

Hood River Prevents

Hood River County Prevention Department

Hood River County School District Welcomes 2016-17

By Guest Contributor, Dan Goldman, Hood River County School District Superintendent

Welcome to another school year! All summer, our staff members have been busy preparing our facilities, curriculum, technology, and fields so our students and families have the best possible experience as they return to school. Our schools look great — but most importantly, our educators are excited to finally be with their students. We're having a great first month of school!

As I reflect on the 2015-16 school year, I feel so proud of the work our teachers and support staff. I can't possibly rehash all the amazing successes over the course of last school year, but there are a number of accomplishments that we should all take great pride in:

- Educators at the high school continued the foundational work that starts in our Pre-K and elementary schools by graduating nearly 85% of our seniors on time. That is the highest on-time graduation rate on record in our school district — blowing away the state average.
- In the ultimate measure of your support for our schools, voters approved our capital bond measure with 72% of the vote: a high watermark in our school district's 150-year history! This fall, because of the District's strong financial stewardship and associated AA+ bond rating, bond coupons sold for 14.5% more than asking price. This resulted in additional dollars for capital projects.



- After three years of major operations program reforms — with sweeping changes to transportation, I.T., energy use programs — a we were able to add nine new teaching positions this year — including full time PE, Music and Counseling in our elementary schools.

- The Spanish Immersion program at Mid Valley continues to blossom, and students in these classrooms are making significant progress. And did you know, there were 13% more Hispanic

students enrolled in advanced coursework and earning college credit at the high school last year!?

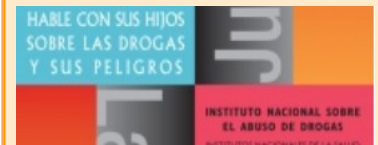
- And, if all this doesn't excite you about your Hood River County schools . . . how about state championships in Boys Soccer, Wrestling, Track, and Skiing?! Or . . . our robotics team, "Occam's Razor," placing at the World Championships?! Or . . . 5th grade ski day and Battle of the Books champions?! Or . . . the individual and collective triumphs of our Speech and Debate Team, strong finishes for Baseball and Water Polo, a Navy Cup Championship for Girls Lacrosse, or rousing performing arts productions like Grease?!

And, while we celebrate all these achievements, we are preparing for even greater successes in 2016-17. Meeting our lofty goals requires a commitment to excellence from all of us — it takes shared intelligence, coordination, explicit action, grit and YOU! The partnership between our community and educators will continue to be a key driver of our successes. I know I speak for all of us in the Hood River County School District that we're looking forward to another great school year in Hood River County.

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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, Wyeast, HRVHS) — After School

When: HRMS: 1st & 3rd Mondays

Wyeast: 1st & 3rd Tuesdays

HRVHS: 1st & 3rd Thursdays

Where: HRMS: Mrs. Norton's Rm

Wyeast: Lunch Room

HRVHS: Mr. Judah's Room

Contact: Belinda Ballah, 541-387-6890

September is National Drug & Alcohol Recovery Month

Taken from "Join The Voices For Recovery: Our Families, Our Stories, Our Recovery!" on the Substance Abuse & Mental Health Services Administration (SAMHSA) website

Mental and / or substance use disorders affect millions of Americans and directly touch the lives of individuals, family members, neighbors, and colleagues. Families often deal with the complex dynamics of supporting a loved one in recovery while at the same time learning how to take care of their own well-being. Given the widespread impact and societal cost of these behavioral health conditions, it's important for communities to make prevention, treatment, and recovery support services available and accessible for all who need them.

The prevalence of mental and/or substance use disorders is high. Among adults aged 18 or older, 43.6 million (18.1 percent of adults) had any mental illness in the past year. Approximately 21.5 million people age 12 or older were classified with a substance use disorder in 2014. In spite of their high prevalence, most Americans believe that recovery from a mental illness or a substance use disorder is possible.

For many people, recovery:

- ◆ Emerges from hope, which is fostered by friends, families, mentors, providers, colleagues, and others who have experienced recovery themselves;
- ◆ Occurs via many pathways, which may include professional clinical treatment, use of medications, support from fami-



Four Key Aspects of Recovery

HEALTH: Overcoming or managing his / her condition(s) / symptom(s), make informed, healthy choices that support physical and emotional well-being

HOME: It is important to have a stable and safe place to live

PURPOSE: A person in recovery participates in meaningful daily activities such as a job, school, volunteering, and has the independence, income, and resources to participate in society

COMMUNITY: Relationships and social networks provide support, friendship, love, and hope

“What I know is this — I had to find something beautiful in this life and hang on for all I was worth.”
Barbara Jean

lies and in schools, services through homeless programs, faith-based approaches, peer support, and other approaches;

- ◆ Is holistic—meaning that recovery encompasses a person's whole life including mind, body, spirit, and community;
- ◆ Is supported by relationships with peers and allies, and on social networks;
- ◆ Is culturally based and influenced;
- ◆ Is supported by addressing trauma, including physical or sexual abuse, neglect, domestic violence, war, disaster, or profound loss;
- ◆ Is inclusive of positive youth development theories and concepts;
- ◆ Involves individual, family, and community strengths and responsibilities;
- ◆ Is fostered by respect.

These principles of recovery can help people establish a blueprint for their own journey. However, it's important for people living with these conditions to become aware that they are not alone in their efforts.

Please find more information at <https://www.recoverymonth.gov/sites/default/files/toolkit/2016/voices-for-recovery.pdf>

The Cost of Living and Smoking

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

Most of us would like to have some extra money in our pocket. Even with a good job, it may be hard to make the money last all month. According to www.numbeo.com, the cost of buying chicken breasts in the store has gone up 61% in the last 6 years and rent has gone up over 70%. Wages have not kept up with the cost of living.

What does this have to do with smoking? You may say, "I don't smoke and I don't care". You should care, because smoking costs everyone.

The American Lung Association (www.lungusa.org/cessationbenefits) reports that employers, smokers, government and tax payers save money when smokers quit. The savings is for everyone.

The Cost of Tobacco



Highlights from the American Lung Association report are:

- ✓ Employers save \$1 in the first year for each employee who quits smoking from cuts in medical and life insurance costs.
- ✓ Lifetime savings in tobacco related health costs for every former smoker is \$22,434.
- ✓ Smokers can save up to \$2,540 a year by quitting a pack-a-day habit. Heavier smokers can save more.
- ✓ State government can save money through costs in Medicaid programs. Over \$600 million per state is linked to smoking related health care costs.
- ✓ For every dollar spent on helping people quit smoking, there is a \$1.26 return on the investment.
- ✓ Tax payers will benefit from thriving businesses, less money spent on smoking related health care costs and a healthier community

We all need to help make our community smoke-free. Encourage those you love to talk with their doctor, call the QuitLine and choose health!

The cost of smoking is only measured in the amount of money spent on buying tobacco products.

FALSE: The true cost of smoking takes into account the cost of the products, the health care costs due to using the products, the cost to our environment due to manufacturing and use of the products, the loss due to not working because of illness related to tobacco use. The human toll due to early death and loss of a loved one has no measure.

Using water pipes or e-cigarettes have no bad health effects.

FALSE: Nicotine is addictive. It is a part of products other than cigarettes. Young people who use e-cigarettes are more likely to become cigarette smokers. The negative health impacts will show up.

The tobacco industry is losing money because people are smoking less.

FALSE: The tobacco companies spend more than \$900,000 an hour in the U.S. to market their products. They must find replacement smokers. Young people are the target of tobacco advertising.

Five Functions of Evaluation:

1. **Improvement:** Volunteers, leaders and supporters should improve their community problem solving skills.
2. **Coordination:** The information should enable coalition members know what others are doing, how it fits with their own actions and goals, and what opportunities exist for future collaboration.
3. **Accountability:** A good evaluation enables the coalition to describe its contribution to population-level change.
4. **Celebration:** The regular celebration of coalition progress keeps everyone motivated and encouraged in the face of difficult work.
5. **Sustainability:** Evaluation helps the coalition to be sustainable long enough to make a difference.

Year two (2) of the DFC (Drug Free Communities) five-year grant which funds the Odell Hispanic Drug Prevention Coalition is coming to an end. The 2015-2016 fiscal year ends on September 30, 2016. Our third DFC grant year begins on October 1, 2016. Coalition work is not easy. It takes a lot of work and dedication. Because our focus is community-based prevention, our success has a lot to do with our collaboration with coalition members, community members, and community partners. Our community is like a big web of influence where one person can have an impact on another person and that person has an impact on yet another person and so on. The greater the impact we have on one another, the greater our influence and the closer we get to achieving our goals.

Determining whether or not your efforts are effective is determined through a thorough and comprehensive coalition evaluation. SAMHSA, the agency overseeing our DFC grant encourages coalitions to conduct a process evaluation during grant year two or three. A process evaluation identifies areas where the coalition is doing well and areas for improvement. Evaluation is a critical component in determining if the programs and strategies we are implementing are effective and whether or not the coalition at large is effective. It also determines whether our processes and practices are being implemented appropriately.



On September 8th, the Odell Coalition Steering Committee voted to contract with an evaluator to evaluate the coalition. Maija Yasui, who retired from the Hood River County Prevention Department in June 2015 after over 20 years, will serve as our coalition evaluator. We are very excited to have the opportunity to work with her as she has a wealth of knowledge and expertise not only in substance abuse prevention but as a trained evaluator. The whole evaluation process will last approximately one year. Towards the end of our grant funding, we will need to conduct an outcome evaluation which will determine whether or not we have reached our goals and objectives as stated in our yearly action plans.

Community-based prevention can be a slow and difficult process but in the long run produces positive results that only benefit the target population but also the community at large. In a society where drug use is normalized, it is our duty to protect those who are most vulnerable in being victimized by drug use, our youth.

Build Relationships to Develop Character Strengths In Youth

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

Parenting is hard! Fortunately there is help! A Developmental Relationships Framework has been created by the Search Institute that is backed by extensive research. The framework can be easily used with your kids, grandkids and any youth that you engage with. Here is what the Search Institute found.

1. Express Care – show them that they matter to you. Be dependable, be someone that they can trust. Listen, really pay attention when we are together. Believe in them, make them feel known and valued. Be warm, show them you enjoy being with them. Encourage, praise them for their efforts and achievements.



2. Challenge Growth– push them to keep getting better. Expect the best, expect them to live up to their potential. Stretch, push them to go further. Hold them accountable, insist they take responsibility for their actions. Reflect on failures, help them learn from mistakes and setbacks.

3. Provide Support – help them complete tasks and achieve

“Sharing power is the area most strongly associated with multiple positive outcomes.”

goals. Navigate, guide them through hard situations and systems. Empower, build their confidence to take charge of their life. Advocate, defend them when they need it. Set boundaries, put in place limits that keep them on track.

4. Share Power – Respect them, take them seriously and treat me fairly. Include them, involve them in decisions that affect them. Collaborate, work with them to solve problems and reach goals. Let them lead, create opportunities for them to take action and lead.

5. Expand Possibilities – connect them with people and places that broaden their world. Inspire; inspire them to see possibilities for their future. Broaden horizons, expose them to new ideas, experiences and places. Connect, introduce them to more people who can help them develop and thrive.

Taken from the Search Institute <http://www.search-institute.org/downloadable/Developmental-Relationships-Framework.pdf>

FYI

This information along much more can be found at

www.search-institute.org

The Search Institute is an international leader in discovering what kids need to succeed in their families, schools, and communities.

Taking The Message To Youth

By Luz Oropeza, staff, HEALTH Media Club Co-facilitator, 541-387-7031 / luz.oropeza@co.hood-river.or.us

Our H.E.A.L.T.H. Media Clubs are up and running again; one in each middle school and one at the High School. H.E.A.L.T.H. stands for Helping, Educate, Advocate, and Lead Toward Health. Our goal is to reduce youth drug use by: empowering and developing leadership skills in students; increasing students' media literacy in order to develop positive media messages for their peers, parents, and the community; and increasing awareness of alcohol, tobacco and other drugs' harmful effects.

We engage in a number of activities that help us reach our goals. These include designing a club shirt / hoodie (at the high school level), radio public service announcements, creating reader board messages, writing letters to the editor, designing inserts for school programs, taking trips to local community businesses, and educating and advocating for peers.

With the changes in drug use perceptions and normalization, kids are prone to changing their perceptions on drug use to match what they're seeing in their environment. For example, with the legalization of marijuana, kids' perception of harm of marijuana use is decreasing, which means that fewer and fewer kids believe that marijuana use is harmful to them. There is a direct correlation with youth use rates of marijuana and perception of harm. The lower the perception of harm, the higher the youth use rates. Since retail (recreational) marijuana became legal in Oregon, we saw a significant increase in use rates as well as a significant decrease in perception of harm.



It is very difficult to tell a generation of youth that using marijuana is harmful to them, when all they see around them is marijuana promotion and its claims that its use is okay and less dangerous and less harmful than alcohol or any other drug. Not

only does marijuana use affect adolescents physically, it can also negatively affect their emotional, psychological and social development. Youth who start using marijuana at a young age have a high risk of becoming addicted to marijuana. One in six youth become addicted to marijuana compared to one in eleven adults.

Through our work with the Prevention Department and our Health Media Clubs, we focus on raising awareness for three main substances, one being marijuana. The other two are alcohol, tobacco, and electronic smoking devices. Tobacco use among youth has decreased over time, however electronic smoking devices have been becoming more common. Alcohol use remains high.

Environmental and community change does not happen overnight. It takes time to see change happen. In order to make the greatest impact in your community, it is crucial to invite all sectors of the community to participate in prevention efforts, which includes the youth population. Adolescents can have a huge influence over their peers and community at large, which is why we try to involve youth with our prevention efforts as much as possible.

GET INVOLVED

High School Health Media

Club:

When: 2nd & 4th Thursday

3:30—5:00pm

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 2nd & 4th Monday

Wy'east 2nd & 4th Tuesday

3:45—5:00pm

Where: HRMS Mrs. Norton 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

5:00-6:00 pm

Where: Mid Valley Elementary School Cafeteria.

Contact: Luz Oropeza, 541-387-7031



This newsletter was compiled by Hood River County Prevention Department