

# Prevention Partners News

*The Prevention Partner News is a quarterly publication from the Prevention Unit of the Department of Human Services, Addictions & Mental Health Division. This is YOUR newsletter, and we encourage your input and submissions for the content of this publication. Jeff Ruscoe, Editor.*

## Caroline is Going Home to Warm Springs!!!

After 20½ years with the Department of Human Services, Caroline Cruz has decided to “go home.” Caroline has accepted the position of General Manager of Human Services for the Confederated Tribes of Warm Springs Indian Reservation. She will be overseeing Children’s Protective Services, Community Health Education, Community Wellness, the Community Counseling Center, the Senior Program, Social Services and Vocational Rehab. Her last day with the Addictions and Mental Health Division will be May 15, 2009. Caroline started with DHS in the Office of Alcohol and Drug Abuse Programs (OADAP) as the Oregon Prevention Resource Center Director in 1987.

It is impossible to list all of Caroline’s many accomplishments, but here are some highlights of her extensive work at DHS: the Annual Alcohol and Drug Prevention Conference; Oregon Together; Violence Prevention Summer Institute; Designing Oregon’s Certified Prevention Specialist process; Cultural Diversity trainings; Prevention Blueprint trainings; Tribal Best Practices; Coordinating the Strengthening Families Program 10-14; Technical Assistance and Training; Liaison to minority groups and the nine federally recognized Tribes and Indian programs; and the list goes on!

While no one can replace Caroline because of her numerous contributions, AMH was granted an exception to the hiring freeze to fill this vacancy. We’ll miss you Caroline.....and we wish you luck!

## Substance Abuse Prevention Summit

In this slow economy, the feasibility of having a formal prevention conference is out of the question. To compensate for this, the Prevention Summit agenda no longer has an announcement section on the morning of the first day and the agenda has been extended to 3:00 pm on Day 2. This was done to open up the time for more content and networking.

The upcoming Spring Prevention Summit reflects this change. You will have more opportunity for sharing and networking on day one and the second day will be dedicated to Jeff Linkenbach from Montana State University and the Positive Community Norms (PCN) Program.

We will continue to use this format to cut down on “business” and enhance the content of the Summit agendas. Business news will be covered in emails to you and in this new Prevention Partners Newsletter.

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## Letters of Approval

The Prevention Unit is focusing on getting expired Letters of Approval renewed for all Counties and Tribes by the end of 2009. You may find the team members a bit harder to contact while they are on the road conducting site reviews. If you have questions about your Letter of Approval, please contact your State Prevention Specialist.

## Oregon Healthy Teens Survey Update

Beginning Spring 2010, AMH will administer a modified Risk and Protective Factor survey in public schools during all even numbered years. DHS Public Health will continue to implement a modified YRBS in odd numbered years (8<sup>th</sup> and 11<sup>th</sup> grades). County substance abuse data will continue to be reported without interruption every other year. The two surveys have a number of common questions, but AMH believes implementing separate surveys allows the state to gather data on more measures, more cost-effectively. We hope this will result in an even more comprehensive look at the health and well-being of Oregon youth.

Three factors led AMH to this decision: The cost of implementing the OHT survey in 2009 and 2010 exceeded the AMH budget; a commitment to collecting data for three grades (6<sup>th</sup>, 8<sup>th</sup>, and 10<sup>th</sup>), and; and the desire to provide risk and protective factor profiles.

AMH, Public Health and the Department of Education will coordinate their school-based survey efforts so each stake holder's data needs are met. As a final note, we want to correct a rumor we've heard. *The 2009 Oregon Healthy Teens Survey contains **all** of the GPRA/PART measures for tobacco, alcohol, marijuana and other drugs; they have **not** been removed from this year's OHT survey.*

## Strengthening Families Program (SFP 10-14) Fast Facts

- Past 30-day substance abuse was significantly reduced among youth who attended the program, with **26% fewer youth** reporting use after the program.
- **Twenty-two** Oregon counties have submitted data for 80 programs.
- **734** parents and **702** youth have attended the program.
- **85%** of program families completed.

## Prevention Coordinator Database

We have been attempting to keep our roster of Tribal and County Prevention Coordinators as current as possible. If there have been changes in your Tribe or County, please let your State Prevention Specialist know so we can ensure we have the most current information!

## Website Update

Over the last few months, efforts have been made to improve the AMH Prevention Website at: <http://www.oregon.gov/DHS/addiction/prevention.shtml>. Overall, the objectives were to make the site become more visually appealing and informative to community viewers as well as useful to Prevention Specialists. While we were hoping for a site with more graphics, we have been permitted limited web expansion capability.

One improvement was to update and regroup reports and documents. The new "Links to Partners" section contains links to important prevention organizations such as ACCBO, Oregon Partnership, WorkHealthy Oregon and the Western CAPT. The "Reports" section highlights informative documents for all viewers, such as underage drinking and the State Epidemiological Outcomes Workgroup (SEOW) data. Information directed specifically toward prevention specialists has been grouped in the "Tools" section. This section will also contain coordinator specific tools such as the prevention coordinator's manual and documentation forms.

In the spirit of sharing what prevention is all about to community viewers, the plan is to give prominence to both SEOW data and specific county and tribal prevention program and contact information. This regional specific information will allow viewers to see what is happening in specific regions as well as key contact individuals and organizations. We'll post this information as soon as we can. Thanks for sending us your regional information!!!

## Tribal Best Practices

On December 8, 2009, Oregon's Nine Tribes and Native American researchers met to review the draft of *Tribal Practices Based on Evidence*, a response to Oregon's 2003 legislative requirement that state prevention and treatment funding be used for EBP's. The cutting edge work acknowledges historical cultural healing techniques and bridges the disconnected "linear approaches to funding requirements that are greatly at odds with the circular world view held by most Native America people." To address the concern that the EBP requirements might eliminate or substitute culturally effective practices not on the AMH approved list, the tribal review committee developed a framework for reviewing cultural practices with effective outcomes. "AMH does not believe that an evidence-based practice from the AMH list should be assumed to be better than a culturally validated practice ...."(AMH 2007 position paper).

The review will include a program description, detailed to allow for replication, a cultural validation checklist to meet Native American principles, historical recognition, materials list and optional elements that can be included but are not essential. A section in making program adaptations is also included.

AMH will post the accepted practices and information for application. A Tribal Best Practices Stakeholder meeting is scheduled for June 10, 2009, from 9:00-1:00 at Kah-Nee-Ta, located in Warm Springs. If you have questions, call Caroline Cruz at 503-945-6190.



*Tribal youth enjoy a summer canoe journey in Coos County.*

## Children's Mental Health Awareness Day

May 7, 2009 is SAMHSA's National Children's Mental Health Awareness Day, a day to promote positive youth development, resilience, and recovery. The goals of National Children's Mental Health Awareness Day are to raise awareness of effective programs for children's mental health needs, to demonstrate how children's mental health initiatives promote positive youth development, recovery, and resilience and to show how children with mental health needs thrive in their communities.

The National Federation of Families for Children's Mental Health asks everyone to spread the message:

- Mental Health is essential to overall health and well being.
- Serious emotional and mental health disorders in children and youth are real and treatable.
- Children and youth with mental health challenges and their families deserve access to services and supports that are family-driven, youth-guided and culturally appropriate.
- Stigma associated with mental illness should no longer exist.

### 1-877-MY-LIMIT

Looking for information or resources on problem gambling prevention? Check out this new prevention coordinator's website which is hosted by Lane County and funded by the State Problem Gambling Services: <http://lanecounty.org/prevention/pgs/>. You'll find fact sheets, data, media messages, news and lots more!

## Drug-Free Communities

Lots of coalition activity has happened this year already, and there's plenty more to come!!! Oregon Partnership invited coalitions in Oregon and Washington to network in November; Tigard Turns the Tide had their Community Symposium in February; Grant County went to Pennsylvania for a Mid-Year Training; coalitions are finishing their reports and busily implementing activities; and some are still recovering from writing their first DFC grant or their continuation applications.

The AMH Prevention Unit has been busy trying to get out to communities, review and respond to legislative needs, and answer as many of the requests from grantees as possible. On May 5, AMH will host a half-day presentation specific to DFC communities. So plan *Cinco de Mayo* in Eugene as part of the Spring Prevention Summit for Oregon county and tribal prevention coordinators. This is an opportunity for all Oregon coalitions to network and learn. Shawn Cook, Oregon's DFC Project Officer from SAMHSA, will be attending.

### SAVE THE DATE

You asked for it...you got it! June 17 & 18, 2009 is the date for our training on Sustainability. Paul Evensen of CADCA will provide this no-cost training to all interested Oregon Coalitions!

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## Coordinator's Manual

Thank you for your input on the revisions to the Tribal and County Prevention Coordinator's Manual. Joanne Trzcinski and Jill Dale have been editing the manual and are ready to 'go to press.' Version 2.0 was recently sent to Prevention Coordinators electronically. Several edits have been made, so version 2.1 will be sent electronically very soon!

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## Oregon Together

We still have a number of functioning Oregon Together coalitions. We are compiling a list of those groups that are still active. Rick Cady, Prevention Manager, has designated Jill Dale as the go-to person for coalitions. She is in touch with the Drug-Free Communities Coalitions and put together a list of 88 active coalitions. Please respond to Jill's request for information on your county's active Oregon Together groups so we can include them in future announcements, emails, and on the website.

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## New AMH Prevention Team Communication Strategy

We are in the process of implementing multiple communication strategies to keep you better informed and to give you a chance to share with colleagues. The first strategy includes establishing a listserv where information can be posted on a regular basis. The listserv should be up and running by the end of April. The second strategy will be an electronic newsletter published quarterly – The Prevention Partners News. The hope is that you will send us briefs on interesting things you would like to share with your colleagues and ask that they be published in the newsletter. Publication dates will be on a quarterly basis in March, June, September and December. The Prevention Partners News will eventually include sections on General News, Announcements from Tribal and County Prevention Coordinators, Drug-Free Communities, Training, CPS information, and Want Ads (things you'd like help with, goodies to share with others, etc. Please send Jeff your news so it can be included in the next issue of the Prevention Partners News!

## Youth & Substance Abuse: 5-Year Trends

Young people are improving in their efforts to stay away from drugs, alcohol, and cigarettes. A recent report from SAMHSA shows past-month use of cigarettes, alcohol, and illicit drugs declined among adolescents (youth age 12 to 17) between 2002 and 2007. Rates of past-year dependence on or abuse of illicit drugs also declined in this age group. The rate of alcohol dependence or abuse among this age group in 2007, however, did not differ significantly from the rate in 2002. These data are included in SAMHSA's National Survey on Drug Use and Health (NSDUH) report, [Trends in Substance Use, Dependence or Abuse, and Treatment among Adolescents: 2002 to 2007](#).

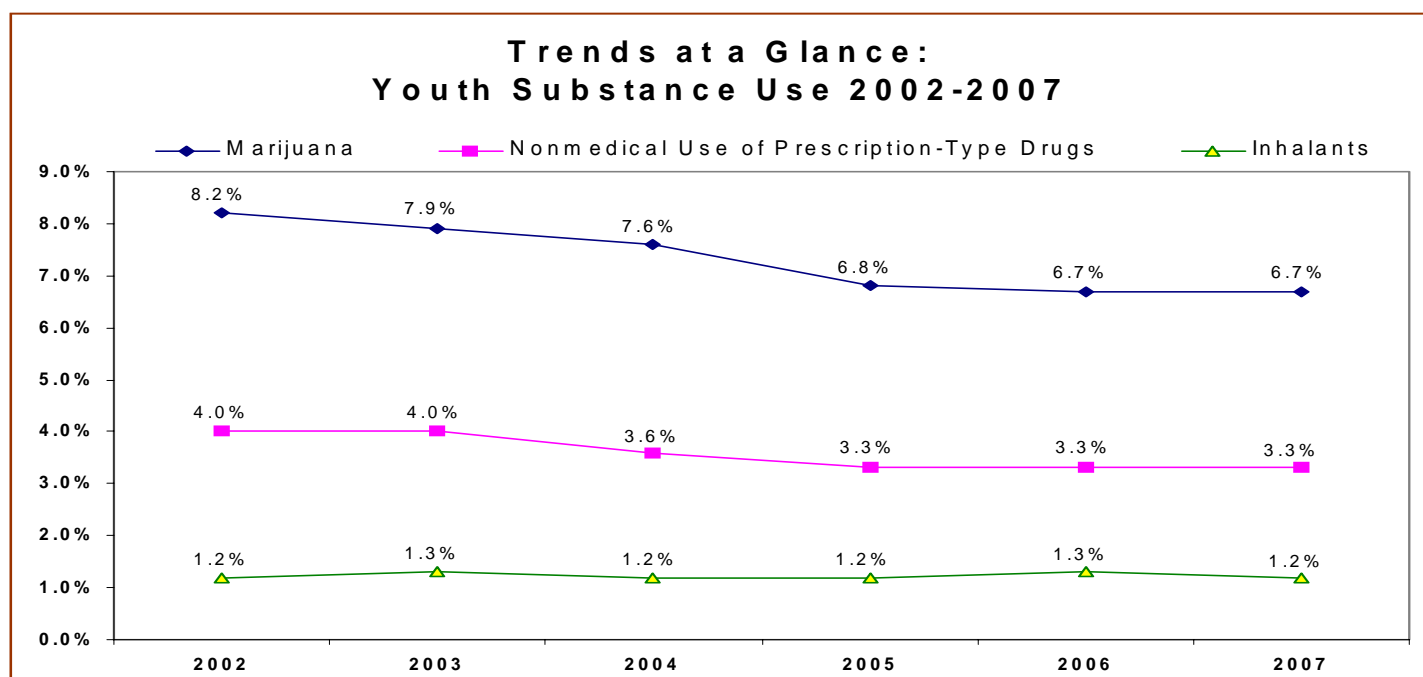
### The Numbers

Between 2002 and 2007, adolescents' past-month use of cigarettes declined from 13.0 to 9.8 percent, past-month use of alcohol declined from 17.6 percent to 15.9 percent, and past-month use of illicit drugs declined from 11.6 to 9.5 percent ([see chart](#)). The decline in past-month illicit drug use can be attributed primarily to a decline in marijuana use, with 8.2 percent of adolescents using the drug in 2002 compared with 6.7 percent in 2007.

The two other most common illicit drug categories used by adolescents are inhalants and the non-medical use of prescription-type drugs. Between 2002 and 2007, use of inhalants remained stable at 1.2 percent, while the non-medical use of prescription-type drugs declined from 4.0 to 3.3 percent.

Past-year dependence on or abuse of illicit drugs among adolescents declined from 5.6 percent in 2002 to 4.3 percent in 2007. The rate of alcohol dependence or abuse in 2007 (5.4 percent) did not differ significantly from the rate in 2002 (5.9 percent), although it was significantly lower than the rate in 2004 (6.0 percent).

Substance dependence or abuse is defined based on criteria in the American Psychiatric Association's Diagnostic and Statistical Manual Fourth Edition (DSM-IV). The criteria include symptoms such as withdrawal, tolerance, use in dangerous situations, trouble with the law, and interference in major obligations at work, school, or home during the past year. [Read the full report](#) in PDF or HTML format on SAMHSA's Web site.



Source: SAMHSA, Office of Applied Studies. (December 4, 2008).