



Prevention Pieces



Quarterly News

The Marion County Prevention Team Welcomes You to Our Newsletter.

Our goal is to increase communication with our many diverse partners within the health department and in the community. Each quarter we highlight selected programs, share information about events & resources, and let you know how you can be involved in healthy local activities. Whether you are a business owner, parent, educator, advocate, provider or just interested in your community, we know you will find something to inspire you.

Volume 4
Winter 2014



Season's Greetings from Marion County Prevention Team!

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Diana, Kelly, Emily, Susan, Lisa & Peter

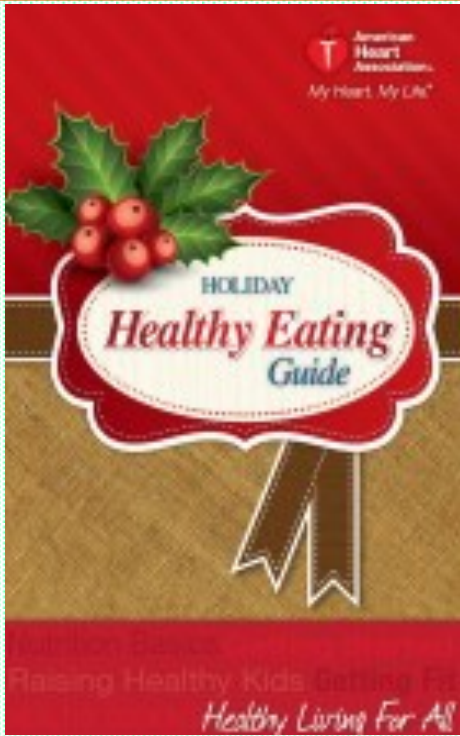




Chronic Disease Prevention



Holidays and Thinking Healthy



The American Heart Association has a wonderful resource for helping keep the Holidays Healthy. Here's a preview and link to the **Holiday Healthy Eating Guide**



The holiday season is all about family, fun and food! Getting your family to eat heart-healthy, especially during the holidays, takes effort. This guide includes great tips and recipes to help you navigate the holidays season in a healthy way. **What You Will Find In This Guide:**

- Know Your Numbers 2
- Holiday Beverages 3
- Eating With the Family..... 4
- Eating at Holiday Work Parties 6
- Making Traditions Healthy..... 7
- Staying Physically Active 8
- Tips for Winter Workouts 9
- Recipes 11

Click [here](#) for a link to the Printable pdf



Don't forget to help kids learn that Holiday eating can be **HEALTHY and FUN!**





Tobacco Prevention and Education Program

Local Partner Awarded for Statewide Excellence



Marion County Tobacco Prevention is happy to announce that a community partner, Bridgeway Recovery Services, in Salem received a statewide award for excellence in tobacco prevention and control efforts. Bridgeway Recovery Services received the **Outstanding Organization, Business, Coalition or Program** - This award recognizes organizations that have implemented creative, innovative solutions to Oregon's tobacco challenges. This nominee demonstrates a long-term commitment by addressing barriers, policy concerns, eliminating disparities, and involving the youth of Oregon.

Bridgeway implemented a 100% tobacco-free property policy for both staff and clients in 2011. Since then, Tim Murphy and staff have been leaders in the mental health and addictions field in tobacco cessation efforts. The policy has been well-received by clients and supported by staff. This is an excellent example of a workplace and community resource that is eliminating the exposure of secondhand smoke while also assisting in tobacco cessation efforts. Tim Murphy and all of the staff at Bridgeway Recovery services have been outstanding community partners in tobacco prevention efforts and Marion County Tobacco Prevention is excited to highlight such a well-deserved award.

Congratulations Tim Murphy, CEO



For a link to Tim Murphy's HERO story go to: <https://www.youtube.com/watch?v=-UFvO05ZgJc&list=UUpYskSBd6XyLqT8RSvD9d3A>

For a link to Dee Simmons', Bridgeway Counselor, HERO story go to: <https://www.youtube.com/watch?v=Z-Us4PsIYe0>

For a link to other HERO stories visit www.Smokefreeoregon.com and click on 'What Oregonians Are Doing' to see other tobacco prevention efforts across the state.



Ready to quit?

Oregon Tobacco Quit Line can help. It helped me.
Call 1-800-QUIT-NOW (1-800-784-8669)
or go to www.quitnow.net/oregon/



For more information, visit Marion County TPEP at <http://www.co.marion.or.us/HLT/PS/TPEP/>



Teen Pregnancy Prevention

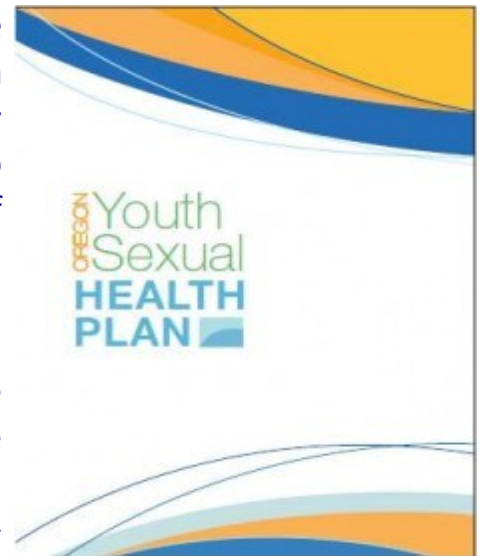


State and Local Programs Working Toward a Common Goal



Marion County Teen Pregnancy Prevention Program coordinates and supports the implementation of Cuídate Programs . The program is used for both Latino and non-Latino youth aged 13-18 in community and school settings. Cuídate is evidence based and works to reduce rates of teen pregnancy as well as STD's including HIV infection among youth. Both the curriculum and implementation models support the goals set by the state as outlined in the Oregon Youth Sexual Health Plan. Please join us ! To bring Cuídate to your youth group or classroom, contact us at MCHDPrevention@co.marion.or.us

The Oregon Youth Sexual Health Plan, coordinated by the statewide Teen Pregnancy Prevention/Adolescent Sexual Health Partnership (TPP/SHP), a coalition of state, county and community advocates and non-profit organizations, is a holistic action plan to address all aspects of youth sexual health. Built on a foundation of scientific evidence, incorporating findings of current health and youth development research, Oregon youth-lead research, and community forums with hundreds of participants, the Plan emphasizes our responsibility to provide youth with accurate information and skill-building opportunities so that they may choose behaviors that nurture healthy relationships, prevent unwanted pregnancies and decrease risk of sexually transmitted infections. The plan provides a resource for communities to identify effective strategies, collaborate with local partners, and find the latest research and language that can be used to seek grants and other resources for new and existing programs. Most importantly, the Plan looks at youth as a resource, not as a problem.



[Oregon Youth Sexual Health Plan](#)

The plan includes five overarching goals:

- Youth use accurate information and well developed skills to make thoughtful choices about relationships and sexual health.
- Sexual health inequities are eliminated.
- Rates of unintended teen pregnancy are reduced.
- Rates of sexually transmitted infection are reduced.
- Non-consensual sexual behaviors are reduced.





Problem Gambling Prevention

Lottery and the Holidays



The 2015 calendars are here!

If you have not received your FREE Problem Gambling Prevention Awareness calendar for 2015, featuring creative artwork from local middle school students around Oregon, NOW IS THE TIME!

There are a limited number of calendars still available, email your request to the Prevention Team at:

MCHDPrevention@co.marion.or.us

**Entries are being accepted for next years contest, ask us how to get involved!*



Stuff Stockings Responsibly

National Council on Problem Gambling and McGill University team up with lotteries around the world to discourage giving lottery products to underage children

If you give a lottery product as a gift, please make sure you keep the person's age in mind. Studies suggest that gambling remains a popular activity among youth and adolescents who receive lottery tickets as gifts tend to begin gambling earlier in life – a possible risk factor for more severe gambling problems. Researchers have also reported a correlation between age of gambling onset and problem gambling.

“Lottery tickets and scratch cards can be fun, entertaining, exciting and affordable, but they are not appropriate gifts for underage minors. Playing the lottery at a young age can increase the potential for problem gambling later in life,” said Jeffrey Derevensky, Director of the International Centre for Youth Gambling Problems and High-Risk Behaviors at McGill University.



The Holiday Lottery Campaign was developed by the National Council on Problem Gambling (NCPG) to remind people to “Give Responsibly”. Visit the website <http://www.ncpgambling.org/programs-resources/programs/holiday-lottery-campaign/> to learn more.

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



Keep up the Good Work: Options for Disposing Unused Medication



Officer McDonough and Officer Hall, Mt. Angel Police Department

How do you get rid of old medications?

If you live in Marion County, you don't have wait for the next Drug Take Back Day to dispose of old and unwanted medications. Stop by one of many permanent drop sites around Marion County to get rid of excess and expired prescription and over-the-counter drugs all year round.

Permanent drug collection boxes are now located in almost every police agency throughout the county, making it easier for community members to get rid of expired or excess medications in a safe, secure and environmentally friendly way place.

The increased number of permanent drug collection sites will also help to reduce the supply of drugs that can potentially harm teens and adults.



Officer Buchholz and Support Specialist Rebecca Wood, Aumsville Police Department

I love Oregon because law enforcement officers keep our youth safe.

mOR
Oregon teens choose not to drink.

Find out **mOR**
WWW.OREGONMORE.ORG

Drugs can be dropped off at the following locations with no questions asked (days/hours of operation vary by site):

- Aumsville Police Department, 125 N 6th St, Aumsville
- Gervais City Hall, 592 4th Street, Gervais
- Hubbard Police Department, 3720 2nd St., Hubbard
- Keizer Police Department, 930 Chemawa Road NE., Keizer
- Marion County Sheriff's Office, 4000 Aumsville Hwy SE, Salem
- Mt. Angel Police Department, 5 N. Garfield St., Mt Angel
- Salem Police Department, 555 Liberty St. SE, Salem
- Stayton Police Department, 386 North Third Ave, Stayton
- Turner Police Department, 7250 3rd St., Turner **Opening Soon.*



Alcohol & Drug Prevention



Calling Youth Groups: Shatter the Myths

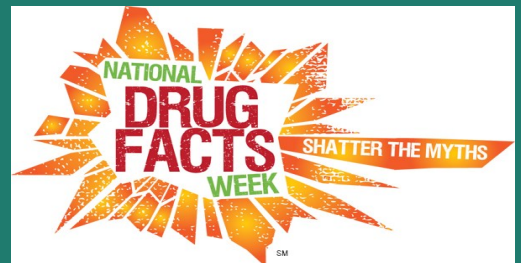
National Drug Facts Week

CONTEST

\$500 prize
For 1st place

For complete rules and registration, visit the Marion County Health Department website at <http://www.co.marion.or.us/HLT/PS/> or email MCHDPrevention@co.marion.or.us to receive an application.

Create a youth driven project to be held during DRUG FACTS WEEK (Jan 26-Feb 1, 2015) to help "Shatter the Myths" and spread the message about healthy choices and the dangers of drug abuse.



Registration closes January 13, 2015



Alcohol & Drug Prevention

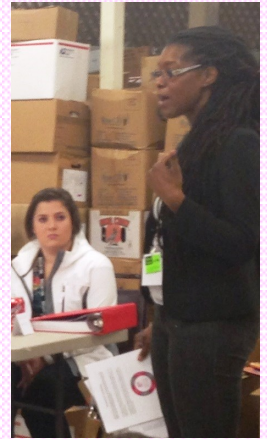


Partnering for Youth Development

Friendly PEERsuasion expands in Marion County

Girls face many pressures growing up, due to peer and media pressure. They may turn to alcohol, tobacco or other drugs to stay slim, manage stress or to be popular with their peers. Because girls may use substances for different reasons than boys, having a prevention program that specifically targets girls can be more effective.

This is where Friendly PEERsuasion comes in! Friendly PEERsuasion is a group, for girls 11-14 years. that develops their skills on how to resist pressure to harmful substances. Girls learn how substances can affect their body, how to respond to peer pressure and healthy ways to handle stress. The learning is done in a fun and supportive environment.



Friendly PEERsuasion Trainer, Karin Malbrough, reviews the curriculum.



Participants learning how to implement Friendly PEERsuasion.

Marion County Health Department and Salem Keizer Education Foundation partnered together to provide free training to help bring more classes to Marion County schools. This October training session successfully trained representatives from 11 different schools in Marion County who will be starting up new classes soon! Many of these new classes will begin in January and continue throughout the school year.

For a full Saturday in November, Marion and Polk youth and adults teamed up to make the 6th Annual ILEAD Youth Leadership Summit a Success!. Held at the beautiful 4H camp in West Salem, 116 youth experienced workshops on communication, leadership, career and college readiness, and skills building. This years theme of **Step Up Stand Out** helped youth build skills toward success, and featured an opportunities fair where youth could meet with representatives from 20 organizations offering volunteer and paid experiences for youth.



"I learned about all the organizations that are willing to provide real-life skills to prepare you for your future. I'm going to contact some and join them."

—North Salem High School Attendee



Thanks to the many ILEAD Sponsors that made this year's Youth Leadership Summit a great success





Alcohol & Drug Prevention



Parents Corner: Building Strong Family Connections



Rituals don't need to be complex to be meaningful. Look closely at your current rituals to see what's working—and what can improve. Consider these ideas from Search Institute:

- **Place**—Where do your holidays and celebrations take place? Do they occur at someone's home? At a restaurant? In a park? Having a safe, nurturing, predictable place can add meaning to your ritual. To see this, ask your child what he would think if Thanksgiving was no longer held at his grandparents' home. You may be surprised about how that sense of place gives children a sense of belonging and predictability.
- **Food**—Which foods are associated with a particular holiday or occasion? Which foods can be replaced with other foods that may bring more meaning? One family that had members who were vegetarian began cooking two turkeys for Thanksgiving: one that was an actual turkey and another that was made out of tofu.
- **People**—Which people attend the celebration? How can you encourage people of different generations and families to talk and share time together? How do you honor the absence of someone, whether that person is deployed for a military assignment, is sick, or has died?
- **Cultural connections**—Many families show their links to their ancestral cultures by including recipes, rituals, songs, and activities from the "homeland." Whether a family eats Indian curry, Mexican tamales, or Scandinavian lutefisk, these connections anchor the family in their cultural heritage.
- **Decorations**—The way you decorate for a holiday also adds meaning to the holiday. Do you light candles? Are there decorations on the table? On the walls? At the door? Decorations are visual symbols of what's important.
- **Activities**—Which activities mean a lot to you and your kids? Some families play card or board games on holidays. Some go for walks through the neighborhood. Some volunteer together. Find activities that get people connecting, laughing, and enjoying being with each other.



Which holidays does your family look forward to most? Holidays and special occasions, when they work well, bring families closer together.

Families who celebrate special occasions are more likely to raise kids who have a strong sense of identity, are healthy, have close ties to family, and succeed in school



How you respond to situations that include alcohol—especially when your children are around—sends a very strong message. Make sure to think about your actions related to drinking and the repercussions they may have (especially with young children).

- When you talk about alcohol, avoid statements that make it sound necessary or especially fun (don't say things like "After the day I've had, I could use a martini!" around your kids).
- Model restraint in your own life—if you choose to drink, do so responsibly. If you or your partner struggles with alcohol abuse, seek professional help from a physician or addiction counselor.
- Don't laugh at or glorify the actions of people who have had too much to drink—even on television or in movies.
- If you choose to consume alcohol, be prepared to answer when your kids ask why they can't. Keep your answer simple, such as "Alcohol isn't good for growing bodies and minds."
- Always offer plenty of nonalcoholic drink options when you entertain in your home to show your kids that grown-ups don't need alcohol to have fun together.
- Set a good example for your children when attending holiday parties; just because it's New Year's Eve or the Fourth of July doesn't mean you should drink excessively.

Whether you realize it or not, your kids are watching everything you do, and learning from it. By making sure that your actions around alcohol are responsible, you can send a positive message to your child long before he or she is forced to make a decision about using it.





Alcohol & Drug Prevention

**STRENGTHENING
Families PROGRAM**
for parents and youth 10-14

2014-15 Program

Locations



A 7-8 week evidence-based parent, youth, & family skills-building curriculum proven to:

- **Delay** the onset of adolescent substance use
- **Lower** levels of aggression in youth
- **Increase** the resistance to peer pressure in youth
- **Reduce** youth conduct problems in school
- **Improve** parent skills including building a positive relationship with their youth, setting appropriate limits, and following through on consequences, while showing love and support for their children

Class Location	Site Coordinator	Contact Information	Language	Approx Dates (if known)
Colonia Libertad, Salem	Fabiola Camacho	fabiolacamacho@fhdc.org 503-315-2289	Spanish	Spring 2015
Houck MS, Salem 2 series	Amy Solis	solis_amy@salkeiz.k12.or.us 503-399-3446	Spanish English	Winter 2015 beginning WED Jan 28
Grant Community School, Salem	Terra Naught	Naught_terra@salkeiz.k12.or.us 503-399-2258	Spanish	Winter 2015 Spring 2015
Parrish MS, Salem 2 series	Leticia Jaramillo	jaramillo_leticia@salkeiz.k12.or.us 503-399-3210	Spanish	Winter 2015 beginning MON Jan 26
Judson MS, Salem 2 series	Lisa Pierson	pierson_lisa@salkeiz.k12.or.us 503-399-3201	English	Winter 2015 Spring 2015
Claggett Creek MS, Keizer 2 series	Sheila Morales	Morales_Sheila@salkeiz.k12.or.us 503-399-3701	English	Winter 2015 beginning TUE Jan 27
First Free Methodist Church, Salem	Kaleb Herring	kaleb@salemfirst.com 503-383-2920	English	Winter 2015 beginning WED Jan 28
Jefferson MS, Jefferson	Susan Williamson	Jefferson.Together@jefferson.k12.or.us 541-327-3337 X 237	English	Winter 2015 beginning TU Jan 6
South Salem Location	Matthew Rawlins	rawlins.matthew@gmail.com	English	TBD
Valor MS, Woodburn	Sara Csaky	scasaky@woodburnsd.org 503-981-2783	Spanish & English	Winter 2015 beginning TU Jan 13



Other Health Department News

Connecting with the Community...



Ready to Serve All Our Communities...



Did you know that the health department has a Woodburn office? Recently remodeled, it houses a full range of services, is conveniently located and easy to find. It also happens to be the place the Prevention Team calls home.

For a link to a full list of services offered, visit our website.

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

To contact the Woodburn location for information or to schedule appointments, please stop by or give us a call !

976 N. Pacific Highway
Woodburn OR 97071
Phone: 503-981-5851 or 503-566-2901

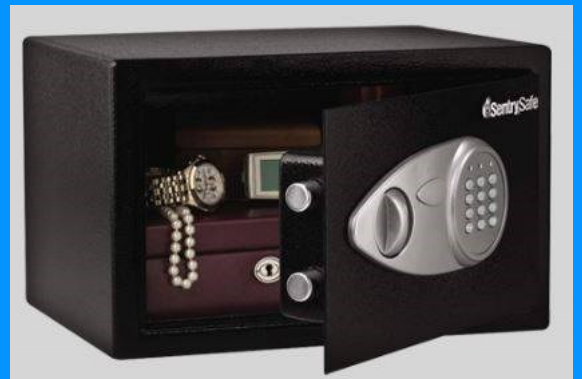


ENTER TO WIN A FREE DIGITAL SAFE!

Lock up your prescription drugs at home to reduce the risk of abuse. To help make this easier, MCHD Prevention Services is giving away a FREE digital safe every month until June, 2015! Be sure to LIKE our Facebook page for notification of the next giveaway.

www.facebook.com/MarionCountyHealth

**Must be a Marion County resident to enter*



The Marion County Health Department is now on Facebook and Twitter!

www.facebook.com/MarionCountyHealth

Connect With Us!



@MarionCo_Health

If you have questions or comments, please contact any member of the prevention team at MCHDPrevention@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