

HR Prevents

HOOD RIVER COUNTY WELCOMES JESUIT VOLUNTEERS

By Nadia Busekrus, HRCPD Jesuit Volunteer / HEALTH Media Club Prevention & Community Outreach Coordinator, 541-386-3335 / Nadia.busekrus@co.hood-river.or.us

In August, four new volunteers with Americorps / Jesuit Volunteer Corps Northwest (and one returning volunteer) moved into Odell. They will be serving at different organizations in the Odell/Hood River community. Throughout their year of service, they will focus on the values of community, simplicity, spirituality, and social & ecological justice. Our new JVs (Jesuit volunteers) are eager to build new relationships here in the Hood River area.

Kelsey Walker recently graduated from Willamette University with a BA in Physics. This year she will be the Mid-Valley Elementary School Community Liaison. At Willamette, she played on the women's soccer and basketball teams, played piano, and was a member of the Alpha Chi Omega sorority. Kelsey loves to get lost in nature and play music with others.

Nadia Busekrus grew up in Hawaii on the island of Oahu. She enjoys dancing, hiking, singing, and reading. For the past four years, Nadia has lived in Virginia where she attended George Mason University and studied Community Health. This year she is serving at the Hood River County Prevention Department (HRCPD) as a facilitator for the H.E.A.L.T.H. Media Clubs.

Liz von Ruden just graduated from University of San Diego as a Biology major. She is from Seattle and excited to be back in the Northwest for this year. Liz

enjoys running, hiking, cooking, Disney movies, and traveling. She will be serving as a Conservation Educator for the Columbia Gorge Ecology Institute with the SECRETS program.

Sidney Axtell is a nerdy, outdoorsy biology major from Seattle. She is coming back for a second JV year in Hood River as the Community Outreach Specialist for FISH Food Bank. When not hiking, biking, swimming, running, rock climbing, playing ultimate frisbee or gardening, you will most likely find her curled up with a book.



TEEN MARIJUANA USE

By Belinda Ballah, HRCPD Director, 541-387-6890 / Belinda.ballah@co.hood-river.or.us

How would you respond to this statement? “Most teens use marijuana.” True, False or I don’t know.

This is one of the questions that we pose to students while raising awareness of marijuana use. The answer is that most teens do not use marijuana. The 2018 Oregon Student Wellness Survey, which is conducted in even years in schools at the 6th, 8th and 11th grades, reports that 0.6% of 6th graders, 8.1% of 8th graders, and 25.5% of 11th graders used marijuana in the last 30 days.

We know it is important for students and adults to know the facts because of perception. If the perception is that everyone is using marijuana, or it is socially acceptable, or harmless, then it is more likely youth will try it or use it.

The business industry knows about this research. They understand that if their product is perceived as

harmless or even associated with medical purposes their product will sell more. Have you considered why the cross symbol is used for promoting marijuana? Or why alcohol is promoted by sexy women? Or why rugged, attractive, strong type men are used to promote tobacco? Imagine if the industry told the truth! Marijuana, alcohol and tobacco are addictive. Tobacco kills over 440,000 people each year. All three substances have a negative effect on the developing brain. What would happen to their sales?

Our perceptions often impact the decisions that we make. The industry knows this. Will you be manipulated by this?

COWER IN FEAR IF YOU GIVE A VIOLENT PERSON BEER

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

It seems fitting to point out the connection between alcohol and assault during the month of October, as assault is one of the top scary situations to avoid. Fall, harvest and Halloween parties are meant to tease our fear senses, but no one wants to face a common reality of an aggressive person who has had too much to drink.

“Alcohol abuse can play a role in a variety of different assault crimes, ranging from physical assault, verbal assault and sexual assault.”¹

“...Each year 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking” (NIAAA)² and “at least 50 % of student sexual assaults involve alcohol.”³

So, what are some things you can you do to prevent being assaulted by someone who has been drinking alcohol?

- Attend or host alcohol free events and parties.

- Call 911 for help if a friend or family member has had too much to drink and is becoming aggressive or abusive. Seek a safe place away from the threat.
- If you are over 21, and go to a party where alcohol is served, take a buddy or be the buddy who does not drink. Your alcohol-free safe friend can be both a designated driver and the voice of reason if alcohol impairs your judgment.

Have a safe and alcohol-free autumn, from your friends at the Prevention Department. For more information call 541-386-2500.

1. Alcohol Treatment.net, <https://www.alcoholtreatment.net/assault-alcohol-abuse/>

2. Alcohol Treatment.net, <https://www.alcoholtreatment.net/assault-alcohol-abuse/>

3. Alcohol.org, <https://www.alcohol.org/effects/sexual-assault-college-campus/>

HEALTH MEDIA CLUBS GET BUSY

By Nadia Busekrus, HRCPD Jesuit Volunteer, HEALTH Media Club Prevention & Community Outreach Coordinator, 541-386-3335 / Nadia.busekrus@co.hood-river.or.us

Health Media Club has been busy so far this fall! After a fun couple weeks of t-shirt design, each club came up with a fun and wearable message promoting a healthy lifestyle free of substance use. Since then, each club has branched out to work on and gear up for a variety of creative projects. Hood River Middle School students are preparing to celebrate Gorge Happiness Month by creating posters with positive, encouraging messages to put up in the halls. Additionally, this year Health Media Club is holding lunch meetings at Wy'east Middle School for the first time. At after school meetings, ending the afternoon with a game of basketball or soccer is still a highlight. Most recently we were joined for basketball by Officer Princehouse from the Sheriff's Office! Our Prevention Department is busy coming up with more fun games to incorporate into the middle school club that will allow us to learn together with active play. Hood River Valley High School's Health Media Club has accomplished a lot this year as well! The leadership team has attended our Alcohol, Tobacco and Other Drug Coalition meeting and elected officers for the first time. In October they will conduct our first-ever Halloween Sticker Shock campaign – putting stickers on cases of beer with messages to discourage sharing alcohol with minors.

ENJOY THE HOLIDAYS – ALCOHOL FREE

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

The fall and winter season is a festive time. We enjoy parties and events that celebrate religious, federal, and retail holidays. It is a great time to be with family and friends. A time for food, drink, games and lots of talking.

When it comes to drink, consider an alcohol-free holiday season. Mock-tails or alcohol-free fancy drinks and punches, are not just for kids, pregnant women and recovering alcoholics as some may have you think.

Alcohol-free drinks are perfect for:

- Families who are healthy, and active.
- Friends who want to stay up late talking and having fun together.
- Dog owners who want to feel great in the morning when it is time for doggy's walk.
- People who drive cars, boats, airplanes, or anything that moves.
- Anyone who loves the benefits of a drug-free lifestyle.

Creating a fancy drink that is tasty, refreshing, festive, and alcohol-free can be a new start to your holiday traditions. Think fall fruit punches for warm days, apple or pear cider, or something with citrus. Warm drinks with apple, pumpkin, cinnamon and/or chocolate are great for those frosty days. You can find hundreds of fun, delicious recipes online, or try making your own secret family recipe.

According to the US Department of Transportation, "Every holiday season, hundreds of lives are lost due to drunk drivers. In 2016, 781 people lost their lives in drunk-driving-related crashes in the month of December alone."¹ We can reduce the numbers of accidents and prevent the tragedy of alcohol-related death this Holiday season by choosing alcohol-free options, and by committing to never drink alcohol and drive.

1. US Department of Transportation:
<https://www.transportation.gov/www.transportation.gov/TransportationTuesday/holiday-drunk-driving-facts>