



# 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 share ways 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.

### Inside this issue:

### Welcome: Michelle Bangen

#### WELCOME

Team News 1

Michelle Bangen joined the Prevention team in August as a Mental Health Promotion and Suicide Prevention Coordinator. Michelle has a Master's in Public Health (MPH) from The Ohio State University and is a Certified Health Education Specialist (CHES).



#### SUICIDE PREVENTION

OCT 13TH: Out of the Darkness Walk 2

Before coming to Marion County, Michelle oversaw the sexual violence prevention efforts at Oregon State University and supported the Prevention and Wellness department as their associate director. With more than 10 years as a health promotion and prevention practitioner, Michelle has a great deal of experience in developing, implementing and assessing innovative, evidence-based and culturally responsive prevention and health promotion programs. She has participated in and lead research and assessment projects, contributed to publications that advance the field of prevention, and held leadership roles in national, state and regional professional organizations.

#### YOUTH ENGAGEMENT

NOV 3RD: I LEAD Youth Leadership Summit 2018 3

Michelle is from Ohio. She and her family have lived in Oregon for 3 years and they enjoy weekend hikes, paddle boarding, checking out waterfalls and downhill skiing. Michelle is excited to get to know and work alongside the many wonderful community agencies to collectively promote positive mental health and prevent suicides in Marion County.

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Youth, Teacher, and Parent Resources at www.NaturalHigh.org 5

#### P. GAMBLING PREVENTION

### Welcome: Michael Keuler

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Michael Keuler joined the Prevention team in August as a Problem Gambling and Substance Use Health Educator. He has a Bachelor's degree in Community Health Education from Western Oregon University.



#### TOBACCO PREVENTION

E-Cigarettes & Youth 8

Before joining the team, Michael interned at Polk County Public Health supporting public health accreditation and community events, and worked as an AmeriCorps\*VISTA at Yamhill County Public Health building capacity for worksite and community wellness, and building community partnerships. He was also a Quality Improvement and Event Coordinator with Color Vibe, a 5k color fun run company. Michael has been a leader of various events and projects in the Willamette Valley and throughout the United States, Canada, and Australia. He is excited to work with various community partners and bring his program and project leadership to Marion County.

### Contact Us:

(503) 566-2901

[www.co.marion.or.us/](http://www.co.marion.or.us/)

[HLT/PH/PS](#)



Michael was born and raised in Salem, and enjoys backpacking, rock climbing, travelling, and playing fetch with his three dogs Weezer, Finnley, and River. He is excited to join the prevention team!



# Suicide Prevention

## Walk to Fight Suicide



Salem Out of the Darkness  
October 13th 2018  
Free registration!

**Register Today!**  
[afsp.org/SalemOR](http://afsp.org/SalemOR)



American Foundation for Suicide Prevention



Marion County Health and Human Services is a proud sponsor of the **Out of the Darkness Walk** on **Saturday, October 13th**. Come walk with us at the **State Capital Steps** at **9 am** in support of suicide prevention, loss survivors, research, and education. Visit our booth to learn what we're doing to reduce suicide and help those struggling with suicidal thoughts in Marion County. Go to [www.AFSP.org/SalemOR](http://www.AFSP.org/SalemOR) for more information or to sign up today.



# Youth Engagement

10th Anniversary Party!!

# I LEAD

BRAIN **MATTER**  
I **MATTER**  
YOU **MATTER**  
WE **MATTER**



FOR MORE INFO:  
[WWW.CITYOFSALEM.NET/YOUTH-FAMILIES](http://WWW.CITYOFSALEM.NET/YOUTH-FAMILIES)  
[FACEBOOK.COM/ILEADOREGON](https://FACEBOOK.COM/ILEADOREGON)



COPE WITH LIFE  
HELP OTHERS  
WHAT IS TEEN MENTAL HEALTH?  
NOT TABOO TO TALK ABOUT IT  
HOPE AND UNDERSTANDING  
RESOURCES  
FOR HIGH SCHOOL ONLY

YOUTH LEADERSHIP  
SUMMIT 2018

SATURDAY, NOV. 3RD  
9AM-9PM

**NEW!** DORIS J. WIPPER TEEN CENTER  
1395 SUMMER STREET NE,  
SALEM, OR

\*FREE EVENT\* MEALS\* TSHIRTS\*  
\*TRANSPORTATION PROVIDED\*  
\*SPEAKERS\* WORKSHOPS\* ROCKWALL\*  
\*DESSERT FOOD TRUCK\* ROCK-PAPER-SCISSORS  
TOURNAMENT\* TEAM CHALLENGES\* DANCE\* & MORE!

Marion County Health and Human Services is a proud partner of the **I LEAD Youth Leadership Summit** on **Saturday, November 3rd**. High School students are encouraged to attend this **FREE** event at the **Doris J. Wipper Teen Center** from 9AM-9PM to learn about personal and professional development, effective communication, prevention and awareness, and goal setting. Go to [www.CITYOFSALEM.net/Youth-Families](http://www.CITYOFSALEM.net/Youth-Families) for more information or to sign up today.



# Youth Engagement

## Teen Risk in the Headlines: What can you do to support youth today?

by Dr. [Jennifer Salerno](#), Possibilities for Change

A rise in suicide rates among youth, widespread incidence of sexual abuse on college campuses, and an increase in risk-related driving fatalities...what do these have in common? They all made recent headlines on the evening news in a single day!\*

The relentless daily onslaught of risk related headlines can be overwhelming even paralyzing. It can feel impossible to affect change in the youth we work with on issues so important – as achievable as solving world hunger or peace. **How can we make a meaningful difference against the deluge of complex, inter-related issues – across an entire population of young people?** It's true, you alone can't solve it all – but **together if each of us takes a single step or action – we can make that *meaningful, measurable, difference.***



### Here's What You Can Do:

**BE A TRUSTED ADULT** – Did you know that having a trusted adult is one of the biggest factors in reducing risk among youth and young adults? You don't have to see them every day, you don't have all the answers, you just need to be there in the moment and ask the important questions!

**LEARN THE LINGO** – Teens can be intimidating. And let's be honest, at times that extends from the earliest ages of adolescence (9-11 year olds) to college-age. There are some time-tested, science-based tips and tricks you can learn to more effectively communicate with youth. Check out this [video on adolescent-specific motivational interviewing in action](#) and visit our new website to [learn more Teen Speak](#).



**START THE CONVERSATION** – 75% of deaths in youth are related to risky behaviors; yet only 21% of organizations use a standardized risk screening tool. Why the disparity? Lots of possibilities – it's an uncomfortable topic to broach, limitations on time and resources, or you just may not know how to respond when risks are identified. For insight on what you should look for in standardized, youth-specific assessment tool check out our [assessment checklist](#). And to learn more about the RAAPS risk identification and reduction system (which was created specifically to overcome all of these barriers and more) visit [Possibilities for Change](#).



# Youth Engagement

Resources for Teachers, Parents, & Youth to stay Substance Free

## CHECK OUT

[WWW.NATURALHIGH.ORG](http://WWW.NATURALHIGH.ORG).

Here are a few things from their website to get your interest. Videos, skill building, conversation guides—perhaps something will work for you as a parent, teacher or caring adult.

Research shows that if young people are directly engaged around the issue in a compelling way by people they look up to and trust they are much less likely to choose drugs and alcohol. In fact, if middle schoolers choose not to consume drugs and alcohol, they are 14x less likely to ever become addicted.

At Natural High, we know that the change we want starts with engaging young people on their terms — through compelling stories told by people who they look to as examples. We are committed to telling these stories and to providing resources so that youth are empowered to make good choices and live life well.

We engage influencers, educators, and peer groups to help young people discover those core activities in their lives that uplift, inspire, and motivate them — to find their 'Natural High' rather than use alcohol or drugs.

We provide content and action steps that are easy, fun, and effective. We share materials for free and encourage our community to use us as an ongoing resource with no associated costs. Our curriculum meets Common Core standards. Follow the link to Natural High and to the [Six basic principles](#) that guide everything that we do.



We all want our youth to thrive. At Natural High we do this by protecting them on the outside and igniting their passions on the inside. The way to protect them is to delay or prevent drug use. There is no single formula. Instead, we have identified a series of preventative factors, what we call the six principles of Natural High. We teach these in a language our youth understand, through the art of storytelling.

These protective measures include tools for the family, school programs, and community.

Natural High offers easy, effective, and fun ways for a community of educators, mentors, and parents to deliver these protective measures in a relevant way for today.



# Problem Gambling Prevention

## 2018 Highlights

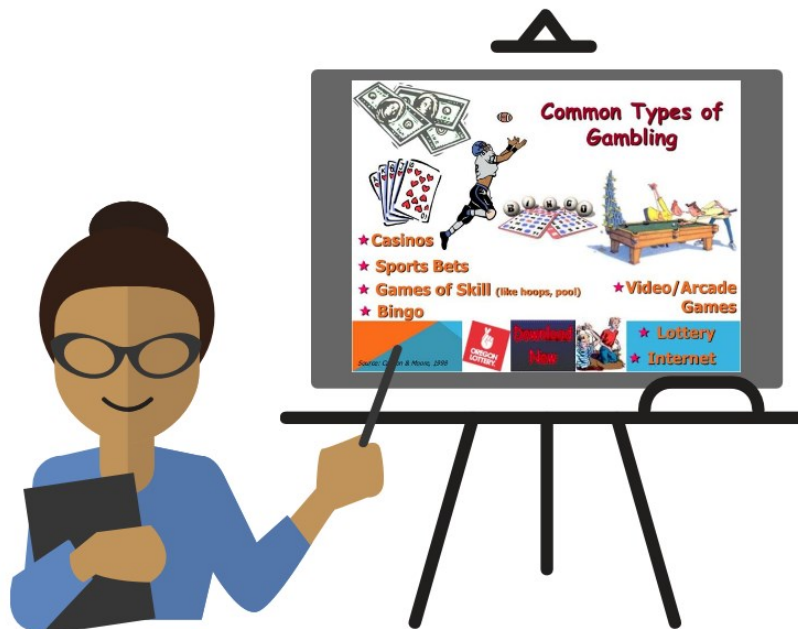
Oregon is a recognized leader in the US and abroad in problem gambling prevention and treatment. In our community, Marion County Health Educators have had several successes that we would like to highlight:

### *In the Schools:*

- Provided nearly two dozen engaging classroom presentations to over 500 middle school students about the facts of problem gambling and how it can become an addiction
- Led the statewide Problem Gambling Awareness Art Search
- Provided technical assistance and resources to middle school health classes

### *In the Community:*

- Provided presentations and technical assistance to seniors at retirement communities
- Provided technical assistance and resources to workplaces
- Advocated for problem gambling prevention and treatment through social media posts, newsletter articles, and advertisements in local movie theaters





# Problem Gambling Prevention

## Successes

From the middle school classroom presentations, 84% of students reported an increase in knowledge about problem gambling. 30% of students who were worried about someone with a possible addiction got additional information.

In the community, social attitude changes and prevention efforts around problem gambling have resulted in a decrease in gambling among adolescents and adults since 1997. Additionally, with an increase in the opportunity to gamble over the years, the rate of problem gambling has not changed much in Oregon, unlike other states. These successes are proof that problem gambling prevention is an asset to the community, but the work does not stop there.

## Challenges

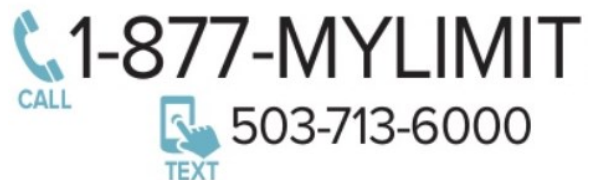
Problem gambling will continue to be an issue. Upcoming challenges include increasing opportunity to gambling, mobile phone gambling apps, and deregulation of sports gambling nationally. To meet these challenges, we will continue to provide classroom education and provide assistance to the community. Additionally, Marion County Health Educators will be working with community partners to assess how ready we are to tackle problem gambling challenges.



## Resources

Would you like technical assistance or a presentation in your workplace, classroom, or community? If so, please contact us at [MCHDPrevention@co.marion.or.us](mailto:MCHDPrevention@co.marion.or.us).

Anyone struggling with a gambling problem can call Oregon Problem Gambling Resource at **1-877-MY-LIMIT** or text **503-713-6000**.





# Tobacco Prevention



**TEACHERS AND PARENTS:**  
That USB Stick Might Be an *E-cigarette*



E-cigarettes are the most commonly used tobacco product among U.S. middle and high school students.



Some e-cigarettes don't look like tobacco products, so some kids use them unnoticed in schools, including in classrooms and bathrooms.



An increasingly popular e-cigarette, called JUUL, is shaped like a USB flash drive.



JUUL delivers a high dose of nicotine. Nicotine is highly addictive and can harm adolescent brain development.



**TOBACCO PRODUCT USE IN ANY FORM, INCLUDING E-CIGARETTES, IS UNSAFE FOR YOUTH.**

**LEARN MORE** about the risks of e-cigarettes for youth and access tips for talking to youth at: <https://e-cigarettes.surgeongeneral.gov/resources.html>



**SMOKEFREE oregon**

When you're **ready to quit** tobacco, call 1-800-QUIT-NOW (1-800-784-8669) or go to [www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)

**“My Quit Coach didn't judge me. She had used tobacco and knew what I was going through.”**

The Oregon Tobacco Quit Line's Teen Program is free to Oregonians 13 years and older. Connect online or by phone.

**You can quit. We can help.**

Call 1-800-QUIT-NOW (1-800-784-8669) or go to [www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)



**SMOKEFREE oregon**

Quando **decidas de dejar de fumar**, llama al 1-855-DEJELO-YA (1-855-335356-92) o visita a [www.quitnow.net/oregonsp/](http://www.quitnow.net/oregonsp/)