



Council Comments



December 1, 2005

Volume 7, Issue 2

Washington County Alcohol and Drug Abuse Prevention Coalitions receive Federal Grant!

The Prevention Network of Washington County was recently awarded a \$500,000 five year Drug Free Communities grant. Created under the Drug-Free Communities Act of 1997, the Drug-Free Communities Program is one of President Bush's major funding priorities. 411 applications were submitted from around the country and Washington County was one of 176 grants awarded. The Council on Alcohol and Other Drug Abuse of Washington County will serve as the fiscal agent for the Prevention Network.

The Prevention Network is comprised of 73 representatives from throughout Washington County, including Germantown Youth Futures, Hartford Project Care, Kewaskum Cares About Kids, STAND (Students Taking Action Not Drugs) and the Tobacco Free Coalition. They will be focusing their efforts over the next 5 years on reducing youth use of alcohol, marijuana and tobacco.

Included in these efforts will be:

- ☺ Improving compliance with the laws prohibiting sales of alcohol and tobacco products to minors
- ☺ Increasing the number of policies or procedures prohibiting or limiting alcohol and tobacco use at community events where youth are present or in public areas
- ☺ Increasing the number of parents and youth who participate in research based substance abuse prevention programs on a voluntary basis
- ☺ Increasing the amount of positive media attention provided to youth and their involvement in pro-social activities
- ☺ Increase the number of Coalition members that represent organizations throughout Washington County

United Way of Washington County and United Way of Greater Milwaukee are providing matching funding of \$500,000 over the next 5 years. For more information, please contact Ronna Corliss at 262 335-6894.

Letter to the Editor West Bend Daily News

The following letter appeared in the West Bend Daily News on 9/30/2005:

Dear Editor:

Recently, Washington County lost 5 individuals in a tragic alcohol related crash. The Council on Alcohol and Drug Abuse of Washington County joins with the community in expressing our heart-felt sympathies to all of the families involved. The loss of a loved one is always difficult, but when it is a loss that could have been prevented, the hurt goes deeper.

While everyone finds their own ways to deal with loss, using alcohol or other drugs is never a good coping mechanism. We, at the Council, hope that one longer-term outcome from this terrible tragedy will be that the community begins to work together and reduce the chances that this will happen again. One out of every four 9th and 11th grade students in Washington County surveyed stated, that they got drunk once or more in the last two weeks. In addition, 14% admitted to driving after drinking and 40% had ridden with a driver who had been drinking in the last 12 months. And, as

we have seen, innocent people can be killed or seriously injured as a result. Isn't it time, both as individuals and collectively as a community, we ask ourselves what can we be doing differently? Groups of individuals in Germantown, Hartford and Kewaskum have been working for some time to do things differently in their communities. It's time for the residents of West Bend to take action, too. If you'd like to get involved, please call us. We're here to help.

Sincerely,
Mary S. Simon
Executive Director



CHANGES. . .

Recently, I was fortunate enough to have the opportunity to attend the National Prevention Network's annual Prevention Research conference held in New York City. What an amazing experience to be among over 600 people who were working as hard as we are to prevent youth substance abuse. There were research scientists listening to front line prevention workers and trying to determine effective ways to evaluate prevention in the "real world." Individuals working at the

State and Federal levels were there to learn how they can better communicate with elected officials on the effectiveness of prevention and increase funding for and commitment to prevention. I think back to when I first started implementing prevention programs in the mid 1980's and where the prevention field has gone in that time and let me say, we've come a long way!

But, in one of the workshops on community change I heard someone say "People want things to get better...they just don't want them to change" and I thought to myself

how true that is. But I also understand that change is uncomfortable. The substance abuse problem in Washington County will never "get better" if we continue to remain comfortable and keep doing the same things over and over again. We can continue to allow families to be torn apart, children to grow up being abused or neglected, lives to be lost or we can get "uncomfortable" and make some changes. Whether we are talking with the community about preventing youth substance abuse or talking with the loved one of an alcoholic or drug addict, our message is the same—if you want things to get better, you have to change.

Have you met Sandra Eichmann ?

Sandra is our new part-time AODA assessor. She joined the Council in September of 2005. She has an Associate Degree in AODA Counseling

and is looking forward to a long happy career here. She is a well rounded individual and has had many life experiences. She currently indulges herself with many hobbies, such as knitting, crocheting, pleasure reading and most importantly her

grandchildren.

To say hello to Sandra, give her a call at 262 335-6896.



Peers 4 Peers - Summer Training

Summer training for the Peers 4 Peers group was a huge success. The Peers said that it was the best training yet. We had Teri Jendusa Nicolai as our first speaker. Her ex-husband took the abuse so far that he tried to kill her. Cameras from the television show 20/20 were following her around at the training to do a follow-up story on her progress. Next we had Detective Ric Bentz from the Kenosha Police Department talk about internet safety. Youth spend a lot of time on the internet and in chat rooms; so it is very important that they are made more aware of the dangers

online. Devin Steinfort and his mothers then joined us to talk about Devin's attempt to commit suicide. They told a very tragic but real story about the seriousness of depression and suicide.

The afternoon sessions covered topics such as teen gambling, children of alcoholics, active listening, teen pregnancy and STD's.

Thank you to all the speakers who donated their time to talk to the Peers. They include: Teri Jendusi Nicolai, Detective Ric Bentz from the Kenosha Police Department, Devin Steinfort, Rose Gruber

from WI Council on Problem Gambling, Maureen Donahue from Cornerstone Counseling, Sandy Justman from Moraine Park Technical College, Barb Markiewicz and Carri Johnson from the County Health Department.

Thank you also to UWWC for donating space to hold our meeting, Hansen's Piggly Wiggly of Slinger, Sweet Creations and anonymous home bakers who provided cookies for the afternoon snacks. The Council appreciates all the community help and support with this Peer Training.



Germantown Peers



Slinger Peers



Kewaskum Peers



Hartford Peers

This year's PEER group consists of 102 students from Germantown, Slinger, Kewaskum and Hartford
We are very happy to have all of these youth in our group.

Guiding Good Choices Class to be held in Hartford

The parenting class, Guiding Good Choices, will be offered at the Hartford Recreation Center for five Thursdays beginning January 12, 2006 and ending February 9, 2006. Sessions will run from 6:30 to 8:30 p.m. The Course is being offered free of charge.

Guiding Good Choices is an informative, interactive workshop where parents learn about re-

searched and effective parenting skills that can help with the challenges of parenting teens. Participants will find out what's really going on with drug and alcohol use in their community, how to set appropriate expectations and consequences, how to reduce family conflict and improve communication as well as the value of giving children responsibility.

For more information or to register for the class, please call Julie Wolf at 262-335-6886.

Germantown Youth Futures 2005 in Review

What a year for Youth Futures!

- ☺ January– Sponsored a trip to the Kalahari Water Park in WI Dells
- ☺ February– Promoted the Developmental Assets at Celebrate Families
- ☺ May– Hosted the Middle School Lock-In (246 middle school youth attended and 90 high school students helped run the event)
- ☺ June– Attended a Leadership Training at Camp Witcomb Mason (Low and High Ropes Course)
- ☺ July– Sponsored a Laser Tag Trip
- ☺ August– Sponsored a trip to the Horicon Marsh, canoeing
- ☺ September– Held a Recruitment Event/Kickball Game
- ☺ October– Promoted Red Ribbon Week in the schools
- ☺ December– Holiday Party

Have You Seen This Billboard?



We surveyed Washington County Fair participants to determine the impact of this billboard and these are some of the results:

- ☺ 87% reported that the billboard made them more aware of how easily our youth can get alcohol.
- ☺ 52% reported that the billboard message influenced how they store their alcohol.
- ☺ 82% reported a positive reaction when they saw the billboard.
- ☺ 57% reported that they had talked to someone about the billboard message.

Young Actors . . . with a message!

What do you get when you put 14 junior high students together with two professionally trained adult actors? The Hartford Central Middle School TAG Acting Troupe.

Earlier this fall, fourteen students from the Teen Action Group (TAG) were trained to create and perform custom-designed skits to help young people deal with important life issues. The kids spent two full days in Oshkosh with Cornerstone Productions—a highly acclaimed educational theater company.

They were guided through a creative process that helped them build performance skills, bond as a team and create moving, entertaining skits. They learned the

basics of building a character, improvising short scenes and effectively staging them.

The “TAG” Troupe focused on building skits that would teach their peers about the



consequences of drug and alcohol abuse. Their skits, “Stop and Think” and “Addiction” were performed for the entire student body in October during Red Ribbon Week. “Stop and Think” dealt with peer pressure and how it impacts the decisions we make in life. The second skit examined addiction and how it can spin a

web entangling everyone who has a relationship with a person addicted to drugs and alcohol.

The trip to Oshkosh and the training were paid for with funds raised from the alternative activities that TAG, the Hartford Parks and Recreation Department and the Council sponsor each year for junior high school students in the Hartford area.

The TAG Troupe plans to take their show on the road to present more educational skits for students in K-5 classroom in Hartford. For more information about the Central Middle School TAG Troup, call Julie Wolf at 262 335-6886.

EXPRESS NEWS. . .

Parenting Column Focuses on the 40 Developmental Assets

Hartford Project Care Coalition formed more than two years ago to address high-risk behaviors in young people. During that time, the coalition has undertaken several initiatives to educate people about the positive outcomes associated with the development of the Search Institute’s 40 Developmental Assets. None has been as far reaching as a weekly column that now runs in the Express News in several Washington County Communities.

Several thousand households are reached every week. The column, which is taken from a newsletter published by the Search Institute, gives parents and adults practical tips for helping children develop assets.

The Search Institute’s 40 Developmental Assets Model identifies 40 qualities or experiences that they feel all young people must have in order to help them steer clear of risky behaviors and ultimately grow up to become healthy, responsible adults. The more assets young people have, the more likely they’ll be successful. The fewer assets kids develop, the greater chance they have of becoming involved in

high-risk things like drug and alcohol use. During the 52 weeks, the article will outline the asset theory, define all eight asset categories and suggests practical, easy suggestions for building developmental assets for and with children.

Hartford Project Care has also worked with the Hartford Recreation Center, Aurora Health Care and area churches to distribute the same parenting newsletter.

For more information about the 40 Developmental Assets or the parenting newsletter, call Julie Wolf, 262-335-6886.



Ronna Corliss
Linda Dymond
Mandie Reedy
Diana Seiser
Mary Simon and Julie Wolf

This newsletter and all of its content would not be possible without their hard work outside this agency, their articles and input.

THANK YOU. . .

A Guarantee for Drug Free Kids?

As parents, we would love to have a concrete, sure fire, guaranteed method on how to prevent our kids from using alcohol and other drugs. If we do our research, we can find tips and strategies, research and conclusions. But is there a guaranteed answer as to how to keep our kids drug free?

Unfortunately, the answer to that question is NO. There may be times when we do everything right as parents, and our children still attend a drinking party, try pot, or something even worse. What does this mean to us as parents? Do we quit trying? Do we just let them “sw

their wild oats” and assume that they will grow up on their own, in their own time and in their own way?

Again, the answer is NO. We still need to try to keep them safe. We need to set and enforce rules and consequences, to educate them about alcohol and other drugs, to help them learn to deal with stress, to keep them engaged and to make sure they know they are valuable and loved.

After giving this issue much thought, I liken preventing teen drug use to preventing our children from falling down the stairs.

We put up the railing, be sure the stairs are well lit, teach our children how to navigate the stairs, how to be safe on the stairs, sometimes we even put up another safety rail on the other side of the stairs. Even so, sometimes he/she still falls. Does this mean our prevention efforts failed?

Again the answer is NO. Even if our child stumbles or falls, our efforts might keep the consequences of the fall from being very serious. Our children might not fall as hard, or as far, or have as hard of a time getting up again if we lay our groundwork.

Parenting Wisely

The Parenting Wisely intervention is a self-administered, computer-based program that teaches parents and their 9 to 18 year old children important skills for combating risk factors for substance use and abuse. The Parenting Wisely program uses a risk-focused approach to reduce family conflict and child behavior problems, including stealing, vandalism, defiance of authority, bullying and poor hygiene. The highly interactive and non-judgmental CD-ROM format accelerates learning and parents get to use new skills immediately. The Parenting Wisely program—

- Reduces children’s aggressive and disruptive behaviors
- Improves parenting skills
- Enhances family communication
- Develops mutual support
- Increases parental supervision and appropriate discipline of their children

The Parenting Wisely program is a research based SAMHSA Model Program with proven results

- 35% to 58% reduction in child behavior problems
- 25% improvement in general family functioning
- 30% reduction on maternal depression
- 38% increase in parent participation in parent education classes

A highly versatile program, Parenting Wisely can be used alone, in a group or with a practitioner at a variety of locations such as public agencies, schools, libraries or at **The Council on AODA of Washington County in our resource library. Give us a call, 262 335-6888**



COUNCIL COMMENTS is published quarterly by the Council on Alcohol & Other Drug Abuse of Washington County, Inc.

President, Board of Directors-Paul Cappoferri
Executive Director-Mary Simon
Editor-Jeanne Gustafson
Proof Readers- Diana Seiser & Mary Simon

Send any inquiries to the Council on AODA of Washington County, Inc. 1625 East Washington Street
#300 West Bend WI 53095-2617