

AUGUST 2011

VOLUME 1, ISSUE 6

THE RESOURCE

ENHANCING THE QUALITY OF LIFE IN JONES COUNTY



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Welcome to Patti Bammert, our new SPF SIG Coordinator!



Patti Bammert started working in the coalition office in late June. She is the new Jones County Strategic Prevention Framework State Incentive Grant Coordinator! That is a quite a title! SPF SIG is the new grant in Jones County addressing underage drinking and adult binge drinking.

We did not apply for this grant opportunity, but Jones County was selected based on a ranking of 13th out of 99 Iowa counties. The 23 counties with the highest rates of underage drinking and adult binge drinking were given the opportunity to participate with this grant.

A group of coalition members are already working on more assessment of our county to help determine how to best address these issues here. A Community Discussion/Focus Group was held on July 25, with over 25 people participating. It was a very interesting discussion.

This is the first time the coalition has looked at adult alcohol use data. Unfortunately, Jones County is ranked second by the state's data for adult binge drinking alone. Patti is busy interviewing community members about the county's level of readiness to address these issues. The next step will be planning to prepare for the implementation of selected strategies to address alcohol in our community. If you are interested in being involved in the SPF SIG efforts, please contact Patti at pbammert@asac.us, call 462-5030, or stop by the coalition office!

Coalition meetings are usually the second Wednesdays of the month at 11:30 a.m. in our coalition meeting room, 203 E. Main St., Anamosa.

Next meeting is Aug. 17! Come join us!



Next Rx Drug Drives—Sat., Oct. 29 & Nov. 12 Anamosa/Monticello details TBA soon.

KEEPING YOUTH DRUG FREE

BY KELLY SCHMIDT, ASAC PREVENTION SPECIALIST

Establish and maintain good communication with your child.

Make sure to keep talking to your child and listen when they talk to you. Teach them about alcohol, tobacco and other drugs. Teach them the health, safety and legal consequences of using substances.

Get involved in your child's life.

Truly get to know your child. Do things together that your child likes to do. Attend your child's school activities and sporting events. Praise your child and let them know how much they mean to you. Have dinner together and take this time to have good, meaningful discussions.

Make clear rules and enforce them with consistency and appropriate consequences.

Be clear and consistent in your expectations, rules and messages. Let your child know the consequences of broken rules. If they do break a rule you need to follow through with the consequences. Make sure to praise your child when you catch them being good and following the rules. Let your child know why you don't want them to use drugs and alcohol. Talk about your family values.

Be a positive role model.

Do not engage in any illegal, unhealthy or dangerous drug use. Provide an example consistent with what you say. Kids are always watching the adults in their lives. The adults need to constantly be a positive role model.

Teach your child to choose friends wisely.

Who your child picks as friends is very important. Peer pressure is powerful in the choices kids make. Teach your child how to be assertive and tell someone "no". Encourage your child to pick friends who consistently make good choices.

Monitor your child's activities.

Know where your child is, what they are doing and who they are hanging out with. Get to know your child's friends and their parents. Make sure your child has plenty of activities that are fun for them but also safe and drug free.



BEASTS Boys at Y2Y Conference in Ohio.

B.E.A.S.T.S.

The BEASTS group has been very active since the spring. In April they kicked off a marijuana prevention campaign that began on the internationally known day of 4/20 to smoke marijuana and many youth will smoke for the first time on this day. The group decided to create their own campaign using the theme of "It's Not My Thing." Some of the youth from this group were the models for these posters. (See their posters on back page.) They also made other posters to hang in their respective schools.

In May, they helped with the "Alcohol Free Graduation Signs" distribution. In June, eight youth and two adults attended the Youth to Youth Conference in Ohio. Here are some perspectives from two of the youth that attended the conference....



Tyler Mullins, BEASTS member, Drug Fee!



Some of the BEASTS group and Bill Feldmann ready to drive to Youth to Youth!

Ellyn Felton:

On June 17, I began a long car ride to Bexley, Ohio for my first Youth to Youth Conference at Capital University. We arrived the night before the conference and I met my roommate, Tiffany, who was from Detroit, MI. She had been there before and assured me that I was going to have the time of my life. Surely, she was right.

Over the next four days, I met many people from Ohio and surrounding states. I got very close to what they called my "Family Group," made up of 9 youth participants, 1 adult participant, a youth staff, and an adult staff. The first time we met with each other, everyone was quiet and no one talked much. As the conference continued, we did a teambuilding challenge with our family group and everyone got loose in my group. Soon enough, we were all comfortable around each other and told each other everything. I became close with two people from Ohio who hadn't known each other before the conference. Their names were Alex and Amanda. We began eating every meal together.

The conference had lots of motivational speakers, who were all amazing. They taught us that you need to stand up for yourself and don't let anyone tell you that you can't do something. Every night we had a fun event, including a pool party, carnival, and dance. We also had people come and talk to us about the harmful affects of using prescription drugs. I never realized how much people abuse them until this. We also had a group do a skit about different experiences with drugs and what harmful things had happened to them.

Kelsey Steger:

I had a great time at Youth to Youth!

I learned how prescription drug abuse can tear apart a person the same way any other drug can.

We had some outstanding guest speakers that preached to us that we could do anything as long as we out our mind to it. It was truly and uplifting and reassuring experience. It made me believe that I could do absolutely anything I wanted to do if I put my mind to it.

I enjoyed all of the activities we did with our family groups. A family group is a group of 10-12 people that would meet at least two times a day and just talk about how their day was going and what new things we learned. It was a judge-free zone where we could talk about anything.

I met a lot of new people that have become long distance friends. I left Youth to Youth feeling sad that I wouldn't see my new friends for another year. I can't wait to go back next year to see my friends again and to meet new friends.



Kamry McLaughlin (above) and Beth Chatterton (below) help with the Coalition Flamingo Fundraiser! Kelsey Steger and Ellyn Felton took flocks of flamingos all over Monticello too. Heather McAtee, Dawn Grassfield, Reed and Dillon Stockman and Dawn McLaughlin also pitched in!



During the month of July, BEASTS also helped with the "Flamingo Fundraiser" and did some surveying at the Jones County Fair. They are currently gearing up for the school year with some recruitment events at Freshmen Orientations and the Take Charge Conference on Sept. 23.

Visit our **UPDATED** webpage at
www.jonescountycoalition.org

Jones County Safe and Healthy Youth Coalition Mission Statement:
Engaging our communities in efforts to create and
maintain safe and healthy youth in Jones County

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Become a fan of our facebook page by clicking on "Like" — www.facebook.com/jcshycoalition

SAVE THE DATE- Tuesday, Sept. 20, 6:30 p.m.—Sheriff Candidates Debate on Substance Abuse, venue TBD

My name is Bill Feldmann. My family and I live in Anamosa. Jessica is a sophomore at Kirkwood Community College and is a member of the coalition. Emily is a junior at Anamosa High School and she is also a member of the coalition and a member of the BEASTS group. Sue is an RN and she works at St. Luke's in Cedar Rapids with moms and babies.

I have been involved with other members of the community for several years in helping to bring about change in alcohol and drug use through CMCA (Communities Mobilizing for Change on Alcohol) and now the Jones County Safe and Healthy Youth Coalition.

I serve populations in the community and try to find balance between them. First and foremost, I am a parent and want to help other parents. I am a business owner and the president of the Anamosa Area Chamber of Commerce and as such try to involve business interests in our discussions. I am also on the Anamosa City Council where I work to improve the climate in our community regarding the use and availability of alcohol and other drugs.

Being a member of the coalition has enabled me to help preserve the social fabric of our community. The social fabric of Anamosa is what helps us to live and grow in such a great community.

The Jones County Safe and Healthy Youth Coalition Spotlight is shining on...



Bill Feldmann