



# Prevention Pieces



Quarterly News

## Welcome to Our Newsletter The Marion County Prevention Team

Volume 3  
Fall 2014

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.



## Spotlight Marion County Prevention Team!

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### Meet our newest team member!



Welcome Julia Humphreville

Julia received a Bachelor of Arts in Global Communications from Roger Williams University in Rhode Island in 2013. She has volunteered in Costa Rica saving endangered Olive Ridley Sea Turtles as well as volunteering as a camp counselor to young girls struggling with their body image and weight management issues. As an AmeriCorps VISTA (Volunteer in Service to America) this is her first time in the Northwest and exploring the public health field.

She will be participating in the development and implementation of a sustainable local community health improvement plan to promote health in the Santiam Canyon region of Marion County. She will also be working on coordinating a staff inservice on Poverty Simulation during the fall to increase poverty awareness and other projects, such as Girls on the Run. (an inspiring program aimed towards girls grades 3-8) She is excited about the many endeavors coming her way.



# Teen Pregnancy Prevention



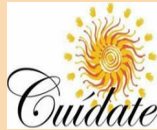
Teen Pregnancy rates are dropping... Keep the momentum going!



**F**all is here and youth are headed back to class. Our Marion County Prevention Team continues to implement Cuídate, a culturally-based comprehensive sexual health education program to reduce HIV and teen pregnancy among Latino youth. It's easy to schedule a youth workshop for your group, classroom, or youth leadership team. *Best of all, it's Free!* Contact the Cuídate Coordinator at [MCHDPrevention@co.marion.or.us](mailto:MCHDPrevention@co.marion.or.us) for details.

## Cuídate Training of Facilitators

Sep 29, 30 & Oct 1st



Silverton Health: Woodburn Health Center  
1475 Mt. Hood Ave, Woodburn

Trainers Lindsey Weaver, MPH & LaShonda Eller, MPH  
Oregon Public Health Division, Office of Adolescent Sexual Health



**M**arion County is proud to host a Training of Facilitators for Cuídate programs. As demand for our programs grows in community groups and classroom settings, we are building capacity by training interested teachers and community partners to be program facilitators. With assistance from Marion County Staff, these men and women will be able to increase numbers of Latino youth reached, and assist us in planning for sustainability beyond grant funding.

Many thanks go out to our State Cuídate Project Coordinators for providing their time and expertise to conduct the training and organize logistics. We look forward to welcoming our partners from Marion County, and elsewhere to the training. For more information and registration details, contact Susan at [MCHDPrevention@co.marion.or.us](mailto:MCHDPrevention@co.marion.or.us)

### 2014 Polling Data

**New!**

**Virgin Territory: What Young Adults Say About Sex, Love, Relationships, and The First Time**  
*(Click the box below to download)*

**69%** Among young adults age 18-24, say it is acceptable for someone their age to be a virgin.



**The National Campaign**  
to Prevent Teen and Unplanned Pregnancy



# Tobacco Prevention and Education Program

## Get to know Marion County TPEP and how it can help you

The mission of The Marion County Tobacco Prevention and Education Program (TPEP) is to reduce the negative effects of tobacco use in our community. Here are just some of the ways TPEP works to accomplish this:

**Community Partnerships:** TPEP partners with individuals, public and private organizations and businesses to provide technical assistance in implementing smoke free policies for workplaces, outdoor dining areas, rental housing, parks, outdoor events and more. TPEP can often help with signage or communication materials to assist with policy implementation and enforcement.

**Tobacco Cessation:** TPEP promotes tobacco cessation by offering at no charge, promotional resources for the Oregon Tobacco Quit Line, such as cards, brochures and posters. TPEP can also help set up a referral system for organizations that would like to have a way to refer their clients to the Quit Line. In addition, TPEP maintains a list of free and low-cost cessation resources available in Marion County.



**Outreach and enforcement of Oregon's Smokefree Workplace Law:** TPEP has available at no charge 'No Smoking Within 10 Feet' decals as well as brochures and break room posters. If you are interested in any of the above resources, or have questions about tobacco use in Marion County, contact TPEP and they will be happy to assist you!



## Putting Prevention Science into Action... Reward & Reminder



Did you know that most smokers start smoking as youth? The Centers for Disease Control report that 9 out of 10 smokers started smoking before the age of 18 years. Studies have shown that if tobacco is difficult to get, kids are less likely to use it and become addicted.

To help reduce access of tobacco for youth, the Marion County Prevention Team started using Reward and Reminder, a positive reinforcement campaign to promote the community norm of NOT selling tobacco to minors. Volunteer youth and adults visit stores and attempt to purchase tobacco. When the clerk refuses to sell tobacco to the minor, they are "rewarded" with a small gift. If the clerk attempts to sell the tobacco, the clerk is handed a "reminder" to check IDs. No citations are issued.

By June, 2015, every tobacco retailer in Marion County should receive a reward or reminder of the importance of keeping tobacco out of the hands of minors.

*Thank you to the volunteers and businesses who have donated rewards to make this program possible (including Marion County Sheriffs Office Cadet program, Jamba Juice, Limeberry, Silvercreek Lanes, Subway, Town and Country Bowl, and Woodburn lanes.) Interested in volunteering or sponsoring rewards? Please email [MCHDPrevention@co.marion.or.us](mailto:MCHDPrevention@co.marion.or.us)*

**For more information, contact Marion County Tobacco Prevention and Education Program, call 503-566-2901 or visit <http://www.co.marion.or.us/HLT/PS/TPEP/>**



# Problem Gambling Prevention

**CALLING ALL TEACHERS — Welcome to the 2014-15 School Year!**



Did you know that problem gambling prevention curriculum and supplementary materials are readily available and free for local elementary, middle and high school teachers? These include interactive games, videos, and activities designed to easily plug in to your existing curriculum to help youth understand the risks of gambling and encourage responsible decision making. Teachers will find many options suitable for students of all levels, whether the subject matter is health, social science, math, or even civics. A few examples:

## Teen Gambling: It's a Risky Deal!



### Middle School Video with Discussion Guide

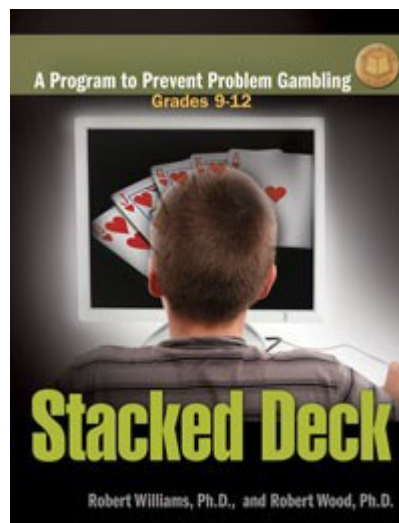
Whether this video is used in middle school classrooms, youth settings, or at home, rest assured it will start the conversation in a fun way.

Contact Lisa Miller at

[lmiller@co.marion.or.us](mailto:lmiller@co.marion.or.us) for information on how to integrate

problem gambling prevention into existing curriculum and classwork.

## STACKED DECK



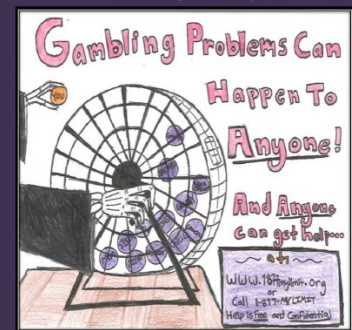
### Problem Gambling Prevention Curriculum for High School Students

A 5-6 interactive lesson covering the history of gambling; true odds and “house edge”; gambling fallacies; signs, risk factors, and causes of problem gambling; and skills for good decision making and problem solving.

## Problem Gambling Prevention Middle School Art Contest

36% of 8<sup>th</sup> graders report gambling in the last 30 days\*

\*2012 Marion County Student Wellness Survey



Artwork by Kaylee Smith, 8th grade, Mt. Angel Middle School

**PROBLEM GAMBLING IS REAL.  
HELP IS AVAILABLE.  
CALL 1-877-MY LIMIT or VISIT [1877mylimit.org](http://1877mylimit.org)**

- Open to all 6-8th grade students
- Prizes for county winners
- Cash awards for top state awards
- A chance for student artwork to be included in the statewide calendar

If you or someone you know thinks they may have a gambling problem,  
call 1-877-mylimit or visit [www.mylimit.org](http://www.mylimit.org)  
for free, confidential treatment options.

# Alcohol & Drug Prevention



## Kicking off the School Year: Supporting School Success



Every child's needs are different, but by supporting academic success at home, you'll be helping your child succeed in school—and life! Consider these tips.

- Instill good study habits,
- Instill a love for reading,
- Instill a commitment to learning.



Discover our 9 Parenting Strategies for raising successful kids!

<http://www.parentfurther.com/>

### Here are a few "Everyday Tips" from Parent Further..

- **Start at Home:** School success starts at home. Create a homework center, a specific area in the house (such as an office desk or the kitchen table) where your child can do homework each evening. Make sure that it's stocked with enough supplies, such as pencils, erasers, paper, a folder or two, and a calculator.
- **Do:** Sit with your kids when they're doing homework. If you have work you need to do for your job, bills to pay, or some other project, do it while your child is doing her homework, and let her know that even adults have homework. Model what it takes for school success by staying focused and not leaving until you've accomplished what you set out to do.
- **Encourage Critical Thinking:** Help your child with his homework, but make sure that you're not doing it for him. Your role is to help him succeed in school by asking questions, giving examples, and assisting him in learning concepts, not giving him the answers. Critical thinking skills are crucial for doing well in school at every age.
- **Stay Involved:** Work with high school counselors, teachers that know your child well, and your teenager to create an academic schedule from ninth to twelfth grade that challenges her and deepens her school success skills. **Do:** Keep your teenager growing (without boring or placing too much pressure on her) so that she gradually masters skills that will be useful for doing well in school and beyond. After each semester, talk with your teen and make necessary adjustments to the schedule to make sure that it is still appropriate.
- **Interests are Important:** Encourage your kids to find books that excite them. Don't overlook graphic novels, comic books, magazines, or other types of reading that may not interest you, but interests them. The point is to keep them reading, which promotes school success. Talk to them about what they're reading on their own and in class, and ask which books they like and what they're learning.
- **Remember intelligence is not fixed:** Effort and persistence when facing challenges are important characteristics of a successful student. Tell your child, "smart is not what you are; smart is what you work to become."

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

[www.facebook.com/MarionCountyHealth](http://www.facebook.com/MarionCountyHealth)

**Connect With Us!**



@MarionCo\_Health



# Alcohol & Drug Prevention



## Parents Corner: Building Strong Family Connections

# STRENGTHENING Families PROGRAM for parents and youth 10-14



### 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

### **New Sites! STRENGTHENING FAMILIES PROGRAM (SFP)**

with *Question, Persuade and Refer (QPR)* suicide prevention component coming soon to a location near you!

Congratulations to our newest Strengthening Families Program locations! Fifteen mini-grants have been awarded to community groups to expand program offerings throughout the community. These sites join our existing providers to offer classes in many diverse communities spread throughout Marion County.



**Cindy Fincher,  
SFP Master Trainer**

Marion County Prevention Team is hosting a free **Training for Facilitators** in the Strengthening Families Program. Priority will be given to representatives from groups who have received mini-grant funding to implement SFP. Other interested participants are welcome as space allows.

Training will be conducted in Salem on Oct 10-11 from 8-5 both days. We are excited to welcome back Cindy Fincher who brings her enthusiasm and a wealth of program experience to pass on to new facilitators.

Contact Lisa Miller with questions or to register at [lmiller@co.marion.or.us](mailto:lmiller@co.marion.or.us) or 503-981-2461



# Alcohol & Drug Prevention

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

**2014-15 Program  
Locations**



Class Location	Site Coordinator	Contact Information	Language	Approx Dates (if known)
Washington Elementary, Salem	Fabiola Camacho	fabiolacamacho@fhdc.org 503-315-2289	Spanish	<b>Fall 2014 beginning THUR Oct 23</b>
Northgate Learning Center, Salem	Fabiola Camacho	fabiolacamacho@fhdc.org 503-315-2289	Spanish	Winter 2015
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	Fall 2014
Grant Community School, Salem	Terra Naught	Naught_terra@salkeiz.k12.or.us 503-399-2258	Spanish	Fall 2014
Parrish MS, Salem 2 series	Amanda Anundi	anundi_amanda@salkeiz.k12.or.us 503-399-3210	English	Fall 2014 Spring 2015
Judson MS, Salem 2 series	Lisa Pierson	pierson_lisa@salkeiz.k12.or.us 503-399-3201	English	Fall 2014 Spring 2015
Claggett Creek MS, Keizer 2 series	Sheila Morales	Morales_Sheila@salkeiz.k12.or.us 503-399-3701	English	Fall 2014 Spring 2015
Howard Street MS, Salem	Christina Tracy	TRACY_CHRISTINA@salkeiz.k12.or.us 503-399-3408	English	<b>Fall 2014 beginning THUR Oct 23</b>
First Free Methodist Church, Salem	Kaleb Herring	kaleb@salemfirst.com 503-383-2920	English	<b>Winter 2015 beginning WED Jan 28</b>
Stayton MS, Stayton	Lisa Graber	fof@wvi.com 503-508-3117	Spanish English	Spring 2015
Jefferson MS, Jefferson	Susan Williamson	Jefferson.Together@jefferson.k12.or.us 541-327-3337 X 237	English	Winter 2015
Old High School, Silverton	Jan Holowati	janh@wavecable.com (503) 873-0405	English	Winter 2015
Woodburn	Rhonda Judson	dnrjudson@gmail.com	Spanish	TBD
TBD	Matthew Rawlins	rawlins.matthew@gmail.com	English	TBD

If you are interested in getting involved as a member of the facilitator team, or as a participating family, contact the site coordinator of the community/area that is closest to you for registration details. They can also keep you up to date as dates are confirmed. (This chart was last updated 9/18/14 at time of publishing)



# Alcohol & Drug Prevention



## Mark Your Calendars

### The 9th National Prescription Drug Take Back Day Saturday, September 27, 2014 10:00 am - 2:00 pm



Be Aware. Do your Part.

**Got Medicine?** Many people are surprised to discover the amount of unused prescription drugs and over the counter medicine that have accumulated in their own home over time. Through a "Drug Take Back Program" you can properly dispose of expired or unwanted prescription medications, unknown tablets or capsules, unwanted over-the-counter medications and veterinary medications.

On Saturday, Sept 27, you can turn in expired or unused medicine to a drop-site nearest you **FREE** and **ANONYMOUSLY!** [Click for a link](#) to participating sites

*Each member of the community has a vital role to play*

#### What to Bring

- Expired or unwanted prescription medications
- Unneeded over-the-counter medication
- Drugs that didn't work for you, a family member, or pet
- Drugs that are no longer used
- Medication from deceased family members
- Unknown tablets and capsules

#### Where to Participate

##### 3 Salem/Keizer Locations:



**Keizer Schoolhouse Square,  
River Rd/Chemawa**



**Salem Roths on Lancaster**



**Salem Civic Center Peace  
Plaza, Commercial St**

#### What NOT to Bring

- Thermometers
- Needles/syringes
- Medical waste of any type
- Over the-counter items that are not medicines
- Bathroom Products (shampoo, hair spray, deodorant, and other hygiene products, etc.)
- Bug repellent, leaking liquid containers and nutritional products, etc.

### What Can You Do?

#### Check Your Own Medicine Cabinet

How are prescription drugs stored in your home? Always lock up prescription drugs. **Do not share your prescription drugs with anyone! Ever!**

**We know that 70% of all prescription drugs that end up in the blood streams of our children come from family or friends.**

Keep prescription drugs out of reach of children and teens. This will help reduce easy access.

Stop by one of the Salem/Keizer locations during **Drug Take Back Day** and

**ENTER TO WIN A FREE DIGITAL SAFE!**

While dropping off unused and unwanted medications, enter to win a digital safe to secure items in the home including prescription drugs.







# Chronic Disease Prevention

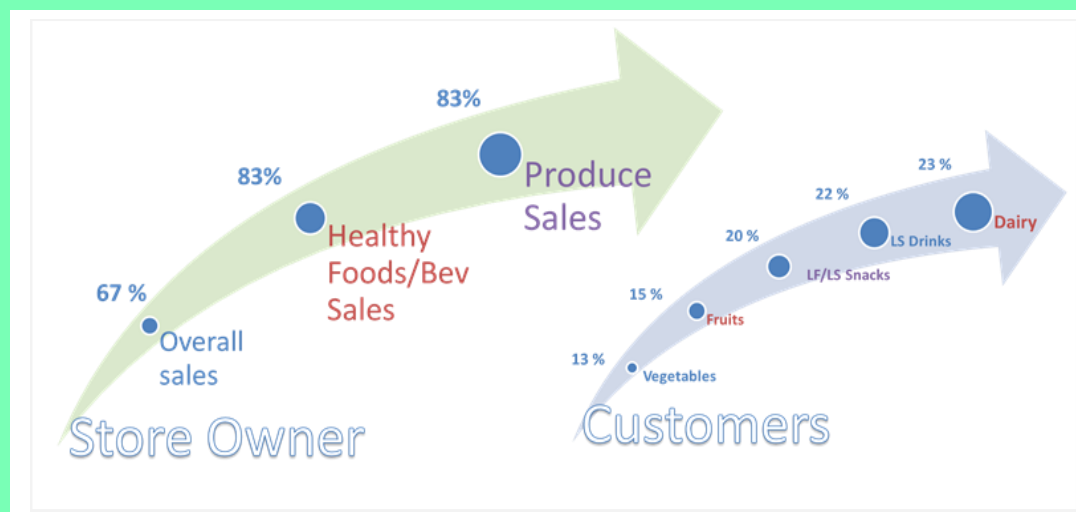
## Cornering Change: A look at the Marion County Healthy Corner Stores Project



Since October 2011, the Marion County Health Department has been working with a handful of local corner stores in its Healthy Corner Stores Initiative (HCSI). During the past three years, HCSI has implemented environmental change through establishing standards and policies that ensure that healthy foods and beverages are available in corner stores. These standards include the expectation that healthy corner stores are to stock fresh produce and other healthy products, will display healthy corner store marketing materials, and will participate in social marketing opportunities to help shift community norms towards healthier eating. The program, funded by Kaiser Permanente, is now wrapping up its 3rd year and is currently evaluating its impact. As a preliminary summary, HCSI has:



In addition, surveys administered at participating stores when they first agreed to be part of the program and one year after implementation have shown increases in both store owners' perception of sales and customers purchasing behaviors (see figures below).



Other measures are currently being analyzed and will be presented at the annual Oregon Public Health Association's 2014 conference in October, so stay tuned!

Remember to thank your local corner store for participating in HCSI and helping Marion County residents have greater access to healthy foods!

This year's National Food Day is October 24<sup>th</sup>, 2014. The focus for this day is to prioritize issues related to food justice and to envision "food that is healthy, affordable, and produced with care for the environment, farm animals and the people who grow, harvest, and serve it." There is no better way to celebrate than by visiting your local corner store!

For more information on the Initiative or to contact the HCSI team, visit the HCSI website at

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



# Other Health Department News

## Connecting with the Community...



### The 2014-2015 Flu Season has Arrived

Influenza (“flu”) is a serious contagious disease that spreads around the United States every winter, usually between October and May. Flu can make some people much sicker than others. These people include young children, people 65 and older, pregnant women and people with certain health conditions such as, heart, lung or kidney disease nervous system disorders, or a weakened immune system. It is estimated that on average, more than 200,000 people in the United States are hospitalized each year for respiratory and cardiac-related illnesses associated with seasonal influenza virus infections. This is why it is recommended that all persons aged 6 months and older get vaccinated against the flu annually.



### Why Get Vaccinated?

- Influenza (the flu) can be a serious disease that can lead to hospitalization and sometimes even death.
- Anyone can get very sick from the flu, including people who are otherwise healthy.
- You can get the flu from clients and coworkers who are sick with the flu.
- If you get the flu, you can spread it to others even if you don't feel sick.
- By getting vaccinated, you help protect yourself, your family at home, and the community.

### Influenza (Flu) Facts



**People with flu can spread it to others.** Flu is spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are up to about 6 feet away or possibly be inhaled into the lungs. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose.

**Flu vaccines CANNOT cause the flu.** Flu vaccines that are administered with a needle are currently made in two ways: the vaccine is made either with a) flu vaccine viruses that have been ‘inactivated’ and are therefore not infectious, or b) with no flu viruses at all (which is the case for recombinant influenza vaccine). The nasal spray flu vaccine does contain live viruses. However, the viruses are attenuated (weakened), and therefore **cannot cause flu illness**.

**Flu vaccines are safe.** Serious problems from the flu vaccine are very rare. The most common side effect that a person is likely to experience is either soreness where the injection was given, or runny nose in the case of nasal spray. These side effects are generally mild and usually go away after a day or two.

For more information or questions about the flu, call Marion County Health Department Immunizations Program at (503) 588-5342.

If you have questions or comments, please contact any member of the prevention team at [MCHDPrevention@co.marion.or.us](mailto: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