



Delaware Prevention Newsletter

Winter 2013

Congratulations to ...

Rochellda Adderley & Nikki Mowbray (YMCA Walnut Street)! Both were trained as trainers in the Substance Abuse Prevention Skills Training (SAPST) curriculum during the 42nd Annual Summer Institute (7/29-8/2). Adderley and Mowbray successfully facilitated the first SAPST in the State of Delaware at the Buena Vista Conference Center on November 4—7, 2013! Twenty five individuals participated.

A BIG thank you goes to the Center for the Application for Prevention Technologies (CAPT) staff who trained our trainers, helped bring the SAPST curriculum to the State of Delaware, and made this training possible !

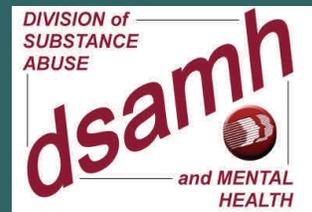


Substance Abuse Prevention Skills Training Participants (left to right): Lucian Cardona, Anthony Collins, Evelyn Figueroa, Elizabeth Cole, Melissa Elliott, Lindsey Edmiston, Alyson Lang, Kenneth El-Shabazz, Rochellda Adderley, Regina Patterson, Mirna Garcia, Sandra Del Sesto, Pamela Justice. *Not pictured:* Nikki Mowbray, Darrell Tingle, Brandon Furrowh

Table of Contents

Prevention Provider Updates-Community Spotlight:	
Brandywine Counseling and Community Services	2
BCCS Takes Prevention to DelTech Community College	
New BCCS Staff Changes	2
Latin American Community Center	3
Una Noche en Mexico	3
LACC Prevention Promoters	3
Prevention News	
The Delaware Fatherhood and Family Coalition (DFFC)	
Holds 4th annual Delaware Devoted Dads Summit	4
State Officials Announce Recipients of \$2.1 Million in	
Prevention Program Funds	4
“Molly” Popular at Music Festivals	4
2013 Teen Summit: Hollywood in Dover	5
PBHS Makes Kognito’s Step In, Speak Up	
Anti-Bullying Training Available	6
Alcohol and the Teenage Brain	6
Cab After School Program Explores the Arts	6
Eating Dinner With Teens Can Increase Protective	6

The Delaware Prevention Newsletter
is a creative collaboration between:



Department of Health and Social Services'
Division of Substance Abuse and Mental Health

and

The Department of Services for
Children, Youth and Their
Families' Division of Prevention
& Behavioral Health Services



Prevention Provider Updates Community Spotlight

Brandywine Counseling and Community Services

BCCS Takes Prevention to DelTech Community College

BCCS has partnered with Del Tec to provide their Drug and Alcohol Presentation, “**PRIME** for Life” to the Intro to Human

Services class. Prevention Specialist Sara Schultz interacts with students to allow different learning styles to understand the evidence based concept of prevention and making healthy choices. This is a great opportunity for students to not only learn about prevention but to also get a head start on the Human Services field.



New BCCS Staff Changes

BCCS has identified **Brandon Furrowh** as the new Program Manager for SAPT Block Grant (Alcohol and Other Drugs) and SPF-SIG Programs. Brandon has been with BCCS for 2 years; his previous role was as the Prevention Coordinator with the Delaware Prevention Coalition managing Brandywine’s Lifespan Prevention Program. Brandon brings a wealth of prevention knowledge and experience specifically working with youth in the State of Delaware.

BCCS has also hired **Nikole Papas** as the Assistant Director of Early Intervention and Prevention. Nikole comes to BCCS after many years working in Philadelphia and Delaware in the substance abuse field.

Domenica Personti is currently serving as the interim Director of Treatment Services for New Castle County in addition to her current role as Director of Adolescent Services and Prevention.

Prevention Provider Updates Community Spotlight

Latin American Community Center

Una Noche en Mexico

The LACC hosted its annual Gala on October 11, 2013.

This year's theme, "Una Noche en Mexico" (A Night in Mexico) featured Mexican folk dancers and a live Mariachi band. Many community members attended the gala, including Delaware's U.S. Senator Chris Coons who served as a guest auctioneer. The LACC has been holding its Annual Gala since 1969 and is part of Delaware's annual Hispanic Heritage Month celebration.



The gala is a fundraising event at which the LACC celebrates its accomplishments. The event also recognizes community leaders and companies that have made significant contributions to their agency and the Latino community in Delaware. All proceeds from the gala benefit the LACC Early Childhood Development programs.

LACC Prevention Promoters

On October 31, 2013, Prevention Promoters Program had a monthly activity at the Adult Basic Education building where 20 adult participants watched and discussed video clips related to alcohol and drugs, decision-making, and HIV. This activity enlightened the participants about risk reduction strategies and responsible drinking. This is one example of the many monthly activities that the Prevention Promoters program organizes to reinforce the formal education sessions about substance abuse. Other activities include True and False, DUI jeopardy, and PSA production.

For more information email promotores@thelatincenter.org.

Prevention News

The Delaware Fatherhood and Family Coalition (DFFC) Holds 4th annual Delaware Devoted Dads Summit

This year's conference, held on November 2-3, was themed, "Making it Work." The DFFC is a component of the Promoting Safe and Stable Families program intended to build community support granted by Title IV-B, subpart II. Managed by Mary Polk and administered by Vickie Artis, the Summit assembled all sectors of the community with a makeup of parents, community leaders, clergy, business owners and service providers and serves as a gateway for its attendees to gain knowledge, network with others, form partnerships and leave motivated. Focused primarily on youth exciting information along with controversial subject matters to initiate dialogue were introduced.

For 170 individual the two day conference was life changing. The Keynote speakers included: Susan Ccyk and Daphne Warner, of the Prevention Department, world renowned educator Dr. Steve Perry, Vickie Turetsky, Commissioner of Child Support Enforcement, and Congressman Carney. Educational workshops and plenary session were conducted by a host of professional experts in the field of Fatherhood, Parenting and Partnerships throughout the weekend. The value of the participation of the Hispanic community involvement is reflected through the offering of bilingual workshops and plenary.

The conference development team has been awarded endless compliments since the summit. One of the conference presenters wrote, "The Delaware Devoted Dads Summit was one of the top conferences I have attended in the past couple of years. The smooth organization, the professionalism, the clarity of direction from your staff, the personal attention, the arrangements, the keynotes and presenters, the diversity of attendees...I could go on...were on target. As one who has assisted in coordinating local, regional and national conferences; who attend approximately five such professional development undertakings a year; and who presents at least at two of them annually, the Summit ranked highly." Thank you all for your support in attendance. See you at conference 2014!

State Officials Announce Recipients of \$2.1 Million in Prevention Program Funds

Wilmington – On Monday, November 25, Governor Jack Markell, and Lt. Governor Matt Denn joined officials from the Department of Services for Children, Youth and Their Families (DSCYF/ The Kids Department) to announce the names of 12 organizations that have been selected to receive nearly \$2.1 million dollars in after school and summer prevention program funds. The announcement was held at the Clarence Frain Boys and Girls Club in Wilmington. The Boys and Girls Clubs of Delaware is one of the funding recipients. View the full story at http://news.delaware.gov/2013/11/25/afterschool_funding_announcement/

"Molly" Popular at Music Festivals

According to an article featured in the *Join Together Newsroom* 8/17/12, "Molly," the powder or crystal form of MDMA, the chemical used in Ecstasy, has been a popular drug at music festivals this year, [CNN](#) reports. "Molly," short for "molecule," is considered to be pure MDMA, unlike Ecstasy, which generally is laced with other ingredients, such as caffeine or methamphetamine. According to Pax Prentiss, co-founder and CEO of Passages Rehabilitation Centers in Southern California, Molly users tend to be ages 16 to 24. To read more on this particular drug please visit <http://www.drugfree.org/newsroom/what-is-molly> and <http://www.samhsa.gov/data/spotlight/spot127-youth-ecstasy-2013.pdf>

Prevention News

2013 Teen Summit: Hollywood in Dover

On August 3, 2013, Hollywood once again invaded Delaware at the **2013 Teen Summit**, held at Delaware State University and sponsored by the Delaware Prevention Coalition and DPBHS. A few guest appearances included Grammy-Award winning singer and actress Brandy Norwood, R&B singer Mario, and actor Wesley Jonathan. The fun-filled yet informative day was kicked off by members of the Delaware State University drum line and a presentation for the summit



attendees by our very own Director of Prevention, Ms. Daphne Warner. Following a few other presentations, there were performances of song, dance, and a panel discussion featuring our celebrity guests. Following the summit, the celebrities showed their good sportsmanship by participating in a Celebrity Basketball Game sponsored by Duffy's Hope in the University's gym. The day's activities served as an opportunity for youth and their families to uncover current issues facing teens in our society. The program promotes self-esteem, self-respect, and critical thinking tactics among youth.



Prevention News

PBHS Makes Kognito's *Step In, Speak Up* Anti-Bullying Training Available

The Division of Prevention and Behavioral Health Services is now offering a free online training, available 24/7, for educators, clinicians, parents and/or anyone who interfaces with LGBTQ youth. Kognito's Step In, Speak Up anti bullying training aims to decrease the stigma around a lesbian, gay, bi-sexual, transgender or questioning child and the bullying, mental health issues. One of the goals of the training is to reduce bullying related suicides among youth. Kognito's training promotes healthy conversations that adults can have with youth that are interactive in nature, using avatars and role playing. The training also provides tools on how to intervene if a LGBTQ youth is being harassed or bullied. The training is free, includes a complete list of resources and a certificate upon completion. The training will be available for one year. To learn more, visit <http://www.kognito.com/delaware> For more information, please contact Yolanda.Jenkins@state.de.us.

Alcohol and the Teenage Brain

Researchers have determined the brain develops until age 25. Because of cognitive changes that occur during the teenage years, it is important for youth and adolescents to understand the risk of underage and binge drinking. Underage alcohol consumption and binge drinking can result in decreased memory function, which lasts into adulthood. Sharing this information with teens can help provide the incentive they need to say no to peer pressure and help promote healthy decision making. What else can parents do to reduce the risk of underage and binge drinking among teens?

- Have a dialog. Don't just talk to your child, have a conversation!
- Be honest and listen. When you ask your child questions, listen to the answer; don't always jump to conclusions and assume your child is in the wrong!
- Care. Sounds simple, right? Showing that you care about what your child is involved in and answering questions openly and honestly will promote healthy interactions between youth and parent.

For more information on how to communicate effectively with your child, please visit:

www.drugfree.org/prevent.

***Cab After School* Program Explores the Arts**

Staying after school was a fun experience for Warner fourth and fifth graders who attend the *Cab After School Program*. For five weeks, from October 21 to November 22, the students spent an hour each day after school from Monday through Friday exploring five arts disciplines including dance, vocal music, communication arts, visual arts, and theatre. Taught by specially trained Cab Calloway juniors and seniors, the program encourages at-risk students to explore the arts through hands-on, creative multi-media projects. Offered free of charge, the program helps students develop artistic skills and learn positive ways to channel their feelings. Increasing self-esteem, a sense of belonging, and improved discipline are the result of the students' engagement in the different arts disciplines. Research has shown that engagement in the arts has a positive effect on academics and behavior. Students who become engaged in a program get a sense of belonging and future and become motivated to overcome many of the obstacles that once hindered their success. A grant from DPBHS was used to support the program and transportation.

Eating Dinner With Teens Can Increase Protective Factors

The Wall Street Journal blog on November 29, 2013, featured Carl Bailik's article, "What Family Dinners Can and Can't Do for Teens." The piece details research that supported that eating dinner with your teen can increase protective factors, subsequently reducing the risk that your child will engage in the use of illicit drugs. To read this article in its entirety, please visit:

<http://blogs.wsj.com/numbersguy/what-family-dinners-can-and-cant-do-for-teens-1302/>

Contact Information

State of Delaware Prevention Resources

Department of Health and Social Services

Division of Substance Abuse and Mental Health

<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>



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 and Mental Health
and

DSCYF's Division of Prevention and Behavioral Health
Services.

For questions or feedback on the newsletter, please contact **Evelyn Figueroa**, DSAMH Prevention Specialist.

Evelyn.Figueroa@state.de.us



The Division of Substance Abuse and Mental Health would like to congratulate

Chevonne Boyd

who successfully passed the

Certified Prevention Specialist Exam.

SAVE THE DATES

Delaware Prevention Advisory Council (DPAC) Meetings

Tuesday, March 11, 2014

Wednesday, September 10, 2014

Wednesday, December 10, 2014

9 a.m.— 12 p.m.

Buena Vista Conference Center

661 S DuPont Hwy., New Castle, DE 19720

Fetal Alcohol Spectrum Disorder Task Force Meeting

Wednesday, March 12, 2014, 9-11 a.m.

Springer Building,

Herman Holloway Health Campus

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

Hope to see you there!