

PREVENTION WORKS!



March/April 2018

“What you do has far greater impact than what you say.” --Stephen Covey



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Please let others know what your school, community, or organization is doing by submitting an article to this newsletter. Please submit your information by April 20th for the May /June 2018 edition of the Prevention Works newsletter! Submit your newsletter contributions to:
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“REACH FOR THE FUTURE” 2018 Conference

On March 8-10, 2018, thirteen Yolo County Friday Night Live Youth Council (YCFNLYC) members from Pioneer High School and River City High School had the opportunity to attend the “Reach For The Future” conference in Chico, California. The “Reach For The Future” conference is based on a youth development framework, providing leadership skills, support and opportunities for young people.

These 13 YCFNLYC members participated in the widely acclaimed “Challenge Day” on the first day, which focused on increasing acceptance, valuing others, removing stereotypes and fostering support for others. On the second day, they went to three workshops which were designed to increase participant skill, leadership, knowledge and capacity for change. On the last day, YCFNLYC members participated in the Odyssey Ropes Course which focused on applying the learning and putting into action through experiential challenges and opportunities. The combination of all these experiences at the “Reach For The Future” conference provided our YCFNLYC members the opportunity for diverse learning and “real life” application and ready to create change back in their school/community!



Pictured above 2017-2018 Yolo County Friday Night Live Youth Council Members
Back Row: Nayeli Hernandez, Emily Spicer, Carla Campos, Sheridan Ockey, Hannah Spicer, Andrew White, Adam White
Front Row: Aaminah Choudhry, Carolina Reyes, Elliot Lucero, Morgan Bigney, Jennifer Moreno, Tizoc Villagrana

APRIL IS ALCOHOL AWARENESS MONTH

“Changing Attitudes: It’s not a ‘rite of passage’.”

The need to provide meaningful education on the dangers of underage drinking and drug use here in Yolo County has never been greater. A few facts highlight that need:

- * Alcohol and drugs are the leading cause of crime among youth.
- * Alcohol and drugs are the leading factors in teenage suicide.
- * More than 23 million people over the age of 12 are addicted to alcohol and other drugs.

Young people, like adults, drink alcohol for many different reasons. Some of the reasons may seem obvious, but understanding the feelings behind these reasons—as well as how everyday teen life comes into play—can be difficult.

Young people often drink to check out from family problems or issues with school and grades; loneliness, low self-esteem, depression, anxiety disorder and other mental health issues can contribute; they may drink to deal with the pressures of everyday social situations, to change their image or to fit in when moving to a new school or town; to gain confidence or lose inhibitions.

As kids get older and alcohol and drugs enter the picture, parents are faced with a unique set of challenges. Parents often forgive underage drinking as a “rite of passage.” They can simply sit back and hope their kids will “get through it,” or they can change their attitude and take an active role in learning about alcohol and drugs—and help their kids to do the same.

And it is important to take advantage of “teachable moments” when parents and other adults can help kids learn about underage drinking and drug use. It’s not so much about having “the big talk,” but about being there for them when the issues come up—on TV, at the movies, on the radio; about celebrities or sports figures, or about their friends.

According to the National Council on Alcoholism and Drug Dependence (NCADD), here are some guidelines that can help parents talk about alcohol and drug use:

1. Listen before you talk.
2. Be Involved.
3. Be honest and open.
4. Be positive.

For kids, knowing that someone is really listening is most important. Ask open-ended questions. Talking about these issues can build bridges rather than walls. And remember, addiction is a chronic, progressive disease that can be linked to family history and genetics. So, if you know there is a family history of problems, be matter of fact about it, as one would be with any other chronic disease, such as heart disease, diabetes or cancer.

“Alcohol and drug use is a very risky business for young people,” says Andrew Pucher, President and Chief Executive Officer of NCADD, “and parents can make a difference. The longer children delay drinking and drug use, the less likely they are to develop problems associated with it. That’s why it is so important to help your child make smart decisions about alcohol and drug use.”

In fostering “changing attitudes” parents can help kids understand that drinking isn’t a “rite of passage.” It’s not a way to feel or be independent, “cool,” or to fit in socially. Young people can learn that alcohol is not necessary for having a good time. Non-use of alcohol is a healthy viable option and we can learn to respect another person’s decision not to drink alcohol.

So, this April, Yolo County Friday Night Live is celebrating Alcohol Awareness Month by educating young people who participate in Friday Night Live programs at their schools about the consequences of underage drinking. It is important to raise public awareness and encourage parents to speak to their kids early and often about alcohol and other drugs.

Additionally, Yolo County Friday Night Live urges local businesses, community organizations, colleges, schools, administrators, and government agencies to get involved and reach out to those who are most vulnerable and help our next generation avoid the many problems that underage alcohol and drug use can bring.

For more information about Alcohol Awareness Month, contact NCADD or one of its local affiliates at www.ncadd.org.