



# Prevention Pieces

## Welcome to the Marion County Prevention Team Newsletter

We hope 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.

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## Welcome: Inga Suneson



We are pleased to announce Inga Suneson as a new member of the prevention team! Inga started in December as a new Health Educator for the Tobacco Prevention and Education Program (TPEP).

Inga came to Marion County after a year as an AmeriCorps VISTA Service Member in Multnomah County where she worked on tobacco, healthy eating, communications, and public health accreditation.

Inga graduated from the University of Oregon in 2013 with a Bachelor of Arts degree in Planning, Public Policy, and Management with an Honors Thesis on implementing tobacco-free campus policies.

Inga enjoys watching baseball (Go Rangers!) and finding authentic Texas barbeque in the Pacific Northwest.





# Problem Gambling Month

## Marion County Recognizes March as Problem Gambling Awareness Month

March is Problem Gambling Awareness Month! During the month of March, and all year long, we aim to raise awareness about problem gambling. The goal of this campaign is to educate the public and healthcare professionals about the warning signs of problem gambling and promote the availability of help and hope both locally and nationally.

The National Council on Problem Gambling encourages everyone to **Have the Conversation about Problem Gambling**. Most adults gamble or know someone who gambles, and therefore could benefit from programs to prevent gambling addiction. We believe many who suffer in silence do so because they don't know why they developed a problem, what gambling addiction is or where to get help.

MARCH IS  
PROBLEM  
GAMBLING  
AWARENESS MONTH

HAVE THE CONVERSATION



### Welcome: Angela Parada

### QPR/PPR Returns to Prevention Team



Please welcome the newest member of the prevention team: Angela Parada. She comes to the Health Department via the Dominican Republic where she served as a Peace Corps Volunteer. She is excited to continue on in the work of community mobilization and health empowerment.

Angela graduated in 2012 from Portland state University, and has extensive experience working with vulnerable populations, health education, converting the taboo into the normalized, drinking fancy coffee, and making sheet forts.

Angela is looking forward to coupling, the great work being done in Woodburn via the Woodburn Community Health Initiative with the skills she has learned through her service.

The Marion County Prevention team is excited to receive renewed funding to provide community suicide prevention trainings using the internationally recognized program QPR. QPR (Question, Persuade, Refer) is a 1.5-2 hour community gatekeeper training designed to help anyone learn the warning signs of suicide and to be able to respond with easy, supportive steps that assist the person in getting help.



Free presentations have taken place throughout Marion County in Spanish and English over the past several years, and are available at this time to any group.

Contact Susan McLaughlin at [smclauchlin@co.marion.or.us](mailto:smclauchlin@co.marion.or.us) for more information about hosting a QPR Session. Scheduling is easy and could save a life!

The National Suicide Prevention Lifeline at [1-800-273-TALK](tel:1-800-273-TALK) is available for immediate help.



# Substance Abuse Prevention



Prescription Drug Abuse and the link to the rise in heroin overdose has been in the news a lot lately. The Partnership For Drug Free Kids have embarked on a five year campaign called “The Medicine Abuse Project” with information about helping kids stay away from the path of prescription drug abuse. As part of the campaign, parents can take a family pledge to safeguard their medications and keep them out of reach of youth.

The nonmedical use of Adderall, a medication used to treat Attention Deficit Hyperactivity Disorder (ADHD), is [on the rise](#). Why? Quite frankly, teens are stressed out, and they think abusing Adderall is a way to cope with the demands and pressures of balancing school and the more rigorous academic standards they are facing today. Being the “best and the brightest” to some teens, means experimenting with medicines they think might give them an advantage.

Despite the perceptions of many teens, Adderall isn't a “smart drug.” Research shows that using ADHD medication makes no difference in testing or academic performance. *And it's dangerous.* The misuse of prescription Adderall has led to an increase in related emergency room visits.

[You can help us stop the abuse of ADHD medications.](#) Our **Medicine Abuse Project** provides resources for parents, law enforcement officials, health care providers, and educators, so that everyone can take a stand and help end medicine abuse.

## Did You Know?

- Two-thirds of teens who report abuse of prescription medicine get them from friends, family and acquaintances.
- Prescription medicines are now the most commonly abused drugs among 12 to 13 year olds





# Substance Abuse Prevention



## Local Prescription Drop Off Sites

Properly disposing of excess drugs is everyone’s responsibility as a matter of public safety. More than 70 percent of young people abusing prescription pain relievers get them through friends or family, a statistic that includes raiding the family medicine cabinet.

Now, Marion County citizens won’t have to wait for a specific take-back day to clean out their medicine cabinets. Drugs can be dropped off at the following locations with no questions asked. A great way to take positive steps, and to follow through with disposing of unused Rx Medicine is to mark your calendars, clean out your cabinets and drop off unwanted medicines on National Prescription Drug Take Back Day on April 30th.

The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. Watch for information about drop off locations on our [Facebook Page](#) or go to the national site for participating locations.

[http://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/index.html](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html)

**Year-Round Drug Disposal Sites in Marion County, Oregon**

<b>Aumsville Police Dept.</b>	597 Main Street, Aumsville
<b>Gervais City Hall</b>	592 4th St., Gervais
<b>Hubbard Police Dept.</b>	3720 2 <sup>nd</sup> St., Hubbard
<b>Keizer Police Dept.</b>	930 Chemawa Rd, Keizer
<b>Mt. Angel Police Dept.</b>	5 N Garfield St., Mt. Angel
<b>Salem Police Dept.</b>	555 Liberty Rd. SE, Salem
<b>Stayton Police Dept.</b>	386 North Third Ave, Stayton
<b>Turner City Hall</b>	5255 Chicago St. SE, Turner
<b>Woodburn Police Dept.</b>	1060 Mt. Hood Ave, Woodburn
<b>Marion County Sheriff</b>	4000 Aumsville Hwy, Salem





Revised April 6, 2015

## Spring into Health: Take the 5210 Challenge!

With spring approaching, it is a great time to assess your health goals. Join the hundreds of Marion County residents taking part in the 5210 Challenge. 5210 is an easy way to help manage your health and reduce your risk of diseases such as type 2 diabetes.

The challenge consists of having 5 servings of vegetables or fruits a day to increase fiber and antioxidant intake, 2 hours or fewer of leisure screen time to allow for more activity, 1 hour daily of activity to maintain muscle mass, and 0 sweetened beverages to help lower calorie intake.

Visit [www.5210challenge.org](http://www.5210challenge.org) to sign up to play and earn points! The challenge can be done individually or as a group. This is a great activity for a group of friends or co-workers!





# Substance Abuse Prevention

## *Protect Your Kids: 3 Steps to Safeguard Your Home*

### *Step 1: Monitor*

Start by taking note of how many pills are in each of your prescription bottles or pill packets.

Keep track of refills. This goes for your medicine, as well as your teens' and other members of the household. If you need to refill your medicine more often than expected, that could show a problem.

If your teen has been prescribed a medicine, monitor dosages and refills. Be vigilant with medicine known to be addictive and abused.

### *Step 2: Secure*

Make sure your friends and relatives, especially grandparents, are aware of the risks. Encourage them to monitor their own medicines.

Approach securing your prescriptions the same way you would other valuables in your home, like jewelry or cash. There's no shame in helping protect those items and the same is true for your medicine.

Take prescription medicine out of the medicine cabinet and secure them in a place only you know about.

If possible, keep both prescription and over-the-counter medicines in a safe place, such as a locked cabinet your teen cannot access.

Talk to friends and relatives, especially grandparents, about locking their medicine or keep them in a safe place.

### *Step 3: Dispose*

Safely disposing of expired or unused prescription medicine is a critical step in helping to protect your teens.

Take an inventory of all of the medicine in your home. Start by discarding expired or unused Rx and OTC medicine when your teens are not home.

Unbelievable as it may seem, discarded prescription medicine may be retrieved from the trash. To prevent this, mix medicine with an undesirable substance, like used coffee grounds or kitty litter. Put the mixture into an empty can or bag and discard.

Unless the directions on the packaging say otherwise, do not flush medicine down the drain or toilet.

To help prevent unauthorized refills and protect your own and your family's privacy, remove any personal, identifiable information from prescription bottles or pill packages before you throw them away.

Learn more about securing and disposing of medicine and find a [medicine take-back location](#) near you.



# Strengthening Families Program



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

An evidence-based parent, youth, and family skills-building curriculum that:

- Prevents teen substance abuse and other behavior problems
- Strengthens parent/youth communication skills
- Increases academic success in youth
- Prevents violence and aggressive behavior at home and at school

[www.extension.iastate.edu/sfp/](http://www.extension.iastate.edu/sfp/)

Marion County continues to support partnerships that provide fun free family activities for youth ages 10-14 and their families. Fall and Winter classes have taken place through SKEF at Claggatt Middle School and Judson Middle School. Mano a Mano provided classes in Spanish at Washington Elementary School. First Free Methodist Church with help from South Salem Connect and City of Salem got families together in NE Salem. New Partner Options Counseling was able to provide classes on North Salem. We have also partnered with other schools and groups around Marion County including Cascade School District who hosted their first two classes in English and Spanish at Aumsville Elementary, and Woodburn Proud, who funded English and Spanish groups at Valor Middle School.

The fun continues! Don't miss your opportunity to get involved this Spring.

Location	Language	Contact for Info or to Register	Email
Options Counseling, Portland Rd Office	ENG	Debby Davis	Debby.Davis@options.org
Walker MS, West Salem	ENG	Angie Jones	PolkSFP@gmail.com
Houck MS, SE Salem	ENG	Amy Solis	SOLIS_AMY@salkeiz.k12.or.us
Grant School, N Salem	SPAN	Kelli Garcia	GARCIA_KELLI@salkeiz.k12.or.us
Claggatt MS, Keizer	SPAN	Sheila Morales	MORALES_SHEILA@salkeiz.k12.or.us
Leslie MS, S Salem	ENG	Ralph Johnson	JOHNSON_RALPH@salkeiz.k12.or.us
Colonia Libertad, Salem	SPAN	Mano a Mano Staff	levi@manoamanofc.org
Silverton	ENG	Jan Holowati	janh@wavecable.com
Stayton	ENG	Lisa Gruber	FOF@wvi.com

## Our participants say it best:

### From our youth:

- "I learned to deal with peer pressure."
- "I realized my parents have stress too."
- "My parents love me."

### From our parents:

- "I learned to listen to my child and their feelings."
- "I can set rules and consequences and still show love."
- "This is the first time since my son was born that my husband and I have been on the same page."



# Woodburn Community Health Initiative

## *Keep Your Ears to the Ground, Woodburn!*

The Marion County Health Department in collaboration with Woodburn Pediatric Clinic, OSU Extension Services, the City of Woodburn's Parks and Recreation, Woodburn School District, and Others are pleased to announce the roll out of the Woodburn Community Health Initiative; a broad and unique approach to empowering the citizens of Woodburn to eat healthy and live active. With the financial support of Kaiser Permanente Northwest, we're working to create opportunities to support individuals in taking the next step toward decreasing their likelihood of chronic disease by increasing physical activity and improving knowledge of nutrition.

Most recently, the Woodburn Community Health Initiative is proud to report that within the next couple of weeks outdoor exercise equipment meant as enhancement for Legion Park will be ordered. Make sure to check back during the summer months for news about installation and come get your workout on at Legion Park. Also, as the sun makes it way out, we're headed to the streets to undertake the fun challenge of conducting walkability assessments to create walking groups in Woodburn.

Are you interested in participating in a walking group in your neighborhood, maybe even leading one? How about getting more information about the utilizing the soon to be enhanced Legion Park? Perhaps, you're ready to take a nutrition class or increase your physical activity with the support and encouragement of your physician? If you said yes or maybe to any of the above, please start to ask around at our Woodburn Community Health Initiative partners contact Angela at [AParada@co.marion.or.us](mailto:AParada@co.marion.or.us) or call 503-981-2491 for more information.



## *Safety Tips*

Be alert! Now that Daylight Savings Time has started, be safe. In the darker mornings, turn with care! Look twice for people walking or biking before making a turn.



## *Fast Facts*

- Want to know the secret to a happy life? Walking can reduce depression and anxiety!
- On average, a 20-minute walk can burn 100 calories! Where can you walk to instead of driving?
- 60% of car pollution happens in the first few minutes after you start your car. Try walking or biking for short trips!
- Did you know that every intersection is a crosswalk, even if it's unmarked? If you're driving, stop for people in crosswalks.



# Tobacco Prevention & Education Program

*Strategies for Policy And enviRonmental Change, Tobacco-Free (SPARc Tobacco-Free) Grant*

We are proud to announce that the Tobacco Prevention and Education Program (TPEP) has secured a grant from the Oregon Health Authority to fund work in the tobacco retail environment. Policies that affect the tobacco retail environment include rules around free samples, price discounts and coupons, restrictions on new retailer locations like near schools or parks, self service and mobile tobacco vendors, and posting health warnings and quit information in tobacco retail locations. Most important, however is the implementation of a tobacco retail licensing system.

The retail environment is an area of critical importance for tobacco control. In Oregon, a business or individual does not need a license to sell tobacco, unlike businesses who wish to sell alcohol, Christmas trees, or food. This unregulated landscape of tobacco retailers across the state has contributed to Oregon having the highest sales of tobacco sales to minors in the nation at 22% - meaning more than 1 in 5 retailers sells to those under 18. This sets a dangerous precedent of addiction in our young people.

Marion County will be partnering with the Willamette Valley Community Health Coordinated Care Organization to perform a political readiness assessment among local jurisdictions that may be receptive to learning about and passing policies within the tobacco retail environment.

We look forward to working with our partners in this very important work!

## Reminder: New Smokefree Rules

As of January 1, 2016 new rules have been added to the Indoor Clean Air Act, also known as the Smokefree Workplace Law. As of January 1, e-cigarettes and other inhalant delivery systems may not be used in workplaces, restaurants, bars and other indoor public places in Oregon. Inhalant delivery systems are devices that can be used to deliver nicotine, cannabinoids and other substances, in the form of a vapor or aerosol. These include e-cigarettes, vape pens, e-hookah and other devices.

If you or your business needs updated signage reflecting the new rules, call (503) 566-2901 or downloaded signs at:

<https://public.health.oregon.gov/PreventionWellness/TobaccoPrevention/EducationalResources/Pages/index.aspx>



“When I decided to quit tobacco, the **Quit Line** helped me make a plan and stay strong.”

The Oregon Tobacco Quit Line is free and available to all Oregonians

- The Quit Line is now open 24/7
- Call: 1-800-QUIT-NOW (1-800-784-8669)
- Call: Español: 1-855-DEJELO-YA
- Register online:

[www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)

You can quit. We can help.

# NO SMOKING OR VAPING WITHIN 10 FEET



Under Oregon's Indoor Clean Air Act this business is smoke, aerosol and vapor free (ORS 433.835-870, effective January 1, 2016). Smoking, aerosolizing or vaporizing of inhalants is not allowed within 10 feet of building entrances, exits, windows, accessibility ramps and air intake vents.

**For information and complaints:**

1-866-621-6107 or <http://healthoregon.org/morefreshair>

**Want to quit smoking?**

1-800-QUIT-NOW (800-784-8669) or 1-855-DEJELO-YA (Español).

