

Tehama County Drug-Free Community Coalition



Spring/Summer
2017



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Coalition Hosts Communities Talk: Town Hall Meetings

Underage drinking and prescription drugs were the topic of two community-wide forums held at Red Bluff High School and Corning High School on April 4th and April 6th, respectively. The town hall meetings brought together over 100 students, parents, educators and community members to raise awareness of the issue and discuss solutions.

The attendees heard from a panel of experts that included health care professionals, law enforcement, and prevention specialists. Several student groups also participated, including the Friday Night Live Club at Red Bluff High School and the Prevention Project at Salisbury, Corning High School, and Los Molinos High School.

Alcohol remains the most widely abused substance among youth. According to the 2015-16 CA Healthy Kids Survey, 52% of 11th graders in Tehama County had consumed alcohol in their lifetime, and 28% had used alcohol in the past 30 days. Based on reports from students, Officer Lela Martinez, School Resource Officer at Red Bluff High School, said that weekend drinking parties are not uncommon. Penalties for citations may include up to 30 days of detention in Juvenile Hall

followed by formal or informal probation.

Opioids are the third most commonly abused substance by youth, after alcohol and marijuana. Dr. Christopher Louisell, an emergency room physician at St. Elizabeth's hospital, noted that 90 patients a day are dying from opioid overdoses in the United States, which is more than the number of deaths from all illegal drugs combined.

John Gerhung, a Drug & Alcohol Counselor with the Tehama County Health Services Agency, called youth "the future of prevention" and stressed the importance of youth talking to youth and educating themselves so they can make better decisions.

At the end of the sessions, Cynthia Cook, Program Director for the Tehama County Drug-Free Community Coalition, urged parents to talk to their teens about drug use and get involved in prevention efforts.

The town hall meetings were held with support from the Substance Abuse and Mental Health Administration (SAMHSA). To learn more about this national initiative, visit www.stopalcoholabuse.gov/townhallmeetings.

Students SHATTER THE MYTHS about Drugs & Alcohol



In January, students in Tehama County joined thousands of other students around the country and around the

world in observing **National Drug & Alcohol Facts Week** (NDAFW). Begun in 2010, NDAFW is a week-long national health observance designed to help students shatter the myths about drugs and alcohol by presenting them with scientific facts about drugs and their effects on the body. The event is sponsored by the National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA), both of which are part of the National Institutes of Health (NIH).

This year's event was the largest event ever with over 2,100 registered events. In Tehama County, events included lunchtime information tables, classroom discussions, poster displays, and drug facts shared during morning announcements. Over 150 students took the 2017 National Drug & Alcohol Facts IQ Challenge, and 30 Los Molinos High School students participated in an online chat with national scientists.



Above: Lunch n' Learn at Corning High School. Below: Marijuana Presentation at TELA.



Next NDAFW
Jan. 22-28, 2018

I PLEDGE TO BE SAFE & SOBER

FOR MY SAFETY AND THE SAFETY OF OTHERS, I PLEDGE

NAME: _____
 SIGNATURE: _____
 DATE: _____
 SCHOOL: _____
 EMAIL: _____

To be drug & alcohol free on Prom Night.
 To be a responsible driver & only drive when sober.
 To **NOT** get into a vehicle with a driver who has been drinking or using drugs.
 To **NOT** text or talk on the phone while driving.
 To encourage my friends to be drug & alcohol-free as well.

Tell us why you took the pledge. Tweet #2017TehamaSafe&Sober at ic_dffc.

A project of the Tehama County Drug-Free Community Coalition. Like us on

SAFE & SOBER PROM*ise*

Hundreds of students at local high schools took a pledge to be safe & sober this prom season as part of a campaign to raise awareness of the dangers of underage drinking and drug use. Students who took the pledge entered drawings to win free prom pictures or prom tickets and received stickers reminding them of their pledge. Parent and guardians received a mailer with safety tips for prom night and local florists attached stickers to corsages and boutonnieres.

Thanks to all of the participating schools and merchants for their support!

Suspect Illegal Activity?
 Contact the Sheriff Department's

CONFIDENTIAL TIPLINE

(530) 529-1268



Underage Drinking Prevention



Need help talking to your kids about underage drinking? SAMHSA has a "Talk. They Hear You." app that is available on desktop computers or on mobile devices that allows parents to practice talking about the dangers of alcohol. For more information, visit samhsa.gov/underage-drinking-application. Other resources are available on the site's Parent Resources page.



Vista Preparatory Academy's Club Live took third place in a statewide video contest sponsored by the Solano County Youth Coalition to raise awareness of the dangers of tobacco and nicotine products. Their video focused on tobacco's effects on the environment, including harm to wildlife and pollution of public parks and beaches.

The students presented their video to several community groups in March, including the Tehama County Health Partnership, the Tobacco Coalition, and the School Board for the Red Bluff Union Elementary School District.

Club Live is a youth development program under the umbrella of the California Friday Night Live Partnership (CFNLP), which seeks to empower youth to be leaders and resources in their communities through drug and alcohol prevention activities. There are currently two Club Live chapters in the county, one at Vista and the other at Maywood, and two FNL chapters, one at Red Bluff High and one at Corning High School.

For more information on Club Live or FNL, contact Yuliana Moreno at (530) 528-7391.

Go Eagles!



New Medication Kiosk in Corning

Residents in the South County now have a more convenient location to dispose of unwanted and unused medications. They can be dropped off anonymously and free of charge at the Corning Police Department, located at 774 Third Street. The kiosk is open seven days a week, 24 hours a day.

A second kiosk is located at the Tehama County Sheriff's Department at 22840 Antelope Blvd., in Red Bluff. The kiosk is open Monday through Friday, 8 am – 5 pm.

Thank You!

To Mr. Wes Hendricks,
Red Bluff High School Art Teacher, for our

NEW

Tehama County Drug-Free Community Coalition
Logo.



Upcoming Events

- Athlete Committed Conference
June 15 – 16, 2017
Richardson Springs, Chico
- Community Anti-Drug Coalitions of America (CADCA)'s Mid-year Conference
July 23 – 27, 2017
Atlanta, GA
- Recovery Happens Celebration
September 16, 2017
Red Bluff River Park
- Red Ribbon Week
October 23-31, 2017

Get Involved



Join us at our next coalition meeting!

Wednesday, June 7th at 3:30 p.m.

Tehama County Health Services Agency
Drug & Alcohol Division
1850 Walnut St., Bldg. G
Antelope Creek Room
Red Bluff, CA 96080

We meet the first Wednesday of every month. New members are welcome.

For more information, contact U. Hinkston at
(530) 528-7356 or uhinkston@tehamaschools.org.

Follow us on Social Media



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