

Tehama County Drug-Free Community Coalition



December 2016



WELCOME...

to our first newsletter! If you're not familiar with the Coalition, we're a community-based organization whose mission is to reduce and prevent **youth substance abuse** in Tehama County. Our members include parents, students, school officials, business leaders, law enforcement, health care professionals, and members of civic and religious organizations.

In 2015, we were one of almost 700 coalitions nationwide to receive a five-year grant from the Drug Free Communities Support Program, an initiative of the White House Office on National Drug Control Policy. Using evidence-based strategies, the Coalition seeks to:

- Provide information to raise awareness of the dangers of youth substance abuse
- Support alcohol & drug-free youth activities
- Facilitate youth and adult participation in prevention efforts
- Gather and assess data on student drug use.

We invite you to join us in our efforts first and foremost by staying drug-free and encouraging others to do so. We're also looking for members and volunteers to help strategize and plan activities. If you're interested, please visit our webpage at tehamaschools.org for an application. You can also call (530) 528-7356 or email uhinkston@tehamaschools.org.

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GET INVOLVED

Join us at our monthly Coalition Meetings

1st Wednesday
of each month

3:30-5:00 pm

Tehama County

Health Services Agency

1850 Walnut St., Bldg. G

Antelope Creek Room

Red Bluff, CA

Open to the Public

New members welcome!

Red Ribbon Week 2016

Schools throughout the County celebrated Red Ribbon Week from October 24-31. The nation's largest and oldest drug prevention campaign was established in 1985 in honor of Enrique "Kiki" Camarena, a DEA agent who was killed in Mexico while working undercover. This year's theme was "YOLO: You Only Live Once."

In addition to wearing the traditional red ribbon, students observed the event by participating in rallies, door-decorating contests, poster contests, and dress-up days.

A kick-off reception was held at the Tehama County Department of Education on October 24. Adam Zuccato, a Drug & Alcohol counselor, shared about his struggles with drug addiction. Student participants included the Young Marines, Jordan Armstrong, a 4th grader at Jackson Heights, and members of Club Live at Vista Preparatory Academy.

A balloon launch was held mid-week in downtown Red Bluff. Later that afternoon, a ribbon-cutting ceremony for a new medication disposal kiosk was held at the Tehama

County Sheriff's Office. The kiosk is being provided to help protect the environment and to keep prescription drugs away from children and drug abusers, most of whom obtain them from family and friends.



Jordan Armstrong with Richard Duvarney, Tehama County Superintendent of Schools. Picture courtesy of the Red Bluff Daily News.

Monitoring the Future Survey

According to the 2015 Monitoring the Future Survey, a national study conducted annually by the University of Michigan, drug use among American 8th, 10th, and 12th graders has decreased over the past five years for many substances, with alcohol and cigarette use at the lowest rates in the 41-year history of the survey. Despite these gains, there is still cause for concern. Nearly 22% of high school seniors had used marijuana in the past 30 days. There was also a decrease in the perceived risk of harm. In 1991, 78.6% of high school seniors thought that occasional marijuana use was harmful. In 2015, that figure had dropped to 31.9%. For the first time, daily marijuana use was

Percent of Students Reporting Daily Use of Marijuana, by Grade



SOURCE: University of Michigan, 2015 Monitoring the Future Study

higher than cigarette use among high school seniors. The survey also found a high use of e-cigarettes among teens: 9.5% for 8th graders, 14% for 10th graders, and 16.2% for 12th graders.

Monitoring the Future Survey, Overview of Findings 2015, National Institute on Drug Abuse

CA Healthy Kids Survey – Tehama County

The 2015-16 CA Healthy Kids Survey (CHKS) reveals similar trends in Tehama County. The survey is administered every other year to 7th, 9th, and 11th grade students across the state and provides data on school engagement, supports, school safety, substance abuse, and student mental and physical health.

According to the survey, binge drinking and current use of alcohol, tobacco, and marijuana has declined over the past five years. Use of e-cigarettes, however, is on the rise. In 2013-14, 7% of 9th graders and 15% of 11th graders used e-cigarettes or other vaping device in the last 30 days. In 2015-16, the rates were 10% and 18%, respectively.

Prescription drug use has also remained steady. In 2015-16, 3% of 9th graders and 5% of 11th graders reported having used prescription medications to get “high” or for other than medical reasons in the past 30 days, compared to 3% and 6% in 2013-14.

Tehama County Past 30-day Use

ALCOHOL				
	2009-10	2011-12	2013-14	2015-16
7th	16%	13%	7%	9%
9th	30%	23%	21%	17%
11th	38%	35%	31%	28%

MARIJUANA				
	2009-10	2011-12	2013-14	2015-16
7th	5%	3%	2%	2%
9th	16%	14%	10%	7%
11th	21%	23%	17%	20%

BINGE DRINKING				
	2009-10	2011-12	2013-14	2015-16
7th	7%	5%	2%	3%
9th	18%	13%	12%	8%
11th	27%	26%	18%	16%

CIGARETTES/ECigs				
	2009-10	2011-12	2013-14	2015-16
7th	5%	5%	1%/2%	1%/4%
9th	10%	10%	7%/7%	5%/10%
11th	17%	12%	10%/15%	6%/18%

NEW Medication Disposal KIOSK

In the Tehama County Sheriff's Office Lobby

22840 Antelope Blvd.

Red Bluff, CA 96080



- Get **RID** of unwanted, unused and/or expired medications **safely**
- **FREE**
- **NO** questions asked!
- **OPEN DAILY: Mon - Fri, 8 am - 5 pm**
- **EASY TO USE**

Simply remove pills from their original container and place in a zip-type bag. All liquids, powders and ointments should be tightly sealed, left in their original container, and then placed in a zip-type bag. **No illegal substances, pill bottles, needles or other sharps, thermometers, IV bags, bloody or infectious waste material.** For questions, call (530) 529-7940.

The kiosk is provided through the collaborative efforts of the following Tehama County offices: Sheriff's Office, Health Services Agency, Solid Waste Management Agency, and the Tehama County Department of Education.

Marijuana Awareness Class

With the recent passage of Prop. 64 legalizing recreational use of marijuana in California, there's no better time to get the facts on marijuana.

Make plans now to attend one of the upcoming classes. Classes are usually held the 3rd Wednesday of each month. Classes are informal and include both a discussion and video component.

To reserve a spot, call 528-7356
or email uhinkston@tehamaschools.org.



RESOURCES FOR TEENS

- **Too Smart to Start** – award-winning website with free games and answers to common questions about underage drinking <https://www.toosmartostart.samhsa.gov>
- **The Cool Spot** – games, quizzes and graphics dealing with underage drinking <https://www.thecoolspot.gov>
- **NIDA for Teens** - A project of the National Institute on Drug Abuse (NIDA), this site has lots of scientific facts about drugs and their effects on the brain and on the body as well as videos and games. <https://teens.drugabuse.gov/>



Free A Marijuana Awareness Class For Parents & Teens



Wednesday, Nov. 16, Dec. 14, Jan. 18, Feb. 15,
Mar. 22, Apr. 12 or May 17
6 - 8 pm



Tehama County Department of Education

1135 Lincoln Street
Red Bluff, CA 96080
Richard DuVarney, Tehama County Superintendent of Schools

Come get the FACTS! Learn about:

- the new cannabis
- the effects of marijuana on the teen brain
- the signs of marijuana use/addiction
- marijuana and driving
- health risks associated with marijuana
- federal and state regulations

Instructor: John Gehring

- Drug & Alcohol Counselor, Tehama County Health Services Agency, Drug & Alcohol Division
- Certified Addiction Treatment Counselor (CATC) with the California Association of Alcohol & Drug Educators
- Over 20 years of experience in the addiction field

For questions or to reserve a spot, contact Ulanda Hinkston, Project Coordinator, Tehama County Drug-Free Community Coalition, at (530) 528-7356 or uhinkston@tehamaschools.org.

Did you know that marijuana contains over 400 chemicals?

That almost 45% of high school students will have tried marijuana before they graduate?

That marijuana can be addictive and that people who begin using marijuana before the age of 18 are 4-7 times more likely to develop a disorder than those who begin using as an adult?



Have an idea for a **logo** for the Tehama County Drug-Free Community Coalition?

Please submit designs to uhinkston@tehamaschools.org.