



Concord Substance Abuse Coalition

community leaders for prevention

Fall 2006



Celebrate Red Ribbon Week

October 23-October 31, 2006

THE FACTS!

What is Red Ribbon Week?

Red Ribbon Week is a week when people across the country promise to stay drug free and fight drug use by wearing red ribbons, T-shirts, stickers-anything red!

Why is it celebrated?

The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered Kiki

Camarena, an agent with the US Drug Enforcement Agency (DEA), in 1985. This began the continuing tradition and displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the Red Ribbon Campaign is to present a unified and visible commitment toward the creation of a DRUG-FREE AMERICA.

Who started it?

The National Family Partnership was created in 1980 by parents across America in response to the rising level of youth drug use. The mission of the National Family Partnership is

“to lead and support our nation’s families and communities to nurture the full potential of a healthy, drug-free youth.” The National Family Partnership works to accomplish its mission through parent training, networking and sponsoring the National Red Ribbon Campaign.



See page 3 for events and programs celebrating **Red Ribbon Week.**

Youth Map Resources in Community

With their clipboards in hand and smiles on their faces, 12 youth mappers visited businesses and organizations in Concord to unveil the hidden resources in the community. They all had the same goal: to map Concord and enter the information into a searchable database available to anyone in the community. During their two weeks of hard work, they surveyed over 400 businesses and organizations that welcomed them into their offices and completed a 10-minute survey. The survey was used to capture the businesses basic information and asked what resources they offer to youth and families in the area.

Hidden gems were found in all parts of the city. One youth “mapped” an art gallery located right off of Main Street. She was surprised to find a free service that they offer to artists of all ages. During her interview she uncovered that this would be perfect for youth looking to put together a portfolio for art school.

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Twelve youth mappers surveyed local businesses and organizations to collect information about the resources in our community.

Coalition Information

Executive Committee:

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Ray Goodman
Melissa Heinen
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Thom Linehan, vice chair
Jerry Madden
Kerrie O'Brien
Amy Pepin
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Debbie Turgeon
Bill Whitmore

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Cold Turkey Raffle

Celebrate the 30th Anniversary of the American Cancer Society's Great American Smokeout® on November 16, 2006 and stop smoking for the day!

All those who sign up for this event will be entered in a raffle for a frozen turkey!

Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout® by smoking less or quitting on the third Thursday of November.

To sign-up, call the Coalition at (603) 223-2023 or e-mail your name, address and phone number to info@concordprevention.org

This event is sponsored by The Concord Substance Abuse Coalition and Capital Region Health Care. Looking to stop smoking? Call the New Hampshire Smokers' Helpline at 1-800-Try-To-STOP.



Thank you Kelley Argie!

As some of you know, Kelley Argie left her position as Coordinator for the Concord Substance Abuse Coalition. We wish Kelley the best of luck with the Makin' It Happen Coalition in Manchester – Kelley's home town.

Kelley touched many people with her calm, can-do attitude during her tenure with the Coalition (Dec. 2004-Sept. 2006). Always full of ideas and energy, Kelley worked with the Coalition to continue its well known projects like the Rundlett Achieves After School Program, Radio Ad Challenge, and resource fairs. In addition, she provided the leadership that inspired the Coalition and its community partners to take on new challenges. As a result, the Coalition launched:

Circle Talks
Community YouthMapping
Connections for Youth
Youth Advisory Council
Prevention Page in the Concord Monitor
Teen Intervention and Prevention Project (TIPP) line
Underage Drinking Town Hall Meeting

The good news is that Kelley will continue to promote youth prevention in NH and some of us will continue to run into Kelley at meetings. Thank you, Kelley!



Ways YOU can celebrate **Red Ribbon Week**



Take time to talk to your kids or grandchildren about drug-use. The Coalition has a lot of information that can guide you in this process. Just call us at (603) 223-2023 or e-mail info@concordprevention.org



Encourage your co-workers and friends to wear Red during the week of October 23-31st. Use our downloadable poster to help recruit people. Go to www.concordprevention.org



Have a drug-free Red Ribbon Week party. During your break or free time, have a get-together with munchies and snacks that are red. Make sugar cookies with red food coloring, cupcakes with red frosting, or buy red goodies. Some include: Twizzlers, red apples, Red M&Ms, Red Hi-C, and more. Your imagination is the limit.



Have young kids? Plan a red neighborhood parade where all the kids can show-off their red outfits. Have them hand out twizzlers or other red candy. Organizing this is easy, hang up flyers to let the neighborhood know!



Make and hand out red ribbons to your friends and co-workers. Red ribbon and safety pins are all that you need!



Encourage your friends to quit smoking for the week. Hold a contest to see who can last the longest.



Targeted Prevention for Girls

**October 25, 2006
at 6 pm
Rundlett Middle
School Cafeteria**

*CEU's & Prevention Credits
for CPS available!*

Ill winds are blowing for girls involved with alcohol and other drugs. Girls account for half of all substance involved teens and are becoming the majority of young people involved in hard drugs. This training will focus on preventing girls from falling into substance abuse.

This workshop is free and open to any adult. Training provided in collaboration with the New Hampshire Task Force on Women & Recovery. Training led by Niki Miller. For more information, call the Concord Substance Abuse Coalition at (603) 223-2023 or e-mail info@concordprevention.org.



Community Youth Mapping



The youth used the Concord Boy's and Girl's Club's computer lab to enter their data.

i'm a
**youth
mapper**
ask me about it.

A special thanks to:

**The Concord Boys and Girls Club
Merrimack Valley
Day Care Service
Enterprise Rent-A- Car
UNH Cooperative Extension
Ray Goodman, volunteer
Kerrie O'Brien, volunteer
Heather Kingston, volunteer
Deb Cheever, volunteer**

and

**TO ALL OF
OUR YOUTH**

continued from front

Another youth discovered a new play area for children and families at Kaleidoscope Children's Museum on Main Street.

In addition to learning about the resources in the community, youth found this a great learning experience. They gained a lot of confidence and learned that talking to new adults wasn't as scary as they thought. In fact, they often found themselves engaged in conversations with local adults that steered away from the survey and on to common topics. By the end, all of the youth formed connections with different interviewees throughout this two-week project.

To prepare for this project, all of the youth went through a two-day training that gave them the necessary tools to complete the task. They learned proper introduction skills and how to articulate what they were trying to accomplish. Through role playing and group activities, the youth had all the tools to go out into the community.

Each day they started and ended their day at the Concord Substance Abuse

Coalition with an activity and debriefing time. During the debriefing, youth shared their successes and disappointments of the day. They shared stories of the fun people they met and the few that were rude to them. With all their thoughts shared, they were ready for the rest of the night and arrived the next day feeling energized.

At the end of the project, the youth had a lot to show for their hard work. With all the information entered into the online database, they were excited by the results and all the knowledge they gained from the experience.

This project was sponsored by the Concord Substance Abuse Coalition, with help from the University of New Hampshire Cooperative Extension. The Coalition led this project to engage youth in the community. Studies show that youth that feel connected and involved in their community are less likely to experiment with drugs and alcohol. This experience also gave the adults in the community a positive interaction with area youth. For more information about the project, please call the Coalition at (603) 223-2023.

To view the online database...

... go to www.communityyouthmapping.org and click on "select site". Scroll down to "New Hampshire" and select "Merrimack County".



Community Spotlight: Familystrength

Familystrength is a non-profit agency providing state of the art, in-home counseling and support to individuals and families throughout New Hampshire. Its special focus is placement prevention. It enables people to live safely and comfortably in their own homes and communities and helps families develop the knowledge, skills and resources needed so that family members can avoid institutional care of all kinds, including foster care, youth detention, hospitalization and nursing home placement.

At the heart of Familystrength's well-established reputation is its mature, experienced clinical staff. It provides all counselors and supervisors frequent, ongoing training in cognitive-behavioral, family systems, crisis intervention, solution focused and brief therapy approaches.

With knowledge of a broad spectrum of clinical issues, the staff are expertly prepared to help with a life span of issues, from infant bonding, child development and adolescence through mid-life challenges and the process of aging.

In addition to in-home counseling, Familystrength administers many great programs in the community. One is After School Achievement Program (ASAP) for middle school students. The middle school years can be a difficult and risk-filled time for some children. Faced virtually daily with significant pressures and decisions — such as how they'll deal with tobacco, drug and

alcohol use, conflicts with peers and adults, sexual feelings and increased responsibilities and pressures from family, school and community — some students find their academic performance declining, feel socially isolated and demonstrate disruptive behavior. Research indicates that children at risk of resorting to substance abuse or violence to manage the increased pressure they confront exhibit the early warning signs in these transitional middle years.

ASAP's services have helped students and parents address life stresses early and quickly, often averting life crises such as court involvement, reports of abuse or neglect.

Another Familystrength program is the Structured Teen Accountability and Responsibility Training Program (START). The START program works with teens who have been criminally adjudicated by the Laconia District Court and who are in jeopardy of being removed from the community and placed in the Youth Development Center, or other residential placements. START provides a high degree of structure with a continuum of consequences that are effective in positively shaping teens' behavior. START's community service projects emphasize simultaneous skill building and accountability, and involve close communication with schools, court, and families.

For more information about Familystrength or its programs, please call (603) 228-3266.

Drug Prevention Resources

Brochures and Booklets

All are free

Suspect your Teen is Using Drugs or Drinking? A Brief Action Plan for Parents

Make a Difference: Talk to Your Child about Alcohol

Wake Up to the Risks of Marijuana: A Guide for Parents

How Does Alcohol Affect the World of a Child

Alcohol: A Women's Health Issue

Tips for Teens Brochures

Books & Videos

Can be loaned for two weeks at a time

The 7 Habits of Highly Effective Teens (By Sean Covey)

Parenting for Prevention: How to Raise a Child to Say No to Alcohol/Drugs (By David J. Wilmes)

Alcohol: True Stores (Hosted by Matt Damon)

Games

Can be loaned for two weeks

Alcohol Prevention Bingo

Drug Prevention Bingo

Smoking Prevention Bingo

The Ungame

AND MUCH MORE! Call if you are looking for something specific. To request materials, please contact the Coalition at (603) 223-2023 or e-mail info@concordprevention.org. For free materials, please specify what you would like and how many of each publication with a full name and mailing address.





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Celebrate Red Ribbon Week

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See Events on Page 3.

Help the Youth Advisory Committee (YAC) sponsor drug-free events!

The Coalition has a dedicated group of youth who work very hard to spread a drug-free message throughout the community. They couldn't do it without community support. One hundred percent of your donation will go directly to the youth to support.



YES, I want to support YAC with a gift of

\$500___ \$250___ \$100___ \$50___
\$25___ other___

Name _____
Address _____
Town _____ State _____ Zip _____
Phone _____ E-mail _____

Please make your tax-deductible donation payable to: Concord Substance Abuse Coalition
46 South Main Street, Concord, NH 03301