



Update

February 2011 Volume 6 Number 2

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The 2010 *Dietary Guidelines for Americans* was released in January by the USDA and includes a section on suggested alcohol use. The guidelines state that moderate alcohol consumption may have beneficial effects including a lower risk of cardiovascular disease, and may help to keep cognitive function intact with age. It does however warn that people should not begin drinking or increase their drinking simply to get these effects as it is also associated with increased risk of breast cancer and accidents due to intoxication.

There are also guidelines for breastfeeding women, saying that if they choose to drink, they should wait at least 4 hours before breastfeeding, or use milk expressed before drinking. The guidelines also express that women who are pregnant, especially in the early stages, should not drink at all. Key definitions, and other information are also listed in the guidelines.

March is National Nutrition Month and is a great time to educate those in your community about these guidelines. The American Dietetic Association has media resources, games, and a classroom guide to help you. View them at <http://www.eatright.org/nnm/>



View the entire guidelines, including the entire section on alcohol (p.30-32) at <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>

Stephanie Asteriadis
Marie Tully

Nevada RADAR Network Associate Centers

Churchill Community
Coalition
(775)423-7433

Frontier Community
Coalition
(775)623-6382

NV Statewide Native American
Coalition
(775)355-0600

P.A.C.E. Coalition
(775)777-3451

Partnership of Community
Resources
(775)782-8611

Created by:

Stephanie Asteriadis
Coordinator

Marie Tully
Library Technician

Grants and Submissions:

Campus Suicide Prevention

The purpose of this program is to facilitate a comprehensive approach to preventing suicide in institutions of higher education. This program is designed to assist colleges and universities in their efforts to prevent suicide attempts and completions and to enhance services for students with mental and behavioral health problems, such as depression and substance use/abuse that put them at risk for suicide and suicide attempts.

Grant information: http://www.samhsa.gov/grants/2011/sm_11_002.aspx

Applications Due March 4, 2011

Drug Free Communities Support Program

The purpose of the DFC Program is to establish and strengthen collaboration to support the efforts of community coalitions working to prevent and reduce substance use among youth.

Grant information: http://www.samhsa.gov/grants/2011/sp_11_002.aspx

Applications Due March 18, 2011

Prevention of Substance Abuse and Mental Illness Video PSA Contest

Develop an engaging Public Service Announcement about how young adults are taking action in their communities to prevent substance abuse and promote emotional well-being

Information: <http://challenge.gov/SAMHSA/128-prevention-of-substance-abuse-and-mental-illness-video-psa-contest>

Due April 15, 2011

NIMHD Science Education Initiative (R25)

The intent of the FOA is to support educational, mentoring, and/or career development programs for individuals from health disparity populations that are underrepresented in the biomedical, clinical, behavioral, and social sciences to facilitate the development of a nationwide cohort of scientists and a multi-disciplinary national pool of health disparities investigators with necessary skills to conduct health disparities research in a diverse range of settings.

Grant Information: <http://grants.nih.gov/grants/guide/rfa-files/RFA-MD-11-004.html>

Application Due April 21, 2011

Two-Year Post Doctoral Fellowship in Prevention Science and Clinical Child Psychology

This post doctoral fellowship will include a half-time emphasis in conduct problems prevention research under the auspices of the NIMH-funded Center for Personalized Prevention Research in Children's Mental Health. Another half-time effort of this post doctoral fellowship will focus on clinical child psychology practice within the Attention and Behavior Problems outpatient clinic.

Interested applicants should send a letter of interest and Curriculum Vita to:

Michael Bloomquist, Ph.D., Associate Professor

Department of Psychiatry, University of Minnesota Medical Center

2450 Riverside Avenue

Minneapolis, Minnesota, USA, 55454

bloom008@umn.edu

NPRC Materials Update

Bulk Materials

These materials are available for to order by any Nevada resident.

Search for more and order online at <http://roar.nevadaprc.org>

For the most up to date list of new materials, please sign on to our online ordering system.

NPRC #	Title
1587	Active Ingredients for a Healthy Lifestyle
1588	Bookmark: Sober Chillin (Campfire)
1582	Campaign for Mental Health Recovery: What a Difference a Friend Makes
1581	Confidence Starts Here (ATI & Seventeen Magazine Insert)
1590	Cuando Deja De Ser Divertido. (When the fun stops, Spanish)
1580	Exemplary And Promising Safe, Disciplined, And Drug-Free Schools Programs 2001
1585	Heads Up: Real News About Drugs and Your Body- Year 8 Compilation for Students (2009-2010)
1586	Heads Up: Real News You Can Use About Drugs and Your Body- Year 8 Compilations for Teachers (2009-2010)
1584	Mind Over Matter: The Brain's Response to Cocaine
1593	Older adults and alcohol: You can get help
1589	Poster: Sober Chillin (Campfire)
1574	Reach Out Now Teach-In Curriculum
1577	Self-Directed Care in Mental Health: Learnings from the Cash and Counseling Demonstration Evaluation
1591	Serie de Reportes: Adiccion a la Tabaco (Spanish NIDA Research Report Series: Tobacco Addiction)
1592	Serie de Reportes: Cocaína Adicción y Abuso - Research Report Series Cocaine Abuse and Addiction
1578	Substance Abuse Prevention Dollars and Cents: A Cost-Benefit Analysis
1575	The Courage to Remember: Childhood Traumatic Grief Curriculum Guide with CD-ROM
1576	To Live To See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults
1579	We Can Help Us
1583	What a Difference a Friend Makes (Spanish version): Un amigo marca una gran diferencia



Find the NPRC on Facebook!

<http://www.facebook.com/NevadaPRC>

Library Materials

These materials are available for checkout by any Nevada resident.

Browse out library collection online at

<http://library.washoe.k12.nv.us/webopac/main?siteid=804>

Books	Call Number	Title
	BADA VF BULLYING 1	15+ : make time to listen take time to talk.
	BADA 362.2918 ACC	Access to recovery implementation toolkit.
	BADA 616.861 BEY	Beyond hangovers : understanding alcohol's impact on your health
	BADA 618.3268 FET	Fetal alcohol spectrum disorders : competency-based curriculum development guide for medical and allied health education and practice
	BADA 362.2617 LIN	Linking drug abuse prevention with student success : a guide for educators, policy makers, and families.
	BADA 362.2 MEN	Mental illness awareness week guide
	BADA VF MENTAL HEALTH 1	Self-directed care in mental health : learnings from the cash and counseling demonstration evaluation.
	BADA 362.29 SUB	Substance abuse specialists in child welfare agencies and dependency courts : considerations for program designers and evaluators.
	BADA 362.2 COU	The courage to remember : childhood traumatic grief curriculum guide with CD-ROM.
	BADA 362.2 TO	To live to see the great day that dawns : preventing suicide by American Indian and Alaska Native youth and young adults.

CD-ROMs	Call Number	Title
	BADA CDRUM 362.2 WHA	What a difference a friend makes.

Videos	Call Number	Title
	BADA VID 362.29 EFF	Effective anti-drug coalitions elements for success
	BADA VID 362.2918 LAN	Language matters : talking about addiction and recovery.
	BADA VID 362.082 LEA	Leaving the door open : alternatives to seclusion and restraint.
	BADA VID 302.2343 SCE	Scene smoking : cigarettes, cinema, and the myth of cool.
	BADA VID 362.296 SEC	Secondhand smoke : triumphs and tragedies

Kits	Call Number	Title
	BADA KIT 362.29186 FAM	Family psychoeducation : Evidence-based practices kit.
	BADA KIT 362.2918 JOI	Join the voices for recovery : now more than ever!.
	BADA KIT 362.290835 REA	Reach out now : technical assistance package.

Journals	Call Number	Title
	BADA JOURNAL ADD	Addiction professional. (various issues)
	BADA 362.29120835 MON	Monitoring the future : national results on adolescent drug use : overview of key findings. 2009
	BADA JOURNAL NID	NIDA Notes (Various Issues)
	BADA JOURNAL NID	NIDA Research report series. (Various Issues)
	BADA JOURNAL SAM	SAMHSA news (Various Issues)

Professional Development Opportunities

For information on any classes provided by SAPTA/CASAT call 1-866-617-2818 or 775-784-4707. Register for SAPTA/CASAT classes online at <http://pctx.casat.org/>

Measuring Effectiveness of Substance Abuse Prevention Efforts: Logic Models

This online training will provide participants with the five steps of the evaluation process: (1) describing the intervention, (2) identifying process measures, (3) identifying outcome measures, (4) selecting a research design, and (5) utilizing the results. Within this evaluation process, particular attention will be paid to developing a logic model to guide the evaluation and mobilizing campus resources to support your actions. In addition to the presentation, background materials, activities, and an interactive discussion forum will be included in this training. Register online at <http://www.higheredcenter.org/services/training/online-training/logic-models>

February 28-March 11, 2011 - Online

Accidental Overdose

An introduction to the subject of overdose and focus on accidental, with the relevant epidemiology as well as statistics on usage.

March 4, 2011 - Las Vegas, NV cooperative Extension

March 11, 2011 - Reno, Redfield Campus

2011 Prevention of Youth Substance Abuse in Rural Communities: Emerging Themes in the Prevention Literature

This is a training conference that emphasizes the challenges of conducting youth prevention in rural communities. The conference is designed for prevention specialists, youth service workers, nurses, clergy, teachers, counselors, and law enforcement. Learn more at <http://www.coalitionforhealthyouth.org/>

March 7-9, 2011 - Lancaster, SC

Healthy Steps to Freedom

This 2-day workshop is designed to examine the relationship between overall health and recovery for females in substance abuse treatment. Participants will gain knowledge and resources to assist in the treatment of women by utilizing the health and body image curriculum, *Healthy Steps to Freedom*. Body image, nutrition, physical activity, body composition, calories & metabolism, eating disorders, cognitive thinking, and eating behaviors will be discussed. Participants will receive the curriculum manual used to facilitate the Healthy Steps to Freedom Curriculum.

March 9-10, 2011 Las Vegas, University of Nevada Cooperative Extension, Rooms B&C

March 23-24, 2011 Reno, Redfield Campus, Room TBA

Smoking Cessation

Confidently discuss the negative impact of tobacco use/exposure on health and quality of life, apply evidence-based techniques to perform a brief tobacco cessation/avoidance assessment and intervention as a routine practice at the point-of-care ("Best Practices" as the Standard of Care - "vital sign"), describe relevant resources available to assist patients, clients, family, or friends to abstain from tobacco use and/or avoid second- and third hand smoke exposure.

March 16, 2011 - Las Vegas, Cooperative Extension

March 31, 2011 - Reno, Redfield Campus

Collaborating for Safety: Coordinating the Military & Civilian Response to Intimate Partner Violence

This workshop will address several key areas to consider when working with military-related IPV victims, such as the intersection between combat-related post-traumatic stress disorder and IPV, justice-involved veterans, veterans treatment courts, and the unique issue and challenges involved when working with and advocating for military-related victims. <http://nevadaprc.org/docs/PartnerViolence.pdf>

March 31, 2011 - Fallon, NV

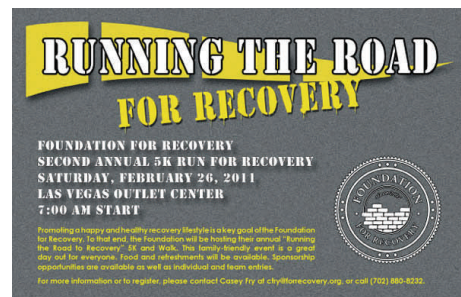
Upcoming Events:

February 26, 2011 - Running the Road to Recovery 5K

The Foundation for Recovery will hold their second annual Running the Road to Recovery 5K and 1 mile fun walk. The event will not only bring public awareness to the disease of addiction, but also promote a happy and healthy lifestyle for those living in recovery. Running the Road to Recovery will be hosted by the Las Vegas Outlet Center which is located at 7400 Las Vegas Boulevard South, Las Vegas, NV. Bring your family, friends and even your dogs; this family-friendly event will be a great day out for everyone! Participants can register individually or as a team. Registration is

\$25 for individuals or \$75 for a team of four (4). Participants also have the option of registering for \$1 and collecting pledges; \$50 in pledges for individuals or \$150 in pledges for a team of four (4). To register please visit the Running the Road to Recovery web site <http://forrecovery.org/Events/20115KRun.aspx>

Sponsorship opportunities are available as well as individual and team entries. To learn about sponsorship opportunities, please contact Casey Fry by email, CFry@ForRecovery.org, or call (702) 339-5940.



March 19, 2011 - Cesar Chavez Awards Dinner

Join Luz Coalition for this awards dinner. Find more information at <http://luz-coalition.org/>

March 20, 2011 - H.O.P.E. Run Event

This event will include a 10k/5k and 1 mile walk. Monies raised at this event will be used for prevention activities in Nye and Esmeralda Counties by NyE Communities coalition. Visit <http://www.nyecc.org/hoperun2011.html> for more information.

April 30, 2011 9:00-1:00 - Reno Prescription Drug Round-Up

Bring your old prescription drugs to any of these drop-off site for safe disposal.

Save Mart – 10500 N. McCarran, Reno (MaeAnne Ave. cross street)

Scolari's – 1200 Disc Drive, Sparks

Scolari's – 8165 S. Virginia Street, Reno (Pink Scolari's)

Scolari's – 200 Lemmon Valley Road, Reno

Walgreens – 750 N. Virginia Street, Reno (over I-80)

Planning Ahead:

A look at some events in the next few months:

March 2011 - National Nutrition Month

<http://www.eatright.org/nnm/>

March 10, 2011 - National Women and Girls HIV/AIDS

Awareness Day

<http://www.womenshealth.gov/nwghaad/>

March 14-20, 2011 - Brain Awareness Week

<http://www.dana.org/brainweek/>

March 20, 2011 - National Native HIV/AIDS Awareness Day

<http://www.nnaapc.org/news/awareness-day.htm>

March 20-26, 2011 - Poison Prevention Week

<http://www.poisonprevention.org/poison.htm>

April 2011 - Alcohol Awareness Month

<http://www.healthfinder.gov/nho/aprToolkit.aspx>

April 7, 2011 - World Health Day

<http://www.who.int/world-health-day/2011/en/index.html>

Webinars

February 24, 2011, 10-1 - Emerging Drug Trends

Hear what's going on now, and what's on the horizon from people in-the-know. Find out how to tailor prevention messages and see how a coalition of coalitions worked together to quickly make a new drug illegal in their state. Register online at http://www.mctft.com/telecasts/view_course.aspx?telecastID=2011-02-24-1

February 24, 2011 12:00-1:15 - Alcohol Energy Drinks: They Pack a Killer Punch!

The Food and Drug Administration initiated an investigation of the caffeinated alcohol beverages which have been nicknamed "blackout in a can" or "liquid cocaine" by those that have consumed the product. Join us to get an update on what is being done around the Country to prevent similar injuries and death as a result of underage access to alcohol. Register online at: <http://www.udetc.org/audioconfregistration.asp>

March 2, 2011 - Join the Voices for Recovery: Recovery Benefits Everyone

The benefits of treatment and recovery ripple out across entire communities throughout our Nation, proving there are effective treatments and people do recover. Watch online at <http://www.recoverymonth.gov/Multimedia/Road-to-Recovery-Television-Series.aspx>

March 2, 2011 10:00-11:30am - Learning from the Field: Serving LGBTQI2-S Youth Experiencing Homelessness

All programs serving youth who are homeless should assume that some of their participants identify as LGBTQI2-S. Between 20% and 40% of youth experiencing homelessness identify as LGBTQI2-S. SAMHSA's HRC visited multiple programs serving youth who are LGBTQI2-S and homeless to learn about practical strategies to implement best practices when working with this population. Learn more and register at <http://homeless.samhsa.gov/Resource/View.aspx?id=50286>

March 9, 2011 10:30-11:30 - Recognizing Medical Indicators: How to Better Identify At-Risk Children

This webinar is intended to provide information for practitioners across disciplines, including law enforcement, social services, medicine, education, and more, regarding inflicted physical injuries that carry high risks for future fatality if unrecognized when a child is first encountered. Registration will open 2/23 at <http://www.nationaldec.org/training/trainingandconferencecalendar.html>

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https://lists.unr.edu/sympa/subscribe/nprc_update

to sign up!

Webinars continued

March 24, 2011 12:00-1:15 - Managing Alcohol at Special Events

Managing alcohol at special events such as open air concerts, sporting events, fairs/festivals, can be a complex and challenging experience for communities. When alcohol is added to events whether large or small, planned or spontaneous, consumption of alcohol increases the event's complexity. Alcohol related incidents and prevention of underage drinking are especially challenging for law enforcement and other first responders as it relates to the public health and safety of all attendees. Hear how effective planning, proper management, policy application and enforcement are at the core of managing special events whether they are large or small in nature. Learn more and register at <http://www.udetc.org/audioconfregistration.asp>

March 29, 2011 11:00-12:30 - Justice Involved Persons and Meth: Addressing a Full Continuum of Services

The Justice Involved Persons Webinar will focus on the full spectrum of services available to those involved in the criminal justice system. Presenters will discuss resources which include recovery and community services, monitoring systems for products containing ephedrine, and reentry support and services for ex-offenders being released back

into the community. Register at <http://www.methpedia.org/rlemi-webinars.php>

March 31, 2011 10:00-11:00 - Embracing Diversity: Crossing Barriers to Deliver Treatment to Everyone

This program will look at how substance use is acceptable in some cultures and how this may create a barrier for individuals seeking treatment and recovery services. It will also consider the importance of providing services that incorporate the specific needs of the individual, and examine how some treatment and recovery models may prove more effective for one group than another. Register at http://www.mctft.com/telecasts/view_course.aspx?telecastID=2011-03-31-1

April 6, 2011 10:30-11:30 - Breaking the Silence, Breaking the Cycle: Hope and Healing for Children of Addicted Parents

This presentation will illustrate common characteristics of children impacted by parental addiction to alcohol and other drugs. Concrete examples of ways to explain the dynamics of addiction to children as well as activities that combat maladaptive ways of conceptualizing and coping will be shared. Registration will open 3/23 at <http://www.nationaldec.org/training/trainingandconferencecalendar.html>