

Hood River Prevents

Hood River County Prevention Department

Reach Out, Check In, Save A Life

By Guest Contributor Susan Gabay, Suicide Survivor Outreach Volunteer, 541-478-3576

Suicide is preventable! Mental illness is treatable! Yet while progress is being made on other public health concerns, suicide remains stuck at the second leading cause of death for young people aged 15 to 24 years of age. Veterans and middle aged white males exhibit persistently high rates. Five times as many Oregonians died by suicide than homicide in 2017.

To increase awareness and education during September, Suicide Prevention Month, Hood River County Prevention Department teamed up with several other Gorge organizations, spearheaded by Mid Columbia Center for Living for a variety of outreach efforts. Community presentations and conversations were held including a

very well attended teen workshop at the public library in The Dalles. Public service announcements and radio and newspaper features also helped spread the word about warning signs, risk factors, and local resources.

Everyone can make a positive difference in suicide prevention by speaking up, being supportive of those in distress and connecting them with help. While we have improved mental health insurance parity, we still have a

long way to go in reducing the stigma that poses barriers to treatment. Do your part to make it safe to admit the need for, seek, and accept help! Reach out, check in, save a life!

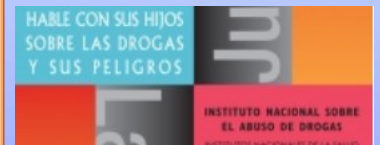
Protective factors – qualities or conditions that help prevent suicide:

- ✂ *Self esteem; emotional well being*
- ✂ *Family, school, community connectedness*
- ✂ *Academic achievement*
- ✂ *Frequent, vigorous physical activity, sports*
- ✂ *Reduced access to alcohol, firearms, medications*
- ✂ *Coping or problem solving skills*
- ✂ *Effective mental health care*

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Some of our favorite links.



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



Saturday, November 18, 2017

10 a.m. – 12 p.m.

Providence Hood River Memorial Hospital
 2nd Floor Boardroom
 810 12th Street
 Hood River, OR

Hood River County Prevention Department
 Belinda.Ballah@co.hood-river.or.us
 tel 541-387-6890 (M-F)
 tel 541-806-5734 (event day)

You are not alone. Join a community of suicide loss survivors to find comfort and gain understanding as we share stories of healing and hope.

International Survivors of Suicide Loss Day is the one day a year when people who are affected by suicide loss gather around the world at events in their local communities for support, information, and empowerment.

The event features a screening of *The Journey: A Story of Healing and Hope*, an AFSP-produced documentary that traces the grief and healing journey that follows a suicide loss through the eyes of a diverse group of loss survivors. The film shows how those left behind navigate the aftermath of their loved one's suicide to find meaning and even joy, and takes an intimate look at how their healing journey evolves over time.

AMERICAN FOUNDATION FOR Suicide Prevention | afsp.org/SuicidePrevention

Is Underage Drinking Child's Play?

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

We have all been teenagers, and rebellion is a part of growing and creating an identity apart from your parents. Halloween starts the Holiday season, a time when we often see the rebellion exposed in youth. Many youth rebel through looks, changes in performance, defiance, and some turn to alcohol use.

According to the June, 2015 Oregon State Report to Congress on the Prevention of Reduction of Underage Drinking, out of 442,000 people ages 12-20, 28.3% or 125,000 people, reported past month alcohol use. 17.6% or 78,000 reported Binge drinking.

Why do teens choose to drink? According to the National Institute on Alcohol and Alcoholism, there are three main reasons: Peer pressure, Increased Independence or Desire for it, and Stress. Some may wonder, what is the harm of teens choosing to rebel with alcohol?

According to the June 2015, Oregon Report to Congress on the Prevention & Reduction of Underage Drinking in "2015, 16% of all traffic fatalities were 15-20



The Costs of Underage Drinking by Problem for Oregon 2013

Problem:	Millions
Youth Violence	\$304.6
Youth Traffic Crash	\$46.2
High-risk sex, ages 14-20 years	\$32.7
Property & public order crime	\$2.7
Youth Injury	\$40.1
Poisonings & psychoses	\$7.5
Fetal alcohol syndrome among mothers aged 15-20 years	\$13.9
Youth alc. treatment	\$78.8

Total \$589.7
(e.g. \$0.6 B)

Pacific Institute for and Evaluation (PIRE) Research

“On an average December Day, more than 11,000 young people, aged 12-17 will use alcohol for the first time.” SAMHSA

year old drivers with BAC greater than .01. In 2012, an estimated 6 homicides; 5,000 nonfatal violent crimes such as rape, robbery, and assault; 11,100 property crimes including burglary, larceny, and car theft; and 208,000 public order crimes including vandalism, disorderly conduct, loitering, and curfew violations were attributed to underage drinking.

What can we do to protect youth over the Holiday season? As an adult we can:

1. Drink responsibly if we choose to drink.
2. Serve as a positive role model.
3. Don't make alcohol available to youth.
4. Encourage youth to participate in healthy and fun activities that do not involve alcohol.

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

Change: What Does It Take?

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

Change is all around us and expected. When it comes to us, changing a behavior can be a different story.

There are many habits and behaviors we have that are not the best for us. Smoking tobacco is one of those. In addition to the addiction to nicotine, smokers develop an incredible habit as well. Every cigarette smoked equals about 10 “practices” or inhalations. For a pack-a-day smoker, that’s about 73,000 practices per year.

We’ve all heard “Practice makes perfect”. The reverse can be true as well. To unlearn a habit, it requires practice.



Many smokers need to “practice” quitting up to 9 times before they are successful. Motivational Interviewing is one of the things that can help move a person along in their “walk” towards a healthier life.

Motivational Interviewing (M.I.) is a collaborative conversation style for strengthening a person’s own motivation and commitment to change. (Miller & Rollnick, 2013) The goal of M.I. is aimed at addressing the common problem of ambivalence about change and strengthening a person’s motivation and commitment to a specific goal. This type of communicating requires training and practice.

Recently over 22 helping professionals attended two day M.I. training. It is hoped that many more will have this opportunity in the future. Change is hard, but worth the effort.

FYI

✓ Change means that what was before wasn’t perfect. People want things to be better. —

Esther Dyson

✓ People don’t resist change. They resist being changed. —

Peter Senge

A Letter To Parents

By Nora D. Volkow, M.D., Director National Institute on Drug Abuse, <https://www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know/letter-to-parents>

Links To Resources:

[https://
www.drugabuse.gov/
publications/
marijuana-facts-
parents-need-to-
know/want-to-know-
more-some-facts-
about-marijuana](https://www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know/want-to-know-more-some-facts-about-marijuana)

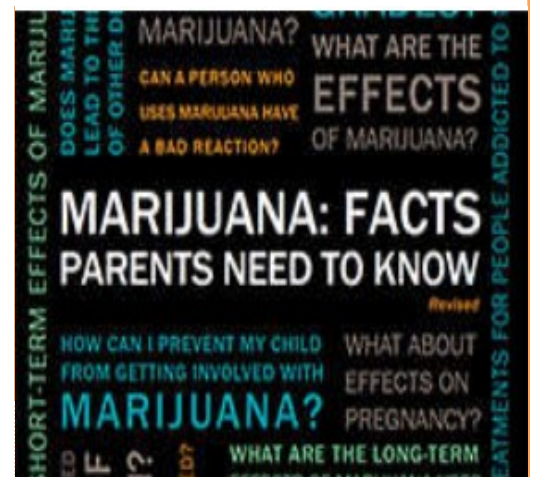
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kids-communicating-
risks](https://www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know/talking-to-your-kids-communicating-risks)

Marijuana remains the most used illegal substance among youth. By the time they graduate from high school, about 45 percent of U.S. teens will have tried marijuana at least once in their lifetime. In 2015, nearly 22 percent of high school seniors reported current marijuana use, and 6 percent used marijuana daily.¹ The annual Monitoring the Future survey has been tracking teen attitudes and drug use since 1975. Currently, the number of teens who think marijuana use is harmful is declining. This is concerning because there is growing scientific evidence that heavy, regular use of marijuana that begins during the teen years may lower a person's IQ and interfere with other aspects of functioning and well-being. The good news is that marijuana use did not increase significantly among youth from 2010 to 2015.

Survey results show that we still have a long way to go in our efforts to prevent marijuana use and avoid the toll it can take on a young person's life. NIDA recognizes that parents have an important role in this effort and can strongly influence their children's attitudes and behaviors. However, the subject of marijuana use has become increasingly difficult to talk about—in part because of the mixed messages being sent by the passage of medical marijuana laws and legalization of marijuana in some states. In addition, many parents may have used marijuana when they were younger, which could make talking openly and setting rules about its use more difficult.

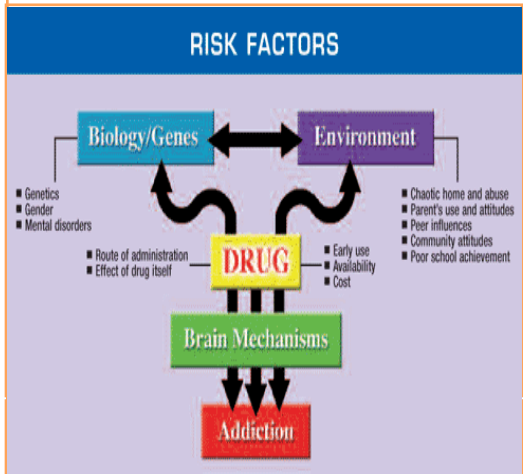
Talking to our children about drug use isn't always easy, but it is crucial. You can also get involved in your community and seek out drug abuse prevention programs that you and your child can participate in together. Sometimes, just beginning the conversation is the hardest part. I hope these booklets can help.



Prevention Looks At Positive Interventions To Prevent Substance Use

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

Why is it that some people are not affected by alcohol and other addictive drugs while others can use once or a few times and become addicted? For a wide range of reasons that remain only partially understood, some individuals are able to use alcohol or drugs in moderation and not develop addiction or even milder substance use disorders, whereas others—between 4 and 23 % depending on the substance—proceed readily from trying a substance to developing a substance use disorder.



Understanding the factors that raise people's risk for substance misuse, which are called *risk factors* and those that may offer some degree of protection from these risks, which are called *protective factors*, and then using this knowledge to design interventions aimed at steering people away from substance misuse are the goals of *Prevention Science*.

Between 40 and 70% of a person's risk for developing a substance use disorder is genetic, but many environmental factors interact with a person's genes to modify their risk. Some of these factors are being raised in a home where parents or relatives use drugs or alcohol, living in a neighborhood and going to school where alcohol and drug use are common, and hanging out with peers who use substances. The earlier

“Prevention Science provides the knowledge to help children, youth and families to live healthy, happy and productive lives .” Institute of Medicine Report, 2009

people try alcohol or drugs, the more likely they are to develop a substance use disorder.

Prevention interventions aim to support or increase protective factors, which give people the resources and strengths they need to avoid substance use. Having strong and positive family ties and social connections, being emotionally healthy, and having a feeling that one has control over one's successes and failures are all protective factors. Being satisfied with one's life, having a sense of a positive future ahead, and emotional resilience are other examples of protective factors.

Given the overwhelming tendency for substance use to begin in adolescence and peak during young adulthood, most prevention interventions are focused on teens and young adults. However, effective prevention policies and programs have been developed across the lifespan, from infancy to adulthood. It's never too early and never too late to prevent substance misuse and substance related problems. These interventions may focus all individuals in a group which is called universal interventions or specifically on at-risk individuals which is called selective interventions.

Next month, learn more about Prevention Science and what your Prevention Department is doing to increase the health and well-being of our community.

<https://addiction.surgeongeneral.gov/executive-summary.pdf>

FYI

Prevention Science aims to identify the risk factors that increase the potential for substance misuse and increase the protective factors that offset these risk factors in a community.

H.E.A.L.T.H. Media Clubs Bring Awareness and Passion

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

The Hood River Valley High School, Hood River Middle School and Wy'east Middle School H.E.A.L.T.H. Media Clubs are meeting again and are busy learning about Media literacy.

The High School started off the year with a theater ad on knowing the difference between marijuana edibles and other sweet treats to warn the public about the dangers of getting the two confused. They felt this would be a good theater ad for Halloween and the other holidays that will be here soon.

The Middle School HEALTH Media Clubs spent some time of their plastering the lockers throughout the two middle schools with sticky notes



"Happiness Month" at Wy'east Middle School

covered in words meant to encourage and bring happiness, in honor of Gorge Happiness month (October).

All three of the clubs are working hard on designing their mottos and t-shirts or sweatshirts for the upcoming year.

We have more than 40 kids participating at the Hood River Middle School

during lunch periods.

We have 8 kids participating after school at Wy'east Middle School. And the High School Health Media Club has about 10 youth participating.

All of the clubs seem to be growing weekly as the word is getting out about the fun activities and opportunities. We are excited about the activities this year, and are looking forward to educating the community and schools about the dangers of different substances, and the benefits of choosing a drug free lifestyle.

For more information contact Belinda Ballah or Ilea Bouse at the Hood River Prevention Department, 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: Mondays 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