

Hood River Prevents

Hood River County Prevention Department

Get To Know Me

By Nubia Contreras, staff, Odell Hispanic Drug Prevention & Health Promotion Coalition, 541-387-7031 / nubia.contreras@co.hood-river.or.us

Hello, my name is Nubia Contreras and I am happy to be the newest addition to the Prevention Department as the Prevention Coordinator. I was born and raised here in Hood River where I attended Parkdale Elementary, Wy'East Middle School and Hood River Valley High School. Like most students now, I was involved with school activities such as clubs like: Challenge Day, H.O.S.A., M.E.Ch.A., O.S.S.O.M, Science Wizards and a few more. I was also part of the tennis team during my time at HRVHS. After graduating I attended Portland State University in pursuit of my bachelors degree in Spanish which later on changed to a double major in social work and business. It took a few years and different jobs for me to figure that out but I'm glad I did.

After my time in Portland, I moved back to Hood River and started working with the school district where I was a substitute for about two years. I got to work at HRMS, HRVHS and the alternative school where students there requested to have me every chance they could. Getting to know them as students and individuals was by far one best things of the job. Shortly after that I started working at Oregon Child Development Coalition (OCDC) where I got to work with seasonal and migrant farm worker families. This time around I worked more with the administration. Making sure parent meetings were scheduled and

that there was childcare provided during the meetings; also helping out the teachers and transportation department as needed. I was fortunate to have been certified as a car seat tech while at OCDC. I would volunteer my time teaching and translating in the monthly car seat classes offered at the Fire Department. Along with the car seat classes I also facilitated a series of parenting classes from Opening Doors which took me back to my teaching days. Seeing the difference of the parents from day one to the last was very satisfying.

Years later I worked for Oregon Human Development Corporation (OHDC) where I served the farm worker community with helping them with several education opportunities and trainings. One of favorite memories while at OHDC was planning a Farm Worker Appreciation Day to honor and thank the workers for all the hard work that they do. I was thankful that several business, and groups around Hood River came together to help me pull this

event off, by donating food, drinks, certificates, raffle prizes, and the entertainment. Without their support I don't think the event would've been as successful as it was. There ended up being seven resource tables, five entertainment groups and seventeen businesses that donated something towards the event; and around 450-500 people show up. The Yasui's Orchard recognized fifteen of its employees for 20-40 years of service which helped tie the event together.

Now, as the Prevention Coordinator I'll be working to help educate and prevent drug use and abuse before it starts. One of the ways that I'll be educating the community will be by sharing information on my radio show on Radio Tierra. I will also be working with the Health Media Clubs to create ads and PSA's to air on the radio. Before I start working on bigger projects though, I'll be attending several trainings to better educate myself. One of those trainings being CADCA and also getting certified as a Prevention Specialist. As for right now, I'll be working on building our Odell Hispanic Drug Prevention Health Promotion Coalition (OHPC) and setting up a strong foundation to help the community more effectively. If you are interested in being part of the coalition or would like to know a little more about me feel free to email or to stop by at the prevention department. I am excited for this new adventure and look forward to working with amazing people trying to make our community a safer and better place for everyone.



I'm the one on the right.

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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

Wy'east: Lunch Room

HRVHS: Mr. Judah's Room

Contact: Belinda Ballah, 541-387-6890

Words to the Wise

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

Make this a Happy Healthy Holiday Season by following 3 words to the wise .
The first words to the wise are: **keep alcohol away from anyone under the age of 21**, because it is bad for their brain and might cost you legally. The brains of people under 21 are still growing, and developing the front lobe which is responsible for judgment and reasoning. A young person does not have the brain power to make good choices about using alcohol and after they use they have less ability to make good choices. Also, there is a Social Host law in Oregon, which says any adult or minor who shares alcohol with a minor face Class A Misdemeanor charges. These charges carry stiff fines, (\$435 first offense, \$1000 second offense) which will hurt your holiday budget.

The second words to the wise are: **Buzzed Driving is Drunk Driving, so do not drink and drive.** For adults over 21 the Blood Alcohol Concentration (BAC) to be charged with Drunk Driving is .08%, and any amount over 0% for people under 21. Yet this doesn't mean you can't be cited for driving under the influence if your BAC is less.



FYI

10 Risk of Holiday Drinking

1. Humiliating yourself at the Office Holiday Party
2. Health Risks and Complications
3. When Too Much Becomes Way Too Much
4. Accidents and Injuries
5. Neglecting Children
6. Shopping and Spending Binge
7. Depression and Sadness
8. Creating an Unforgettable and Unfortunate Family Experience
9. Overeating
10. Giving Up

<https://www.promises.com/articles/alcoholabuse/10-risks-holiday-drinking/>

“...Enjoy life, the beautiful way it is...It is not worth risking your one life, for one too many (or any at all) drinks.” Bergen Rust, HRMS H.E.A.L.T.H. Media Club

If you are driving impaired, and pulled over, you can be cited with driving under the influence even if your BAC is under .08%. Also be aware, local beer often has an alcohol content around 7%. One pint equals two drinks. *If you drink at all, do not drive.*

The third words to the wise is: **Be a good role model, young people are watching how adults celebrate and have fun.**

Research shows, “the most worrisome things parents can do are to model poor behavior by drinking excessively in front of their teens...”¹ Be a good role model, and choose fun activities the build family bonds such as caroling, cookie making, playing games, telling stories, anything outdoors and in the snow, and the fun list goes on and on.

Enjoy the Holiday Season with kids, friends and families by choosing to be wise. For more Information call Ilea at 541-387-7030.

1. <https://drugfree.org/learn/drug-and-alcohol-news/parents-teaching-teens-responsible-drinking-myth-study/>

Holidays, Stress, and Quitting

By Jane Palmer, Smoking Cessation in the Gorge, 541-386-3335 / jane.palmer@co.hood-river.or.us

Many smokers think that lighting up helps them relax. That's not completely true. In a <https://www.webmd.com/> article, Dr. S. Schroeder, director of the Smoking Cessation Leadership Center at the U of C, San Francisco states, "Lighting up makes them feel better, not because that cigarette eases stress but because it's delivering the next dose of nicotine."

Quitting smoking can be stressful and is one of the biggest reasons people report for failing to quit. There are a variety of things that can help reduce the stress of quitting or dealing with the holidays!

Cut yourself plenty of slack. Don't be discouraged. Resolve short-term problems in advance. Get rid of small issues first.



Set long-term worries aside for now. Focus on the here and now.

Learn to recognize signs of stress. Act fast and deal with issues right away.

Do things you enjoy. Distract yourself with things you like: a warm shower, watching a movie, taking a walk or just playing outside.

Get moving. Exercise helps to boost brain chemicals that make us feel better.

Practice relaxation. Try yoga, progressive relaxation, deep breathing or any type of meditation.

Put it in writing. Write down what is "bugging" you and then tear it up. This can help reduce stress.

Call a friend. Confiding in others or being with them can help relieve stress.

Be patient. It's important to remember that "this too shall pass". Nicotine withdrawal effects get less as each day goes by.

Remember the goal of becoming a nonsmoker!

Talking Points:

- ✓ Stress is Manageable
- ✓ You can focus on the goal
- ✓ Plan ahead to help you deal

The Importance of Coalitions

Taken from the Office of National Drug Control Policy (ONDCP) Overview Briefing for Fiscal Year 2017

**In 2016,
61.7 million
Americans lived
in a community
with a DFC
funded Coalition**

**Since 2005 48% of
Americans have
lived in a
community with
a DFC funded
Coalition**

**In 2015 more
high school
youth in DFC
communities re-
port **NOT USING**
alcohol
(67% vs 87%) **or**
Marijuana
(78% vs 83%) as
compared to
youth nationally**

Every year the Office of National Drug Control Policy (ONDCP), which administers the Drug Free Communities (DFC) Program, looks at the important role DFCs play.

The DFC Programs definition of a coalition is a community based cooperation and collaboration among groups or sectors of a community in which each group retains its identity, but all agree to work together toward a common goal of building a safe, healthy, and drug-free community.

2017 represents the highest ever number of DFC Coalitions — 719 nationwide. These coalitions are working in their communities and bringing people together to prevent drug use. The DFC Program is the result of a collaboration between ONDCP, the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Community Anti-Drug Coalitions of America (CADCA).

The first goal of the DFC Program is to establish and strengthen collaboration among communities, nonprofit agencies, and federal, state, local and tribal governments to support the efforts of community coalitions to prevent and reduce substance use among youth. The second goal is to reduce substance use among youth and, over time, reduce substance abuse among adults by addressing the factors in a community that increases the risk of substance abuse and promoting the factors that minimize the risk of substance abuse.

By mobilizing community leaders to identify and respond to identify and respond to the drug problems unique to their community, the DFC Program is designed to change the entire community environment. Focusing on environmental change ultimately contributes to reductions in substance use among youth, and over time, among adults.

The Odell Hispanic Drug Prevention & Health Promotion Coalition, as a DFC grant recipient, has been receiving training to learn the skills to address the youth substance use issues we face in Hood River County. Coalition members have attended the National CADCA Forum and CADCA Mid-Year, which is specific to training youth in leadership roles, CADCA Academy, Spring and Fall Prevention Summits, Place Matters Conference, Clear Alliance Conference, DUI Training Conference, and National Prevention Network Conference.



Teen Marijuana Education Course

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

Last summer, three members of the Hood River County Prevention Department and School Resource Officer Joel Ives were trained to facilitate the Teen Marijuana Education Course (TMEC). The TMEC program fulfills many of the Oregon Health Standards and Performance Indicators. It was created by CLEAR (Children Learning through Education and Research) Alliance, an educational 501(c) (3) non-profit organization out of Central Oregon. Their mission is to prevent and reduce youth substance abuse and impaired driving in Oregon through fact-based education.

The purpose of the course is to provide evidence and science-based facts about marijuana. We acknowledge that marijuana can be a sensitive subject. The TMEC program goal is to allow students to become more critical thinkers when making tough decisions. If students are inundated with social media and advertising that promotes substance use and don't receive messages about public health and safety, how can they make critical, informed decisions?

The course is very interactive, allowing for questions and discussions along with student involvement. Students vote



“Critical thinking skills are developed so that they can know what is true, what is false, and what is manipulation.”

on whether a statement is true, false or ‘I don’t know’. The answers are revealed with facts and sources provided for further investigation. Statements include ‘Marijuana is a prescription medicine’ and ‘All marijuana is natural’.

Much of the course covers media literacy and subliminal messaging. The goal is help students identify tricks of the trade which will then empower them to know if they are being manipulated, or sold a product or service. Critical thinking skills are developed so that they can know what is true, what is false, and what is manipulation.

TMEC has been delivered to all first semester 9th grade Health classes at Hood River Valley High School, along with a 7th / 8th grade mix of students at both Hood River Middle and Wy’east Middle Schools Health classes. Next month students at Horizon Christian School will have the opportunity to participate in the course. An overview of the course was also delivered at the last session of Our Whole Lives (OWLs) which is held at Riverside Church. Both parents and youth gained insightful knowledge from this presentation.

If you know of a group that would benefit from this information, please contact the Hood River County Prevention Department. 541.386.2500

“I was asked to review and evaluate the TMEC program as a substance abuse treatment provider. The TMEC curriculum, built by Certified Prevention Specialists, uses evidence based prevention and intervention practices, including, but not limited to: media literacy, motivational enhancement, social norming and science-based education from NIDA... TMEC is the only known such marijuana course in the state of Oregon. I recommend this program for anyone who serves youth, parents, and public-service agencies.”

Eric Martin, MAC, CAD-CIII, CPS, PRC, Treatment Provider (OR)

H.E.A.L.T.H. Media Clubs Advocate For A Safe Holiday Season

By Ilea Bouse, Prevention and Education Specialist, Hood River County Prevention Department, 541-806-2877

This Holiday Season the HEALTH Media Clubs are take the community into their own hand by spreading the word loud and clear, “Don’t Wreck The Holidays”.

The Hood River Middle School Health Media Club wrote letters to the Editor at the Hood River News reminding people of the consequences of drinking and driving, using drugs, and giving alcohol to a minor. The 7th grade group also wrote a jingle, to the tune of Deck the Halls, that will be airing on local radio stations, reminding us to have a safe community by not drinking and driving, and living drug free.

The Wy’east Middle School wrote a script for a public service announcement to teach us about alcohol, marijuana, tobacco and other drugs. They shared their tips live on El Rio, on Tuesday, December 12th. The broadcast went out live all over the gorge, and the world via the internet. During the broadcast, listeners called in and shared their support of the kids and the message. It was very exciting.(We might have future radio announcers come from this group.)



The Hood River High School Health Media Club, is growing.

We have had one new member join every meeting for the last two months. They currently learned about parental attitudes, and social norms surrounding alcohol and other drugs in Hood River. They made Theater ads that will be on display soon, to address the current gaps in knowledge. They also drafted the sticker for the Super Bowl Sticker Shock for 2018.

All of the clubs will have new shirts or hoodies when they start the new year, that they designed as wearable media to spread their message. As the jingle says, “Now we are a safe community. I am free to be me, when I am drug free. Substance free is good for me. Fa Lalala la lala la la.”

Happy Holidays from the HEALTH Media Clubs! For more information call Belinda Ballah at 541-386-6890.

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