

PREVENTION QUARTERLY

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Five Uinta County Schools Participate in Red Ribbon Week Poster Contest

Citizens of Uinta County joined millions of concerned students, professionals and activists across the United States in promoting Substance Abuse Prevention during Red Ribbon Week. In Uinta County many students participated in a county-wide poster contest based on the theme "I Have Better Things to do Than Drugs." Students drew pictures of activities they participate in that keep them safe from drugs, such as: riding a horse, jumping on a trampoline, reading, swimming, playing basketball, etc. Winners were selected from each school grade by a group of prevention professionals. The winning posters may be viewed in many businesses in the county.

Aspen Elementary Winners: Rielly Bienhoff, Tianna Pierce, Kennedy Johnston, Falynn Mackey, Trenton Smith, Adan Mejla, Madison Wall, Alyssa Velasquez, Madison Hall, Kathryn Hoefler, Jessy Fraughton, Sarah Woody

Fort Bridger Elementary Winners: Mashayla Hurdsmann, Cheyenne Dunn, Lindsey Conrad, Shania Aimone, Madison Vit, Sabrina Henrie, Rachel Hovde, Bailey Lupher



This poster, by **Kaylee Clark** of Lyman Intermediate School is hung at Cornerstone Behavioral Health, in Evanston, Wy.

Lyman Intermediate School Winners: Kenny Cudney, Kaylee Clark

North Elementary Winners: Jamie Tomney, Morgon Crompton, Kagen Windley, Sydnee LaChapelle, Garrett Dearden, Cassidy Schreiner, McKinnon Dearden, Cody Windley, Aspyynn Arnell, Tyler Hammond

Urie Elementary Winners: Jacob Brumme, Lavina Alderette, Cortlin Condos, Cooper Haycock, Colton Hatch, Kaleigh Douglass, Preston Jackson, Lyndee Walker, Madison McCreath, Oakley Bluemel, Charles Lallatin, Terrall Collins



This poster, drawn by **Alyssa Velasquez** of Aspen Elementary, was hung at Arby's Restaurant in Evanston, Wy.

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Sponsored by a grant funded by the Wyoming Department of Health Substance Abuse Division.

The “New Legal High” for Teens

Did you know that the new legal ‘high’ for teens is over-the-counter cough suppressant? Your teen knows. One in four teens knows someone who has tried cough medicine, commonly called ‘Triple C’s’, to get high. Teens have discovered that they can get high by taking large doses of any OTC medicine containing dextromethorphan also called DXM, DM, cough

suppressant or Tuss. Medicines containing dextromethorphan are easy to find, affordable for cash-strapped teens, and perfectly legal. Getting access to the dangerous drug is often as easy as walking into the local drugstore with a few dollars or raiding the family medicine cabinet.

Recent research shows that one out of 11 teens from across the country

and of all backgrounds has abused cough medicine to get high.

Tips for Raising Drug-Free Teens

Parents who are successful in steering their teens away from drugs, carefully monitor their teen’s activities. Parents should ask where their teen is going, what they are doing, and with whom they are spending time. Parents should also keep tabs on their Internet use by using web browser tools and software.



What Parents Can do to Prevent Cough Medicine Abuse

- ◆ Research shows that parents are a major influence over their teen’s decision about whether to use drugs.
- ◆ Parents should educate themselves, communicate with their teens and carefully safeguard all medications.



Update from UCCAM

(Uinta County Combats Alcohol Misuse)

The State Prevention Framework-State Incentive Grant (SPF-SIG) has been approved to begin the following exciting programs in Uinta County!

- The Evanston Police Department and School Resource Officers now have 6 new portable breath machines which will assist in the detection of alcohol misuse.
- Keep your eyes open for a new Social Norming media campaign which will be developed in cooperation with Montana State University and will be presented to the county early in 2008.
- Additional prevention solutions and Science-Based research will be implemented to increase alcohol prevention and education in our community.
- SPF-SIG was also able to help fund the Character Counts Workshop/forum in October for school Administrators and Counselors in Uinta County.

Tobacco Education Task Force

Every year, smokers across the nation take part in the American Cancer Society’s Great American Smokeout by smoking less or quitting for the day on the third Thursday of November. The event challenges people to stop using tobacco and raises awareness of the many effective ways to quit for good.

The Uinta County Tobacco Education Task Force sponsored a “Going Cold Turkey Raffle” in conjunction with the Great American Smokeout on Thursday, November 15. Winners who pledged to be tobacco-free for at least one day were awarded a free turkey. The winners were Lindsay Record, Tara Mather, Jacquie Bryant, and Brent Gerrard.

For anyone who wants to quit using tobacco, Wyoming offers two free services to help you quit. The Wyoming Quit Tobacco program at 1-800-QUITNOW (1-800-784-8669) and Wyoming Quitnet at wy.quitnet.com.



THE EPIDEMIC OF SUBSTANCE ABUSE

Did You Know?

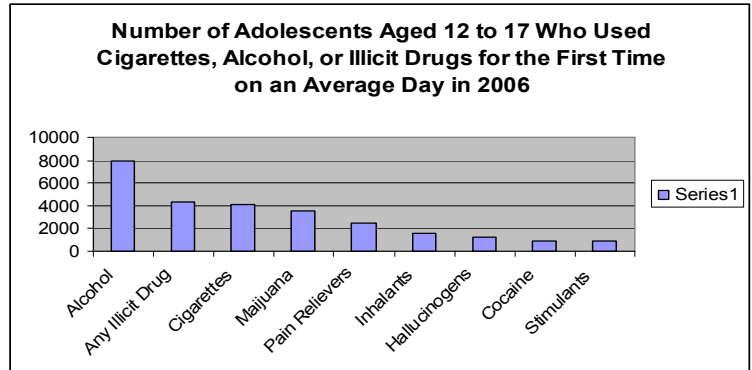
Each day in America:

7,970 adolescents drink alcohol for the first time

4,348 try illicit drugs for the first time




4,082 smoke cigarettes for the first time

Once introduced to these substances, these youth will possibly join hundreds of thousands of adolescents who use substances on a daily basis. The societal problems associated with such abuse drain our system of financial resources as well as diminish our workforce and America's ability to compete in a global economy.






The Solution is Everyone's Problem

Some successful efforts implemented in Uinta County in recent months

-  Implementation of a Smoke-free ordinance for enclosed areas in Evanston
-  Efforts by the UCCAM in purchasing breathalyzers for use by the Evanston Police Department and school resource officers.
-  Implementation of a drug-testing policy by Evanston High School for extra-curricular activities. Mountain View High School has previously implemented a similar program.

Additional policies which will help our community

-  Raising Alcohol Taxes and the price of alcohol will lead to a decrease in consumption
-  Passing Social Host Laws will hold noncommercial servers of alcohol (such as homeowners or parents) liable in the event that they provide alcohol to a minor or an obviously inebriated individual who later becomes involved in an accident that causes injury to a third party
-  Increasing the number of Compliance Checks will deter alcohol outlets from selling alcohol to underage customers and discourage youth from attempting to purchase alcohol.

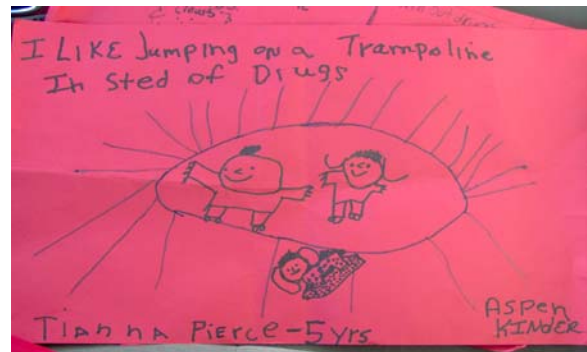
Update from the Uinta County Methamphetamine Coalition

The Uinta County Methamphetamine Coalition is a grass roots, non-profit organization providing education to the citizens of Uinta County, as well as other counties and States upon request, on the dangers of methamphetamine production, use and addiction. The Uinta County Methamphetamine Coalition also provides consulting services to other community groups, concerned citizens, employers and substance abuse counseling organizations as well as support for family members of addicted individuals in the fight against methamphetamine addiction. The Coalition also sponsors/directs an annual Tri-State Methamphetamine Conference in Evanston, Wyoming each September, which is open to the public.

Our Mission Statement is:

To promote the prevention of Methamphetamine use and abuse, through education, community awareness and cohesion, with an eye to the future of our children and a Meth free family, community, county, state and country."

For more information about this coalition contact:
L. Michael Johnson, Director, (307)783-1016



Winning poster by Tianna Pierce, Aspen Elementary

To learn more about prevention coalitions in Uinta County or for information or resources about Substance Abuse Prevention, please contact:

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*"An ounce of Prevention is worth a pound of Cure!"
--Ben Franklin*

UINTA COUNTY RESOURCES

| | |
|--|-------------------|
| Uinta County Methamphetamine Initiative | 783-1016 |
| Uinta County Tobacco Education Task Force | 789-7194 x 207 |
| Domestic Violence and Sexual Assault Assist Team | 789-3628 |
| Uinta County Public Health | 789-9203 |
| Community Youth Coalition | 789-7146 |
| Youth Opportunities Unlimited | 444-4968 |
| Youth Drug and Alcohol Court | 783-6328 |
| Meth Support Group | 679-3900/677-0760 |
| Al Anon | 789-9119 |
| Multicultural Resource Center | 789-8024 |
| Youth Alternative Home Assoc. | 789-1477/789-1551 |
| Uinta County 21 st Century Grant | 789-2212 |
| Uinta County Combats Alcohol Misuse | 789-6363 |

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Substance Abuse Prevention

Enjoy a snack while you read about prevention efforts in Uinta County.



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