



Prevention Pieces

Quarterly News



Welcome to Our Newsletter The Marion County Prevention Team welcomes you to our newsletter. Our goal is to increase communication with our partners within the health department and out in the community. Each quarter we will highlight selected activities, share information about events & resources, and let you know how you can be involved in activities around Marion County. Whether you are a parent, educator, provider or just interested in your community, we hope you will find something to inspire you. Have a wonderful Holiday Season!

Volume 2
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Who Are We?

The Marion County Prevention Team

consists of the following programs :

Alcohol and Drug 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.

A Closer Look:

Welcome Diana Dickey

Tobacco Prevention & Education Program



Diana joined the Prevention Team full-time in September as a health educator with the Tobacco Prevention and Education Program. She does outreach throughout Marion County promoting Oregon's Smokefree Workplace Law and the Oregon Tobacco Quit Line.

She also works with organizations, businesses and multi-family housing to assist them in creating their own smoke-free or tobacco-free policies.

She holds a Bachelor of Arts degree in Education and Language Arts from Western Oregon University. She has previously worked as an elementary classroom teacher, middle school language arts teacher and substitute teacher for grades K-12 where she taught a little bit of everything, but never turned down an opportunity to promote health and wellness to her students.

In her free time, Diana serves on the Salem City Council, and can often be found attending sporting events with her husband and two teenage sons.



Tobacco Prevention and Education Program

The Newest State Legislation



Executive order will create a single, statewide policy requiring state properties to be tobacco-free.

Governor Kitzhaber signed an Executive Order that will establish most state-owned buildings and properties as tobacco-free while creating a single, statewide policy to transition state properties to tobacco-free status by 2014.

“Tobacco is the leading cause of preventable death and disease in Oregon. The human and financial costs are simply too high,” said Governor Kitzhaber. “By promoting a healthy environment for state employees, clients and visitors, we can create an environment that reduces tobacco use and protects health.”

In 2009, tobacco cost Oregonians nearly \$2.4 billion, with \$1.25 billion in direct medical costs and almost \$1.15 billion in lost productivity due to early death. At the state level, though only nine percent of state employees smoke, they cost the state more than \$13 million each year in health care expenses and lost productivity.

Tobacco-free campuses and property not only support tobacco users trying to quit, they also protect people from exposure to the toxins in secondhand smoke. The U.S. Surgeon General has concluded that there is no safe level of exposure to secondhand smoke.



Information taken from this article: http://www.oregon.gov/gov/media_room/Pages/press_releasesp2012/press_080212.aspx

Resources are available for people considering quitting tobacco use. For state employees, the Public Employees Benefit Board provides benefits to help people quit. All Oregonians considering quitting using tobacco can call 1-800-QUIT-NOW or 1-877-2NO-FUME (877-266-3863, Spanish version); www.quitnow.net/oregon/ for resources and information.



To see more, follow this Link to the Executive Order: http://cms.oregon.gov/gov/docs/executive_orders/eo_12-13.pdf



Problem Gambling Prevention



Problem Gambling and Our Youth

Problem Gambling is a serious public health issue and our youth are not immune to this addiction. According to the [Oregon Health Authority, Addictions & Mental Health Division](#):

- There are already up to 5,740 adolescents in Oregon with severe gambling related difficulties.
- Youth who gamble are more likely to have used alcohol, tobacco and illicit drugs in the past year.
- Youth develop gambling problems faster than adults and the earlier one starts, the more likely they are to develop a problem.
- Many problem gamblers started early — usually about the age of 10.
- Many parents have inaccurate beliefs about gambling, thinking it is a harmless risk-free activity for youth.
- Majority of parents surveyed report they “rarely” or “never” have conversations with their child about gambling.

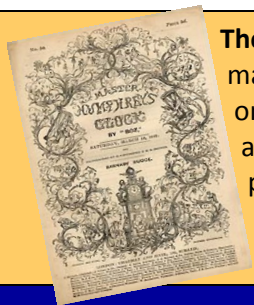
The Lie-Bet Self Assessment

1) Have you ever felt the need to bet more and more money?

2) Have you ever had to lie to people important to you about how much you gambled?

If yes to one or both of these questions, further assessment is highly encouraged.

What can we do? Start a conversation with teens to educate them on the risks of gambling. Promote healthy and responsible choices. For more information and resources on youth gambling and prevention, visit [Prevention Lane](http://preventionlane.org/gambling/index.html) at <http://preventionlane.org/gambling/index.html>.



The child, in a perfect agony, drew her grandfather aside, and implored him to come away. "Come; and we may be so happy," said the child. "Let me go, Nell," replied the old man hastily. "The means of happiness are on the cards and in the dice. We must rise from little winnings to great. I shall but win back my own, and it's all for thee, my darling." "God help us!" cried the child. "Oh! **What hard fortune brought us here!** Let me persuade you, then—oh, do let me persuade you," said the child, "to think no more of gains or losses, and to try no fortune but the fortune we pursue together."

- From *The Old Curiosity Shop*, by Charles Dickens, 1812-1870

Problem Gambling and the Workplace



According to the most recent [Marquet International Report on Theft and Embezzlement in the Workplace](#), **gambling continues to be a motivating factor** in some major embezzlement cases. A few more interesting facts:

- In 2011, non-profits, including religious organizations, experienced the most embezzlement cases of all industry categories, behind only financial institutions.
- Embezzlers are most likely to be individuals who hold financial positions in the organization.
- Only about 5 percent of major embezzlers have a prior criminal history.

Employee theft is a concern for all employers. Businesses need to take steps to put strong policies and procedures in place to protect the bottom line from these thefts. This includes policies regarding gambling. Is your business prepared? We can help. Contact Lisa Miller @ 503-981-2461 or lmiller@co.marion.or.us for assistance.

If you or someone you know thinks they may have a gambling problem, call 1-877-mylimit or visit www.mylimit.org for free, confidential treatment options.

Bridgeway Recovery Services
Problem Gambling Treatment Program
Salem, OR 503-363-2021





Alcohol & Drug Prevention

Parents Corner : Resources



Research has shown that kids who learn about the risks of substance abuse at home are significantly less likely to use

PARENTS
THE ANTI-DRUG

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



**Parenting
for Prevention**

<http://parentingforprevention.org/>

PACT360
Police and
Communities
Together

PARENTS: YOU MATTER!

Drugs/Alcohol,
Your Teen
and YOU



**THE PARTNERSHIP
AT DRUGFREE.ORG**

RX and Heroin Abuse Prevention: DRxUGSAFE

The Marion County Children and Families Commission is collaborating with the Marion County Public Safety Coordinating Council, the Health Department, the Sheriff's Office, and many other partners to raise awareness about the dangers of prescription drug abuse and its connection to heroin abuse. Entitled "DrxugSafe," the project involves medical professionals, law enforcement, youth and family serving organizations, parents and schools.

DRxUGSAFE

www.DrxugSafe.org

Addiction to prescription opiates, which include oxycodone and Vicodin, often lead users to the streets for heroin, which is also an opiate, but cheaper and easier to obtain. Public safety leaders have linked the rising numbers in heroin-related deaths to the prevalence of prescription drug addiction. In Marion County our medical examiner has investigated ten heroin related deaths and overdoses in the first eight months of this year. As a community we need to respond.

The campaign promotes 4 basic principles: Check your own medicine cabinet, dispose of prescription drugs safely, be actively engaged in your health care (discuss alternatives to opiates), and supervise children/teens in your care. Visit the website <http://www.parentforthefuture.com> for additional parenting tips.

The DrxugSafe work group meets every 2nd Thursday at Broadway Commons in Salem from 2:00—3:00pm. The public is welcome. For more information, please contact Sherry Lintner at slintner@co.marion.or.us or 503-589-3276

Providing Resources, Support and Education to Youth and Parents

Concerned about Prescription Drugs and Your Children? Learn more by hosting *Parents 360* "Parents: You Matter" A community education program that engages parents through a presentation that provides parents and other caring adults with valuable insights. It underscores the need for parents to educate themselves about the dangers of drugs and alcohol, and to be the go-to source when their children have questions.

Caregivers will Learn:

- Ideas to start the dialogue and communicate better about the dangers of substance abuse with their kids
- Strategies to effectively monitor your child's activities
- The importance of cooperating with other parents to solve problems
- How to understand, recognize and deal with risky attitudes and behaviors before they get out of hand.

Topics can be tailored to meet individual interests and needs, including marijuana, prescriptions, alcohol, synthetic drugs like bath salts, and more.

Most workshops last 1-2 hours. For more information or to schedule, contact Susan McLaughlin at 503-566-2901 or smclaughlin@co.marion.or.us.



Alcohol and Drug Prevention



Parents Corner : Family Workshops

New Sites!

Strengthening Families

FREE!!

An Exciting Program for Youth (Ages 10-14)
and Their Parents



- ◇ Sessions for Parents, Teens & Families
 - ◇ Fun and Interactive Activities
 - ◇ Meals provided for the Whole Family
 - ◇ Free Childcare for Kids Under Age 10
 - ◇ Incentives for Participation



The Marion Co Health Dept. collaborates with local partners to provide proven effective programming designed to support our families. An example of one such program is the nationally recognized research based "Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14)" currently being offered throughout Marion County.

In English

Salem First Free Methodist Church

4455 Silverton Rd NE, Salem

Thursday Evenings

Jan 10-Feb 21 from 6:00-8:30pm

To Register, Carrie Maheu @ 503-559-5677

In English

Robert Frost Elementary School

201 Westfield Street, Silverton

Monday Evenings

Beginning Jan 14, 6:30-8:30pm

To Register, Jan @ Silverton Together 503-873-0405

In Spanish

Washington Elementary School

3165 Lansing Avenue, NE Salem

Tuesday Evenings

Oct 30-Dec 18 from 6:00-8:30

To Register or inquire about additional classes,

Circe Barraza @ 503-315-2290

In English

Stayton Middle School

1021 Shaff Rd, Stayton

Monday Evenings

Jan 28-March 11 6:00-8:30pm

To Register, Jennifer Nigel @ Friends of the Family:

jennifer@staytonlaw.com



Alcohol and Drug Prevention



Hot Topics : Let's Talk About Bath Salts

Parents, take note. A newer trend is here and it's not as soothing as it sounds.

Not to be confused with the traditional bath salts (typically associated with a soothing bath after a stressful day), these man-made "bath salts" are causing great concern. These synthetic drugs are chemical compounds designed to produce similar effects as amphetamines, cocaine, LSD and MDMA. With innocent names such as Ivory Wave, Vanilla Sky, Snow White and Purple Wave, these fake stimulants trick users into believing they are a safe, virtually undetectable alternative to illicit drugs. Bath salts have been the highlight of many recent news reports as the use of these chemical concoctions is proving to be extremely dangerous. Although now officially banned, these drugs will not just go away quietly.

Bath Salts are normally a white, off-white, or slightly yellow powder sold in small plastic or foil packages. Users report paranoia, delusions, seizures, panic attacks, hallucinations and suicidal thoughts that may continue over time (even after the initial effects of the drug have worn off). This altered mental state of the user may also produce violent behavior, including self-mutilation and homicidal activity.



Bath Salts are marketed with the warning, "not for human consumption", which made it possible for developers to get around government regulation and legally sell them in convenience stores, smoke shops and internet retailers. The chemical compounds (and compounds similar to ones currently used) used in the manufacturing of bath salts are now officially banned, thanks to a [bill signed by President Obama](#) early in July, 2012. This federal ban enables authorities to go after internet and online sales of the products as well as taking them off the shelves in local stores.

This doesn't mean the problem will just disappear. History has shown that illegal drugs still tend to be accessible, even after law goes into affect restricting or banning substances. It is important to continue to stay educated on new trends, talk with teens about the risks of these and other drugs, and continue to stay involved.

Visit DrugFree.org and The Parent Toolkit <http://theparenttoolkit.org/> for more information on how to prevent and protect your child and family from these harmful substances.

Adapted from DrugFree.org guide to Bath Salts, <http://www.drugfree.org/drug-guide/bath-salts> and Office of National Drug Control Policy fact sheet on synthetic drugs, <http://www.whitehouse.gov/ondcp/ondcp-fact-sheets/synthetic-drugs-k2-spice-bath-salts>



Alcohol & Drug Prevention

Strategies to Reduce Underage Drinking Partnerships at work



For the 4th year in a row, community partners came together to show youth that the community values and encourages their leadership in schools and community. The success of the ILead Youth Leadership Summit would not have been possible without the collaboration of many partners.



A record **121** Youth Attended ILEAD. Shown here completing registration.



"Glow Group #6" laughs as they build communication skills while assembling a floor puzzle — blindfolded!

Planning Committee Members

The City of Salem Youth Development Program
Polk Co. Commission on Children & Families Prevention Program
The Boys & Girls Club of Salem, Marion and Polk Counties
Marion County Health Department Prevention Program

Offering a Salute during "Captain Jack", a large group activity, played on a break from Workshops which included Stress Management, Action Planning, Service Learning, Goal Setting & Communication



Providing Volunteer Staffing for the Event

Ike Box Quest
City of Woodburn
Western Oregon University
Salem Keizer Education Foundation
Willamette University Service Learning
The Boys & Girls Club of Salem, Marion and Polk Counties

Financial Support

Salem Rotary
Woodburn Together
City of Salem Youth Development Program
West Salem Service Integration Team
Marion County Community Services Department
Polk Co. Commission on Children & Families Prevention Program
Marion County Health Department Prevention Program



Teen Pregnancy Prevention



¡Cúdate! *“Take Care of Yourself”*

¡Cúdate! Moving Forward With Success

A culturally-based comprehensive sexual health education program to reduce HIV and teen pregnancy among Latino youth



We are currently half way through Year 2 of this 5 year grant with the goal of reaching 250 youth between July 1, 2012 and June 30, 2013. As of December 1, we have reached 128 youth. For more information or to schedule a youth class or parent workshop in English or Spanish, contact Ann Krier at akrier@co.marion.or.us or 503-981-2462

The National Campaign to Prevent Teen and Unplanned Pregnancy and *Seventeen* Magazine asked 1,200 12th grade girls to share their ideas about sex, contraception, their parents, their pasts, and their futures. This is some of what they said....

- **Advice About Sex, Love, and Relationships.** The #1 piece of advice senior girls have for younger girls: it's okay to be a virgin when you graduate from high school. More than eight in 10 (84%) say it is important for younger girls to know that, including 87% of senior girls who have already had sex themselves.



- **Pressure.** Nearly four out of five senior girls (79%) say there is pressure in high school to be sexually experienced and one in five (22%) say they were pressured to have sex the first time. However, they say this pressure comes more from their friends, themselves, and the world around them than it does from boys.

- **Contraception and Prevention.** Birth control is not a foreign concept. Nearly three out of four senior girls (72%) say they have talked to their friends about contraception, which is twice as many as say they have talked to their parents (35%) about it. Most know there's more to learn about birth control and many say they wish they were more knowledgeable.

- **Parents.** Girls say parents are important. More than six in 10 senior girls (62%) say younger girls shouldn't be afraid of talking to their parents about personal stuff and 39% who have lied to their parents about their sex lives regret doing so. In fact, more than two-thirds (68%) of senior girls say they'll still want to talk to their parents about sex, love, relationships, and pregnancy prevention in the future just as much as they did while in high school.

For the full report on this Survey, visit <http://www.thenationalcampaign.org/resources/pdf/pubs/girl-talk.pdf>

To register, or to bring ¡Cúdate! to your community contact Ann Krier at 503-982-2462 or akrier@co.marion.or.us (Call Ann for flyers in Spanish)



Youth Suicide Prevention

Meeting Challenges with Innovation and Creativity: The Art of Life



The Art of Life Project

Marion County Health Department, Children's Behavioral Health has worked with youth in "The Art of Life Project" this summer. The focus was suicide prevention awareness and education. CBH staff presented QPR (Question, Persuade, Refer), a gatekeeper training for suicide prevention.

The youth also created original art pieces that reflect why life is worth living. Artwork was used to create an awareness calendar, notecards and magnets. The original art will be displayed throughout Salem and Woodburn communities. Currently the art is at the Woodburn Public Library.

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



CBH is continuing to work with the youth through "The Art of Life Project" and will have future groups throughout the Salem and Woodburn areas. Call if you would like to take part.

Learning Opportunities:



**Believe
In
Yourself,
be
strong!**

The Power to overcome
pain and suffering ~
Artist: Keyonna Alvarez

QPR teaches how to recognize the warning signs of a suicide crisis, how to Question, how to Persuade and know how to offer hope and how to Refer someone to get help and save a life. Youth received local and national resources and skills set to save a life.

QPR
For Suicide
Prevention

For more information about QPR gatekeeper trainings in Spanish or English please contact Erica Alonso at Marion County Health Department: Office (503) 981-5851 Direct (503) 981-2463 or

elonso@co.marion.or.us

To receive a complimentary "The Art of Life Project" calendar, please contact Erica Alonso. Quantities are limited.



Other Topics in Prevention



A Year in the Life of “C.H.I.P.”



“C.H.I.P.: Straight Numbers”

As this year ends, so does Community Health Improvement Partnership’s (CHIP) first year of bringing projects that promote health to Marion County. The numbers of people we have reached are pouring in! Through these numbers, we can see the great successes we have had:

5,300 people have been reached at health fairs with heart and healthy lifestyle information.

4,800 workplace employers have been offered worksite wellness assessments.

806 people have attended events with presentations, tours, and health screenings that include heart and healthy lifestyle information.

432 women have been enrolled and referred for care through Oregon Mothers Care.

381 people were given information about increasing physical activity and nutrition.

208 Marion Co. employees have completed Biometric Screening & Total Health Assessments

136 youth have been offered Teenage Pregnancy and STI Prevention classes.

121 women have enrolled for prenatal care at Marion County Health Department.

110 people have attended Train the Trainer session on healthy lifestyles.

100 families have been taught family nutrition.

35 medical clinics have expressed general interest in healthy lifestyle



Through working together, we are making great strides towards a healthier Marion County. We hope to reach out to new partners and community members! Are you a community member who is interested in making our community healthier? It is easy to get started. Help your workplace to get healthier by scheduling a worksite wellness assessment with Carolyn O’Connor. Bring healthy lifestyle programs to your medical clinics or schools through 5-2-10. Host an evening to screen Weight of the Nations and discuss healthy lifestyles. There are endless ways that you can be a part of this exciting partnership!

If you’re interested, please contact Carolyn O’Connor at coconnor@co.marion.or.us or call (503) 576-4506 and join us in making Marion County a healthier place for everyone. More information about CHIP can be found at:

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



Chronic Disease Prevention



5 2 1 0... *The Gift of Holiday Fitness*

5 FRUITS & VEGGIES
2 HOURS OR LESS OF SCREEN TIME
1 HOUR OF VIGOROUS ACTIVITY
0 SUGARED BEVERAGES



The holiday season can be very busy with holiday parties, family gatherings, and kids being home on winter break making it harder to live healthy lives. Below are some ways that you and your loved ones can stay 5-2-1-0 healthy during the holidays! Click for [more ideas!](#)



5 – Eat five servings of fruit and vegetables a day

- At holiday parties, fill your plate with fruits/vegetables before indulging in the less healthy options – the fruits/vegetables help you to avoid overeating
- Keep a vegetable tray in the shape of a Christmas tree or cartoon character in the refrigerator where everyone can easily access it – people are more likely to snack on healthier foods if they are available and fun
- If you're hosting a large gathering/dinner, try to serve at least three vegetable dishes

2 – Limit recreational screen-time to two hours or less

- Make a schedule of the holiday movies and TV shows that you will watch each day – post it near the TV to keep yourself accountable
- Do seasonal/holiday crafts
- Initiate screen-free days - post signs on screens reminding everyone it is a screen-free day. Be sure to layout board games and books as alternative options.

1 – Be physically active for one hour a day

- Host indoor Olympics with events such as balloon-volleyball, hoola-hoop challenge, and dance-offs
- If you're watching television, use commercial breaks to do sit-ups, push-ups, jog-in-place, or walk around the house



0 – Drink zero sugar sweetened beverages

- Have a pitcher of water always available – try adding citrus fruit, cucumbers, or mint leaves to the water to add flavor and make it look more appealing
- Carry a water bottle with you everywhere (you can even decorate it to look festive) – people who carry water bottle are more likely to drink water





Other Health Department News



December Gatherings Call for Increased Parental Monitoring

Nationally, more youth initiate alcohol use in December than in any other month. Festive celebrations during the holidays may increase the amount of alcohol available in the home. Increased alcohol availability, combined with busy schedules during the holidays, may contribute to easier access of alcohol among teens on winter break.

According to data from the 2012 Student Wellness Survey, in Marion County, 34% of 8th graders and 69% of 11th graders report it would be either "sort of easy" or "very easy" to access alcohol. You can make a difference by monitoring your teens, reducing their access to alcohol and communicating your values and desire that your child NOT use alcohol.



Oregon School Exclusion Day is Just Around the Corner

Winter break is a great opportunity to get your child's immunizations up to date. **Wednesday February 20, 2013 is school exclusion day. Oregon law requires all that children in public and private schools, preschools, Head Start, and certified child care facilities have up-to-date immunizations, or have a religious or medical exemption. If local school records show missing required immunizations, the child will be excluded from school beginning on Wednesday Feb. 20, 2013 until the records are brought up to date.**



Parents seeking immunizations for their children should contact their healthcare provider or the Marion County Health Department to make an appointment (503) 588-5342.

Additional information about exclusion day can be found on the Oregon Public Health website at

<http://1.usa.gov/OregonSchool>

For more information contact **Gerardo Trejo**, Immunization Coordinator, Marion County Health Department (503) 361-2791.



Does your food budget need a boost?

Good News —WIC can help you!



WIC provides monthly checks for healthy foods to working and unemployed families. They also provide tips to help your family eat well and stay healthy, and resources for breast feeding support. If you're currently pregnant, or have children under five years please call WIC at 503-588-5057 for more information.

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 smclauslin@co.marion.or.us

This material is available in alternative formats upon request. Please contact Health Administration at 503-588-5357, 3180 Center St NE Salem, OR 97301