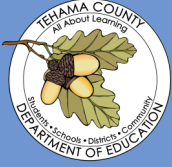


Tehama County Drug-Free Community Coalition



Winter 2019-Spring 2020



NDAFW Moving to March

National Drug & Alcohol Facts Week

(NDAFW) is a national health observance linking teens to scientific facts to help shatter common myths about drugs and alcohol. Sponsored by the National Institute on Drug Abuse (NIDA), the observance is normally held the last week

of January; however, due to concerns about the weather, exams and holidays, organizers have moved the event to the spring, starting in 2020. This year's event will run from March 30-April 5. National Chat Day, a centerpiece of the observance, will take place on April 1st. During the live web event, high school students from around the country can call in and have questions answered by addiction and mental health scientists.

This year marks the 10th anniversary of NDAFW and will include new games and resources. Local events will include government proclamations and a host of school and community-based events, including the annual National Drug & Alcohol IQ Challenge. As the week approaches, check out the Coalition's Facebook page and/or the Coalition website at bit.ly/tcdrugfree for a list of events.



Join Us!

The Coalition is recruiting new members. If you'd like to work with a fun group that's making a difference in the lives of young people, please join us at one of our monthly meetings. We meet the **first Wednesday** of each month from 3:30 to 5:00 pm at the Tehama County Health Services Agency-Substance Use Recovery Services, located at 1850 Walnut Street, Suite G, in Red Bluff.

Interested but can't make a meeting? You can still help by being part of a work group or volunteering for specific events.

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



Students enjoy a game of Drug-Fact Jeopardy hosted by Vista Club Live member Colby Shannon.

In this Issue

- Red Ribbon Week 2019
- Year in Review
- New Youth Coalition On The Move
- Youth Mental Health First Aid Training
- 2019 Volunteer Hero
- Upcoming Events
- Members' Corner

Red Ribbon Week 2019

On October 23, Tehama County kicked off National Red Ribbon Week with a ceremony recognizing winners of the annual Red Ribbon Week Poster & Essay Contest. This year's theme was "Send a Message. Be Drug-Free." Approximately 200 students from eight middle and high schools entered the contest. (To view the winning posters, visit the Red Ribbon Week photo gallery on the Coalition's Facebook page.) Held at Rodgers Theater in Corning, the event also included a presentation by the PAL Mentoring Program honoring local law enforcement.

The keynote speaker was DEA Supervisory Special Agent Scott Wight of the Sacramento District Office. Agent Wight spoke about the mission of the DEA, noting the importance of the agency's community outreach efforts to raise awareness of the dangers of drug use. Those efforts include Red Ribbon Week, which honors the memory of slain DEA Agent Enrique "Kiki" Camarena.

During the week, hundreds of youth and adults proudly wore and displayed the traditional red ribbon, symbolizing their commitment to drug-free living. Local governments issued proclamations supporting the campaign, and schools hosted a variety of events, including assemblies, lunch-time activities, dress-up days, and door decorating contests.

Thanks to everyone who helped make the observance a huge success!



DEA Special Agent Scott Wight

Congratulations to all of our 2019 Poster & Essay Contest Winners!

Poster Contest (Grades 6-8)

1st: Chloe Turnes, Maywood (6)
2nd: Kristtin Ochoa, Richfield (8)
3rd: Freya Smith, Maywood (8)
Honorable Mention: Anna Alvarez Villa, Maywood (6)

Poster Contest (Grades 9-12)

1st: Katie Neles, Corning High School (11)
2nd: Juan Olivera, Corning High School (11)
3rd: Tehama Oaks High School Student
Honorable Mention:
Alexander Martinez-Garibay, Corning High (12)
Tehama Oaks High School Student

Essay Contest (Grades 6-8)

1st: Braden Henry, Richfield (7)
2nd: Dottie Davis, Flournoy (6)
3rd: Sophie Chamberlin, Flournoy (6)
Honorable Mention: Alexis Cisneros, Flournoy (6)

Essay Contest (Grades 9-12)

1st: Wesley Hudson, Salisbury (12)
2nd: Tehama Oaks High School Student
3rd: Caleb Wolf, Red Bluff High (12)
Honorable Mention:
Tehama Oaks High School Student



2019 YEAR IN REVIEW

2019 was a busy year for the Coalition, thanks to the support of all of our wonderful community partners. Here's a list of some of our accomplishments:

- ◆ Graduated from the National Coalition Academy
- ◆ Conducted a community-wide assessment of adult attitudes toward youth substance abuse
- ◆ Held a free training in Brief Intervention for almost 50 community members and supported a DITEP or drug-impairment recognition training for educators
- ◆ Partnered with law enforcement during National Rx Take-Back Days to collect over 227 pounds of unwanted medications
- ◆ Partnered with other local coalitions to start a new countywide youth coalition
- ◆ Expanded Botvin LifeSkills classes to two new sites
- ◆ Launched several social media campaigns
- ◆ Produced a new vaping video for parents in English and Spanish
- ◆ Supported FUSION, Sober Grad, and other drug-free activities

New Youth Coalition ON THE MOVE

From just two members at their kick-off meeting last spring, the county's new youth coalition boasted a record-setting thirteen members at their December meeting. Known as STATUS, which is short for Standing Tall Against Teens Using Substances, the group has already been actively involved in the community. Last summer, they participated in two park cleanups, one in Corning and one in Red Bluff, which netted approximately 2,700 pieces of tobacco waste. Members have also participated in numerous tabling events, including the Red Bluff Farmers Market and Latino Outreach's Multicultural Health Fair. In

September, they took part in the county's annual Recovery Happens Celebration, helping with registration and children's activities.

In the fall, members served as group facilitators for the peer-to-peer component of the CATCH My Breath anti-vaping curriculum presented to middle school students at several SERRF sites. The program culminated in a health fair at Berrendos School on December 17, where members donned assorted health-related costumes in a dance-off competition.

Trainings have been an integral part of the coalition's work and have included local and regional

trainings, including the North State Youth Advocacy Summit held in Yuba City in October.

Meetings are held the first Thursday of each month. For more information, contact Tina Sanders at Tina.Sanders@tchsa.net or Ulanda Hinkston at uhinkston@tehamaschools.org.



STATUS President Isaac Alcazar sets aside costume to address students at Berrendos.

Saturday errands.
A perfect moment to talk about alcohol.

For tips on how — and when — to begin the conversation, visit:
www.underageddrinking.samhsa.gov

i talk
they hear you

SAMHSA
Substance Abuse and Mental Health Services Administration
www.samhsa.gov • 1-877-SAMHSA • 1-877-TALK-4U

Use These Five Goals When Talking to Youth About Alcohol and Other Drugs

- 1 Show you disapprove of underage drinking and other drug misuse.
- 2 Show you care about your child's health, wellness, and success.
- 3 Show you're a good source of information about alcohol and other drugs.
- 4 Show you're paying attention and you'll discourage risky behaviors.
- 5 Build your child's skills and strategies for avoiding underage drinking and drug use.

Youth Mental Health First Aid Training



Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

1:5

Sometimes, first aid is **YOU!**

An alarming number of youth are facing mental health challenges, with some estimates as high as one in five. Unfortunately, many of them suffer in silence because those around them are either unaware of the symptoms or lack the skills to help them. Others turn to drug use as a coping mechanism.

To better equip adults in our community to help youth in crisis, the Tehama County Health Services Agency will offer a free training in Youth Mental Health First Aid at the Red Bluff Community Center on Friday, February 21. The eight-hour course is designed for adults who regularly interact with youth ages 12-18, including parents, educators, school staff, and those in health and human services. Taught by Lauren Wong and Fernando Villegas, the course will cover topics such as anxiety, depression, substance use, and disruptive behavior disorders. Participants will learn a five-step action for helping youth in crisis situations.

To register, please visit [Eventbrite](#). For questions, contact Avery Vilche at (530) 529-4013 or avery.vilche@tchsa.net.

Upcoming Events

- **Middle School Botvin LifeSkills Training**
January 23, 8:30 am - 4:00 pm
Tehama County
Department of Education
- **The Truth About Drugs – Community Drug Awareness Class**
March 10
6:00 - 8:00 pm
Tehama County
Department of Education

February 11, April 21 (Spanish class)
Corning High School (Library)
- **Middle School Youth Summit**
(small and rural schools)
February 5, 9:30 am - 1:30 pm
Red Bluff Community Center
- **Youth Mental Health First Aid Training**
February 21, 8:00 am – 5:00 pm
Red Bluff Community Center
- **National Rx Drug Take-Back Day**
April 25, 10:00 am - 2:00 pm
Sites to be announced

2019 Volunteer Hero

On December 20th, the Coalition recognized Nadrah Beardsley as its Volunteer Hero of the Year at the Tehama County Non-Profit Roundtable's third annual Volunteer Hero Award ceremony. Nadrah was one of eight volunteers recognized by community organizations for their outstanding service and leadership.

Nadrah has served on the Coalition for two years and is eager to help wherever needed. She enjoys working with youth as evidenced by her almost 20 year career with the Red Bluff Elementary School District as a paraprofessional working with children with special needs.



Members' Corner

Name: Carol James

Occupation:

Lead Medical Assistant,
Rolling Hills Clinic

Hobbies: hiking, visiting
historical sights, gardening

Length of service: 1.5 years

Why she enjoys working with the Coalition:

"I like learning more about the community and community resources and sharing that information with others. I like knowing that I'm providing information that can help others make better choices."



Tehama County Drug-Free
Community Coalition



tc_dfcc