



# Nevada Prevention Resource Center

## Update

October 2011 Volume 6 Number 10

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**This month** we would like to highlight some of the upcoming National Campaigns.

Red Ribbon Week has been observed since 1985, when drug traffickers in Mexico City murdered DEA agent Kiki Camarena. The tradition of displaying Red Ribbons is a symbol of intolerance towards the use of drugs. The mission of the Red Ribbon Campaign is to present a unified and visible commitment towards the creation of a DRUG-FREE AMERICA.

October is National Bullying Prevention Month, sponsored by PACER's (Parent Advocacy Coalition for Educational Rights) National Bullying Prevention Center. Multiple studies have documented associations between bullying and substance abuse, poor academic achievement and mental health problems (anxiety and depression).

National Drug Facts Week was launched by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health. NIDA scientists want to give teens the opportunity to learn what science has taught us about drug abuse and addiction amid the noise and clutter of drug myths they get from the internet, TV, movies, music, or from friends.

ADHD (attention-deficit/hyperactivity disorder) is a serious public health issue and ADHD is associated with numerous mental health conditions or disorders and health risks, including smoking and substance abuse. The mission of *ADHD Awareness Week* is to educate the public about ADHD by disseminating reliable information based on the evidence of science and peer-reviewed research.

We hope that links and materials the NPRC provides on its web site, clearinghouse, library collection and Facebook page will help Nevadans promote awareness of these worthy campaigns in October and that all of our readers will enjoy this beautiful Autumn weather!

### Nevada RADAR Network Associate Centers

Care Coalition  
(702)228-8520

NV Statewide Native  
American Coalition  
(775)355-0600

Churchill Community  
Coalition  
(775)423-7433

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

Frontier Community Coalition  
(775)623-6382

PACT Coalition  
(702)582-7228

Foundation for Recovery  
(702)257-8199

Partnership of Community  
Resources  
(775)782-8611

Stephanie Asteriadis  
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# NPRC Materials Update

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## 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
1668	Eat More, Weigh Less?
1669	Rethink Your Drink
1670	Methamphetamine: The National Summit to Promote Public Health, Partnerships, and Safety for Critically Affected Populations
1671	FASD Identification
1672	FASD: What school systems should know about prevention
1673	Prescription Drugs Poster
1674	Understanding Suicide
1675	Eight Danger Zones for Teens Behind the Wheel
1676	Ocho zonas peligrosas para los Adolescentes al Volante (Eight Danger Zones for Teens Behind the Wheel)
1677	Practice, Coach, Lead by Example (Father/Son)
1678	Practice, Coach, Lead by Example (Father/Daughter)
1679	Hagalos, Practicar, entrenelos, guielos con su ejemplo (Practice, Coach, Lead by Example (Father/Daughter))
1680	Hagalos, Practicar, entrenelos, guielos con su ejemplo (Practice, Coach, Lead by Example (Father/Son))
1681	Handing Your Teen the Car Keys (Female)
1682	Handing Your Teen the Car Keys (Male)
1683	Advisory: Clients With Substance Use and Eating Disorders
1684	Advisory: Tobacco Use Cessation During Substance Abuse Treatment Counseling
1685	Leaving The Door Open: Alternatives to Seclusion and Restraint
1686	Medication-Assisted Treatment (MAT), Works Great for M
1687	SAMHSA News: Vol. 19, No. 2
1688	Health Disparities Research at NIDA
1689	Children of Addicted Parents: Important Facts
1690	Drug Endangered Children: The Role of Prevention
1691	Tip Sheet for Early Childhood-Child Welfare Partnership: Policies and programs that promote educational access, stability, and success for vulnerable children and families
1692	What is Child Abuse and Neglect?
1693	Child Physical Abuse Fact Sheet
1694	Recognizing Child Abuse and Neglect: signs and symptoms
1695	Reaching Families Where They Live: Supporting Parents and Child Development Through Home Visiting

# Grants and Submissions

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## UnitedHealth HEROES Service-Learning Grants

The program awards grants to help youth, ages 5-25, create and implement local, hands-on programs to fight childhood obesity.

More Information: <http://www.ysa.org/HEROES>

Applications due October 17, 2011

## Rural Health Network Development Planning Grant Program

The grants promote, through planning and implementation, the development of integrated healthcare networks that have combined the functions of the entities participating in the networks in order to: achieve efficiencies; expand access to, coordinate, and improve the quality of essential health care services; and strengthen the rural health care system as a whole.

More Information: <http://www07.grants.gov/search/search.do?&mode=VIEW&opId=118833>

Was this newsletter forwarded to you? Visit  
[https://lists.unr.edu/sympa/subscribe/nprc\\_update](https://lists.unr.edu/sympa/subscribe/nprc_update)  
to sign up!

## National Campaigns

**October 2011** - National Bullying Prevention Month

<http://www.pacer.org/bullying/nbpm/>

**October 16-22, 2011** - ADHD Awareness Week

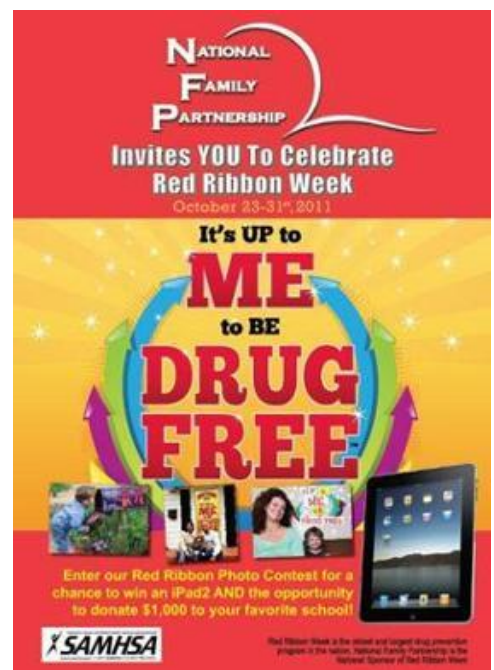
<http://www.adhdawarenessweek.org/>

**October 23-31, 2011** - Red Ribbon Week

<http://www.nfp.org/>

**October 31-November 6, 2011** - National Drug Facts Week

<http://drugfactsweek.drugabuse.gov>



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## Events

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### October 15, 2011 - Thunder Canyon Ladies Club Annual Charity Tournament

Join Step2 for a great day of golf at the breathtaking private course, Thunder Canyon. This event benefits STEP2 and our partner agency, CAAW (Committee to Aid Abused Women).

Learn more at <http://www.step2reno.org/get-involved/special-benefit->

### October 19, 2011 - Italian Feast

Join us for a decadent family-style Italian feast while honoring community leader Nancy Brown and supporting Bristlecone Family Resources. Enjoy Comedian Mark Lundholm, a silent auction, vacation raffle, and much more! Don't miss this event sponsored by Eldorado Hotel Casino. Get your spot at <http://www.bristleconereno.com/ItalianFeast.asp>



### October 22, 2011 - Fight for Air Walk, Las Vegas

The Fight for Air Walk will be held Floyd Lamb State Park at Tule Springs. Register online at <http://www.lungusa.org/pledge-events/nv/las-vegas-walk-fy12/>



### October 22, 2011 - Haunted Lahontan 5K Walk/Run at Lahontan State Recreation Area

This is a fundraiser for the new Stand Tall scholarship as well as the new Silver Stage Task Force project, Silver Stage Resource bank. The 5K run or walk course is pavement, sand and dirt terrain. A one mile course is also designed for walkers/strollers. Group discounts available. All participants will be timed. Call Lavurne at 246-7550 for more info and registration forms. Stand Tall and Silver Stage Task Force are Healthy Communities Coalition partners.

Registration form: <http://alturl.com/5ke3x>

### October 28, 2011 - Trunk-or-Treat

Join Luz Coalition for some safe trick or treating from fun decorated cars. Located at La Bonita Supermarket, 2672 N. Las Vegas Blvd.



### October 29, 2011 10am-2pm - Prescription Drug Roundup

Bring in your old prescription drugs for proper disposal.

SaveMart - 565 East Prater Way, Sparks

Scolari's - 8165 S. Virginia St., Reno

## Events

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### November 3-5, 2011 - Family Renewal Program

JTNN has partnered with the Las Vegas Recovery Center to bring their Family Renewal Program led by Medical Director Dr. Mel Pohl to Reno for a special 3-day seminar. This program is typically only offered in Las Vegas, and no other program of its kind is available to family members in Northern Nevada. Participants will learn about the disease of addiction, expectations of those in treatment, relapse, codependency and enabling, and how to effectively communicate with a loved one who is an addict.

Learn more at <http://alturl.com/igpyj>

### November 10, 2011 - Medication Assistance Program overview and a Brief Introduction to Sexual Violence Prevention and Victims' Advocacy

This brief introduction by Kari Ramos from the Nevada Coalition Against Sexual Violence will touch on the following subjects: working effectively with community agencies; laws; victims' advocacy; intimate partner sexual violence, especially among teens and also among adults (with complication of alcohol/prescription or other drug involvement) Jeff Scheneman of Pfizer will also explain Pfizer's medication assistance program for unemployed people in need of Pfizer medications. Call Healthy Communities Coalition at 246-7550 for an agenda.

### November 10, 2011 - Boys and Girls Club of Truckee Meadows Awards UNBanquet

Come to this awards banquet to recognize great people in the Boys and Girls club. Reserve your spot at <http://alturl.com/yi7jc>



### November 15, 2011 - ITCN Reception

The Statewide Native American Coalition will be hosting a networking reception at the ITCN Annual Conference at 530pm on November 15th, 2011.

Visit <http://www.itcn.org/PDF%20FILES/EVENTS%20CONV%202011.pdf> for more information



**Find the NPRC on Facebook!**

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

# Family Renewal Program

Experience a 3-day program to learn more about addiction and the addicted person in your life from experts at the Las Vegas Recovery Center hosted by Join Together Northern Nevada.

Addiction specialist Dr. Mel Pohl, named one of the best doctors in America, will kick off the program.

**Who should attend?**  
Parents, siblings, children (over 12), and other family members.

**Seating is limited—call 775-324-7557 now to reserve your seat.**

## Participants will learn:

- In-depth information relating to the disease of addiction and addictive thinking;
- Realistic expectations of those in treatment;
- Relapse;
- Codependency and enabling.

Participants will be taught new communications skills to use with their addicted loved ones and how to have a healthy relationship.

**Date** November 3, 4, and 5

**Time** 9:00 a.m. to 5 p.m. each day

**Location** Hyatt Place  
1790 E. Plumb Lane, Reno

**Cost** \$50 - the fee can be paid by cash, check or credit card to Join Together Northern Nevada.

Morning coffee, lunch and a snack will be provided each day.

***Seating is limited, and the fee must be paid by October 25 to reserve a seat.***

## Speakers

• **Mel Pohl, M.D., FASAM** is a Board Certified Family Practitioner. He is Vice President of Medical Affairs and the Medical Director of Las Vegas Recovery Center (LVRC). Dr. Pohl was a major force in developing LVRC's Chronic Pain Recovery Program.

• **Rob Hunter Ph.D.** is a clinical psychologist licensed in the State of Nevada and is founder of Nevada Psychological Associates and Problem Gambling Center of Las Vegas. He is a consulting psychologist for Las Vegas Recovery Center.

• **Hortensia DeJesus** is a CADC-1 and the Family Services Manager at Las Vegas Recovery Center. Addiction has affected Hortensia's family for many generations allowing her to bring a unique perspective on addiction as a family disease to the family renewal program.



# Webinars

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## **October 19, 2011 - Intimate Partner Violence in Later Life: What Is It? How Can I Help?**

This webinar will inform and educate service providers (volunteers & paid staff) about intimate partner violence among the elderly and discuss it as one form of the broader category of elder abuse. Participants will actively engage in the webinar to learn helping strategies, learn how to make referrals to advocacy agencies and report elder abuse. Resources will also be provided.

Register at: <http://nevadaprc.org/docs/PromoFlyerAbuseinLaterLifeWebinar10-19-2011.pdf>

## **October 20, 2011 - The Prescription Drug Epidemic: Appropriate Interventions for Addiction Treatment Programs**

This webinar will address the magnitude of the problem of prescription drug abuse, strategies to alter patient assessments if prescription drug abuse is a factor in the patient's history, approaches to individual and group therapy to address stigma and privacy issues; and the principles of maintaining appropriate confidentiality while therapeutically interacting with families and the prescribers of patient's controlled drugs.

Register at <http://eventcallregistration.com/reg/index.jsp?cid=25315t11website>

## **October 26, 2011 - Campus Recovery Programs: Integrating Relapse Prevention Strategies Into Comprehensive Alcohol and Other Drug Abuse Prevention**

This Webinar brings together three of the nation's top campus relapse prevention program directors to discuss the research, history, and key components of successful collegiate relapse prevention and recovery programs.

Register at <http://higheredcenter.ed.gov/services/training/webinars/campus-recovery-programs>

## **October 27, 2011 - Military Families: Access to Care for Active Duty, National Guard, Reserve, Veterans, Their Families, & Those Close to Them**

This hour-long show produced by the Substance Abuse and Mental Health Services Administration (SAMHSA) will examine the serious issue of behavioral health care needs by exploring the nature and scope of these behavioral health problems, the strengths and weaknesses of the system to address these problems, and the efforts underway to improve our Nation's ability to meet its obligations to service members and their families.

Register at [http://www.mctft.com/telecasts/view\\_course.aspx?telecastID=2011-10-27-1](http://www.mctft.com/telecasts/view_course.aspx?telecastID=2011-10-27-1)

## **November 10, 2011 - Fundraising Now - Surviving and Thriving in Challenging Times**

This webinar will provide an overview of current trends in fundraising, strategies to diversify income; ways to find donors; special events planning; and developing an effective corporate package. Leave this class with: Strategies and action steps for increasing your fundraising revenue from individuals and businesses; An understanding of how foundations giving is changing and how to respond; Improvements for your communication with donors and prospects; and Activities you can use to get your board more involved in fundraising.

Register at <http://pctx.casat.org/products/webinar-fundraising-now-11102011>

## **November 16, 2011 - Strengthening Prevention Program Capacity for Evaluation**

Let's face it... we all evaluate our programs at the end of the day. Whether we do so in a structured, clear, documented and logical manner is another question. This webinar is designed for individuals aspiring to improve their grasp of key evaluation concepts and identify next steps in improving their approach to evaluation.

Register at <http://pctx.casat.org/products/webinar-preventionevaluation-11162011>

# Professional Development Opportunities

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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/>

## **Confidentiality and HIPAA**

This workshop will cover federal and Nevada rules of confidentiality with an emphasis on practical solutions to real problems. Topics will include: what is a proper consent for release of information, how to respond to a subpoena, exceptions to the rules, and child and elder abuse reporting requirements. (This course is required for interns as well as for licensed or certified counselors who are renewing their license or certificate.)

October 20, 2011 - Reno, UNR Main Campus - Center for Molecular Medicine, Room 111

October 21, 2011 - Las Vegas, TBA

## **Get Your Message Out!**

Rural and Frontier communities may be "traditional" (TV, Radio, and Newspaper) media poor, but they are a gold mine for creative marketing channels. Since many of these media strategies can be implemented with little to no cost, this training is for anyone from urban or rural communities looking for new cost effective ways to get your message out! We will include a strategy exchange, so please bring your creative ideas ready to share with your peers. This session will be a half day interactive training suitable for people in a broad range of prevention work.

November 1, 2011 - Reno, Redfield Campus

November 2, 2011 - Las Vegas, Department of Employment, Training, and Rehabilitation; Conference Room C

## **Don't Drown, Engage Volunteers**

A small amount of up front planning time on how your agency, coalition, school, or initiative will use volunteers can help you build social capital to make your work: more desirable to funders, more effective overall, and enhance your cost benefit ratios. In this training you will learn how to assess your agency for volunteer opportunities, plan for using volunteers, and celebrate the work done together. Then ideas will be exchanged about how to tap into Nevada's great heritage of personal independence, to help YOU engage your community in your worthy cause.

November 1, 2011 - Reno, Redfield Campus

November 2, 2011 - Las Vegas, Department of Employment, Training, and Rehabilitation; Conference Room C

## **Intervention Strategies for the Fetal Alcohol Spectrum Disorders**

This training will briefly remind participants of the possible cognitive impairment presented by those with an FASD, and then explore in depth the three levels of interventions most likely to provide the individual with an FASD hoped-for outcomes. Time will be spent looking at: individual intervention strategies; Dynamic Case Management as a means to provide the external support needed; and policy issues that hinder or assist application of appropriate interventions. Lecture will be supported by experiential tasks.

November 2, 2011 - Reno, Redfield Campus

November 4, 2011 - Las Vegas, Department of Employment, Training, and Rehabilitation

## **Law Enforcement Training**

This low cost training is designed for ALL Nevada and California Law Enforcement Agencies, Parole and Probation, Courts. There will be three 2 hour sessions provided by the following: Drug Enforcement Agency, US Attorney Generals' Office, NV Attorney Generals Office and the Department of Public Safety.

Register at <http://nvletraining.eventbrite.com/>

November 15, 2011 - Reno

## **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. At the conclusion of the workshop, participants will receive the curriculum manual used to facilitate the Healthy Steps to Freedom Curriculum.

November 16, 2011 - Las Vegas, Nevada Co-Operative Extension

November 16, 2011 - Reno, Redfield Campus (via videoconference)

# Local News

## NEVADA'S ENFORCING UNDERAGE DRINKING LAWS PROJECT RECEIVES FIFTH "SUCCESS STORY" AWARD

The Nevada Enforcing Underage Drinking Laws Program (EUDL), initiated in 1999 through the Division of Child and Family Services, Juvenile Justice Programs Office has just received their fifth "Success Story" recognition from their funders, the Office of Juvenile Justice and Delinquency Prevention. This most recent award acknowledges the advancements of one of the EUDL funded projects designed to reduce access to alcohol by underage UNR students. Previous Nevada EUDL Success Stories recognized the accomplishments by law enforcement in reducing alcohol through retail outlets, and the institution of the first statewide high school athletics alcohol and drug policy in the nation created through the Nevada Interscholastic Activities Association.

Nevada holds the distinction of receiving more EUDL funds, dollar for dollar, than any other state by writing eight successful competitive discretionary grants to target specific communities and challenges. Strong outcomes on each have been achieved. How? Kathlyn Bartosz, the Statewide EUDL Director explains, "Our dynamic local prevention coalitions have created positive working relationships with their law enforcement agencies to reduce the availability of alcohol to young people. Through our funding process these local prevention professionals and law enforcement officers are given the flexibility to be creative and engage in rapid response. The contributing factors to underage drinking are a continually moving target, and effective prevention efforts need to be able to move with them. That is the key to the continuing success of the Nevada EUDL statewide strategy."

Statewide data comparing underage drinking behaviors from the beginning of EUDL to 2009 show a positive trending over time:

### The Nevada State Department of Education's Office of Child Nutrition and School Health Nevada Youth Risk Behavior Survey Results

BEHAVIOR	1999 YRBS High School	2009 YRBS High School	% + -
In past 30 days, rode in a car or other vehicle driven by someone who had been drinking alcohol	35.0	23.0	-12.0
In past 30 days, drank and drove	17.0	8.7	-8.3
During their life, had at least 1 drink of alcohol on $\geq 1$ days	81.0	73.0	-8.0
Had first drink of alcohol before age 13	38.0	25.6	-12.4
In past 30 days, drank alcohol on $\geq 1$ days	53.0	38.6	-14.4
In past 30 days, had 5 or more drinks of alcohol in a row on $\geq 1$ days	36.0	22.0	-14.0
In past 30 days, drank alcohol on school property on $\geq 1$ days	7.0	4.4	-2.6
Of those who are sexually active, drank alcohol or used drugs before the last time they had sexual intercourse	28.0	20.7	-7.3

Bartosz states, "Are we where we want to be? Not by a long shot. We are just getting started. But we can be very proud of the successes achieved through our local law enforcement and prevention coalition partnerships."

The University of Nevada Reno (UNR) Tackles Student Underage Drinking through successful collaborations, increased enforcement, and stronger policies. Read about the project at

[http://www.udetc.org/documents/success\\_stories/NV0811.pdf](http://www.udetc.org/documents/success_stories/NV0811.pdf)