



# DELAWARE PREVENTION NEWSLETTER

## Summer, 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

## Strategic Prevention Framework State Incentive Grant (SPF-SIG) 2014 Year End Recognitions



From left to right: Star Fuentes/Kent Sussex Community Services, Darrel Tingle/ Boys & Girls Club, Claudia Perretti/La Esperanza , Edgard Martinez/Latin American Community Center, Melissa Ellicott/ Wesley College, El Shabazz/YWCA, Alyson Lang/Each One Teach One, Brandon Furrowh/Brandywine Community Counseling Services.

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On June 11, 2014 the accomplishments of all SPF-SIG prevention service providers were celebrated at the Buena Vista Conference Center during the Delaware Advisory Council quarterly meeting. Delaware’s Health & Social Services Deputy Cabinet Secretary, Dr. Henry Smith commended the group for their noticeable efforts and thanked them all for their work in prevention. Dr. Smith stated, "leading indicators ultimately resolve the issues; however we do most of our work, and use most of our dollars with the lagging indicators as they manifest the issues." Dr. Smith urged the providers to get the best results by using their resources effectively and collaboration efforts to address the leading issues.

### SEPTEMBER 9, 2014 IS FETAL ALCOHOL SPECTRUM DISORDER (FASD) DAY



The Center for Disease Control & Prevention (CDC) is encouraging all to celebrate the 15th Anniversary of International FASD Awareness Day on September 9, 2014. When first recognized in 1999 FASD was created to make people aware of the importance of "not drinking while pregnant" and the urging need for services for individuals with this disorder. The Substance Abuse & Mental Health Services Administration (SAMHSA) FASD Center for Excellence (CFE) will commemorate this special occasion with various activities and dissemination of material pertaining to the FASD. Materials and FASD Awareness Day Promotional Packet may be obtained free of charge at: (<http://www.frfasd.org/fasdday.html>)

# A R E M I N D E R

## Underage Drinking Will Cost You.

Underage drinking is dangerous. Alcohol kills more young people than cocaine, heroin and all other illegal drugs combined.\* Not only is it physically harmful, it's also against the law. Delaware takes underage drinking violations very seriously, and so should you—the penalties for violating underage drinking laws are severe.

*\* Mothers Against Drunk Driving (MADD), Myths About Alcohol for Teens*

### Laws & Penalties

#### Underage Drinking

Anyone under age 21 possessing, consuming or found having consumed alcohol

- Loss of license for 1 month or \$100 fine if unlicensed

#### Using False ID

Anyone who misrepresents themselves, makes up a false statement or uses false identification to obtain alcohol

- \$500 fine or 30 days in jail

#### Entering Bars or Package Stores Underage

Anyone under age 21 entering or remaining in a bar or liquor store

- \$50 fine

#### Providing a Minor with Alcohol

Anyone who sells to, delivers to or purchases alcohol for anyone under age 21

- Up to \$500 fine and 40 hours of community service
- Parents who host parties for minors may also be held liable in civil court

#### Underage DUI—The Zero Tolerance Law

Anyone under age 21 who operates any vehicle while consuming or having consumed any amount of alcohol may be arrested.

- For first offense, loss of license for two months, or \$200 fine if unlicensed
- A minor under age 18 with a blood alcohol content over .08 loses license until age 21
- A minor age 18–21 with blood alcohol content over .08 is treated like an adult and will lose his or her license for one year



Visit the Delaware Office of Highway Safety site. (click's to [www.ohs.delaware.gov](http://www.ohs.delaware.gov))

## **WHATS THE NEWS ON E CIGARETTES**

According to SAMSHA Beta News, Summer 2014, Volume 22, Number 3:

In 2003, the e-Cigarette made its way into the marketplace – and unlike its traditional cigarette counterpart, sidestepped regulatory oversight. Manufacturers, many of which also produce traditional cigarettes, position e-cigarettes as a less-harmful alternative and a cessation tool for those wanting to quit. But the addictive nature of nicotine, and exposure to the nicotine solution in the device, have raised questions regarding the benefits and risks of e-cigarettes, both to users and to the people around them.

An electronic cigarette (eCig or e-cigarette) is a battery powered appliance that simulates cigarette smoking, but administers nicotine through a vapor that resembles smoke. People using an e-cigarette are “vaping” – not smoking, as with tobacco cigarettes. The device uses a liquid solution of nicotine and flavorings, inhaled when the e-cigarette is used. When the user exhales, an aerosol intended to resemble smoke is visible.

“There’s so much we don’t yet know about e-cigarettes,” said Douglas Tipperman, M.S.W., a public health advisor at SAMHSA. “They are not harmless. We don’t know the health impact at the individual or the population level.”

A recent study conducted by the University of California, San Diego looked specifically at e-cigarette use by individuals with mental health conditions. The study concluded that individuals with mental health conditions had a smoking prevalence 70 percent higher than those without. They were also more likely to have tried e-cigarettes and to be current users of e-cigarettes. The study concludes that “Smokers with mental health conditions are differentially affected by the rise in popularity of e-cigarettes,” which may affect clinical interventions and policies for tobacco control.

E-Cigarettes have generated significant controversy because of emerging evidence that people who are not already smoking tobacco are trying e-cigarettes, as first-time tobacco users.

Factors that contribute to youth smoking, such as advertising, flavorings, health claims, and ease of product use, add to the concern.

Similarities are evident between advertisements for the e-cigarettes of today and the cigarette ads from the 1950s. For example, both sets of ads use celebrities to appeal to their target audiences.

The sale of e-cigarettes remains unregulated and distribution is driving demand. In April 2014 the Food and Drug Administration (FDA) proposed a new rule that would qualify e-cigarettes to fit the statutory definition of a tobacco product, and therefore be subject to FDA regulation. In the meantime, e-cigarette use is on the rise – especially among youth.

“Nicotine is an incredibly addicting drug,” said Susan Marsiglia Gray, M.P.H., National Synar Program Coordinator in SAMHSA's Center for Substance Abuse Prevention. “We see that most people using e-cigarettes are ‘dual users,’ meaning they are using traditional tobacco products and e-cigarettes, possibly exposing them to even greater levels of nicotine. And with youth, the appeal of fruit and candy flavoring is luring some to get their first taste of nicotine through e-cigarettes.”

## The Latin American Community ART ADDICTION CONTEST WINNERS

### Advanced Category



The Lightworker

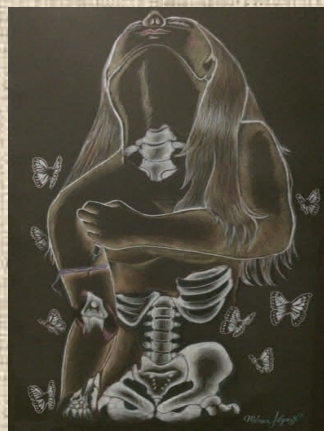


The Wire



Sueno de una Alucinacion

### Beginners Category



Llenando el Vacio



Vision 360

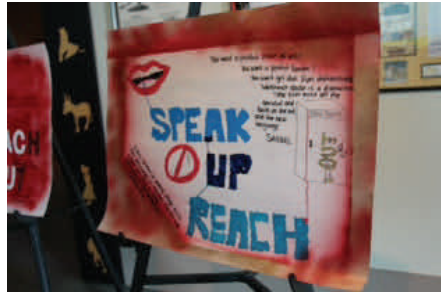


Angeles de Luz

The Latin American Community Center (LACC) hosted its ArtAddiction competition June 11, 2014 at the Delaware Center for the Contemporary Arts (DCCA) with at least 80 participants. Now in its sixth year, ArtAddiction was developed by the LACC Prevention Promoters team to use art as a medium for educating the public about substance abuse and recovery. Works of art will be on display at Jerry's Art Arama in Wilmington from August 1, 2014 to September 2, 2014 and again on September 29, 2014 at the Grand Opera House in downtown Wilmington. ArtAddiction will be part of the Wilmington Art Loop at both locations. The Advanced Winners are: 1st Place The Lightworker by David Izaguirre Jr, 2nd Place The Wire by Brett Witte, 3rd Place Sueno de una Alucinacion by Eduardo Carrera. Winners in the Beginners Category are: 1st Place Llenando el Vacio by Monica Lopez, 2nd Place Vision 360 by Daniela Artiaga –Rosas, 3rd Place Angeles de Luz by Johanna Reinert. The judges included ARGO/Division of Aquila of Delaware, Creative Vision Factory, Delaware Art Museum, Delaware Center for the Contemporary Arts, Delaware Division of the Arts, Delaware Hispanic Commission, Grand Opera House, Jerry's Artarama, Delaware Office of Highway Safety and Delaware's Division of Substance Abuse and Mental Health.

## Brandywine Community Counseling

### A NIGHT OF PREVENTION



The Brandywine Counseling & Community Services hosted two Nights of Prevention in June, 2014. One was held at the Theatre "N" in New Castle County and the other was held at the Delaware Agricultural Museum in Kent & Sussex County. The community was amazed as they viewed the Premiere of the PSA camp documentary and creative youth PSA screenings. Youth were engaged in deep discussion regarding the prevention of drugs and alcohol. They had many questions which were answered by prevention expert panelists. Local Artist displayed their performances, a contest was held for the best "Prevention Poster" and interactive drug and alcohol educational tables were also displayed. The purpose of the event was to raise awareness and bring our community together to discuss the dangers of drugs and alcohol.

## Kent & Sussex Team Building Event

**Sponsored by the: Sussex County Anti-Drug Youth Coalition (SCADYC)**



A team building event will be held on August 21, 2014 from 9:00 a.m. –12:00 p.m. at the National Guard Training Center at Bethany Beach for individuals ages 12-25 years old. Coordinated by one of our own SPF-SIG Prevention Service Providers, Dupree Johnson/Kent & Sussex Community Services and sponsored by the Sussex County Anti Drug Youth Coalition (SCADYC). The purpose of the event is to develop communication skills, leadership attributes and personal courage to ultimately make good and healthy decisions. The group will have fun while teambuilding and making new positive connections. If you are interested please coordinate pick up time with Dupree Johnson at [dpjohnson@kscs.org](mailto:dpjohnson@kscs.org) or telephone him at (302) 877-0444. Don't forget to bring your water bottle, sunscreen, bug spray. Please no flip flops, sandals or crocs, bathing suits, low hanging pants, booty shorts or low cut shirts allowed. Only appropriate sports apparel will be allowed with boots or sneakers .

## **EACH ONE TEACH ONE NEW CASTLE AVENUE HEALTH HOOK UP COMMUNITY DAY**



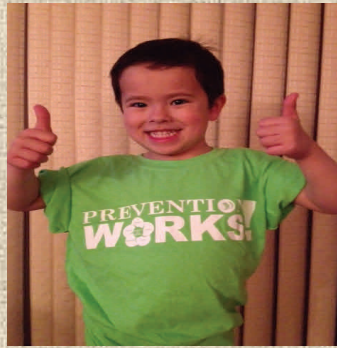
### **New Castle Avenue Health Hook-Up Community Day (NCAHHU)**

Over **461 youth** and adults attended the First Annual New Castle Health Hook Up Community Day” hosted by the collaboration efforts between Each One, Teach One and the New Castle Neighborhood retention Coalition (NCNPC) and several other community/business organizations on Saturday, June 28, 2014 from 1:00 PM-5:00 PM at the Bowlerama and Canaan Church. The purpose of the event was to mobilize, engage youth and adults to promote healthy drug-free lifestyles and encourage people to take advantage of all the free information and the numerous health screenings being offered. Over 250 individuals took advantage of the following screenings: HIV, Blood Pressure, BMI and Diabetes. As a result of the screening over **50 individuals** were referred for further evaluation by health care professionals. The event also included a Town Hall Forum on Underage Drinking, workshops on HIV, over 35 health exhibitors, door prizes, Zumba and Kickboxing demonstrations, face painting, a moon bounce, top local entertainment and line dancing. In attendance was also Miss 2014 Juneteenth. Over 50 individuals were engaged in completing a true/false survey on underage drinking.

The following agencies participated in exhibiting their services: AIG Financial Network, Black Nurses of Northern Delaware, Brandywine Women's Health, Canaan Substance Abuse Ministry, Christiana Care Health Systems, Christiana Care – Cancer Outreach, Community Housing and Empowerment Connections Inc., County Exec. Office-Community Affairs, Crescent Dental, Delaware 2-1-1, Delaware Breast Cancer Coalition, DCRAC, Delaware Council on Gambling Problems, Delmarva Power, Division of Child Support Enforcement, Division of Public Health - Immunization Office, Each One Teach One, Eden/Hamilton Park Civic Assoc., Fit for Life, Henrietta Johnson Medical Center, Latin American Community Center, Lupus Foundation of America, National Guard Counter Drug Task Force, NAACP - Voter Registration, New Castle Boys & Girls Club, Planned Parenthood of Delaware, New Castle Head Start, SODAT – Delaware, Tova Community Health, Transamerica Agency Network and Public Advocate Division.

According to CADCA's Newsletter dated July 17, 2014:

## **New App Helps Parents Talk About Underage Drinking With Children**



Having conversations with children and teens about risky behaviors like underage drinking can seem daunting. But now, a new mobile app developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) is making that task easier.

The app features a simulated new video game-like tool to help parents practice tough conversations about underage drinking in a risk-free virtual environment. The app will be released soon and the online simulation tool is available now.

This mobile app is the newest component of "Talk. They Hear You," SAMHSA's underage drinking prevention campaign that launched May 2013. The campaign equips parents and caregivers with the information, tools, and confidence they need to start talking to youth early -- as early as nine years old -- about the dangers of alcohol.

As an evidence-based behavioral tool that uses life-like avatars to engage in interactive conversations, each virtual role-play conversation is structured as a 10 to 15-minute interactive, video game-like experience. Users enter a risk-free practice environment, assume a parental role, and engage in a conversation with an intelligent, fully animated, emotionally responsive avatar that models human behavior and adapts its responses and behaviors to the user's conversation decisions.

"The summer season is a time of year when families spend a lot of time together," said Frances M. Harding, Director of SAMHSA's Center for Substance Abuse Prevention. "Now is the perfect time for parents and caregivers to connect with their children and talk about the dangers of drinking alcohol. Short, frequent discussions can make all the difference. This mobile app provides a safe place to practice these conversations and build confidence." Visit [www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov) to try this new tool and for more tips and information.

### **COLLABORATIVE EFFORT BETWEEN DPBHS & DSAMH/SPF-SIG**



#### **PREVENTION TOOL KITS**

Funded by the Strategic Prevention Framework State Incentive Grant (SPF-SIG) the Division of Prevention & Behavioral Health Services, in conjunction with its programs and grants, including the B.E.S.T. grant, GLS Suicide Prevention grant, P.S.S.F. program as well as contributions from University of Delaware & SAMSHA has purchased and gathered materials for tool kits to be used for youth ages 6—18 years of age. The kits will be distributed to local community centers to conduct activities to the targeted age group. Included in the kits are several pamphlets that address Underage Drinking, Drugged Driving, Distracted Driving, Teen Depression, Cyber Safety, etc. as well as DVD Videos: "Ten Reasons to Stay in Shape,"

"Handling Stress," etc. and games: "You are Hired," "Feelings Detective," "The Truth about Drugs & Alcohol" a tobacco card game, medicine lock boxes and more. One requirement to receive the Tool Kit is to provide extended child care services and hold alternative activities during snow days. Included with the toolkits will be a guide for each monthly Prevention theme & corresponding activity and/or materials.

**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  
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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, 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, 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](mailto:Evelyn.Figueroa@state.de.us)