

Hood River Prevents

Hood River County Prevention Department

Children's Advocacy Center

By Maggie Bertrand, Hood River Valley High School Student

The Columbia Gorge Children's Advocacy Center (CGCAC) is an organization that seeks to help children and young adults ages 0-18 affected by physical and sexual abuse. They are having an open house May 25th, located at 1625 Wood Court, Hood River, OR. This organization works to help not only the young victims in Hood River County but Gilliam, Wheeler, and Clackamas County, and they are currently talking to Wasco County about supporting young victims from there as well.

An estimated 1 in 3 girls and 1 in 6 boys will experience some form of child abuse by the time they reach the age of 18 according to the Columbia Gorge Children's Advocacy Center. "The Hood River County Prevention Department sees the Center as a vital part of our mission." -Belinda Ballah. The CAC as a part of our community helps shed light on a subject often left in the dark, seeing a record high of 73 cases in 2016 alone. The ratio of kids to teens coming into the Center is pretty evenly split, however, it is more common for females than males.



Maggie Bertrand, 'friends', and Beatriz Lynch

The Center provides the support children and young adults affected by abuse need to heal and minimize the trauma to child abuse victims. Mental health treatment referrals are available as well as provision or coordination of other victim services. Forensic interviews and head to toe physical examinations occur onsite. One of their goals is to make sure the victims won't have to tell their story many times by recording the interviews the first time using cameras and microphones. This all takes place in an interviewing room with two seats, left relatively plain to prevent distraction. "We like to call ourselves The First Step of the Healing Process," says Beatriz Lynch, Executive Director of the Columbia Gorge Children's Advocacy Center.

The building is fortified with walls covered by stuffed animals which are given to the victims as comforting objects, but the organization is also looking to get quilts for the young adults. "We have the stuffed animals so that every child that we see can take one with them. It's a comforting thing for kids in a time when they are going through a traumatic experience." - Beatriz Lynch.

The Columbia Gorge Children's Advocacy Center is funded by The Child Abuse Multidisciplinary Intervention Account, otherwise known as CAMI, created by the Oregon Department Of Justice in 1993. CAMI has provided the ability for this advocacy center, as well as many others across Oregon, to flourish with several grants and fundraisers.

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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: 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

Beware the Ides of March

By Ilea Bouse, staff, Prevention & Education Specialist, 541-387-7030 / ilea.bouse@co.hood-river.or.us

March 15th is known as the Ides of March, a notorious day in history due to Shakespeare's play about the assassination of Julius Caesar. This year we celebrated the day with Kick Butts Day, a campaign to raise awareness on the dangers of using tobacco. The H.E.A.L.T.H. Media Clubs at both Wy'East Middle School and Hood River Middle School learned about the dangers of Tobacco from resources by the American Lung Association, the Campaign for Tobacco Free Kids, the Surgeon General, and the Centers for Disease Control.

Kids learned from the Campaign for Tobacco Free Kids that the problems caused by smoking impact the State of Oregon, the Nation and the World. They also learned they can be a part of the solution to end these problems.

Kids were impressed with the ingredients found in most cigarettes, listed by the American Lung Association. Some of the ingredients that caused both a giggles and gags were hair dye (acetic acid), finger nail polish remover (acetone), battery acid (cadmium) and rat poison (arsenic).

Kids were surprised to learn that pets can be hurt by second hand smoke as well. From the Food and Drug Admini-



FYI

“68,000 is the number of the kids now under 18 and alive in Oregon who will ultimately die prematurely from smoking.”

“1,800 kids (under 18) become new daily smokers each year in Oregon.”

“\$9.1 billion is spent annually by the tobacco industry on marketing nationwide.”

Taken from the Campaign for Tobacco Free Kids

“Smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined.”
[www.tobaccofreekids.org/facts issues/toll us/oregon](http://www.tobaccofreekids.org/facts_issues/toll_us/oregon)

stration the kids learned about secondhand smoke (smoke that lingers in the air) and third-hand smoke (harmful compounds that are left behind on furniture, carpets, and fur for example). They were sad to think of their furry and feathered friends getting sick from smoke.

They learned from the Surgeon General that e-cigarettes are also harmful because they contain addictive nicotine and other dangerous chemicals. And the vapor or aerosol emitted from e-cigarettes has many harmful ingredients, such as heavy metals (lead), car exhaust (benzene), and diacetyl (a chemical linked to lung disease).

After learning they are a target of Big Tobacco company marketing and are at risk of being sold these deadly products. The kids shared the message with their classmates, teachers, and parents through school displays, and conversation.

While the format was different at the two middle schools, the message was the same: H.E.A.L.T.H. Media Clubs say: “No to Big Tobacco” and “Yes to celebrating Kick Butts Day.”

If you or someone you know is interested in kicking the smoking habit, counsel and resources can be found by calling 1-800-QUIT-NOW.

Smoke Free Public Housing Reduces Health Risks

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

On November 30, 2016, the U.S. Housing and Urban Development (HUD) Secretary Julián Castro announced that public housing in the U.S. will now be required to provide a smoke-free environment for residents. Secretary Castro said HUD's new rule will provide support to more than 3,100 Public Housing Agencies (PHAs) to implement the smoke-free policies over the next 18 months.

In 2016, HUD worked with PHAs to finalize this rule, which prohibits lit tobacco products (cigarettes, cigars or pipes) in all living units, indoor common areas, offices and all outdoor areas within 25 feet of housing and administrative office buildings. HUD's final rule included input from more than 1,000 comments from PHAs, partners, and advocates.

"Every child deserves to grow up in a safe, healthy home free from harmful second-hand smoke," said Secretary Castro. "HUD's

smoke-free rule is a reflection of our commitment to using housing as a platform to create healthy communities. By working collaboratively with public housing agencies, HUD's rule will create healthier homes for all of our families and prevent devastating and costly smoking-related fires."

HUD's smoke-free rule will reduce damage and maintenance costs associated with smoking.

According to the Centers for Disease Control and Prevention (CDC), HUD's national smoke-free policy will save \$153 million every year in repairs and preventable fires, including \$94 million in second-hand smoke-related health care, \$43 million in renovation of smoking-permitted units, and \$16 million in smoking-related fire losses. It is estimated that smoking causes more than 100,000 fires each year nationwide, resulting in more than 500 deaths and nearly a half a billion dollars in direct property damage.

The CDC estimates smoking kills 480,000 Americans each year, making it the leading preventable cause of death in the United States. In addition, smoking is the lead cause of fire-related deaths. HUD's smoke-free rule will protect the health of public housing residents by reducing the health risks associated with tobacco use and exposure to secondhand smoke.



FYI – Smoke Free Public Housing:

- ✓ **Children exposed to second hand smoke are more likely to experience ear infections, asthma and Sudden Infant Death Syndrome**
- ✓ **No level of secondhand smoke exposure is safe**
- ✓ **HUD offers “Healthy Homes” information to help make all homes healthier for families**

https://portal.hud.gov/hudportal/documents/huddoc?id=DOC_11880.pdf

Prevention Programs Shown to be Effective in Preventing Addiction

By Luz Oropeza, staff, Odell Hispanic Drug Prevention & Health Promotion Coalition, 541-387-7031 / luz.oropeza@co.hood-river.or.us

Risk Factors for Behavioral Health Problems:

- Availability of drugs
- Low neighborhood attachment and community disorganization
- Family history of problem behavior
- Family management problems
- Friends who engage in the problem behavior

Protective Factors:

- Pro-social norms
- Belief in the Future
- Social/Behavioral competence
- Recognition for positive behavior
- Opportunities for positive involvement
- Bonding to pro-social others.

In 2016, the Surgeon General, Dr. Vivek Murthy, launched his Report on Alcohol, Drugs, and Health *Facing Addiction in America*. The report includes the definitions and differences between substance use, misuse, and addiction. 'Use' is referred to any use of any substance, which is driven largely by market forces. 'Misuse' referred to use that can harm self or others, which is driven by consequences. Finally, 'addiction' refers to compulsive use, which is driven by genetic and brain changes. Contrary to the popular belief that drug use is caused by moral failure, addiction is actually a chronic brain disease with a potential for recurrence and recovery.

Among the U.S. population age 12 or older, 66 million reported binge drinking, 47 million "used" an illicit or non-prescribed drug, and 21 million met criteria for a "substance use disorder". The annual cost of substance misuse is \$442 billion compared to \$245 billion in annual costs for diabetes!

In the report a section talks about the public health approach to preventing addiction. Prevention programs and policies have been shown to be effective. According to the report, we need to increase the utilization of evidence-based prevention programs and policies and treatment. In addition, we need to increase the trained workforce to deliver evidence-based prevention and treatment.

According to Dr. Murthy, "although substance misuse problems and use disorders may occur at any age, adolescence and young adulthood are particularly critical periods. Preventing or even simply delaying young people from trying substances is important to reducing the likelihood of a use disorder later in life."

Communities are an effective organizing force in implementing effective policies and programs to reduce risk factors and increase protective factors. It is so much more effective to prevent a problem before it happens by addressing its predictors. We are always looking for volunteers to help with our prevention efforts. For more information on how to get involved, call the Prevention Department at 541-386-2500.

Source: *Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health*

FACING ADDICTION IN AMERICA

The Surgeon General's Report on Alcohol, Drugs, and Health

“It’s On Us Hood River County” Works to Prevent Sexual Assault

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

Sexual Assault Awareness Week, SAAW, is an extension of the “It’s On Us Hood River County” efforts at Hood River Valley High School in collaboration with numerous agencies throughout the county.

Why would Hood River County and the City of Hood River have declared April 2-8, 2017 as Sexual Assault Awareness Week? Because it is a local problem that should not be ignored. Sexual assault affects not only our adult population but also our youth. It is time for every one of us to decide that it is on us to make a difference.



In 2016, the Hood River County Sheriff’s Office investigated 30 sexual assaults, while the city of Hood River Police Department investigated 17. These are only the assaults that were reported. Many cases are not reported because victims are afraid to tell the police, friends, or family about the violence. Shockingly, a large number of the investigations take place for elementary school aged victims. In 2016 there were more investigations at the elementary level than at the high school level.

Did you know that “stranger danger” is not necessarily what we need to educate our children about? Adults used to teach children about “stranger danger” but the reality is that most victims know their perpetrator. Perhaps it is an uncle, aunt,

“In 2016 there were more investigations at the elementary level than at the high school level.”

stepfather or mother, a cousin or a neighbor. It’s important to talk with our children about boundaries and personal space, to give them words to say “No”. Sexual assault affects a victim’s health. Some effects are emotional and others are physical such as headaches, stomach issues, unidentified chronic pain, and sexually transmitted infections.

Sexual assault also takes an emotional toll. Imagine having something happen to you that you didn’t want and didn’t feel like you had any control over. The memory plays over and over again in your mind. This can lead to anger, stress, or depression. Eating disorders might occur as a victim tries to find a way to have some control over their lives. Thoughts of suicide are not uncommon and suicide attempts may follow.

While some sexual assault victims may find healthy ways of dealing with victimization, others do not. It is not uncommon to become withdrawn, untrusting and fearful. Alcohol or drug abuse might become the new “norm”.

“It’s On Us Hood River County” is actively engaged in finding ways to prevent sexual assault in our county.

We are starting conversations at the high school and throughout the community about consent and victim intervention.

One victim of sexual assault in our community is one too many. Join with us in finding ways to bring this subject out in the open. Help support victims and hold perpetrators accountable. Become involved and help to heal the wounds.

FYI

Children, youth and adults need to know that they will be believed if they disclose that someone has inappropriately touched them or makes them feel uncomfortable.

Change the conversation-move from victim blaming to offender accountability.

Middle Schools Celebrate “Kick Butts Day” With Health Media Clubs

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

More than 480,000 people in the United States will die this year from a tobacco-related disease. On March 15th, Kick Butts Day, students from Hood River Middle and Wy'east Middle School H.E.A.L.T.H. Media Clubs took a stand to stop youth from getting hooked on deadly tobacco products.

Unfortunately, 90% of smokers start using tobacco regularly by the time they are 18, and we know from December 2016 Surgeon General's Report that three million middle and high school students used e-cigarettes in 2015. Isn't this astonishing?

In order to give kids a fighting chance, we joined thousands of students across the country who also took part in Kick Butts Day, an nationwide initiative that empowers student advocates

to lead the effort to stop youth tobacco use.

As part of the Kick Butts Day celebration, the Wy'east Middle School H.E.A.L.T.H. Media Clubs presented "They Put What? In a Cigarette" display during lunch, showcasing the ingredients found in cigarettes and e-cigarettes. The presentation included handouts, pamphlets, posters and educational information. We also had a body bag display acted out by David Flores and Omar Escobedo



Omar Escobedo portrays what can happen when you smoke

demonstrating the consequences of tobacco use. At Hood River Middle School, students conducted the activity “Airing Out Big Tobacco’s “Dirty Laundry” where kids exposed Big Tobacco’s lies and tricks by airing out their dirty laundry! Pieces of clothing were collected and students wrote facts on them and hung them on a clothing line in the gym.

Consider these facts: Each day, more than 400 kids become new regular smokers; roughly one-third of them will die prematurely from a tobacco-related disease.

Today’s youth are not just part of the problem; they’re part of the solution. And the students from Hood River Middle School and Wy'east Middle School want tobacco companies to know that on Kick Butts Day and every day throughout the year, we’re going to fight them every step of the way!

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 Mondays 11:50–1:30pm

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