



DELAWARE PREVENTION NEWSLETTER

Spring, 2014



DEPARTMENT OF SOCIAL SERVICES
DIVISION OF SUBSTANCE ABUSE & MENTAL HEALTH

DEPARTMENT OF SERVICES FOR CHILDREN, YOUTH AND THEIR FAMILIES
DIVISION OF PREVENTION AND BEHAVIORAL HEALTH SERVICES

Delaware Visits Capital Hill



From left to right: El Shabazz, Dupree Johnson, Domenica Personti, Lindsey Edmiston, Evelyn Figueroa, Brandon Furrowh, Alyson Lang, Jawanna Saunders, Roberta Gealt, Mr. & Mrs. Bruce Wright and Deon Booker

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On February 3-6, 2014, The Community Anti-Drug Coalitions of America (CADCA) held its 24th National Leadership Forum at the Gaylord National Hotel & Convention Center National Harbor, Maryland. The theme of this year's conference was "Power of the Movement." Many of our Delaware Prevention Advisory Committee (DPAC) Members presented to our Congressmen information about the number of coalitions and people they represent as well as the federal funding they receive. The group was led by Roberta Gealt, Associate Scientist/University of Delaware Center for Drug and Alcohol Studies. The group also participated in the Congressional Reception on Capitol Hill to network with members of congress and key CADCA staffers. Conference workshops included: Engaging the Community Elected Officials to Address Medicine Abuse, The Hidden Epidemic: Smokers with Behavioral Health Comorbidity, Marijuana 101: Myths/Facts/Messages, Interventions to combat Prescription Drug Abuse and Overdose, just to name a few. The conference ended with exhibitors displaying and demonstrating their initiatives in prevention messaging. Those that attended left with new acquaintances, renewed friendships and educated in various topics.



**2014 DELAWARE
ALCOHOL PREVENTION WEEK
KICK-OFF**

**SATURDAY, APRIL 26, 2014
10:00AM TO 12:30PM
PENN CINEMA RIVERFRONT IMAX THEATRE**

FEATURE FILM

RIO 2

*Celebrating those who understand, if you are under-age,
DON'T DRINK!"*

Contact SPF-SIG Project Manager, Chevonne Boyd
chevonne.boyd@state.de.us
for your **FREE** tickets today!
(Limited tickets available)

SPONSORED BY: Penn Cinema, Delaware State University, PREVENTION WORKS!

Funding for this project (SP15607) has been provided by the Department for Health and Social Services, Division of Substance Abuse and Mental Health-State of Delaware through a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

Congratulations to the following organizations who have been selected as the recipients of the 2014 Alcohol Prevention Week Mini Grants. Activities will take place during 4/26/14—5/3/14.

- ◇ Appoquinimink High School
- ◇ Simonds Garden Blue Print
- ◇ Be ready Community Development Center
- ◇ Delaware Basketball Association
- ◇ House of Judah Outreach Ministries
- ◇ Newark High School P.T.A.
- ◇ University of Delaware Police
- ◇ SmartDrive Foundation, Inc.
- ◇ Reach Academy for Girls
- ◇ Mt. Pleasant High School
- ◇ Sussex Technical High School
- ◇ Delaware State University
Counseling Department
- ◇ Odyssey Charter School
- ◇ Re Temp Development Center
- ◇ Be a Leader, Inc. & New Castle County
Neighborhood Prevention Coalition
- ◇ Duffy's Hope Substance Free Ambassadors;
- ◇ Dover High School & Kent County
Action Prevention Coalition

For more information on the times and dates of the events please contact
Chevonne.Boyd@state.de.us

APRIL IS ALCOHOL AWARENESS MONTH

According to CADCA's Newsletter dated April 10, 2014:

AN ALCOHOL FACT: Annually, over 6,500 people under the age of 21 die from alcohol-related accidents and thousands more are injured. Alcohol is the number one drug of choice for America's young people and is more likely to kill them than all illegal drugs combined.

So reducing underage drinking is critical to securing a healthy future for America's youth.

Alcohol-free block parties are being planned. Social networking pages are filling up with tweets and posts about alcohol abuse and prevention, and local police stations and community organizers are hosting family information nights. Why? Because April is the National Council on Alcoholism and Drug Dependence, Inc.' (NCADD) Alcohol Awareness Month. And CADCA coalitions nationwide are joining NCADD affiliates, schools, colleges, churches, and countless community organizations in sponsoring events that increase public awareness and educate people about the treatment and prevention of alcoholism.

Also, here are some NCADD-suggested Alcohol Awareness Month ideas to raise community awareness about alcohol use while encouraging people to make healthy and safe choices:

- Organize a "Help for Today, Hope for Tomorrow" 5k walk/run.
- Recognize, publicly, young people and community members who lead drug-free lifestyles.
- Partner with local businesses for alcohol-free youth events or promotions.
- Hold a community town hall meeting on underage drinking.
- Organize an Alcohol Awareness parade or rally.
- Plan an Alcohol Awareness Month luncheon at a local hospital with guest speakers from the health community.

The Latin American Community



A “Just For Men” event was held at Christiana Care. The Latin American Community Center’s Prevention Promoters Program partnered with Christiana Care to provide a substance abuse prevention education session to 41 men participating in the “Just for Men” event on Saturday, March 1, 2014. During the session, particular emphasis was made to the differences between use, abuse, dependency and on the four major substances abused in the State of Delaware. The Just for Men event targeted the husbands of the Hispanic women currently receiving services through Christiana Care. For more information please contact the LACC Prevention Promoters Program at promotores@thelatincenter.org

Participate in the LACC Art Contest

Artaddiction

Participate in this Art Contest!

We accept:

Drawings
Paintings
Photography
Collages
Graphic Design

Two categories:
Beginner and Advanced
Winners will receive prizes

Submission Deadline
May 30th, 2014

We believe that creativity and artistic expression can play a significant role in creating awareness about addiction and the person behind it.

For guideline information please contact:
(302) 655-7338 — promotores@thelatincenter.org

www.thelatincenter.org



Brandywine Community Counseling



Brandywine Counseling and Community Services (BCCAS) hosted a “Anything But Clothes HIV Prevention Fashion Show” on March 20th, 2014 at The University of Delaware Clayton Hall. The purpose of this event was to promote HIV/AIDS Prevention and Awareness through creativity. Models included BCCS staff members, UD Students and Community members which proudly displayed their outfits made out of harm reduction materials. BCCS put together a "Condom Bar" where safe sex materials were displayed in a creative way for guests to take home. This event attracted 75-100 people from the University of Delaware and the community. Community partners participated by displaying prevention materials on exhibition tables which included the University of Delaware's “FaceAIDS” student group, HIV Consortium and Brandywine Counseling and Community Services' “You-Front and Center Program.” Prime for Life activities were also held to engage the crowd. Focus was also made to make the participants aware of the connection between high risk drinking and HIV.

CADCA Recognizes Delaware Youth



**ARTHUR T. DEAN/MAJOR GENERAL, U.S. ARMY /CADCA
CHAIRMAN & CEO AND DEJAH SETH.**

Congratulations Dejah!

The “Youth Prevention Front liners” a youth advocate group for the Delaware Prevention Coalition had one of its members recognized in Washington, D.C. on February 6th. Dejah Seth received national recognition for her work and was awarded the “Community Anti-Drug Coalitions of America (CADCA) Outstanding Youth Leader Award.” For the past seven years, Dejah has volunteered her time and talents to the Delaware Prevention Coalition as a Youth Front liner. Dejah has actively shared her perspective on how to effectively engage local youth and parents regarding alcohol and drug abuse prevention. Since the age of 13, Dejah has been actively involved in the planning and execution of the Delaware Prevention Coalition’s Teen Summit. The Teen Summit is a statewide youth led prevention campaign that gathers over 600 youth yearly to become educated and guided toward healthy choices around peer pressure, under-age drinking and prescription drug abuse. Dejah often speaks to youth about the effects of drug abuse at local youth



Positive Choices through Healthy Living
Simon Circle – Greater Dover Boys & Girls Clubs

The SIG Café is a new alternative program launched by the Simon Circle - Greater Dover Boys & Girls Club. The program is facilitated by, "Not by Bread Alone Caterers. The young participants explore various food groups, nutrition, and the importance of healthy living. Each 60 minute session features one of the 5 basic food groups and is divided into two components; cooking and tasting. *"The SIG Café' has made our young people aware of the importance of nutrition."* The program is designed for only 15 participants however because of the big buzz, 25 participants showed up to take part in this exciting event. Due to Chef Wayne's passion for young people and teaching his cooking he did not turn any youth away. Not only do the participants learn how to cook but they are also given tips on healthy eating . Chef Wayne an entrepreneur himself gave the youth tips on how to run their own business. The program promotes positive choices and stresses that they could be whom ever they want to be. Students are educated on the importance of healthy living. The whole idea is by teaching youth to care about their bodies they may think twice before engaging in substance use and abuse. Thanks to the SIG Café, Simon Circle youth are learning positive choices through healthy living.

Delaware has the 10th Highest Drug Overdose Mortality Rate in the United States

According to the Trust for America's Health Issue Report/ Washington, D.C. October 7, 2013 - Delaware has the 10th highest drug overdose mortality rate in the United States, with 16.6 per 100,000 people suffering drug overdose fatalities, according to a new report, *Prescription Drug Abuse: Strategies to Stop the Epidemic*. The number of drug overdose deaths - a majority of which are from prescription drugs - in Delaware doubled since 1999 when the rate was 6.4 per 100,000. Nationally, rates have doubled in 29 states since 1999, quadrupled in four of these states and tripled in 10 more.

According to the report by the Trust for America's Health (TFAH), prescription drug abuse has quickly become a top public health concern, as prescription drug related deaths now outnumber those from heroin and cocaine combined, and drug overdose deaths exceed motor vehicle-related deaths in 29 states and Washington, D.C. Misuse and abuse of prescription painkillers alone costs the country an estimated \$53.4 billion a year in lost productivity, medical costs and criminal justice costs. The report also notes that, currently, only one in 10 Americans with a substance abuse disorder receives treatment. "Prescription drugs can be a miracle for many, but misuse can have dire consequences. The rapid rise of abuse requires nothing short of a full-scale response - starting with prevention and education all the way through to expanding and modernizing treatment," said Jeffrey Levi, PhD, executive director of TFAH. "There are many promising signs that we can turn this around - but it requires urgent action."

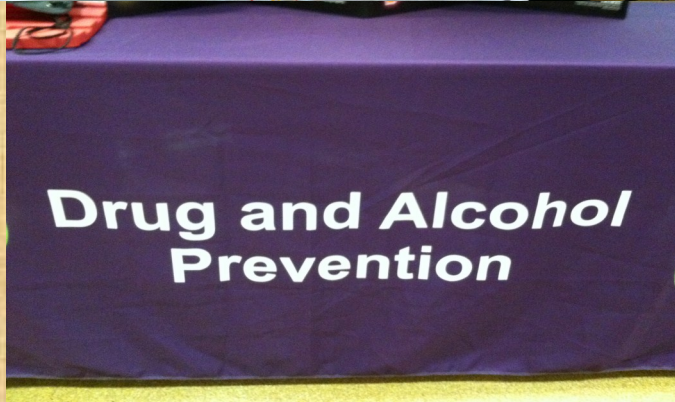
In the *Prescription Drug Abuse* report, TFAH - in consultation with a number of public health, clinical, injury prevention, law enforcement and community organization experts - reviewed a range of national recommendations and examined a set of 10 indicators of strategies being used in states to help curb the epidemic. There are indications that some of these efforts and strategies may be having a positive impact - the number of Americans abusing prescription drugs decreased from 7 million in 2010 to 6.1 in 2011, according to the National Survey on Drug Use and Health.

Key recommendations from the report include:

- Educate the public to understand the risks of prescription drug use to avoid misuse in the first place;
- Ensure responsible prescribing practices, including increasing education of healthcare providers and prescribers to better understand how medications can be misused and to identify patients in need of treatment;
- Increase understanding about safe storage of medication and proper disposal of unused medications, such as through "take back" programs;
- Make sure patients do receive the pain and other medications they need, and that patients have access to safe and effective drugs;
- Improve, modernize and fully-fund Prescription Drug Monitoring Programs, so they are real-time, interstate and incorporated into Electronic Health Records, to quickly identify patients in need of treatment and connect them with appropriate care and identify doctor shoppers and problem prescribers;
- Make rescue medications more widely available by increasing access for at-risk individuals to naloxone and provide immunity for individuals and others seeking help; and
- Expand access to and availability of effective treatment options as a key component of any strategy to combat prescription drug abuse.

For more information, please visit Trust for America's Health (TFAH) at www.healthyamericans.org

1st Anti Drug Youth Conference in Rehoboth, DE



Kent Sussex Youth Coalition

The Kent Sussex Youth Coalition held its first Anti Drug Youth Conference in Rehoboth Beach, Delaware on April 4, 2014. More than 350 youth and community members attended the exciting event. Pictured above is Anita Costales and Bryant Garcia from La Esperanza Community Center at their table displaying prevention materials. KSCS asked for various state organizations to “Fill a Bus” and bring their young to this eye opening and educational conference. Guest speakers and prevention activities enhanced, strengthened and build upon the health and wellness of our youth community. A continental breakfast and lunch was served along with breakout sessions discussing topics such as “Crusin’ not Boozin, Ripple Effect, Suicide/Bullying, etc.” Great gift giveaways and raffles were also included. Congratulations and KUDOS go out to Mr. Dupree Johnson and Ms. Star Fuentes for organizing the event. If you did not make it this year, maybe you can join them for their 2nd Anti Drug Youth Conference next year. Hope to see you there!

CONTACT INFORMATION

State of Delaware Prevention Resources
Department of Health & Social Services
Division of Substance
Abuse & Mental Health
[http://dhss.delaware.gov/dhss/dsamh/
prevention.html](http://dhss.delaware.gov/dhss/dsamh/prevention.html)
Department of Services for Children,
Youth & their Families
Division of Prevention and
Behavioral Health Services
[http://kids.delaware.gov/pbhs/
pbhs.shtml](http://kids.delaware.gov/pbhs/pbhs.shtml)



Strategic Prevention Framework-
State Incentive Grant
Dr. Cecilia Douthy Willis, Project Director
Cecilia.Willis@state.de.us
(302) 255-9433

The Delaware Prevention Newsletter is a
Collaborative effort brought to you by
DHSS Division of Substance
Abuse & Mental Health
And DSCYF's Division of Prevention and
Behavioral Health Services



**Division of Substance
Abuse and Mental Health
Substance Abuse Prevention**

Vision

Safe and Healthy Delawareans

Mission

Partnering to reduce substance abuse and related
problem behaviors by strengthening children, families
and communities through prevention and early
intervention training, education and services.

SAVE THE DATES

Delaware Prevention Advisory Council

(DPAC) Meetings

Wednesday, June 11, 2014

Wednesday, September 10, 2014

Wednesday, December 10, 2014

9 a.m.—12 p.m.

Buena Vista Conference Center

661 DuPont Hwy., New Castle, DE 19720

Fetal Alcohol Spectrum

Disorder Task Force

(FASD) Meetings

Wednesday, June 18, 2014

Wednesday, September 17, 2014

Wednesday, December 17, 2014

9:30 a.m.—11:30 a.m.

Springer Building

Herman Holloway Health Campus

1901 N. DuPont Hwy., New Castle, DE 19720

RSVP: Evelyn.Figueroa@state.de.us