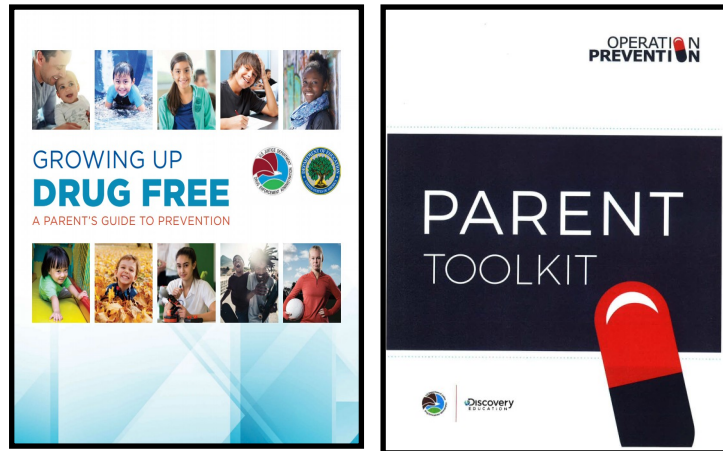


NEW RESOURCES



Growing Up Drug Free is a 40-page booklet prepared by the DEA in partnership with U.S. Department of Education. The guide includes an overview of substance use among youth, descriptions of commonly used substances, and suggestions on how to talk to kids about drugs from preschoolers to high schoolers.

Operation Prevention is an 11-page booklet produced by DEA in conjunction with Discovery Education that helps parents and caregivers learn about opioid abuse. It includes warning signs of abuse, conversation starters for talking with youth, and tips on prevention and intervention.

If you would like copies, please call (530) 528-7356 or email uhinkston@tehamaschools.org.

JOIN US

Please join us at our next coalition meeting on July 11th!

We usually meet the first Monday of each month at 3:30 pm at

Tehama County Health Services Agency
Substance Use Recovery Services
1850 Walnut St., Bldg. G
Antelope Creek Room
Red Bluff, CA 96080.

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

Upcoming Events

- **Athlete Committed Conference**
June 13-14, 2018
Richardson Springs, Chico
- **Greenville Rancheria's 4th Annual Health Fair**
10 am - 2 pm, June 15, 2018
1425 Montgomery Rd., Red Bluff
- **CADCA's National Coalition Academy**
June 18 -21 & September 10-13, 2018
San Antonio, TX
- **Tehama County's 16th Annual Recovery Happens Celebration**
10 am - 2 pm, September 15, 2018
Red Bluff River Park


For a list of fun summer activities for youth, check out

Expect More Tehama's 2018 Summer Activities Guide!



The guide is available on the Expect More Tehama website. Hard copies are available at the Tehama County Library, Enjoy the Store, and Dandy Lion's Children's Shop.

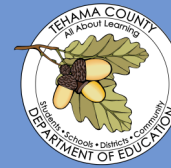
Join the Conversation

 Tehama County Drug-Free Community Coalition

 [tc_dfcc](https://twitter.com/tc_dfcc)

Tehama County Drug-Free Community Coalition

Spring/Summer 2018



Teen Drug Use Declining Nationally & Locally

NATIONAL DATA

In our last issue, we reported that drug use among adolescents was at an **all-time low** for alcohol, tobacco, and all illicit substances other than marijuana, according to the 2016 Monitoring the Future (MTF) Survey. The MTF is a national survey conducted annually by the University of Michigan of approximately 50,000 8th, 10th, and 12th graders.

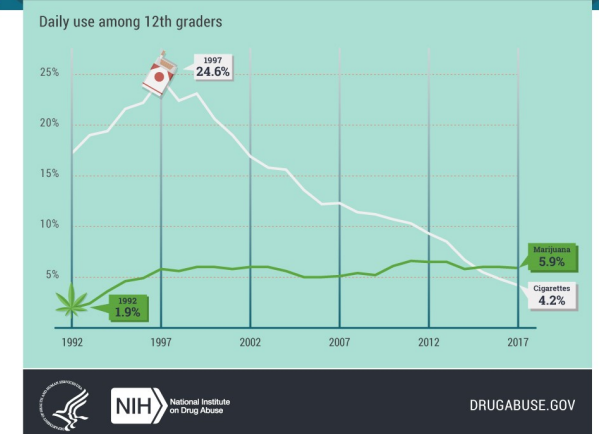
In 2017, rates remained steady for alcohol, with the percentage of high school teens reporting that they had ever used alcohol falling by as much as 60% compared to peak years in the 1990s. Past-year use of illicit substances other than marijuana remained at the lowest level in two decades -- 8% of 8th graders, 9.4% of 10th graders, and 13.3% of 12th graders.

Use of traditional cigarettes continued to fall and is now at the lowest level in the survey's 43-year history, with only 4.2% of 12th graders reporting daily use in 2017 compared to 24.6% in 1997.

By contrast, past-year marijuana use rose by 1.3% to 24% for 8th, 10th, and 12th graders combined. The rates for each grade were 10.1%, 25.5%, and 37.1%, respectively. According to a press release issued by the University of Michigan, this is "the first significant increase in seven years." Richard Miech, Principal Investigator of the study, attributes the increase to declining perceptions of risk. "Historically marijuana use has gone up as adolescents see less risk of harm in using it. We've found that the risk adolescents see in marijuana use has been steadily going down for years to the point that it is now at the lowest level we've seen in four decades."

After alcohol and marijuana, vaping was the third most common form of substance use among 10th and 12th graders. Flavoring was the most common substance vaped, followed by nicotine and marijuana. Among 12th graders, 21% vaped flavors, 19% vaped nicotine, and 10% vaped marijuana.

TEENS MORE LIKELY TO USE MARIJUANA THAN CIGARETTES



While opioid deaths among adults are on the rise, opioid misuse among teens has dropped significantly over the last five years. Past-month prescription opioid abuse among 12th graders (the only grade surveyed in this category) actually decreased 0.5% to 4.2% in 2017.

COUNTY DATA

Drug use among teens in the county is also declining, according to the 2017-18 California Healthy Kids Survey (CHKS). Administered bi-annually, CHKS is a statewide survey that measures school climate, resiliency, protective factors, and risk behaviors, including drug use,

(continued on page 2)

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- Coalition Bids Farewell to Youth Leader
- Headed to Camp
- New Resources
- Upcoming Events

TEEN DRUG USE DECLINING cont.

and is used by local schools to help guide improvement efforts. In 2017, approximately 3,800 middle and high school students in the county participated in the survey.

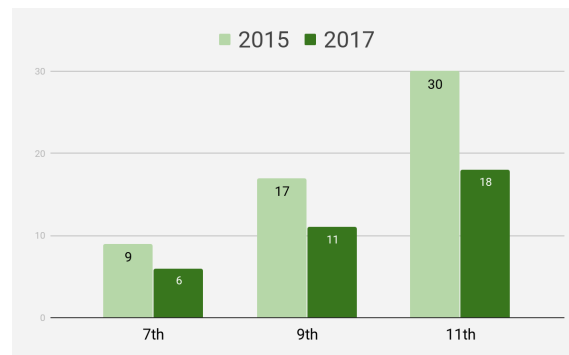
In 2017, past 30-day rates of alcohol use dropped as much as 40% from 2015 and are at the lowest level for all three grades since the survey was first administered in the county in 2004. The rates of students reporting binge drinking or drinking more than 4-5 drinks at one sitting are also at an all-time low for 9th & 11th graders with only 10% of 11th graders reporting binge drinking in the past 30 days, compared to 32% in 2008 when rates peaked.

While marijuana use remained steady for 7th graders at 3%, it fell for 9th and 11th graders, with the biggest decrease among 11th graders. In 2015, 22% of 11th graders reported having used marijuana in the past 30 days compared to 13% in 2017. Prescription drug use and tobacco use, including e-cigarettes, have also declined.

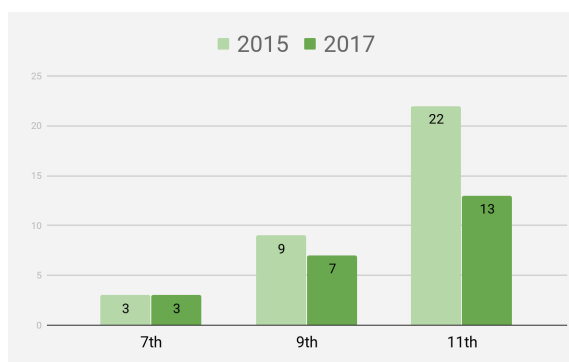
For the first time, students were asked where they obtained drugs and the age of onset. The survey revealed that students are using as early as 10, with 15-16 being the age at which most 11th graders first used alcohol and marijuana. For both alcohol and marijuana, friends, parties, and adults were the most common sources.

Over the next few months, the Coalition will be using the

Tehama County—Past 30 Day Alcohol Use



Tehama County—Past 30 Day Marijuana Use



results of the survey to help with strategic planning as well as gathering additional data. Many thanks to the students, teachers, and administrators who helped make the survey possible.

I PROMise—Safe & Sober Prom Campaign

Prom-goers at local high schools once again took the pledge to be safe and sober on Prom Night during the week leading up to prom. Local florists, including Westside Florists and Claire's Flowers, participated in the campaign by attaching stickers to flower boxes, reminding students to be drug-free. This year the Tehama County Sheriff's Office participated in the campaign by mailing a letter to parents and guardians encouraging them to help make prom and graduation night safe. In the letter, Sheriff Hencratt asked parents to set clear expectations about not drinking alcohol or using other drugs, to be aware of their teen's plans for the evening, and to discuss the dangers of drinking and driving.



Hannah Huhn, Red Bluff High School winner of a free prom picture package sponsored by Studio 530.

Coalition Bids Farewell to Youth Leader

The Coalition is saying goodbye this summer to its youngest member, Abee Sabo. A graduating senior at Red Bluff High School, Abee joined the Coalition in 2015 after having served as a member of the Strategic Prevention Framework (SPF). The SPF is a subcommittee of the Tehama County Drug & Alcohol Advisory Board and has a similar mission as the Coalition—to reduce and prevent youth substance abuse. Abee's mother, Connie Sabo, is also a member of the Coalition and SPF and serves as a Drug & Alcohol Supervising Counselor at Aegis Treatment Center in Chico.

During her three years of service, Abee has been an integral part of the Coalition, bringing her energy and the youth perspective to meetings. Last fall, she was one of the student presenters at the Red Ribbon Week Small Schools Celebration and attended CADCA's Mid-Year Training Institute in Atlanta last summer. What Abee enjoys most about Coalition work is planning events and being able to help.

Abee came to the attention of the Coalition during her sophomore year when she helped start a Friday Night Live chapter at Red Bluff High School. The Chapter is still active and meets during lunch on Fridays.

After graduation, Abee plans to attend Sacramento State and then continue in her parents' footsteps once again by pursuing a career in the military.

We appreciate Abee's contributions to the Coalition and wish her the best in her future pursuits!



Headed to Camp

Approximately 30 Red Bluff High School student athletes and coaches are headed to Richardson Springs in mid-June for the 2018 Athlete Committed West Coast Conference. Sponsored by the Butte County Behavioral Health Prevention Unit, the conference includes workshops on a variety of topics, including how to create a culture of excellence and success, science and research on the impact of sleep, nutrition and substance use on training and recovery, the importance of teamwork, and how to deal with stress. Student athletes will also participate in an Odyssey Ropes Course designed to build teamwork and help participants overcome fears.

During the 2017-18 school year, students returning from the conference formed an Athlete Committed Club on campus and presented during Fall Code Night, a mandatory meeting where athletes and their parents



meet with their coaches to review the school's Athletic Code and share expectations. Other club activities included participating in Club Day, preparing a float for the Homecoming Parade, hosting an information table during the Holiday Classic, and sponsoring a Holiday Food Drive to benefit PATH. The goal of the program is to help athletes excel both on and off the field.

The faculty sponsors are Athletic Director Brett Southwick and Volleyball Coach Allie McDonald. The Coalition helps facilitate meetings and plan events.