

Hood River Prevents

Hood River County Prevention Department

Be The Best Parent You Can Be!

By Guest Contributor, Nancy Johanson Paul, Parenting Together, Next Door, Inc, 541-436-0319 / nancyp@nextdoorinc.org

Knowing how to be a good parent isn't always easy. Nobody is born with perfect parenting skills. When it comes to our kids, we all learn by doing. But that doesn't mean you have to do it alone. There are resources in Hood River County to connect you with the support you want.

For parents of children birth to 8 years you can join a play group, take a parenting class series, and attend special topic workshops. To learn more about these local parenting resources contact the "Parenting Together" office. The yearly "Parenting in the Gorge Guide" can be found by clicking on the Parenting Ed tab at www.nextdoorinc.org

Any parent who has a tween or teenager can benefit greatly by participating in a parenting class series with their youth. It can be very helpful to take a parenting class series before problems arise! The "Strengthening Families Program" for parents and youth ages 10-14 years enhances one's parenting skills by using love and limits, house rules, encouraging good behavior and communication, using consequences, and protecting against substance abuse and peer pressure.



Paloma Ayala and kids enjoying time together

Media is everywhere. TV, Internet, computer and video games all vie for the attention of youth. On June 7th Hood River Middle School showed parents and youth the documentary "Screenagers". It was alarming to see how media is affecting youth! Go to <http://www.screenagersmovie.com/> to learn more. The School plans to have informative discussions this fall related to the challenges parents are facing. For suggestions on how to limit screen time go to the Academy of Pediatrics website "Media and Children" section. <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Media-and-Children.aspx?nfstatus=401&nftoken=00000000-0000-0000-0000-000000000000&nftatusdescription=ERROR%3a+No+local+token>

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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, Wyeast, HRVHS) — After School

When: HRMS: 1st & 3rd Mondays

Wyeast: 1st & 3rd Tuesdays

HRVHS: 1st & 3rd Thursdays

Where: HRMS: Mrs. Norton's Rm

Wyeast: Lunch Room

HRVHS: Mr. Judah's Room

Contact: Belinda Ballah, 541-387-6890

July 24th is National Parents' Day

Taken from the Article '8 Ways to Celebrate National Parents' Day' by Meghan Ross, freelance writer with a background in child development, education and family life / Care.com

Yes parents, this is a real holiday! [Parents' Day](#) is celebrated every year on the fourth Sunday of July. It became an official holiday in 1994 and is a time to honor parents for the hard work they do of raising the next generation. On Parents' Day, people are encouraged to recognize the important contributions of responsible, committed parents in their communities. It's also a day for parents to celebrate their children and their family as a whole, according to the National Parents' Day Coalition.

To learn more about how families can observe Parents' Day, we consulted Dr. Laura Markham, author of "[Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting](#);" Chelsea Duggan, blogger at [Milestar Babies](#), and parenting expert Ellie Hirsch from [Mommy Masters](#).

Here are some of their suggestions for making Parents' Day memorable:

Make a Memory Book. "Create a family tree or scrapbook," says Markham. Work together to record the people, characteristics and activities that make your family special.

Support Working Parents. It's not easy being a working parent. And when both parents work, a family has to be creative and figure out how to adapt. Look on [Meetup](#) for parents' groups in your area. Schedule play dates and adults-only get-togethers that occur during non-business hours. Compare notes about [hiring a nanny](#). Talk about how local parents can help and encourage one another. And learn about [7 Ways Companies Can Help Working Moms](#) »

Create New Family Memories. Celebrate the holiday by planning



Some Fun Activities In The Gorge

**Aquatic Centers: Hood
River and The Dalles**

Bonneville Dam

**Columbia Gorge Discovery
Center**

**County Fairs: Hood River
County , Klickitat County,
Skamania County, and
Wasco County**

Goldendale Observatory

Maryhill Museum of Art

Mosier Twin Tunnels

**Skate Parks: Hood River
and The Dalles**

"Parents' Day is an opportunity for our society to honor the very tough and critically important job that every parent does every day . . ."

future family fun. Two of Markham's suggestions are drafting a family bucket list or thinking up a new family tradition.

Praise Someone's Parenting. On Parents' Day, let another parent know what you admire about his or her parenting. "Another mother recently told me I always have a smile on my face when I am with my kids, which made me feel special," shares Hirsch. Markham says that parents can support one another "by making a point of giving each other positive feedback about our children or our parenting."

Show Appreciation for Your Family. Make this holiday a time for family members to celebrate one another. Duggan suggests that families work together to bake a cake, and then enjoy it together as a family. Hirsch says that parents should, "Ask your children, depending on their age, to write down or say three things that they appreciate about you as a parent. Afterwards, do the same and write down three things you appreciate about your children."

Host a Neighborhood Get-together. Celebrate the parents in your neighborhood by inviting their families over for a cookout. "It's a great moment to get together and enjoy all that summer has to offer," says Duggan. It also grants you the opportunity to get to know the other parents who live around you. The better you know one another, the more you can support and encourage each other. "Parents' Day is an opportunity for our society to honor the very tough and critically important job that every parent does every day: raise the next generation of citizens," Markham says.

Create A Quit Plan

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

Everyone knows that smoking is not good for your health, or the health of those who live with those who smoke. Quitting will improve the body's health within minutes after stopping. The health benefits are greater the longer a person is tobacco free.

Quitting is hard! Nicotine in tobacco smoke is what causes people to be addicted to smoking. Using a nicotine patch or gum may help. People also must be ready to deal with the emotions and habit of smoking addiction. Planning will help!

There are many quit plan supports that will help a person who is ready to quit smoking. www.quitplan.com, a website for Minnesota adults who want to quit, offers an online quit guide plan with 4 practices to make your quit easier and more successful. More quit plans websites are listed on the right.

Practice 1: Quit at Your Own Pace

Quit at your own pace by choosing a quit date (the day you want to quit) that works best for you. Your Quit Coach® will help you prepare and get ready to quit on that date.



Practice 2: Conquer Your Urges to Smoke

We'll help you learn when and where you have urges to smoke and how to cope with them. This will help you quit for good. You will also learn how to manage stress without smoking.

Practice 3: Use Quit Medicines So They Really Work

We'll help you choose a medicine (like the nicotine patch, nicotine gum, nicotine lozenges, bupropion SR, or Chantix®) that is right for you. We'll teach you how to use the medicine correctly so it helps you quit.

Practice 4: Don't Just Quit, Become a Nonsmoker

Don't just quit—quit for good! We'll help you make this quit your last quit. We'll also help you learn how to reduce weight gain when you quit.

Just like any important job, quitting smoking requires the right tools. No one would expect a carpenter to build a home with only a hammer. A well built home is created with much planning and care and use of the right tools.

Smokers who are ready to quit, will be more helped by making a plan and sticking to it.

OTHER QUIT PLANS:

<http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/quit-plan.html>

<https://www.quitterscircle.com/sites/default/files/PlanToQuitCards.pdf>

<http://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/smoking-cessation/art-20045441>

<http://www.becomeanex.org/my-quit-plan.php>

<http://www.webmd.com/smoking-cessation/quitting-tobacco-use-setting-goals>

<https://smokefree.gov/build-your-quit-plan>

Movies In The Park Comes To Odell!

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

FREE!!! Odell Movies in the Park!!!

**Where: Mid Valley
Elementary School**

**When:
Monday July 25th:
Inside Out**

**Monday August 1st:
Cinderella (2015)**

**Monday August 8th:
Rio 2**

**Monday August 15th:
Night at the Museum**

**Monday August 22nd:
Shrek**

**Movies will be in
Spanish with English
subtitles**

**Made possible in
collaboration with
Community Ed., Odell
Hispanic Drug
Prevention Coalition,
and Hood River
County Library**

I can't believe we're a month into summer already! It's crazy how fast time flies by. But where's the heat?! It seems like this has been the coldest summer so far! However, this crazy weather won't stop us from the events we have planned for the Odell community. This year the Odell Coalition in collaboration with Hood River Library and Community Ed. are bringing Movies in the Park to Odell!

We will be showing five movies at Mid Valley Elementary School on Monday nights starting on July 25th. The movies will be in Spanish with English subtitles. Our sponsors for the movies are Hood River County Library, Odell Hispanic Drug Prevention Coalition, Hood River Community Education, James West Orthodontics, Little Shredders, Duckwall Fruit Company, Novedades el Portillo, El Puerto De Angeles III, Gorge Yellow Cab, Ixtapa Family Mexican Restaurant, Lake Taco, and Chicken & Teriyaki. And a special 'Thank You' to Mid Valley for providing the venue!

The purpose for this event is to bring families together so they can enjoy one another. Studies show that a positive family environment and community help protect kids from risky behaviors that can increase the chance of using drugs. In other words, a strong positive family and community environment serve to protect and buffer against risk. The more positive activities and engagement in the community a youth is exposed to, the more protection that youth has against risk factors. Risk factors include, drug availability, easy access to drugs, positive attitudes towards drugs, peer and parental use of drugs. It is really important that we protect those who live in these environments by shielding them with protective factors.

In addition to Odell, Hood River and Cascade Locks will also be showing Movies in the Park. Each showing will be on a different night of the week. therefore if you'd like, you can go to all three of them each week! The more fun the better, right?! Stay safe and enjoy your summer!



Clear Alliance Conference Educates Attendees

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

Do you ever wonder what is going on in your teenager's mind? Do you wonder what some of the brands of clothing that they are insistent on wearing really reflect? These two issues were covered at the Clear Alliance Conference that a number of law enforcement, community members and our staff recently attended in Redmond, Oregon. Their mission is to prevent and reduce substance abuse and impaired driving among youth in Oregon by providing evidence-based prevention education to youth and adults in collaboration with public-service agencies.



Youth brain development was the focus of Karen Williams presentation that was easy to remember and apply to real life.

⌘ Teens wake up one day and every adult in their lives is either frustrated, impatient, or angry with them or all three, all of the time! They have no idea their behavior has changed.

⌘ Teaching children what NOT to do NEVER teaches them WHAT to do.

⌘ The teen brain processes new information at 50-80 times faster than the adult brain, which means they are ALWAYS HUNGRY (especially boys), always BORED (which creates

“Teaching children what NOT to do NEVER teaches them WHAT to do.” by Karen Williams at Clear Alliance Conference

pain), always impatient and PRE-STRESSED.

⌘ Adolescents are at high risk for sleep deprivation. Sleep deprivation often triggers starvation response in the body. Sleep is essential for encoding and storing long term memories. Lack of sleep lowers the brain's capacity to learn new things.

Officer Jermaine Gallaway, is a nationally and internationally recognized presenter on alcohol and drug trends. He shared with us trends that he has seen while conducting over 500 community scans or retail locations, festivals, schools and areas with possible drug and alcohol influences. These include:

⌘ Examples of drug identifiers, drug clothing, party drugs, Fake ID;s, drug concealment, alcohol and energy drinks, drug logos, cough medicine abuse, drug stash compartments and popular culture music.

Our culture is changing rapidly and if we aren't' aware of the changes we are not well equipped to protect our youth.

⌘ Officer Gallaway pointed out that the Colorado State flag is now being used as a drug symbol.

⌘ Marijuana is being sold on Craigslist.

⌘ 710 represents the same as 420 and HUF is 420 in Roman numerals.

We hope to work in collaboration with other agencies to bring these speakers to our area in the near future. Stay tuned for more information.

FYI

Did you know:

⌘ **Hair straighteners are being used in the production of marijuana resin**

⌘ **710 upside down is oil in reference to marijuana oil**

“LOUD” means “weed”

“Safety meeting” means “Let's get high”

Marijuana Education Important For Parents

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

The CADCA (Community Anti-Drug Coalitions) Mid-Year Training Institute is coming up! This year it will be in Las Vegas, Nevada. These conferences are an excellent opportunity to gain knowledge about drug prevention and to learn about strategies and tools that can help us reduce drug use and abuse in our communities. The recent legalization of recreational marijuana is a big issue in our community-based efforts in prevention. The increase in marijuana promotion, advertisements, and paraphernalia has caused a major shift in our communities' attitudes and perception.

Unfortunately, marijuana has become more and more normalized. As marijuana becomes normalized, the use rate among youth increases. Today's marijuana is much changed from the marijuana in the 70s. THC (the psychoactive chemical found in marijuana, which changes brain function and alters perception) levels have increased dramatically. Marijuana in the 70s would contain on average 1-3% THC, nowadays you will find, on average, marijuana containing between 12-37% THC (Journal of Forensic Sciences, September 2010, "Marijuana legalization opponent

Heidi Heilman says today's marijuana is 300 percent to 800 percent stronger than in the past."). That's a huge increase! Increased Emergency Room visits have been occurring in states where marijuana has been legalized due to its availability (*The Legalization of Marijuana in Colorado: The Impact*, Volume 3, Rocky Mountain HIDTA). Marijuana edibles pose an even greater threat as they can contain a higher concentration of THC (University of Mississippi, May 2009, <http://news.olemiss.edu/marijuanapotency051409/>).



The yellow sticky substance is what people use to "dab" and the tools shown are used to grab it

Dabbing is also becoming popular among marijuana users. Dabbing is a process where THC is extracted from marijuana oil and made into a sticky substance. Then it is placed on a very hot surface and the vapor is inhaled. This can be done through the use of a bong. Marijuana concentrates contain a higher level of THC, ranging from 50-80%. Dabbing is much more potent and causes a higher intoxication than smoking, according to Speaker Jermaine Galloway, Idaho law enforcement officer, at the CLEAR Alliance Drug Education Conference July 6-7 in Redmond, Oregon.

I just learned that people who dab can use a vape pen, which allows users to dab anywhere without people knowing. A vape pen works like an electronic cigarette. Access to these types of products and the normalization of marijuana use pose a great health and safety risk for our youth. Please be alert for these products and talk to your kids often about the harmful effects of marijuana and other drugs. Remember, parents are the number one reason kids decide whether or not to use drugs.

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