

Hood River Prevents

Hood River County Prevention Department

Swim Safely This Summer

By Guest Contributor, Marcie Wily, Aquatic Center Supervisor, Hood River Aquatic Center, 541-386-1303

Summer is here, and people flock to the water to find relief from the heat.

According to U.S.A. Swimming, approximately 10 people drown every day in the United States. More than one in five fatal drowning victims are children, and if a parent does not know how to swim, there is only a 13 percent chance that a child in that house will learn how to swim. The good news is that taking formal swim lessons can dramatically reduce the risk of drowning.

Hood River Valley Parks and Recreation District offers a variety classes and activities for youth and adults designed to strengthen swimming and water safety skills.



LEO swim lessons

✓ The Hood River Aquatic Center offers swim lessons for infants through adults, and swim lesson scholarships are available to anyone who qualifies for the free and reduced lunch program. Can't make an entire session? Sign up for our new drop in classes.

✓ Register your tween or teen for our Jr. lifeguarding program, where they will gain valuable leadership

skills learning basic lifeguarding rescues, water safety skills, teamwork, as well as strengthening their swimming skills and endurance.

✓ The adult power hour class is great for those beginner lap swimmers looking for a way to spice up their workouts. The class will help build endurance and strength through drills and interval training.

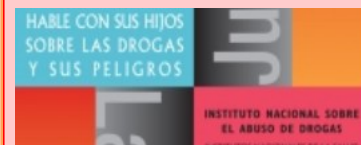
For a complete listing of our aquatic programs and schedule, as well as information about our parks and trails, visit www.hoodriverparksandrec.org.

Whatever you do this summer, make sure to wear your lifejacket when boating and / or around open water. Be safe and enjoy the water!

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Some of our favorite links.



PARENTS.
THE ANTI-DRUG

GET INVOLVED

ATOD Prevention Coalition:

When: First Wednesday of the month

3:30—5:00pm

Where: China Gorge Restaurant

(2680 Old Columbia River Dr.)

Contact: Belinda Ballah, 541-387-6890

Health Media Clubs (HRMS, Wy'east, HRVHS) — After School

When: HRMS: 1st & 3rd Mondays

Wy'east: 1st & 3rd Tuesdays

HRVHS: 1st & 3rd Thursdays

Where: HRMS: Mrs. Norton's Rm

Wy'east: Lunch Room

HRVHS: Mr. Judah's Room

Contact: Belinda Ballah, 541-387-6890

Hood River County Prevention Department Keeps Busy

By Belinda Ballah, Director Hood River County Prevention Department, 541-387-6890 / belinda.ballah@co.hood-river.or.us

2 015-2016 has been a busy year for the Prevention Department in striving towards a healthy, safe & drug free Hood River County through education, programs and support for our children, families and community. Here are some Prevention Department accomplishments:

- ★ Conducted Community Readiness Assessment on Marijuana which showed our community believes marijuana is not a concern or that it can't or shouldn't be addressed.
- ★ Held Community Conversation on Marijuana event which engaged policy makers and agencies in discussion on the impact of legalized marijuana on our community safety and youth.
- ★ Hood River County Prevention Department, in collaboration with North Wasco Public Health District received a Knight Cancer Research Grant to address Smoking Cessation in the Gorge.
- ★ Held Merchant I.D. Retailer Training for alcohol, tobacco and marijuana in collaboration with OLCC, State SYNAR and county retailers
- ★ One Community Health and Columbia Gorge Community College both adopted 100% tobacco / smoke / vape free policies



**OUR CAMPUS IS
SMOKE, TOBACCO,
AND VAPE FREE**



READY TO QUIT?
1-800-QUIT NOW • 1-877-2NO-FUME

**If you would like
to be involved,
we would love to
have you !**

**ATOD (Alcohol,
Tobacco & Other
Drugs)
Prevention
Coalition meets
the 1st Wednesday
of the month
3:30pm-5:00pm at
China Gorge
Restaurant.**

“One of the marvelous things about community is that it enables us to welcome people in a way we couldn't as individuals.” Jean Vanier

- ★ Sponsored Our Whole Lives training at Riverside Community Church
 - ★ Sponsored Immanuel Lutheran Middle School End of Year All Night party
 - ★ Sponsored Hood River Parks & Recreation District Summer Swim Bus
 - ★ Sponsored Teddy Roosevelt Event at Hood River County Heritage Museum
 - ★ Sponsored “Screenagers” documentary on how digital technology impacts kid’s development and the challenges of parenting in the digital world at HRMS.
 - ★ Participated in the annual Safety Fair at Jackson Park
 - ★ Attended Fall and Spring Prevention Summits
 - ★ Funded implementation process for PBIS (Positive Behavior Interventions & Support) within the HR County School district
 - ★ Funded Incredible Years Parenting Class in Cascade Locks
 - ★ Funded Strengthening Families Parenting Class in Odell
- These are just a few of the many things that have taken place over the year.

Most Smokers Want To Quit

By Jane Palmer, Smoking Cessation in the Gorge, 541-386-3335 / jane.palmer@co.hood-river.or.us

Most former smokers quit without using one of the treatments that scientific research has shown can work. However, the following treatments are proven to be effective for smokers who want help to quit:

- ◇ Brief help by a doctor (such as when a doctor takes 10 minutes or less to give a patient advice and assistance about quitting)
- ◇ Individual, group, or telephone counseling
- ◇ Behavioral therapies (such as training in problem solving)
- ◇ Treatments with more person-to-person contact and more intensity (such as more or longer counseling sessions)
- ◇ Programs to deliver treatments using mobile phones

Medications for quitting that have been found to be effective include the following:

- ◇ Nicotine replacement products
 - Over-the-counter (nicotine patch [which is also available by prescription], gum, lozenge)



- Prescription (nicotine patch, inhaler, nasal spray)

- Prescription non-nicotine medications: bupropion SR (Zyban®)
- varenicline tartrate (Chantix®)

Counseling and medication are both effective for treating tobacco dependence, and using them together is more effective than using either one alone.

Call **1-800-QUIT-NOW (1-800-784-8669)** if you want help quitting. This is a **free** telephone support service that

can help people who want to stop smoking or using tobacco. Callers are routed to their state quitlines, which offer several types of quit information and services. These may include:

- ◆ Free support, advice, and counseling from experienced quitline coaches
- ◆ A personalized quit plan
- ◆ Practical information on how to quit, including ways to cope with nicotine withdrawal
- ◆ The latest information about stop-smoking medications
- ◆ Free or discounted medications (available for at least some callers in most states)
- ◆ Referrals to other resources
- ◆ Mailed self-help materials

(taken from http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/)

Helpful Resources & Quitline Services

For information on quitting, go to the **Quit Smoking Resources** page on CDC's Smoking & Tobacco Use Web site.

http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/resources/index.htm

Read inspiring stories about former smokers and their reasons for quitting at CDC's **Tips From Former Smokers** Web site.

<http://www.cdc.gov/tobacco/campaign/tips/>

The **I'm Ready to Quit!** page links to many helpful resources.

Publications

Visit **CDC's Online Publications Catalog** to order free copies of materials about quitting as well as helpful resources about tobacco use prevention

For more information on how to keep youth safe and drug-free, visit:

<http://www.samhsa.gov/too-smart-to-start>

<http://www.samhsa.gov/underage-drinking>

<https://www.drugabuse.gov/drugs-abuse/marijuana>

<https://www.drugabuse.gov/drugs-abuse/alcohol>

<https://teens.drugabuse.gov/>

<https://teens.drugabuse.gov/drug-facts/marijuana>

<https://teens.drugabuse.gov/drug-facts/alcohol>

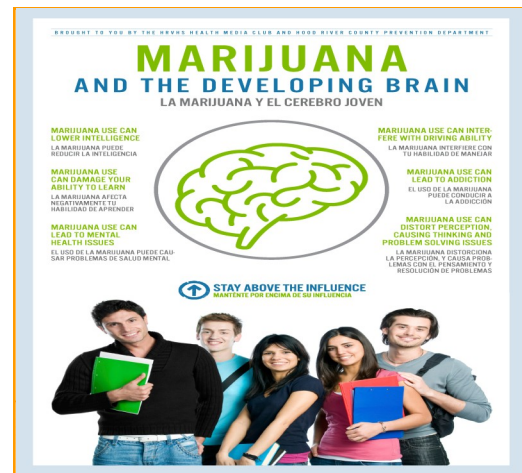
Summer is here!! Which means more outdoor activities and more sun! Summer is also a time of year when there are more parties, weddings, and barbecues, which in turn can lead to an increase in alcohol availability and increased exposure of alcohol to youth. Alcohol exposure is extremely dangerous for youth, especially during the developmental years. Our brains are not done developing until the mid-20s, with the area of the brain that controls judgment being the last to develop. Adolescents who drink alcohol or who use any type of drug are at risk for adverse health effects, legal problems, injuries, and even death.

We as a community have the responsibility to watch out for our youth. It is human nature for adolescents to seek risky behaviors but it's our job to help them grow into healthy adults. There are a number of ways we can protect our youth in an environment where exposure to alcohol and other drugs exist.

As individuals and as a community, we can help reduce access to alcohol and drugs. We can be good role models to our youth. If you plan to have a party where alcohol is served, please do not allow any minors to have access to alcohol. Not only is it unsafe for them, but it is illegal to provide alcohol to minors.

The same goes for marijuana now that it's legal. Marijuana is not safe, especially for youth. Today's marijuana is not the same as it used to be in the 70s. The THC levels in the drug have increased dramatically. Over the years, marijuana has been chemically altered to produce a greater intoxication, which poses a significant health risk for youth. Marijuana is damaging to the developing brain and negatively affects youth physically, emotionally, academically, and socially

Stay safe this summer and keep alcohol, marijuana and other drugs away from our youth!



Columbia Gorge Gleaning Offers Opportunities

By Belinda Ballah, Director Hood River County Prevention Department, 541-387-6890 / belinda.ballah@co.hood-river.or.us

Columbia Gorge Gleaning (CGG) is a project of the Ford Institute Leadership Program, which is part of the Ford Foundation. The mission of CGG is to address food insecurity, reduce food waste, and improve overall community health while strengthening diverse community connections.

CGG is a network of organizations working to increase the availability of fresh and local produce that is distributed to and through Columbia River Gorge food pantries, soup kitchens, community suppers and schools.



Through the act of gleaning and sharing food, we connect and nourish our community to build stronger relationships and a deeper appreciation for our locally produced food.

In order to accomplish our mission CGG has created a website that will allow farmers and volunteer gleaners to come together. Farmers can register with CGG and receive a tax deduction. Working with growers, CGG organizes scheduled gleans using registered volunteers.

We will glean:

- 👉 Quality produce that is no longer commercially viable
- 👉 Weather damaged crops

“... We connect and nourish our community to build stronger relationships and a deeper appreciation for our locally produced food ...”

- 👉 Produce from bypassed fields
- 👉 Non-machine gleanable crops
- 👉 Pollinator trees
- 👉 Secondary growth

Volunteer gleaners will be required to complete a Volunteer Registration Form and sign a liability waiver that protects crop owners. They will be properly trained and supervised.

Farmers are protected by the Federal Bill Emerson Good Samaritan Food Donation Act that was signed in 1996 by President Clinton. For more information, <http://www.feedingamerica.org/>.

We will be holding our Kick Off event on **Saturday, August 13th 10am-12pm**. Location details will be provided as the date approaches. Topics include:

- ◆ Introduction of the Gleaning Project
- ◆ Opportunity to sign up to be a volunteer
- ◆ Demonstration of how a glean will actually work
- ◆ Healthy snacks provided

Please plan to attend and learn more about the ancient art of gleaning, meet other Interested gleaners and our community farmers!

For more information visit our Columbia Gorge Gleaning website: <http://www.gorgegleaning.org/>

FAQ's

Q: What is gleaning?

A: To collect produce after the main crop has been harvested.

Q: How can I find gleans?

A: Go to the 'Gleans' page on the CGG website (link in article) for the list of open gleans.

Q: Has the fruit been sprayed with chemicals?

A: Sometimes. Gleans take place at a wide variety of properties. Information is on the glean posting.

HRVHS Health Media Club Stays Active

By Luz Oropeza, staff, HEALTH Media Club Co-facilitator, 541-387-7031 / luz.oropeza@co.hood-river.or.us

Just because the school year ended, doesn't mean it was the end for our Health Media Clubs. Even though kids are on vacation, they still have opportunities to get involved in the community. Last week was our year-end celebration for the Hood River Valley High School Health Media Club (HMC). Throughout the school year, the HRVHS HMC created theatre ads focusing on prevention education which are shown during the previews at Hood River Cinemas. For our year end activity, we took HMC members to Hood River Cinema to assess the theatre ads as well as enjoy a movie. The members and advisors had a lot of fun. Our Health Media Club members get really excited when they see the outcomes of their hard work.

Right before the school year ended, our HMC members had the opportunity to create a sticker for the July 4th Sticker Shock event,



which will take place this Friday. We will be visiting nine stores throughout the county, placing HMC designed sticker shock stickers on alcohol cartons.

The stickers message says, "Happy Fourth of July. Please Drive Sober. See Stars and Stripes Not Bars and Fines." This is an excellent opportunity for the kids to inform their community and increase community aware-

ness of the consequences of drinking and driving. Many thanks to all of the stores who allow us to come in to conduct this very important activity.

Be on the lookout for these stickers and if you happen to see us while we are stickering, feel free to ask our HMC members about it. They would love to provide you with more information. Don't forget to congratulate them as well for all their hard work and commitment to making our community a safe place for youth.

I am also very excited that July 17-21 we will be taking three HMC members to the CADCA Mid-Year Training Institute to empower them to continue fostering their leadership skills as well as learn new tools and strategies on how to advocate for drug prevention in our communities. The Mid-Year Training is a great opportunity for kids to learn from peers and network with youth from other coalitions.

GET INVOLVED

High School Health Media

Club:

When: 2nd & 4th Thursday

3:30—5:00pm

Where: Hood River Valley High School

Mr. Judah Room (1220 Indian Creek)

Contact: Belinda Ballah, 541-387-6890

Middle School Health Media Clubs:

When: HRMS 2nd & 4th Monday

Wy'east 2nd & 4th Tuesday

3:45—5:00pm

Where: HRMS Mrs. Norton Room

Wy'east Middle School Cafeteria

Contact: Belinda Ballah, 541-387-6890

Odell Hispanic Drug Prevention Coalition

When: 3rd Monday of each odd numbered month

5:00-6:00 pm

Where: Mid Valley Elementary

School Cafeteria.

Contact: Luz Oropeza, 541-387-7031



This newsletter was compiled by Hood River County Prevention Department