

# Prevention Partners News

*This is the third issue of the Prevention Partners News, a quarterly publication from the Prevention Unit of the Department of Human Services, Addictions & Mental Health Division. We continue to encourage your input and submissions for future issues. Enjoy!*

*Jeff Ruscoe, Editor.*

## AMH Hires Jason Yarmer!

The Addictions and Mental Health Division's Prevention Unit is proud to introduce Jason Yarmer as our new Prevention Specialist and Tribal Liaison. Jason moves into the position held for many years by Caroline Cruz, who returned home to the Confederated Tribes of Warm Springs earlier this year.

Jason comes to AMH having spent the past three years at the Native American Rehabilitation Association (NARA-NW) as the Director of the Native Youth Suicide Prevention program, a partnership between the nine federally-recognized Native American Tribes, and Portland State University.

Prior to NARA-NW, Jason worked in alcohol and drug prevention and treatment at Columbia Community Mental Health. Jason has a bachelor's degree in science, and is currently working on his master's degree in education. He is also a certified prevention specialist, and suicide prevention QPR and ASIST trainer.

Please help us welcome Jason to his new position at AMH. You can reach Jason at (503) 945-6190, or by email at [jason.d.yarmer@state.or.us](mailto:jason.d.yarmer@state.or.us)



# Welcome, Jason!

### Upcoming Events

**October 20** – Webinar – Working to Prevent Underage Drinking (*see article on page 5*).

**November 16** – Governor's Summit on Disproportionate Minority Contact. (*Jantzen Beach Red Lion*)

**November 17** – Oregon Coalitions: Getting Ready for the Drug-Free Communities Grant. (*Contact Jill Dale for info.*)

**November 18-20** – SPF 10-14 Facilitators Training (*Curry County*).

**December 8** – Tribal Quarterly Meeting. (*Salem area TBD*)

**January 15** – Prevention Ethics Training. (*Springfield*)

## Program Spotlight:

### College Dreams Begin in Middle School

*Tom and Judie Drummond, Co-Directors, College Dreams, Grants Pass, OR / jdrummond@collegedreams.org*

College Dreams was founded in 1998 as an alcohol and drug prevention program for 33 sixth graders at two middle schools in Josephine County, Oregon. Josephine County is a rural timber county in southwest Oregon with a population of 81,618, including 16,508 children from infancy to age 18. Oregon's preliminary March 2009 unemployment rate of 12.1% is the second highest nationally, and Josephine County's 16.8% rate is 38% above the Oregon average.

During 2008, College Dreams provided prevention services for approximately 1,238 children, youths, and family members. College Dreams promotes healthy development for children and youths, especially those who have multiple risk factors for school dropout, substance abuse, and delinquency. Our framework is based on scientific evidence regarding the risk factors for substance abuse and the protective factors that lead to long-term success for children who are beset by multiple and severe life adversities.

College Dreams has interagency agreements with both local school districts and provides regularly scheduled outreach services to 428 "Dreamers," who attend all nine local secondary schools. Long-term services begin during middle school, continue throughout high school, and are still being provided for 280 alumni who are in post-secondary education, training, or vocational settings. Descriptions of core College Dreams programs follow.

*The College Incentive Program*, a program for resiliency development, serves students with three or more risk factors for school dropout, substance abuse, and delinquency. Our longitudinal studies show that without help, 58% of students with such risk factors drop out of high school and 44% have been arrested by 10th grade. Their odds of delinquency and substance abuse are 10 to 15 times higher than those of low-risk students.

Dreamers earn college scholarship awards, barrier removal funds, and special outings through good attendance, good grades, healthy youth activities, and community service. Our prevention specialists develop powerful long-term relationships with Dreamers as role models, skill trainers, counselors, crisis intervention specialists, and life success coaches. An external program evaluation conducted by RMC Research (Portland, Oregon) found that the College Incentive Program produced large effect sizes for Dreamers (vs. a matched comparison group) in terms of reduced dropouts and delinquency arrests as well as increased rates of acceptance into the National Honor Society and preparation for college.

*Fostering Success* was developed to provide specialized resiliency development opportunities (e.g., summer day camps, recreational outings, service projects) for children and youths who are in foster care. Research on foster care has clearly documented that foster children are at exceptionally high risk for academic failure, substance abuse, mental health issues, homelessness, and lifelong problems. Through a contract with our child welfare branch office, we are serving 32 children in *Fostering Success*.

*The Guiding Lights Mentoring Program* is a school-based mentoring program that has 132 adult and student mentors who volunteer to meet weekly with 137 "most in need" fourth-grade to ninth-grade students at five middle schools, four high schools, the YMCA, and the Boys and Girls Club. The middle school students selected for *Guiding Lights* had a mean grade point average of 1.61 and a 9.2% absence rate when they entered the program. Mentored students receive academic motivational enhancement services, including special outings, recognition ceremonies, and earned incentives for academic improvement. *(Continued on page 3)*

## College Dreams (cont.)

Initial program evaluation results from Portland State University's Regional Research Unit indicate significant improvement in academic grades and attendance for mentored participants in contrast to random comparison students.

*DreamSavers:* Sixty-one low-income students currently participate in our Oregon Individual Development Account Program, which provides each DreamSaver with financial education, individualized planning, and a \$6,000 college scholarship match when he or she saves \$2,000 in a special trust fund account. DreamSavers serves as a powerful incentive for high-risk students to excel in school and to avoid alcohol and drug problems that interfere with academic success.

*Strengthening Families* is an evidence-based family camp program run by College Dreams. In the three family camps held so far, Strengthening Families has served 49 families (totaling 137 family members, including infants, toddlers, children, teens, and adults). Approximately 86% of the families "graduated" from the program. Most of the participating families were referred by local treatment programs, schools, and the child welfare office because of serious issues with substance abuse, youth behavior problems, or criminal justice issues.

College Dreams has received numerous awards for academic excellence from Oregon foundations and organizations. Our program has been recognized as a National Prevention Network "promising practices" program for promoting academic excellence and preventing substance abuse, has completed a nationally competitive Substance Abuse and Mental Health Services Administration Service-to-Science contract, and was selected for two national SAMHSA workshop panels.

## Who are Oregon's Prevention Coordinators?

*(Editor's note: Because of a limited number of responses from coordinators (3 total), we're re-running this story and asking for your help!)*

Have you ever wondered who the Prevention Coordinator was in a specific County or Tribe? The AMH Prevention Staff would like to dedicate a large part of the Winter Prevention Partners News to this topic by "sharing" who you are with everyone else in Oregon's prevention workforce.

Please take a few minutes to jot down a few things about you so that we can publish this information in the next edition. Specifically, we'd like to include the following information about each County/Tribal Coordinator:

- Name
- County
- Phone Number
- Email Address
- Length of time as the Prevention Coordinator
- Anything interesting you'd like to share about yourself!

Please email your responses by December 1, 2009 to [jeff.rusco@state.or.us](mailto:jeff.rusco@state.or.us).



*Fall Prevention Summit participants experience the "World Café" process.*

## Prevention Trivia

*The following questions are examples of those found on the “Prevention Specialist” examination administered by the IC&RC*

1. “Technology Transfer” as applied to prevention programs and services would be defined as:
  - a) a process through which methodologies and interventions for prevention move from research to application.
  - b) a system for delivering prevention messages.
  - c) a program involving computer-based information on prevention.
  - d) changing prevention messages according to which of the media are used to deliver the message.
2. Theories of causation help identify why youths begin using drugs. ATOD abuse prevention program designers must determine what factors are involved. At the most basic level these factors are:
  - a) schools and communities.
  - b) family and peers.
  - c) individuals and family.
  - d) risk and protective.
3. According to Pransky, what question should be asked at the highest level of prevention evaluation?
  - a) Did community-wide behaviors change?
  - b) Did participants show up?
  - c) Did program participants’ behavior change?
  - d) Did participants’ attitudes change or did self-esteem improve?

Source: IC&RC Candidate Guide 2008

Answers on Page 7



## Question of the Quarter

We received no responses to last quarter’s question, which was: *“How have you been able to rejuvenate a local coalition, define volunteer roles and facilitate ownership from new members?”*

This new column in the Prevention Partner’s News is an opportunity for you to ask your fellow prevention colleagues a question and see what responses you get. If there is interest in doing so, we’ll continue to ask a new “Question of the Quarter” and share your thoughts in each of our quarterly publications, along with a new question.

This quarter’s question is: *“How do you coordinate your prevention efforts with local Drug Free Community Coalitions or other prevention organizations in your Tribe or County?”*

Please email your responses, or a new question, to [jeff.rusco@state.or.us](mailto:jeff.rusco@state.or.us). All responses will be included in the next Prevention Partner’s News!



*World Café Discussion – 2009 Fall Prevention Summit*

## Leadership Foundation Webinar: Working To Prevent Underage Drinking

The webinar offers a time for key personnel in state government to learn the details together. It is a good training for Community Coalitions on Drug Free Work Place programs. The toolkit is an excellent way to educate working parents on what they can do to prevent and reduce childhood drinking. It is the official kick-off to National Drug Free Work Week and is hosted by the Ohio Governor's Office. The webinar will feature Leadership member, First Lady Frances Strickland; Elena Carr of the Department of Labor; Dee Mason and Jim Ryan of Working Partners®; and Hope Taft, President of the Leadership Foundation.

**Title:** *WORKING to Prevent Underage Drinking*

**Date:** *Tuesday, October 20, 2009*

**Time:** *2:00 PM - 4:00 PM EDT*

**Space is limited. Reserve your Webinar seat now at:** <https://www1.gotomeeting.com/register/287871152>

**Sponsored by:** Leadership To Keep Children Alcohol Free Foundation; U.S. Department of Labor, Working Partners for an Alcohol- and Drug-Free Workplace Program *Working Partners®*, Columbus, OH

**More information about the toolkit:** *The WORKING to Prevent Underage Drinking: Workplace is the Key* Toolkit includes:

- A discussion guide on drug-free workplace programs.
- An analysis of state laws as they relate to employment drug testing and drug free workplace educational requirements
- A 4-part PowerPoint educational module that businesses can present to their employees on preventing childhood drinking
- A compilation of reasons "Why Employers Should Invest" in educating parents, a response to the underage drinking epidemic outlined in the 2007 *U.S. Surgeon General's Call to Action to Prevent and Reduce Underage Drinking*.

The Leadership Foundation partnered with the U.S. Department of Labor's Working Partners program and Working Partners® of Columbus, Ohio, to develop the Toolkit. Support for the initiative was also provided by the U.S. Center for Substance Abuse Prevention, Ohio's Bureau of Workers Compensation, the Levin Family Foundation, Midlands Claim Administrators Inc., and others. The goal is to bring to Leadership members, community coalitions, and others a free electronic resource that can be used to help states and coalitions evaluate and enhance their drug free workplace programs.

Following the webinar, the Toolkit will be available in its entirety at [www.alcoholfreechildren.org](http://www.alcoholfreechildren.org).



## Candy & Fruit Flavored Cigarettes Now Illegal in United States; Step is First Under New Tobacco Law

The U.S. Food and Drug Administration announced September 22, 2009, a ban on cigarettes with flavors characterizing fruit, candy, or clove. The ban, authorized by the new Family Smoking Prevention and Tobacco Control Act, is part of a national effort by the FDA to reduce smoking in America. Smoking is the leading preventable cause of death in America.

The FDA's ban on candy and fruit-flavored cigarettes, now in effect, highlights the importance of reducing the number of children who start to smoke, and who become addicted to dangerous tobacco products. The FDA is also examining options for regulating both menthol cigarettes and flavored tobacco products other than cigarettes.

“Almost 90 percent of adult smokers start smoking as teenagers. These flavored cigarettes are a gateway for many children and young adults to become regular smokers,” said FDA Commissioner Margaret A. Hamburg, M.D. “The FDA will utilize regulatory authority to reduce the burden of illness and death caused by tobacco products to enhance our Nation's public health.”

Flavors make cigarettes and other tobacco products more appealing to youth. Studies have shown that 17 year old smokers are three times as likely to use flavored cigarettes as smokers over the age of 25.

“Flavored cigarettes attract and allure kids into lifetime addiction,” said U.S. Department of Health and Human Services Assistant Secretary for Health Howard K. Koh, M.D., M.P.H. “The FDA's ban on these cigarettes will break that cycle for the more than 3,600 young people who start smoking daily.”

The FDA is taking several steps to enforce the ban. A letter recently sent to the tobacco industry provided information about the law, and explained that any company who continues to make, ship or sell such products may be subject to FDA enforcement actions. The FDA has also made available an advisory to parents on the risks associated with flavored tobacco products.

“Youth are twice as likely to report seeing advertising for these flavored products as adults are,” said Dr. Joshua Sharfstein, a pediatrician and the FDA Principal Deputy Commissioner.

“Marketing campaigns for products with sweet candy and fruit flavors mislead young people into thinking that these products are less addictive and less harmful.”

The FDA encourages consumers to report continuing sales of flavored cigarettes through a special tobacco hotline (1-877-CTP-1373) and Web site ([www.fda.gov/flavoredtobacco](http://www.fda.gov/flavoredtobacco)).

Parents and consumers can learn more about the risks of flavored tobacco products at [www.fda.gov/](http://www.fda.gov/).

See following link:

<http://www.fda.gov/TobaccoProducts/GuidanceComplianceRegulatoryInformation/FlavoredTobacco/default.htm>

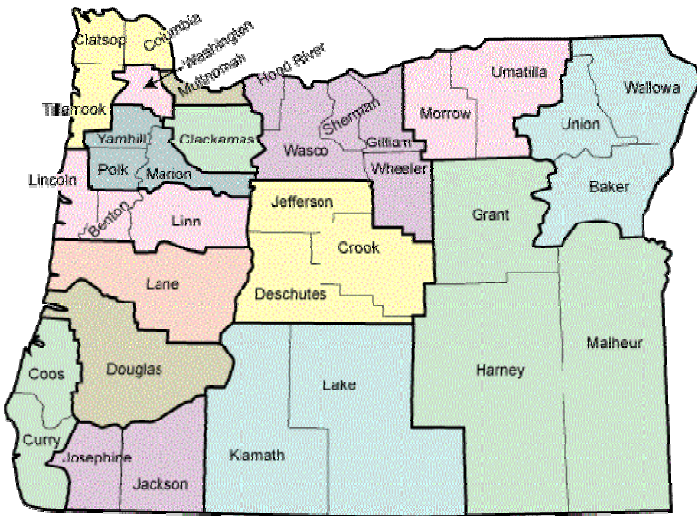
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### Tobacco Quit Line Services

We are pleased to announce a new way for tobacco users to access Oregon Tobacco Quit Line services. Tobacco users can visit [www.quitnow.net/oregon/](http://www.quitnow.net/oregon/) to learn more about Quit Line services, read testimonials, assess where they are in the quitting process and if ready, register online for help with quitting tobacco.

Upon registering, tobacco users will receive a welcome email to Web Coach, the Quit Line's integrated online application, and most importantly, a trained Quit Coach will call within 24 hours to start talking about a plan to quit. If the tobacco user is ready to get started right away, a link is also provided that will connect the tobacco user with the Quit Line immediately to talk to a Quit Coach.

Tobacco users can still access Quit Line services by calling 1-800-QUIT-NOW (784-8669) or be fax referred by a health care professional.



## County/Tribal Prevention Pages

County and Tribal prevention pages continue to be posted to the AMH website as we receive them. Area specific contacts and prevention efforts are available for viewing from the AMH website at:

[www.oregon.gov/DHS/addiction/prevention-countymap/main.shtml](http://www.oregon.gov/DHS/addiction/prevention-countymap/main.shtml)

The map you find on this page is a clickable map (as seen above) that will take you to the information we have for each county and tribe. If you find a blank page or receive an error message, it means that we have not received anything from your county or tribe to include in this section.

To date, we have only received information from one tribe. Tribal prevention information is also important to showcase on this page, so we need that information as well.

To insure that the most accurate and up-to-date information is on your county/tribal page, please contact Joanne at [joanne.trzcinski@state.or.us](mailto:joanne.trzcinski@state.or.us).

### Prevention Trivia Answers from page 2:

1. A
2. D
3. A

## Many Baby Boomers are Continuing Illicit Drug Use into Their Later Years According to New Analytic Publication

Many baby boomers (Americans in the generation born between 1946 and 1964) are continuing to use illicit drugs as they grow older, causing the rate of illicit drug use to go up within the 50 to 59 year old age segment of the population. According to a new analytical publication produced by the Substance Abuse and Mental Health Services Administration (SAMHSA), those aged 50 to 59 reporting use of illicit drugs within the past year has nearly doubled from 5.1 percent in 2002 to 9.4 percent in 2007 while rates among all other age groups are statistically staying the same or decreasing.

*An Examination of Trends in Illicit Drug Use among Adults Aged 50 to 59 in the United States* is the first in a series of new scientific reports being published periodically by SAMHSA's Office of Applied Studies that will provide detailed analyses on important substance abuse and mental health issues challenging the nation.

"These findings show that many in the Woodstock generation continue to use illicit drugs as they age," said SAMHSA Acting Administrator Eric Broderick, D.D.S., M.P.H. "This continued use poses medical risks to these individuals and is likely to put further strains on the nation's health care system – highlighting the value of preventing drug use from ever starting."

The report analyzes many aspects of this phenomenon including the types of illicit substances involved, different demographic and behavioral factors associated with higher rates of use, and other issues. The data used in the analysis comes from a wide range of sources including 16,656 respondents aged 50 to 59 participating in the 2002 through 2007 National Surveys on Drug Use and Health – the nation's premier national public health survey of its kind.

The full report is available on the web at <http://oas.samhsa.gov/>. For related publications and information, visit <http://www.samhsa.gov/>.

## Is Your Community Ready To Be A Drug-Free Communities Coalition?

**COALITIONS** are invited to a one day training to prepare to write the *SAMHSA Drug-Free Communities Support Program* grant.

This workshop has been specifically designed for new coalitions or DFC's in the fifth year of the original grant. The training will include many of the grant necessities and will set up a peer review option for coalitions interested in grant feedback. The emphasis for the grant is on environmental strategies aimed at changing or influencing community conditions, standards, institutions, structures, systems and policies and long-term outcomes.

**SAVE the DATE: November 17, 2009**

Woodburn DHS Training Center  
120 E. Lincoln St, Suite 230  
Woodburn OR 97071

**Chemeketa Community College – Woodburn Campus Building**  
Building, 2nd floor.  
**9:00 until 4:30pm**

*Registration forms/fliers will be emailed to prevention coordinators.*  
*Questions: Contact Jill Dale at [jill.k.dale@state.or.us](mailto:jill.k.dale@state.or.us) or (503) 945-6968.*

