Clayton County Community 5C Collaboration Council

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Quarterly Newsletter

JANUARY-MARCH 2016

MISSION: *TO MAKE A DIFFERENCE IN OUR COMMUNITY THROUGH INITIATIVES AND EDUCATION*

Newsletter Highlights

5C new Email:

ClaytonCountyCCC@gmail.com

Contact Us!

Above the Influence Tag-It Competition

Submissions Due by: February 13th, 2016

See Page 4 for more details

KICK BUTTS DAY
STAND OUT · SPEAK UP · SEIZE CONTROL

Youth Connection & Community Activity Calendar

Looking for something fun to do? Check out our calendars for something in your area.

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5C Calendar & Volunteer

Stay up-to-date with our quarterly calendar of events. Also, 5C always is on the lookout for innovative individuals. Contact us for more information.

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Kick Butts Day (March 16, 2016)

Learn more about Kick Butts Day! Visit their website to get ideas about activities you can do with your family, students, community or learn facts about tobacco use and its affects.

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IPFS Update

Underage drinking and underage binge drinking is the focus of the IPFS grant. Follow 5C's progress as we continue to address both issues in Clayton County.

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National Drug and Alcohol Facts Week (January 25–31, 2016)

Use this as a good time to talk to teens and others about drug facts! We will be using this as a way to promote Tag-It Competition.

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Tag-It Competition 2016

Students will be creating and submitting posters that declare what helps them stay above the influence. Top 3 will be selected by 5C and will be awarded free movie passes!

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DFC Update

5C has appointed a Project Coordinator for the DFC grant for the Clayton Ridge Communities. This five year opportunity will focus on youth alcohol and tobacco use within the school district.

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Mark Your Calendar

JANUARY

5C Monthly Coalition Meeting (20th)

National Drug & Alcohol Facts Week (25-31st)

Above the Influence Initiative- Tag-IT Contest begins last week of Jan.

FEBRUARY

Above the Influence Initiative- Tag-It Contest Entries due by Feb 13th

Day on the Hill (15th)

5C Monthly Coalition Meeting (17th)

MARCH

Kick Butts Day (16th)

5C Monthly Coalition Meeting (16th)

Upcoming Dates

- Don't forget our 5C Meetings fall the 3rd Wednesday of the Month!
- DFC Meeting will be announced early in the Quarter; to be notified of the meeting or express interest in participating, contact Samantha- sheidemann@sas4cc.com.

Do you like to help others?

Community Education?

Marketing?

Fundraising?

Recruiting?

5C could use your help!

Contact us for more information about our coalition, how you can help, and how we can help you!

ClaytonCountyCCC@gmail.com

Upcoming Dates to Know!

National Drug & Alcohol Facts Week (NDAFW)

January 25–31, 2016

What is National Drug & Alcohol Facts Week?
National Drug & Alcohol Facts Week is a national health observance for teens to promote local events that use the National Institute on Drug Abuse (NIDA) science to links students with scientists and other experts to counteract the myths about drugs and alcohol that teens get from the internet, TV, movies, music, or from friends. It was launched in 2010 by scientists at NIDA to stimulate educational events in communities so teens can learn what science has taught us about drug abuse and addiction.

What events are going to take place in your area?
Each school district will be invited to encourage students to participate in the following activities:

- Take the National Drug & Alcohol IQ Challenge Quiz to see how much they know/understand about drug facts. The Quiz is available on the NIDA for Teens Website; you can access 2015 and earlier year quizzes now and the 2016 Quiz opens up on January 25, 2016. You can view the quizzes and information at: https://teens.drugabuse.gov/national-drug-facts-week
- Participate in the Tag-It Competition in which students think of something that helps them be above the influence OR something that they are above the influence of and write/draw it onto the poster, take a picture, and send it in. [This project has been completed by students in recent years and is familiar to them, there are other concepts as well such as SHATTER THEY MYTHS that NDAFW promotes.]

See page 4 for more details

KICK BUTTS DAY
STAND OUT · SPEAK UP · SEIZE CONTROL

National Kick Butts Day

March 16, 2016

What is Kick Butts Day?
Kick Butts Day is a day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco at more than 1,000 events planned by independent organizers across the United States and around the world. The next Kick Butts Day will be held March 16, 2016.

Why is Kick Butts Day important?
Great strides have been made in the fight against tobacco. But every day, more than 3,000 kids under 18 try smoking for the first time and 700 kids become new regular, daily smokers. Tobacco use is still the leading cause of preventable death in the U.S., killing more than 480,000 people every year.
By getting involved in Kick Butts Day and other activities, America's youth can raise awareness about the tobacco problem, encourage peers to be tobacco-free and support effective solutions to reduce tobacco use.

How can I learn more?
You can visit Kick Butts' website for great ideas on how you can be a part of Kick Butts Day and for more tobacco facts. http://www.kickbuttsday.org/

Watch for updates in our Next Quarterly Newsletter regarding Activities 5C initiated in the area!!

THE TOLL OF TOBACCO IN THE UNITED STATES

High school students who are current (past month) smokers	**15.7% or 2.7 million [Boys: 16.4% Girls: 15%]**
High school males who currently use smokeless tobacco	**14.7% [Girls: 2.9%]**
Kids (under 18) who try smoking for the first time each day	**2,800+**
Kids (under 18) who become new regular, daily smokers each day	**700**
Kids (3-11) exposed to secondhand smoke	**40.6% [67.9% Black, 37.2% White]**
Packs of cigarettes consumed by kids each year	**540 million (roughly $1.2 billion per year in sales revenue)**
Adults in the USA who smoke	**17.8% or 42.1 million [Men: 20.5% Women: 15.3%]**
Adults in the USA who smoke daily	**13.7%**

Youth Connection

Are you Above the Influence?

For more information visit abovetheinfluence.com

~ Tag-It! ~

Here's how it works:

- Make a poster that shows others what helps you be above the influence OR something you are above the influence of. Be Creative!
- Take a picture of you with your poster.
- Send your picture to us.
- We will share on Facebook and other media and our committee will vote on the Top 3 to win Prizes! → → →

Start with this:

Helps me be ↑

Or this:

I am ↑ of:

Win:

Movie Tickets!!

Entries Due By: February 13th

Examples of Tag-It Entries!

Send pictures to 5C via email: ClaytonCountyCCC@gmail.com

Include Subject: Tag-It!, Your Name, and School.

Questions? Contact us by email or phone: 563-245-1546.

Find us on Facebook: www.facebook.com/ClaytonCountyCCC

Visit abovetheinfluence.com

Sponsored By: 5C

Sponsored By: 5C

Click it!

abovetheinfluence

NEWS IN THE FIELD

Learn more about Prescription Drug Use and Abuse!

Talk to your parents/teens about prescription drug use and abuse. Click here to review a pamphlet, created by Iowa Substance Abuse Information Center, with information, facts, and safety tips!

Alcohol Fact:

According to research, young people who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.

Click here for more facts!

To learn more truths about drugs visit drugfreeworld.org
Watch their videos click here

LOOKING FOR SOMETHING FUN TO DO?

Clayton County Events

School Activity Calendars:

- Central
- Clayton Ridge
- Ed-Co
- MFL Mar Mac
- Starmont

Do you know another calendar we could add? Please let us know!

NEWS IN THE FIELD

NIDA FOR TEENS THE SCIENCE BEHIND DRUG ABUSE

Know the Facts

Nowadays, drugs come in all shapes, forms, and street names. Knowing what you are up against is half the battle. Being strong to say no and the confidence to stand up for yourself is another part. Click HERE for a friendly site to know what drugs are out there and how they negatively affect your body.

Emerging Drug Trends Training

Learn about current drug trends, signs and symptoms, methods of use, impact on community, healthcare and community. Hosted by ASAC- Cedar Rapids IA; Cost $30/person, February 12th from 1:30-4:45pm. Registration deadline is Feb 1st. Click HERE for more information.

FAST FACTS

Definition of Binge Drinking:

4 or More Drinks For women

5 or More Drinks for men

On a single occasion

FOR MORE INFORMATION

For facts on alcohol, click HERE.

The SPF Process (Strategic Prevention Framework) is an innovative approach to map an organization's steps for assessing the needs and resources, maintaining and building capacity, planning how to make change, implementing the planned change, and evaluating each step of the way.

Sustainability and cultural competency are two concepts that need to be addressed throughout the process.

Iowa Partnerships for Success (IPFS) Update

COMMUNITY READINESS STAGE

Clayton County was assessed on how prepared or ready they were to address underage drinking and underage binge drinking.

STEP OVERVIEW

IPFS grant will run from February 2015 to September 2019 and address underage drinking and underage binge drinking in Clayton County.

Assessment - 5C completed a Community Assessment Workbook that includes data on consequences, consumption, promotion, retail access, social availability, community norms, and individual factors. The results are available upon request. 5C plans to publish a summary in the coming months. Focus groups have been conducted with law enforcement, schools, and medical professionals to facilitate discussion around drug use in the county and what programs/education are in place. Summaries are available upon request.

Capacity – 5C continues to share information and build awareness surrounding underage alcohol use. If you would like a presentation or more information about alcohol use, please contact us for more information.

Planning – 5C will be selecting strategies to focus their efforts over the next four years. Plans will be finalized in February.

Implementation & Evaluation – These steps will happen mid-2016.

FOR MORE INFORMATION

Contact Tracy Yelden, IPFS Coordinator

245-1546 or tyelden@sas4cc.com

DFC (Drug Free Communities) Grant

Update

As announced in our Oct.-Dec. 2015 Newsletter, 5C Coalition, along with the fiscal partner Substance Abuse Services for Clayton County, received a Drug Free Communities (DFC) Grant in the amount of $125,000 to serve the Communities of the Clayton Ridge District!

With the help of community leaders in the Clayton Ridge Communities, 5C applied for the DFC Grant to address youth alcohol and tobacco use within the district. Rates for past 30-day use in alcohol and tobacco have been consistently higher than any other drug at Clayton Ridge and this grant will help address these issues over the next five years.

To help support the grants initiatives, 5C and Substance Abuse Services are happy to announce that they have hired Samantha Heidemann as the Project Coordinator of the DFC Grant.

Samantha was raised in Guttenberg and is a graduate of Clayton Ridge High School; her maiden name was Samantha Berglin. She continues to reside in the Guttenberg community with her family and is very excited to be a part of the DFC and 5C.

Samantha will be starting to reach out to members of the communities that are interested in serving as members of the 5C committee designated for the DFC Grant. She hopes to get community input on how we can reach our initiatives. A DFC meeting will be announced in the near future!

If you or any one you know are interested or feel they could be an asset to 5C and/or DFC Committee please contact Samantha; sheidemann@sas4cc.com or 563-245-1546.

You can also follow us on Facebook:
www.facebook.com/ClaytonCountyCCC

Drug-Free Communities
Local Problems Require Local Solutions

Purpose of the DFC Program

The primary purpose of the DFC program is to:

- Establish and strengthen collaboration among communities, public and private non-profit agencies; as well as federal, state, local, and tribal governments to support the efforts of community coalitions working to prevent and reduce substance use among youth.
- Reduce substance use among youth and, over time, reduce substance abuse among adults by addressing the factors in a community that increase the risk of substance abuse and promoting the factors that minimize the risk of substance abuse.

DFC grantees are required to work toward these two goals as the primary focus of their Federally-funded effort. Grants awarded through the DFC Program are intended to support established community-based coalitions capable of effecting community-level change. For the purposes of the DFC Program, a coalition is defined as a community-based formal arrangement for cooperation and collaboration among groups or sectors of a community in which each group retains its identity, but all agree to work together toward a common goal of building a safe, healthy, and drug-free community. Coalitions receiving DFC funds are expected to work with leaders within their communities to identify and address local youth substance use problems and create sustainable community-level change through environmental strategies.

For more information on DFC Support Programs visit:

https://www.whitehouse.gov/ondcp/Drug-Free-Communities-Support-Program

The Office of National Drug Control Policy receives funding for the DFC Program from Congress through the Drug Free Communities Act of 1997.

In Fiscal Year 2015, $86 million will fund 188 new Drug-Free Communities (DFC) grants.

We are one of these 188!!!