

# Hood River Prevents

Hood River County Prevention Department

## A Youth's Perspective on Marijuana Use

By Guest Contributor

**M**arijuana is an addictive drug used recreationally to achieve a temporary feeling of euphoria. Yet use of marijuana can cause depression and effect the way people process emotions. As a teenager using marijuana helped me to forget my feelings of depression for a short period of time. I was very depressed about recent issues with a family member. I thought having a fun weekend with some close friends would cheer me up.

The plan was to spend the night at my house and then sneak over to a friend's house to grab some edibles and leave. But splitting one edible with four people wasn't enough. One thing leads to another and soon enough there were four teens on scooters and bikes laughing uncontrollably throughout the neighborhood at 2 AM. I felt amazing that night. But it didn't help my depression.

I felt great partying with buddies every weekend but then I felt terrible whenever I wasn't. My use was to the point that I almost couldn't be happy without being high. Marijuana has withdrawal symptoms if your use of the drug stops. One of these withdrawal

symptoms is depression. This made it nearly impossible to stop using. I would use almost every weekend and eventually started using on school days. I didn't think anything was wrong. I hadn't noticed any negative effects besides the hole in my wallet.

When summer started something changed, I had no way to get money for weed and I stopped using for a while. This gave me a chance to realize that it was a problem. I looked back at all the times I used and while nothing seemed wrong my use made me oblivious to the problems my friends were facing and the type of people we became.

Resources – Marijuana Talk Kit for Parents, local support services can be found at Mid-Columbia Center for Living and Providence Gorge Counseling.

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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)

When: HRMS: Mondays

Wy'east: 1st & 3rd Tuesdays

HRVHS: 1st & 3rd Thursdays

Where: HRMS: Conference Rm

Wy'east: Lunch Room

HRVHS: Mr. Judah's Room

Contact: Belinda Ballah, 541-387-6890

## What Do You Know About Flavored Tobacco Products?

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

**D**id you know most young people start smoking due to flavored tobacco products?

“80% of youth ages 12-17 and nearly 75% of young adults ages 18-25 who were current tobacco users in 2014 reported that the first tobacco product they ever used was flavored.”<sup>1</sup>

Did you know the Food and Drug Administration banned flavored cigarettes?

The FDA banned flavored cigarettes in 2009, because research showed “sweet –tasting flavors are particularly appealing to youth and young adults.”<sup>2</sup> Yet despite the ban , there are new products on the market attracting youth and young adults. Sweet flavors are a key factor in the popularity of these new products.

Did you know that JUUL e-cigarettes come in flavors and are high in nicotine?

juul is a popular brand of e-cigarette with youth country-



### FYI

**Youth reported product flavoring as a top reason for using tobacco within the past 30 days**

**81.5% of e-cigarette users**

**78.9% of hookah users**

**73.8% of cigar users**

**69.3% of smokeless tobacco users**

**67.2% of Snus users**

<https://countertobacco.org/resources-tools/evidence-summaries/flavored-tobacco-products/>

*“... JUUL e-cigarette craze highlights why flavored tobacco products are so dangerous. . .”,  
Truth Initiative article April, 23 2018*

wide, as well as Hood River County. The most popular flavor of juul pods according to [Vaping360.com](http://Vaping360.com), is Mango. juul also comes in Fruit Medley, and Creme Brulee flavors.

Did you know local governments can restrict the sale of flavoured tobacco products?

“At least two states and over a dozen localities restrict sales of flavored tobacco products.”<sup>3</sup>

For more information about flavored tobacco contact Ilea Bouse at the Hood River County Prevention Department, 541-387-7030.

If you want to submit a public comment to the Food and Drug Administration about tobacco products you can do so at: <https://www.fda.gov/TobaccoProducts/Labeling/ucm198169.htm>

<sup>1&2</sup>. <https://www.fda.gov/TobaccoProducts/Labeling/ProductsIngredientsComponents/ucm2019416.htm>

<sup>3</sup>. <https://www.tobaccofreekids.org/assets/factsheets/0383.pdf>

## May is Mental Health Awareness Month

Taken from the National Alliance on Mental Health (NAMI) website, <https://www.nami.org/>

**N**AMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an association of hundreds of local affiliates, state organizations and volunteers who work in your community to raise awareness and provide support and education that was not previously available to those in need.

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI and the rest of the country are raising awareness of mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

In 2018, NAMI will promote the theme of "[CureStigma](#)" throughout all awareness events, including Mental Health Month.



### Join Us for Laugh-Out-Loud Comedy!

Join us for an evening of clean comedy with Mental Health at the Mic!

Wednesday May 2, 2018  
7pm – Doors open at 6:30pm  
Columbia Center for the Arts  
215 Cascade Avenue, Hood River, OR 97031  
This FREE event is open to the public.  
Donations welcome!

Mental Health at the Mic is a community of comedians who use comedy to reduce stigma and to give people with mental health experiences a powerful voice. This program teaches stand up comedy to those whose lives have been touched by mental illness.



Sponsored by NAMI-Gorge & Mid-Columbia Center for Living



shames them into silence. It prevents them from seeking help. And in some cases, it takes lives. What virus are we talking about? It's stigma. Stigma against people with mental health conditions. But there's good news. Stigma is 100% curable. Compassion, empathy and understanding are the antidote. Your voice can spread the cure. Join NAMI, the National Alliance on Mental Illness. Together we can **#CureStigma**.

On Wednesday, May 2nd the local NAMI chapter, along with Mid-Columbia Center for Living, will host a comedy show to reduce stigma and give people with mental health experiences a powerful voice.

## Prevalence of Mental Illness

Approximately 1 in 5 adults in the U.S.—43.8 million, or 18.5%—experiences mental illness in a given year.

Approximately 1 in 25 adults in the U.S.—9.8 million, or 4.0%—experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.

Approximately 1 in 5 youth aged 13–18 (21.4%) experiences a severe mental disorder at some point during their life. For children aged 8–15, the estimate is 13%.

1.1% of adults in the U.S. live with schizophrenia.

2.6% of adults in the U.S. live with bipolar disorder.

6.9% of adults in the U.S.—16 million—had at least one major depressive episode in the past year.

18.1% of adults in the U.S. experienced an anxiety disorder such as posttraumatic stress disorder, obsessive-compulsive disorder and specific phobias.

Among the 20.2 million adults in the U.S. who experienced a substance use disorder, 50.5%—10.2 million adults—had a co-occurring mental illness.

Citations at <https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>

## Contributing Factors to Underage Drinking

Article from SAMHSA (Substance Abuse & Mental Health Services Administration), <https://www.samhsa.gov/underage-drinking-topic/contributing-factors-what-you-can-do>

### DATA AND STATISTICS

- **Every day in the United States, more than 4,750 kids under age 16 have their first full drink of alcohol.**
- **Underage drinking accounts for 11% of all the alcohol consumed in the United States.**

**Youth who start drinking before the age of 15 are five times more likely to develop alcohol dependence or abuse in their lifetimes than those who begin drinking at age 21 years or later.**

**What you do is just as important as what you say.**

**In addition to talking often with your child about alcohol, it's important to set a good example. If you choose to drink, you can positively influence your child by drinking in moderation and NEVER driving when you have been drinking. Be aware of where you keep your alcohol, and always remind your child that the alcohol in your house is off-limits.**

**A**s children approach their teen years, they begin to experience many emotional and physical changes, and these changes can be challenging. Some youth may experiment with alcohol to try to deal with the challenges of growing up. For most youth, it is not just one thing that influences them to drink, but rather a combination of factors. These factors can include stress caused by a desire to fit in or to get good grades. For some youth, going to a new school can be a trigger.

No matter what issues your child is facing, one of the best things you can do to prevent them from turning to alcohol is to talk with them.

- **Short, frequent discussions can have a real impact on your child's decisions about alcohol.** Talking to your child at an early age about drinking is the first step toward keeping them alcohol-free. But as they enter junior high and high school, the pressure to try alcohol increases. It's important to continue the conversation throughout adolescence.
- **Talking often builds an open, trusting relationship with your child.** Young people are more likely to avoid drinking when they have a strong, trusting relationship with their parents. Get into the habit of chatting with your child every day. It will make it easier to have serious conversations about things like alcohol, and will make your child more comfortable coming to you for advice.
- **Lots of little talks are more effective than one "big talk."** Sitting down for the "big talk" about alcohol can be intimidating for both you and your child. Try using everyday opportunities to talk—in the car, during dinner, or while you and your child are watching TV. Having lots of little talks takes the pressure off trying to get all of the information out in one lengthy discussion, and your child will be less likely to tune you out.
- **When you do talk about alcohol, make your views and rules clear.** Take the time to discuss your beliefs and opinions about alcohol with your child. Be honest and express a clear, consistent message that underage drinking is unacceptable. When they feel that you are being real and honest with them, they will be more likely to respect your rules about underage drinking.
- **As children get older, the conversation changes.** What you say to a 9-year-old about alcohol is different from what you say to a 15-year-old. Young people also can't learn all they need to know from a single discussion. Make sure that the information you offer your child fits their age. As they get older, you can give them more information and reinforce your rules.
- **Remember that the conversation goes both ways.** Although talking to your child about your thoughts about alcohol is essential, it is also important to hear their point of view. Give your child the opportunity to ask you questions, and listen to what they have to say. Young people who have parents who listen to their feelings and concerns are more likely to say "no" to alcohol.



## Today's Changing Society and Drug Use

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

**A**t the recent annual Driving Under the Influence of Intoxicants Multi Disciplinary Taskforce Conference we heard some shocking data. Two thirds of the world's illegal drugs are used in the United States and 175 people a day are dying from overdoses while 23.5 million in the United States are suffering from addiction!



Consider some of the things that young people are dealing with today. Years ago there were only four TV stations, then came CNN and now we have cable that follows war as it is occurring live.

Peer pressure is different because of social media. The definition of "friend" has changed. Now anyone on Facebook or Instagram is a "friend" which makes it seem like a person's

*"What is addiction, really? It is a sign, a signal, a symptom of distress. It is a language that tells us about a plight that must be understood." by Alice Miller*

friend group is huge but there is no depth to the relationship.

Kids are angry today and under huge pressure. These can come from school, parents, college, athletics. Having mastery in areas like school, sports, hobbies, or crafts build self esteem but when there is out of reach pressure to achieve it defeats the purpose.

What are some of the things that we can do to help our young people? Spend time with them, Listen to what is going on in their lives. Play with abandon. Enjoy being silly, laugh. Enjoy nature. Eat healthy. Encourage them to use their imagination. Being a caring, positive role model in a young person's life can strengthen their emotional well being, school success and help them overcome adversity.

**Did you know that young people are:**

- Eating gummies soaked in alcohol
- Drinking hand sanitizer
- Using tampons soaked in vodka and vodka eye-balling.

**Do you know what Lean is?**

**It's a drink that contains cough syrup that usually has codeine combined with Sprite and Jolly Ranchers and is usually served in a double Styrofoam cup.**

## H.E.A.L.T.H. Media Clubs Keep Busy!

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

**T**he H.E.A.L.T.H. Media Clubs are wrapping up a very successful and busy school year. They are promoting National Prevention Week, May 13th through May 19th, and celebrating all their hard work.

The Hood River Valley High School HEALTH Media Club is currently working on creating stickers for the 4th of July Sticker Shock Campaign, and the Halloween Sticker Shock Campaign. They are also creating a Theater advertisement for Graduation, which involved a photo shoot at the Jail at the County Courthouse. They had a busy year, creating several theater ads, running a poster campaign, creating radio public service announcements, writing letters to the editor, and participating in the Super Bowl Sticker Shock. They plan to have a Sticker Shock Event on June 28th, for the 4th of July and help man the Prevention booth at the County Fair at the end of July.



Graduation theater ad photo

The Middle School H.E.A.L.T.H. Media Club is busy tying red ribbons on everyone they know in celebration of prevention week. They also covered the front of their school in sidewalk chalk with information about alcohol and how it impacts the developing brain. Their last meeting will be May 21st.

The Wy'east Middle School H.E.A.L.T.H. Media Club had their last meeting and a party on May 7th. Their last meeting included decorating the sidewalk between the gym and the school with information about alcohol and the developing brain, creating and posting posters for Prevention Week, and testing the facilitators' basketball skills (we're getting better, but won't be leaving for the WNBA any time soon). For Prevention Week the club has the school wearing different colors on different days. Monday promote Mental Health & Wellness wear green. Tuesday prevent Underage Drinking wear blue. Wednesday prevent Prescription drug misuse wear white. Thursday prevent youth marijuana use wear black. Friday prevent suicide wear red.

All three clubs will help staff the Prevention booth at the Hood River County Fair. See you all there, July 25-28th. For more information contact Belinda Ballah at 541-387-6890 or Nubia Contreras at 541-387-7031.

## GET INVOLVED

### High School Health Media Club:

**When:** 2nd & 4th Wednesday after school  
1st & 3rd Wednesday during lunch

**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 6, 7, 8th Lunch Periods

**Wy'east 1st & 3rd Tuesday**  
3:45–5:00pm

**Where:** HRMS Room 99

**Wy'east Middle School Cafeteria**

**Contact:** Belinda Ballah, 541-387-6890

### Odell Hispanic Drug Prevention Coalition

**When:** To Be Determined

**Where:** Place to be determined

**Contact:** Belinda Ballah, 541-387-6890



This newsletter was compiled by Hood River County Prevention Department