parental use of drugs. It is really important that we protect those who live in these environments by shielding them with protective factors.

Movies in the Park is a positive alternative activity which increases and strengthens protective factors in the community. The more families spend time with each other in a healthy positive way, the less likely they are to drink or use drugs. Not only are family bonds and relationships strengthened, but connections with your community are strengthened as well. Studies show that if you have a positive sense of community and if you feel safe in your community, you are more likely to be healthy and drug-free.

We encourage families to form and strengthen positive relationships within their family members as this increases and strengthens developmental assets that increase the possibilities for youth to grow up into healthy, caring, and responsible adults.

For more information on how to keep your kids safe this summer, please contact the Hood River County Prevention Department at 541-386-2500.

**ODELL**  
Movies in the Park  
Mid-Valley Elementary

<b>Monday, July 17</b> Zootopia: Rated PG 9:26 PM 108 minutes
<b>Monday, July 24</b> 9:19 PM Moana: Rated PG 113 minutes
<b>Monday, July 31</b> 9:19 PM Pete's Dragon: Rated PG 103 minutes
<b>Monday, August 7</b> 8:59 PM Sing: Rated PG 114 minutes
<b>Monday, August 14</b> 8:47 PM Finding Dory: Rated PG 105 minutes
<b>Monday, August 21</b> 8:35 PM The Secret Life of Pets: Rated PG 90 minutes

Sponsored by:  
HOOD RIVER Community Education  
Lake Taco Novedades El Potrillo  
Odell Hispanic Drug Prevention Health Promotion Coalition

## The Effect of Peer Pressure Whether You Are An Adult Or Teen

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

**A**lmost everyone has experienced peer pressure before, either positive or negative. Peer pressure is when your classmates, or other people your age, try to get you to do something. It is so easy to give in to peer pressure because everyone wants to fit in and be liked. Especially when it seems like “everyone is doing it”. Sometimes people give in to peer pressure because they do not want to hurt someone’s feelings or they do not know how to get out of the situation so they just say “yes”.



### How do I resist peer pressure?

**Understanding your own values and beliefs** — what feels right to you, where do you want your life to head?

**Have Self—Confidence** — it can be developed. See below.

**Talk to a trusted adult** — if you are a teen or a trusted friend if you are an adult.

**Don't make excuses** — say exactly how you feel. Be assertive. When someone is pressuring you to do something unhealthy, use eye contact and say “no” directly.

*When worried if you will be criticized for your stand remember, “Often, criticism comes from a place of insecurity. Rejecting the status quo and trying to make changes feels to some as though you are rejecting them. But it’s not. The choices you make, you are making for your own well-being and it’s critical to remember that, “ says Dr. Shilagh Mirgain.*

### How do peers pressure?

**Insults** — making a person feel bad for not doing something so that they eventually will.

**Reasoning** — pressure by giving a person reasons why they should do something.

**Rejection** — pressure by threatening to end a relationship or friendship.

**Unspoken pressure** — simply seeing all your peers doing something or wearing something can be a form of pressure.

**BUT...there is also positive peer pressure!**

Pressure to not drink / smoke / do drugs.

Pressure to be nice and help others.

Pressure to exercise.

<http://www.uwhealth.org/news/dealing-with-peer-pressure-when-youre-an-adult/46604>

<http://www.safeteens.org/relationships/peer-pressure/>

**Our self confidence comes from inside, if you change the way you talk to yourself and the way you think about yourself, developing self confidence will not be so challenging.**

**H**.E.A.L.T.H, stands for **H**elping, **E**ducate, **A**dvocate, **L**ead **T**owards **H**ealth, and the clubs work hard to live up to their name, as they engage in media campaigns throughout the year.

The Hood River Valley High School H.E.A.L.T.H. Media Club tagged cases of beer throughout Hood River County with their 4th of July sticker. This was a media blitz to warn the community about the dangers of using alcohol.

The sticker was designed by the club to share the message that alcohol may cause unintended events. The goal of the campaign was to prevent arrests and accidents from alcohol use over the 4th of July holiday.

Many sources show that the 4th of July weekend is the number one holiday associated with drunk driving collisions. The H.E.A.L.T.H. Media Club wanted to send a message to those buying beer to consider that fact while celebrating the holiday.

The merchants who participated in the campaign were: Boys Pine Grove Market, Carniceria Y Verdureria La Mexicana, Mercado Guadalajara,

Mid Valley Market, Rite Aid, Rosauers, Safeway, Walgreens, Windmaster Market, Cascade Locks Shell Station, and Cascade Locks Market.

Club members who participated were Jade Dowdy, Omar Escobedo, David Flores, Abril Garcia-Magaña, and Laura Magaña. There was also a second stickering at Rosauers by Prevention Department staff with leftover stickers.

According to Hood River City Police Chief Neal Holste, there were no alcohol related arrests over the 4th of July weekend in the City of Hood River. The Prevention Department applauds the youth-led efforts and merchants who allowed the 5,000 stickers reminding people to be safe.

For more information call the Hood River County Prevention Department at 541-386-2500.

## GET INVOLVED

### High School Health Media

Club:

When: To be announced

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

6, 7, 8th Lunch Periods

Wy'east 2nd & 4th Tuesday

3:45–5:00pm

Where: HRMS Conference Room

Wy'east Middle School Cafeteria

Contact: Belinda Ballah, 541-387-6890

### Odell Hispanic Drug Prevention Coalition

When: 3rd Monday of each odd numbered month

12–1:30 pm

Where: Place to be determined

Contact: Luz Oropeza, 541-387-7031



This newsletter was compiled by Hood River County Prevention Department

