



Prevention Pieces

Quarterly News



Volume 2
Summer 2012

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.



Inside this Issue

Click on Quick Links

Welcome	1
Prob Gambling Program	2
Under Age Drinking	3
Parents Corner: Summer	4
Understanding Bullying	5
Bullying Resources	6
Latino Suicide Prev	7
Teen Pregnancy Prev	8
TPEP: Indoor Air Laws	9
Community Health Improvement Plans	10
Healthy Communities: Film Screening	11
Upcoming Classes & Events, WIC	12



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: Meet Our Rural and Prevention Program Supervisor

The Prevention Team is pleased to introduce you to our New Rural and Prevention Program Supervisor, Jennifer Eskridge, MPH, CHES.

Jennifer joined Marion County Health Department in April 2012 as the new Program Supervisor for Rural and Prevention Services in Woodburn. Jennifer is supervising the Prevention Team and oversees the Alcohol & Drug and Problem Gambling prevention programs as well as Chronic Disease prevention work and teen sexual health programs.

Jennifer previously worked at Clackamas County Public Health and in Southern California at the Santa Barbara County Health Department. Jennifer studied Public Health at UCLA specializing in health promotion and disease prevention, global health and emergency preparedness. She received her MPH and Certificate in Health Education (CHES) in 2008. Jennifer has done relief work in Africa, enjoys traveling and loves to read. "I am excited to be here and I look forward to working with a great group of health educators and the fantastic partners around Marion County."



Problem Gambling Prevention



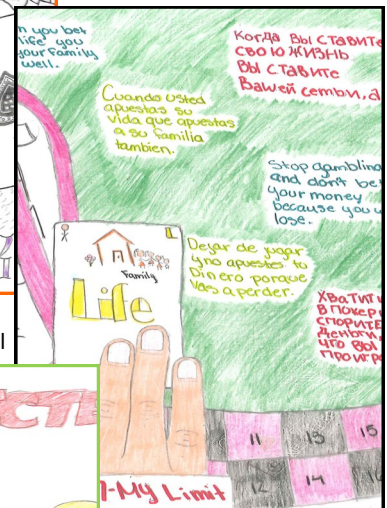
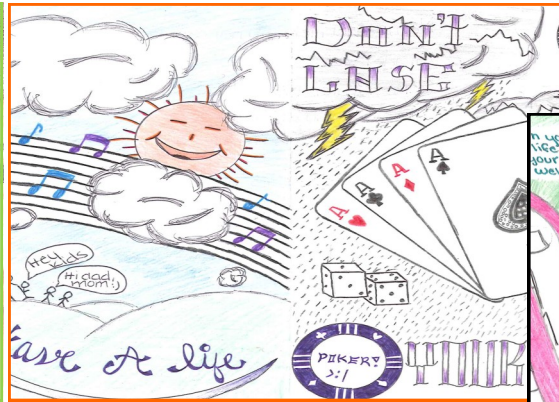
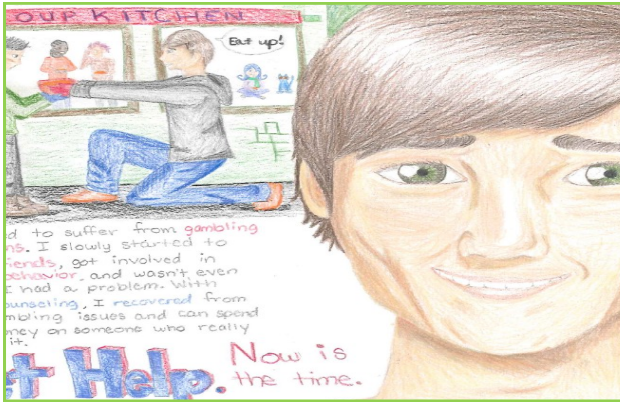
Problem Gambling and Our Youth

1st PLACE: Ava Krueger, Mark Twain Middle School

2nd PLACE: Gabriela Fernandez, Valor Middle School

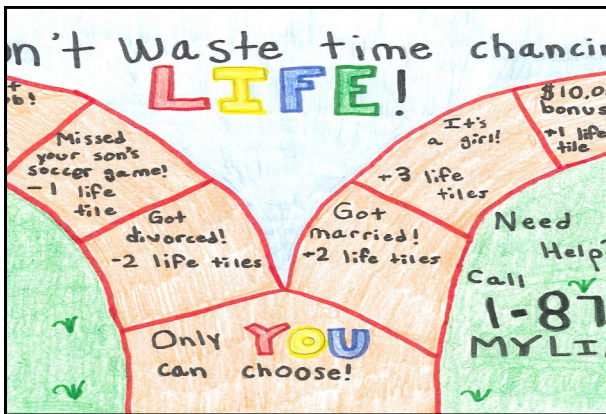
2012

4th PLACE: Maribel
Zamora Rosales



3rd PLACE: Mackenzie Ratliff, Mt Angel Middle School

5th PLACE: Daisy Carmona, Stephens Middle School



**Middle
School Art
Contest
Winners**

Results from the annual Problem Gambling Awareness Art Search are in. Over 140 entries from Marion County middle school students were received this year. The top five entries received county awards, and three Marion County students went on to win state awards, taking home a \$25 gift card and earning a feature spot in the calendar. One local teacher, Mr. Valverde from **Valor Middle School**, is also being recognized for his work incorporating problem gambling awareness into class activities. Printing and distribution of the calendar is scheduled to occur Fall 2012. For more information or to request a calendar please contact our prevention team. Thank you to all who participated!

BUSINESS OUTREACH: Problem Gambling & the Workplace

The Checklist for Protection Against Workplace Fraud and Embezzlement is just one resource available in the toolkit designed to reduce and prevent the negative effects of Problem Gambling in the workplace. To take advantage of these free resources, contact Lisa Miller at 503-981-2461 or lmiller@co.marion.or.us.

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.

PROBLEM GAMBLING IS REAL.



Don't put your job at risk.



Get help before it's too late.



CALL 1-877-MYLIMIT.

Has gambling become more than a game? If you or someone you know is gambling too much or too often, help is available. Call the Oregon Problem Gambling Helpline or chat live online at www.1877mylimit.org with a certified gambling counselor. All information is confidential and the service is FREE to Oregon residents.



Alcohol & Drug Prevention

Strategies to Reduce Underage Drinking



UPDATE !!!

The new underage drinking PSA, "You've taught us so much already..." is now available on YouTube at <http://www.youtube.com/watch?v=QIZusE2GG0E>. This PSA speaks directly to adults who influence the decisions youth make every day, including the decision whether or not to drink alcohol at an early age. Family members and other adults play a direct and important role in reducing minor's access to alcohol.

The project supports local efforts of the multi-jurisdictional C.E.R.V. team, working to reduce access of alcohol to minors. Please take time to view the finished product and share the video with friends and family.



Enforcing Underage Drinking Laws is a Best Practice

Marion County Health Dept Prevention Services recently completed a report summarizing local trends and highlighting successful strategies and recommendations on underage drinking prevention. For more information or to receive a copy of this report, please contact Lisa Miller at 503-981-2461 or lmiller@co.marion.or.us.

COMMITTED ENFORCEMENT RESPONSIBLE VENDER

We want to take a moment to thank all of our local law enforcement agencies and community partners for their continued participation and support of the C.E.R.V. taskforce, working to reduce and prevent underage drinking in our community. These include :



- ◆ OLCC
- ◆ Woodburn Police Department
- ◆ Hubbard Police Department
- ◆ Mt Angel Police Department
- ◆ Turner Police Department
- ◆ Stayton Police Department
- ◆ Keizer Police Department
- ◆ Law Enforcement for Youth
- ◆ Marion County Sheriff Department

We are PROUD to announce that Marion County Prevention Team has been selected as a 2012 E.U.D.L. Grant Recipient !!

Did you Do Your Spring Cleaning?

As days become longer and nights become warmer, the rates of underage drinking incidents also tend to increase. We know underage drinking is related to numerous risky behaviors and negative consequences, including accidents, injuries, juvenile delinquency, violence, even sexual assault.

As homeowners begin Spring cleaning, we suggest including the refrigerator and liquor cabinet. Surveys show **45% of the youth who drank alcohol in the last month report getting it for free from their family or at home***. Make sure alcohol is locked up and monitored appropriately. Providing alcohol to minors is not only dangerous for the youth involved, but is also illegal.

Family members and other adults play a direct and important role in reducing minor's access to alcohol. Help prevent underage drinking. Do what you can to keep it out of kids hands.

*Combined data from the [National Survey on Drug Use and Health](#)





Alcohol & Drug Prevention

Parents Corner : Resources



Parents Matter!

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



www.drugfreeactionalliance.org/



<http://parentingforprevention.org/>

Parents Matter!

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

THE PARTNERSHIP
AT DRUGFREE.ORG

Teens and Free Time

The countdown to summer vacation has begun! For most families, this is a time to look forward to, with less homework and reduced shuttling to and from school activities. But, for some parents, especially those who continue to work throughout the summer months, the feelings may be mixed. Time off for kids can present challenges about how to keep them active, safe and having fun.

Parents: The Anti-Drug have some practical suggestions for easing these fears.

Monitor Your Teen's Free Time

You are the first line of defense when it comes to your teen's safety. And your relationship with your teen does make a difference. Monitoring means knowing what your teens are up to when you are not with them and they are not in school. You should know the answers to these four questions at all times:

- Who are your teens with?
- Where are they?
- What are they doing?
- When will they be home?



Make Sure to Include Online Monitoring

It's no longer enough to monitor your teen's activities offline; you must also be aware of what they are doing online. Computers and cell phones provide convenient new ways for teens and parents to keep in touch throughout the day and to touch base as schedules change. However, unsupervised use of these devices can also open a world of temptation and misinformation on topics such as drugs, sex, and other risky behaviors.

Test Yourself: Is Free Time a Free for All?

Click the link above to go to the *Parents: The Anti-Drug* website and take this short quiz to see what you can do to keep your teens safe and out of trouble when they're not in school.

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

Did You Know? The Partnership at DRUGFREE.org also offers the **Parents Toll Free Help Line**. Call to speak to a Parent Specialist, in *English or Spanish*, who will listen to concerns, answer questions and make suggestions about appropriate actions and resources to get help. Available Mon-Fri from 10:00am—6:00 pm ET

1-855-DRUGFREE (1-855-378-4373)





Other Topics in Prevention



Parents Corner : Bullying

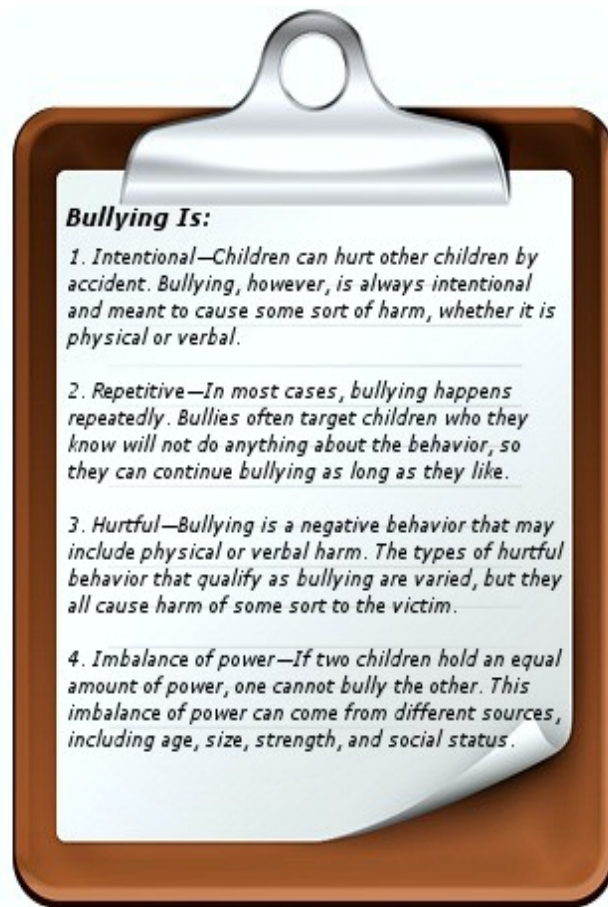
Here is an excerpt from the May edition of “Everyday Parenting Ideas”
a Search Institute Publication:

Bullying is a complex problem, but there are good tools and resources that can help parents, educators, and caring adults identify the behavior. Did you know that there are four characteristics that can qualify a situation as bullying? The behavior has to be intentional, be repetitive, be hurtful, and involve an imbalance of power.

As adults, we maneuver ourselves away from conflict throughout our days. It goes without saying, then, that some conflict is normal in our children's lives in the same way that it is normal in ours. Adults need to recognize that some of what we call “bullying” may actually be developmentally appropriate conflict and is a normal part of growing up.

Once we can properly distinguish conflict from a serious bullying situation, we need to begin to take actions to prevent it. When bullying happens, it is common for two sides begin to play the “blame and shame” game; teachers and school administration will blame parents for not bringing up better children, and parents will blame the education system for not stopping bullying in schools.

We all need to realize that placing blame on a situation should not take priority over our children's safety. Instead, we need to work together to take proactive approaches to raise resilient kids, so they may become healthy, caring, well-adjusted adults who will be less prone to engaging in violent or risky behaviors like bullying.



Bullying Is:

1. Intentional—Children can hurt other children by accident. Bullying, however, is always intentional and meant to cause some sort of harm, whether it is physical or verbal.

2. Repetitive—In most cases, bullying happens repeatedly. Bullies often target children who they know will not do anything about the behavior, so they can continue bullying as long as they like.

3. Hurtful—Bullying is a negative behavior that may include physical or verbal harm. The types of hurtful behavior that qualify as bullying are varied, but they all cause harm of some sort to the victim.

4. Imbalance of power—If two children hold an equal amount of power, one cannot bully the other. This imbalance of power can come from different sources, including age, size, strength, and social status.



A Search Institute Resource for Parents and Families

To sign up for their Newsletter, follow this link: <http://www.parentfurther.com/resources/enewsletter>



Other Topics in Prevention



National Resources : Bullying

stopbullying.gov

The Department of Education and Health and Human Services has unveiled a new revitalized “Stop Bullying” website. It is designed to encourage children, parents, educators, and communities to take action to stop and prevent bullying.

The website provides a map with information on state laws and policies, interactive webisodes and videos for young people, practical strategies for schools and communities to ensure safe environments, and suggestions on how parents can talk about this sensitive subject with their children.

The site also explores the dangers of cyberbullying and steps youngsters and parents can take to fight it.

Respond to Bullying

How you respond can make an impact on bullying over time.

Stop Bullying on the Spot

When adults respond quickly and consistently to bullying behavior, they send the message that it is not acceptable. Research shows this can stop bullying behavior over time. There are simple steps adults can take to stop bullying on the spot and keep kids safe.

Find Out What Happened

Whether you’ve just stopped bullying on the spot or a child has reached out to you for help, learn how to determine the best way to proceed.

Support the Kids Involved

All kids involved in bullying—whether they are bullied, bully others, or see bullying—can be affected. It is important to support all kids involved to make sure the bullying doesn’t continue and effects can be minimized.





Youth Suicide Prevention

Showcasing Our Latino Outreach



Statistically Speaking

According to the 2010 Census, 308.7 million people reside in the US. 16% (50.5 million) are from a Latino origin. In Oregon, of the 3,831,074 people who call it home, 11.7% (450,062) are Latino.

In 2007 Suicide was the third leading cause of death for Latino's aged 15 to 24, the third leading cause of death for those aged 25-34, and the 8th leading cause of death for Latinos of all ages.

Latino youth, aged 15-24, there were a total of 37 deaths in Oregon between 2003-2008. Marion County had the highest number of Latino youth deaths with the total of 10, Multnomah coming in second with 7, followed by Washington County with 4.

Programs to Help

With these startling statistics Marion County Health Department's Children's Behavior Health Program has partnered with the Prevention Team and Oregon Health Authority to implement Suicide Prevention Outreach Programs specifically targeting the Latino community.

Over the past 2 years program staff have been working with local communities to increase knowledge of Suicide Prevention. We have conducted focus groups to evaluate knowledge and cultural thoughts about suicide throughout Marion County. We also provided awareness and resources to the community, churches, schools, medical facilities and other local agencies.

New Opportunities

We have 5 bi-lingual/ bi-cultural facilitators trained to provide workshops called QPR, a two hour community gatekeeper training. Free presentations have taken place throughout Marion County in Spanish and English, and are available to any group.

Contact Erica Alonso for more information about the Latino Suicide Prevention Projects, or to schedule a presentation at 503-981-2463 or

ecalonso@co.marion.or.us.



For more about QPR, Visit their website www.qprinstitute.com

We are excited that we got awarded an additional grant to develop a media campaign targeting youth this summer in the Woodburn/ Salem community. Activities will include:



- Presentation of QPR for Youth.
- A youth art project that will engage participants in discussions and awareness of suicide prevention information and resources.
- A community exhibition of the art generated from the summer as school resumes next fall.
- Development of Suicide outreach materials with youth input, using students artwork and available in both English and Spanish.



Teen Pregnancy Prevention



The Results are In...Updates from ¡Cuídate!



The initial pre and post survey data is in for Marion County



Since January 2012, Marion County has been implementing the ¡Cuídate! HIV/Teen Pregnancy Prevention Program. Over 130 Woodburn and Salem youth have participated in this 7 hour comprehensive sexual health program this Spring. We have been collecting evaluation data from the youth prior to the program and immediately following the program. Additional evaluation data will be collected at 3, 6 and 12 months after the program to determine longer term changes in knowledge, attitudes, and behaviors.

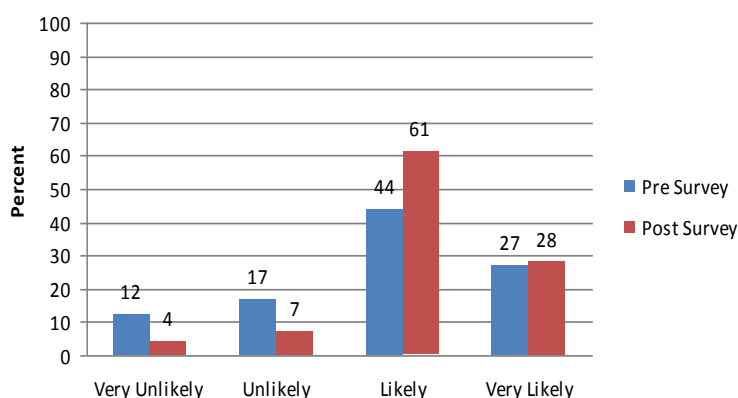
99%

Knowledge that abstinence is the surest way to prevent unintended pregnancies, STDs, and HIV infection increased from 81% (pre-survey) to 99% (post-survey) of participants.

97%

Of participants who completed the program, 97% agreed that anyone can have an STD, as compared to 84% prior to the program.

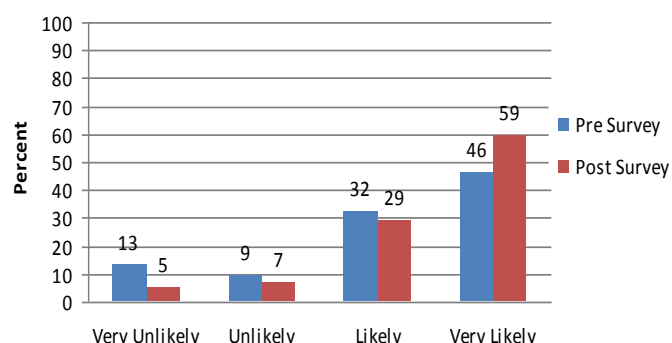
How easy or hard would it be for you to get your partner to use a condom, even if your partner did not want to?



These are promising results as Marion County moves forward to expand the reach of this program to more youth throughout the county.

There were also increases in self-efficacy and intention for condom use between pre and post survey responses (see graphs).

How likely is it that you will decide to use condoms if you have sex in the next 3 months?



If you are interested in learning more about the ¡Cuídate! program and where it is being implemented, please contact Ann Krier, at 503-982-2462 or akrier@co.marion.or.us



Tobacco Prevention and Education Program

Oregon Indoor Clean Air Act – Smokefree Workplace Law



In June 2007, the Oregon Legislature strengthened the Oregon's Smoke-free Workplace Law by requiring more indoor workplaces to be smoke-free and prohibiting smoking within 10 feet of entrances, exits, windows that open, and ventilation intakes of workplaces or public places. **The new restrictions went into effect on January 1, 2009.**



Under Oregon's Smokefree Workplace Law, smoking is prohibited in public places and workplaces, with few exceptions. *Public place* means any enclosed area open to the public. *Place of employment* means an enclosed area that is under the control of a public or private employer and that employees frequent during the course of employment.



Workplaces and public places that must be smokefree include, but are not limited to:

- ◇ Bars and taverns, including bar areas of restaurants
- ◇ Bowling centers
- ◇ Bingo halls
- ◇ Private and fraternal organizations
- ◇ Employee break rooms
- ◇ Restaurants
- ◇ Private offices and commercial office buildings
- ◇ Retail and wholesale establishments
- ◇ Manufacturing plants and mills
- ◇ Truck stops
- ◇ Child and adult day-care
- ◇ Assisted living facilities
- ◇ Movies theaters and indoor entertainment venues
- ◇ Hotels and motels (*Exception*: up to 25% of guest rooms may be designated as smoking rooms by the owner or entity in charge)
- ◇ Work vehicles that are not operated exclusively by one employee

For decals for your business, contact
Emily DeHayr at
503-981-2472
or email at
edehayr@co.marion.or.us

us

If you notice a violation of the law and would like to submit a complaint, please go to www.healthoregon.org/smokefree and click on 'File a Complaint' or call **1-866-621-6107**

Ready to Quit
Tobacco?
Learn more

Ready to quit? Contact the Oregon Tobacco Quit Line at 1-800-QUIT-NOW (800-784-8669); 1-877-2NO-FUME (877-266-3863, Spanish version); www.quitnow.net/oregon/. The **Quit Line** is a free program offered over the phone and on the Web that helps Oregonians quit tobacco by offering confidential, evidence-based coaching. Callers may also be eligible for free nicotine replacement therapy, such as patches or gum.



Chronic Disease Prevention

Catching Up with “CHIP”



“Change Your Community, Change Your Health”

Finding it difficult to make time for exercise? Not cooking healthy foods? Is it hard to quit smoking? Well, you're not alone. Only half of Oregonians get enough exercise and only one-fourth eat enough fruits and vegetables. Approximately four Oregonians die every day due to poor diet, lack of physical activity, and tobacco use. These three preventable factors contribute to chronic diseases and most Oregon adults are affected by or at risk for chronic diseases like diabetes and heart disease.

It takes time to exercise, eat well, and quit smoking – yet these healthy behaviors save time and money in the long run. Prioritizing healthy choices can be daunting when doing it alone. However, it is possible with a bit of community help! Marion County communities are coming together around local creative healthy projects to pave the way for better health.

The Marion County Community Health Improvement Partnership (CHIP), made up of community organizations representing Salem-Keizer, Santiam Canyon, Silverton, and Wood-

burn/North County, is proposing a variety of approaches that promote healthier communities. These initiatives are designed to help people integrate their current activities with simple but healthier opportunities.

A few of the initiatives include: parking to intentionally walk to work, “Doc Walks” to exercise and learn about healthy lifestyles, healthy choices in local vending machines, participating in the 5210 healthy lifestyle campaign, and attending life wellness classes. And this is just the beginning!

Creating a healthy lifestyle by yourself is hard. CHIP is striving to mobilize community efforts so working toward a healthy lifestyle is not something you have figure out by yourself. Instead, workplaces, schools, and community events will encourage healthy living and change community norms for the better. Through these changes, Oregon might be able to improve the quality of 19,000 lives and save at least three billion dollars... We are on our way!

For more information about how you can join in your workplace initiative or start one of your own, please contact Pam Heilman at PHeilman@co.marion.or.us.

The Community Health Improvement Partnership (CHIP) is pleased to present a report of the 2011 community health assessment and planning process for Marion Co. Access it on-line at : www.co.marion.or.us/HLT/chip.htm.

CHIP REPORT 2012





Chronic Disease Prevention



Healthy Communities Program

Marion County Healthy Communities Program, is excited to partner with Kaiser Permanente Northwest and Salem Health, to bring "The Weight of the Nation" to our local area. The film documents the crisis of obesity we face in the US.



Save the Date!

July 12th at 7:00 pm
the Grand Theater in Salem

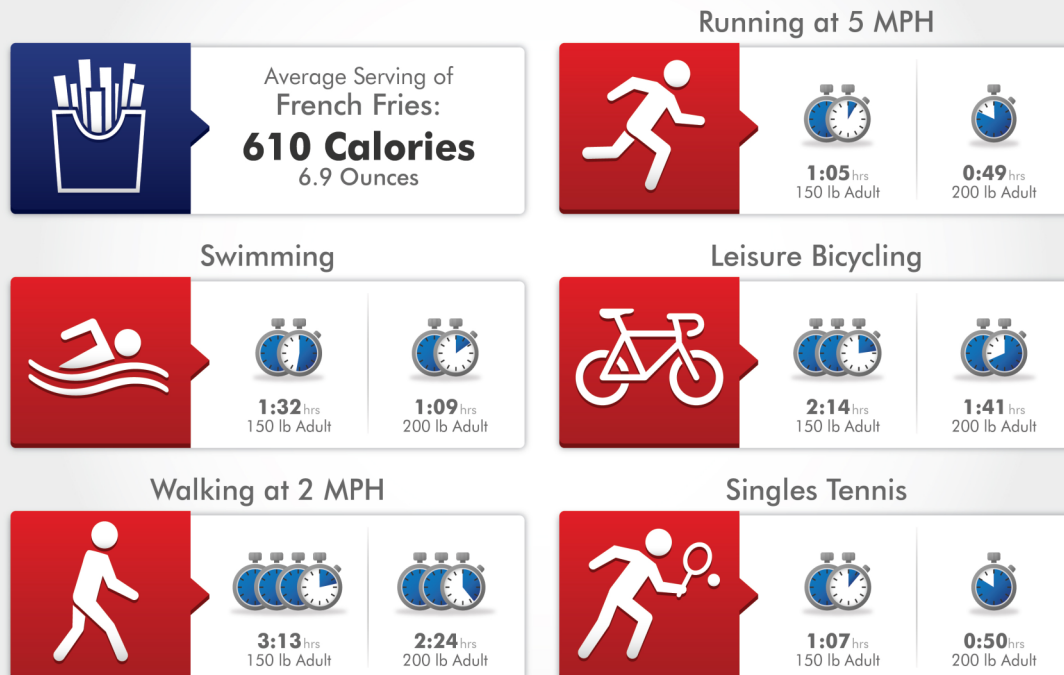
Bringing together the nation's leading research institutions, THE WEIGHT OF THE NATION is a presentation of HBO and the Institute of Medicine (IOM), in association with the Centers for Disease Control and Prevention (CDC) and the National Institutes of Health (NIH), and in partnership with the Michael & Susan Dell Foundation and Kaiser Permanente.

To watch the movie trailer, or for additional information, click here: <http://theweightofthenation.hbo.com/films/trailer>

Examine the facts of the obesity epidemic, and you'll see the wide range of its effects, as well as the scale of its impact.



Exercise Needed to Burn Off a Serving of French Fries



SOURCE: <https://sites.google.com/site/compendiumofphysicalactivities/>



Other News



And Finally...

“Teens & Drugs: What's the Story?” 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).

English workshops:

Summer workshops are scheduled as-needed, and summer classes are forming. Please contact [Lisa Miller](#) for more information at 503-981-2461

Spanish workshops:

Spanish workshops are scheduled as-needed, summer classes are forming. Please contact [Ann Krier](#) for more information at 503-981-2462



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.

WIC services coming to Jefferson!

WIC will be providing services in Jefferson one day a month. They are tentatively planning to be at the United Methodist Church the second Thursday of every month. For more information or to make appointments you can call 503-588-5057 (Salem office) or 503-769-9873 (Stayton office).



Upcoming Events

August 10th, 7th Annual “Striking Out Meth in Marion County”

Gates open at 5:45p.m , Game starts at 7:05 p.m. Volcanoes Stadium, Keizer .
Call (503) 588-5212 for more information



August 18th “Back to School Fair” for N. Santiam School District families. Hosted by Friends of the Family at Stayton Middle School. 10 am-1 pm. Contact Kim for more information (503) 769-2309

September 8, 2012, 10AM to 3PM, Jefferson Fire District “Emergency Services EXPO” , Jefferson High School 10am-3pm. Contact Scott Shephard for more information at 541-327-2822

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

To remove your name from our mailing list, please email smclaughlin@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