



Prevention Pieces

Quarterly News



Volume 1

Summer 2011

Welcome to Our Newsletter

The Marion County Prevention Team would like to welcome you to the first edition of what we hope will be exciting and informative newsletter. Our goal is to increase communication with our partners, both within the health department and out in the community. Each quarter we will highlight selected activities from our programs. We will also share events and resources, and let you know how you can be involved in our many activities around Marion County. Whether you are a parent, educator, provider or just interested in prevention, there is something for you to enjoy!



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Who Are We?

The Marion County Prevention Team consists of the following programs :

Substance Abuse Prevention

Chronic Disease Prevention

Tobacco Prevention & Education

Problem Gambling Prevention

Teen Pregnancy Prevention

Youth Suicide Prevention

All of our programs utilize best practices and the science of prevention to help our communities be as healthy as possible. Visit our website to learn more at:

<http://www.co.marion.or.us/HLT/PS/>

A Closer Look: TPEP Tobacco Prevention & Education Program



The Marion County Health Department uses grant funds from the Oregon Health Authority Tobacco Prevention and Education Program (TPEP) to implement a community-based tobacco prevention program. The focus of TPEP is to provide technical assistance in developing and implementing smokefree/tobacco-free policies in schools, community colleges, hospitals, multi-unit housing, outdoor venues and communities around Marion County.

Program staff, coordinated by Emily de Hayr, engage community members to participate in task forces to complete the work necessary to develop and implement smokefree/tobacco-free policies. This includes educating stakeholders, assessing readiness, communicating with and supporting agencies throughout the process, and utilizing the media to support changes in policy and community norms. Cessation materials and information are also provided to individuals who desire to quit smoking.

Recent successes include adoption of a tobacco-free city parks policy in Stayton, which prohibits the use of all tobacco products in city parks. Look for tobacco-free signage at all city parks, as the policy takes effect in early August. Additionally, Marion County TPEP has joined with the "Valley Smoke Free Fire Safe Collaborative" to partner with fire departments across Marion County. The collaborative promotes safety with cigarette use in multi-unit housing and supports multi-unit housing organizations in adopting smokefree policies.

Currently TPEP is providing technical assistance to a multi-unit housing property in Silverton who is undergoing a transition to a completely smokefree housing property. All 86 units will become smokefree, which will help provide a safe and clean living environment.

Spotlight:

Emily de Hayr



Emily is the Coordinator of the TPEP. She earned her BS and MPH at Oregon State, and joined the prevention team in Sept. 2010.



Alcohol & Drug Prevention

Parents Corner



www.drugfreeactionalliance.org/

"...the summer months provide a prime opportunity for teens to be unmonitored."



<http://www.myantidrug.org/>



Underage Drinking Rates Increase during the Summer Months



With students out of school and parents at work, the summer months provide a prime opportunity for teens to be unmonitored. The tips below from the [Drug-Free Action Alliance](http://www.drugfreeactionalliance.org/), can be shared with parents to set the community-wide tone that underage drinking is unsafe and unhealthy.

- **Set Summertime Rules:** Make clear your rules regarding unsupervised time spent with friends, as well as your expectations surrounding drinking, smoking and other risky behaviors.
- **Supervise:** This can be challenging for parents of high school students; however, be physically present when you can. And when you can't, try asking a neighbor to randomly check in.
- **Monitor:** Know with whom and where your child is at all times. Randomly call and text your teen to check in, and don't be afraid to check up on your child by calling another parent.
- **Engage:** Provide some structure to your teen's summer by helping him/her find a summer job or engaging him/her in a supervised activity (sports, camps, classes, etc.).
- **Team Up:** Get to know the parents of your teen's friends. Speak with them to ensure you have a unified and consistent no-use stance.
- **Stay Involved:** Show your teen you care by taking time out of your busy schedule to do something fun together this summer (head to the movies, volunteer together, take a bike ride, etc.).
- **Communicate:** Regardless of season, it is always a good time to talk to your teen about the dangers of alcohol, tobacco and other drugs. Open (or maintain) the lines of communication and be your child's trusted source of information.



Providing Resources, Support and Education to Youth and Parents is a priority of Marion County Prevention Team

Parents Matter!

Teens consistently say that fear of losing a parents' trust is a reason to avoid drinking alcohol

Parents Matter!

Research shows that youth whose parents set clear and consistent rules about alcohol and drug use are less likely to try them.

Strengthening Families

An exciting Program for Youth, ages 10-14, and their Parents
Click [here](#) to learn more about the program, and to view an online calendar for upcoming workshops



Alcohol & Drug Prevention



Highlighting Our Community Partners

Last Spring, the Prevention Team partnered with **Boys & Girls Club** to offer an exciting program for middle-school aged girls, called Friendly PEERsuasion. Friendly PEERsuasion is a unique, evidence-based program created by **Girls Inc.** that includes games, crafts, discussions and information sharing. The goal is to inspire girls to be **Strong, Smart and Bold** in all areas of their lives, helping them to be successful and independent.

Our team has implemented the program for 4 years in middle schools around Marion County, so the opportunity to move to a community setting was exciting. Twenty-one young women took part in the 3-month, 16-session program. The girls participated in activities relating to communication, stress management, media awareness, positive body image, peer pressure, substance abuse, decision making, refusal skills and peer leadership.

Plans for 2012 are to build capacity within Boys & Girls Club by providing training and mentorship of staff to become program facilitators. Goals will include working with girls who have completed the Friendly PEERsuasion program to become PEER leaders, and use their knowledge, skills and positive influence to reach younger kids at the Clubs.

Many thanks Youth Program Coordinator *Jessica Otjen* for organizing and planning program details, and to "Tara" for all her assistance and help during sessions. Thanks go out as well to all the staff who helped make the program a success.



Strong*Smart*Bold



Boys & Girls Club of Salem, Marion & Polk Counties has a mission to inspire and enable all youth, ages 6-18, to realize their full potential as productive, responsible and caring citizens through the development of a positive self-image and self-reliance. They serve over 10,000 youth each year, through neighborhood based branches, offering opportunities in afterschool programs, sports, music, leadership and more.

What is Youth Development?

A variety of models have been created to answer the question— what is youth development. Because youth development has the broad goal of helping youth make the transition to healthy adulthood, there is quite a range of what "success" looks like. There is however, widespread agreement on five key outcomes for youth that are vital for their transition to adulthood. These are known as the "Five Cs":

1. **Competence:** Positive view of one's actions in specific areas, including social, academic, cognitive, and vocational.
2. **Confidence:** The internal sense of overall positive self-worth and self-efficacy; positive identity; and belief in the future.

3. **Connection:** Positive bonds with people and institutions—peers, family, school, and community—in which both parties contribute to the relationship.

4. **Character:** Respect for societal and cultural rules, possession of standards for correct behaviors, a sense of right and wrong (morality), spirituality, integrity.

5. **Caring or Compassion:** A sense of sympathy and empathy for others.

(Lerner, Fisher, and Weinberg, 2000)

These five developmental outcomes can only be achieved with significant support from the entire community—family, friends, schools, and other community



Alcohol & Drug Prevention

Enforcing Underage Drinking Laws



2011 EUDL
Grant Recipient



Enforcing Underage

Drinking Laws

is a Best Practice

Committed Enforcement Responsible Vendor

Thank You to our CERV task force members, including OLCC Inspectors, Keizer Police, Woodburn Police and Marion County Sheriff's Office who conducted a minor decoy operation on June 24th, making stops in Woodburn, Keizer, Detroit, Turner, Aumsville, Jefferson and Salem. Trained underage youth, paired with law enforcement officers, use their own ID to attempt to purchase alcohol in randomly selected businesses that hold a liquor license. 57 premises were checked with 14 sales and 43 no sales (68% pass rate). Compliance checks have been shown to be effective in decreasing sales to minors.

CERV is a partnership between law enforcement agencies, OLCC and interested community partners including Community Action Drug Prevention Network and Marion Co. Health Dept. It works to decrease underage drinking rates in Marion County by collaborating to enforce underage drinking laws, promote responsible sales practices, and increase community awareness and involvement in reducing problem behaviors.

"You've Taught Us So Much..."

According to combined data from the National Survey on Drug Use and Health, 45% of the estimated 709,000 youths aged 12 to 19 who drank alcohol in the past month got the alcohol for free from their family. These results suggest that family members can play a direct and important role in reducing young adolescents' access to alcohol, preventing not only underage drinking but also the early onset of other risky behaviors.

To build upon the work of the CERV team, students from various Marion County high schools have teamed up with the health department prevention team and [Law Enforcement for Youth](#) to increase awareness of laws pertaining to furnishing alcohol to minors.

This student group is in the process of developing a short video Public Service Announcement (PSA) entitled *"You've taught us so much..."*, designed to highlight penalties for those illegally providing alcohol to a minors (which can include fines up to \$1500 and 6 months in jail).

The PSA targeted release date is October 2011. The PSA will be made available to various partner agencies, websites and community events. If you are interested in more information about the project, or would like to get involved, please contact Lisa Miller, CPS at lmiller@co.marion.or.us or 503-981-2461.

Stay tuned!





Teen Pregnancy, Problem Gambling, & Suicide Prevention



New Opportunities for Teens: ¡Cuídate!

In 2009, Marion County had the second-highest teen pregnancy rate in the state. For Marion County girls ages 15-17, there were 36.6 pregnancies per 1,000 teens. This was far higher than Oregon's statewide teen pregnancy rate of 21.9. The data shows that Marion County's highest rates of teen births occur in the Latino teen population.

Marion County Health Department (MCHD) is excited to receive a grant to implement ¡Cuídate!, an evidence based teen pregnancy prevention curriculum. This interactive 6-hour curriculum includes small group discussion, videos, interactive exercises and activities to build skills. Offered in both English and Spanish to high school aged youth, it is tailored to the salient aspects of Latino culture, including the importance of family and gender role expectations.

During the coming months, Ann Krier, a MCHD Health Educator, will coordinate with community agencies and schools to facilitate this curriculum with groups of 6 to 10 Latino youth throughout the county. If you would like more information about ¡Cuídate! or are interested in hosting a group, please contact Ann Krier at akrier@co.marion.or.us or 503-981-2462.



Bring a Spark of HOPE to Your Group



Problem Gambling Prevention



Did you know that Marion County offers Free 1.5 hour suicide prevention workshops in English and Spanish? Our curriculum is called **QPR** (Question, Persuade, Refer) and is designed to help community members identify warning signs of suicide, and understand how to respond to people that are suicidal.

Suicide Warning Signs:

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Talking or writing about death dying, or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger
- Acting reckless or engaging in risky activities—seemingly without thinking
- Feeling trapped—like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

For More Information about **QPR** click the link.

To schedule a free workshop, contact Susan McLaughlin at smclaughlin@co.marion.or.us or 503-981-2464



Most people gamble for fun or not at all, but a small percentage of adults (3%) cross the line and develop a problem. More than 74,000 Oregonians are classified as problem or pathological gamblers. That adds up to more than 7,000 problem gamblers in Marion County alone. It doesn't just affect adults! A survey in 2006 found that 70% of rural Marion County 12-14 year olds are already gambling and as many as 1 in 25 teens have a gambling problem. Problem gambling is a big risk and should be taken seriously by everyone.

Recently, there has been a decrease in people accessing treatment for problem gambling addictions. In response, Lisa Miller, Problem Gambling Prevention Educator, is collaborating with Bridgeway Recovery Services to organize an event to raise awareness and let people know that help is available. Ideas for the event include a film screening, with a panel discussion featuring people in recovery. The hope is that the event can take place during Problem Gambling Awareness Week in March, 2012.

For information, or to participate in planning, contact Lisa Miller at lmiller@co.marion.or.us or 503-981-2461

The good news is that
OREGON PROVIDES
FREE HELP to
residents.
Call 1-877-MY LIMIT
(1-877-695-4648)



Chronic Disease Prevention

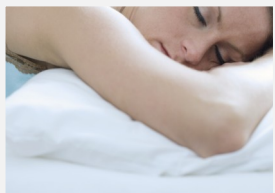


Making our Communities Healthy

Quick question: does a decreased amount of sleep cause weight loss or weight gain?



Medical experts and health officials have been studying the possible causes in the “obesity epidemic” and believe that sleep may be one important factor of weight gain. Although more evidence is needed on the link between sleep and weight, many researchers have found positive associations between decreased sleep and increased dietary intake and weight gain.



The link may be related to two hormones: Leptin, an appetite-suppressing hormone, and Ghrelin, an appetite-stimulating hormone. How the hormones leptin and ghrelin set the stage for overeating was recently explored in a study conducted at Stanford University in California. In this research -- a joint project between Stanford and the University of Wisconsin -- about 1,000 volunteers reported the number of hours they slept each night. Doctors then measured their levels of ghrelin and leptin, and also charted their weight.

The result: Those who slept less than eight hours a night not only had lower levels of leptin and higher levels of ghrelin, but they also had a higher level of body fat. What's more, that level of body fat seemed to correlate with sleep patterns. Specifically, those who slept the fewest hours per night weighed the most. The strong existing theory is that in general, both animal and human studies have shown that sleep loss is associated with increased food intake and appetite, decreased leptin and increased ghrelin, as well as altered glucose utilization.

Other factors that could possibly play into the formula: with more time awake, there is more time to consume more calories. Also, sleep restriction leads to increased fatigue during the day, which may contribute to lower levels of energy expenditure and physical activity during the day. Although your time is highly valued, making the effort to get a good night's sleep is well worth it!



Contributed by Jennie LeFevre, Intern , Chronic Disease Prevention Program

Upcoming Events You May Be Interested in...



"Teens & Drugs: What's the Story?" Monday, September 26th A three-hour family workshop on adolescent alcohol, tobacco and other drug trends in Oregon and prevention/early intervention resources. Parents & Teens attend workshop together, \$30 fee per family (scholarships available). Pre-registration is required, contact Lisa Miller at lmiller@co.marion.or.us or 503-981-2461 for more information. **Time: 6:30-9:30 pm Location: Salem Hospital Community Education Center.**

"Marion County Suicide Prevention Coalition Quarterly Meeting" Monday, September 26th Open to anyone interested in participating in Suicide Prevention activities in Marion County. Learn about current projects and help plan and implement trainings and events. Bring your lunch; beverages provided. Contact Susan McLauchlin at smclauchlin@co.marion.or.us or 503-981-2464 for more details. **Time: 12:00-1:30 Location: Fresh Start Community Connections Conference room.**

If you have questions or comments, please contact any member of the prevention team, or Susan McLauchlin at 503-981-5851.

To remove your name from our mailing list, please email smclauchlin@co.marion.or.us