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Volume 2, Issue 6

Working to make
our communities
stronger



The Newsletter of the
San Luis Valley
Prevention Coalition &
Mi Animo Prevention

SLV Prevention Coalition **Corner**

As the San Luis Valley Prevention Coalition, we are aware of substance abuse and alcohol drinking problems for both adults and under-age drinkers. The coalition and the sub-committee -- under-age drinking task force--are trying to educate and persuade individuals to abstain or drink more responsibly.

Strategies that focus on changing social environments with regard to alcohol, and under-age access to alcohol have been found to be highly effective. These strategies alter how alcohol is promoted and its availability in communities, enhance enforcement of these laws concerning alcohol and are prime for us to change our San Luis Valley communities. We will be helping our communities provide a healthier setting for our residents by employing these strategies.

"Environmental strategies keep sending the same message and thus create new norms."

These environmental approaches to reducing substance abuse and alcohol-related problems essentially create a standard of behavioral expectations—essentially making it easier to do the right and healthy thing and harder to do what's wrong and unhealthy.

- Environmental strategies create policies, norms and laws which affect entire groups of people where they live, work or play.
- Environmental strategies keep sending the same message and thus create new norms.
- The advantages of an environmental policy approach are that the policy reaches entire populations and communities, tends to stay in place and act over a long period of time, needs only minimal maintenance and to be effective, requires widespread support and awareness.

Individual Change

FOCUS: individual behavior

GOAL: Personal control of alcohol

TOOLS: education, treatment, small group activities

WHO: professional & client/patient

vs Environmental Change

VS FOCUS: policies, laws, norms

VS GOAL: community control of alcohol

VS TOOLS: media and policy advocacy, social pressure

VS WHO: shared/community power



San Luis Valley
Comprehensive
Community
Mental Health
Center



The SLV Prevention Coalition had a full agenda in November 2005. Over 36 people attended.

Next Meeting: Tuesday, December 13, 2005 at 7:30 a.m. at SLV Mental Health Center in Alamosa. Breakfast provided.

Presenters: Carla Garcia on Colorado Youth Survey and Mike Wisdom on Economic Development & Sustainability

Please join us!

Mi Animo Prevention's **Corner** Mentoring



Four Halloweenish mentors dressed up for fun. Guess who they are!

As a parent or guardian, and the provider for your children, it may not seem clear to you why your children need or want another caring adult in their lives. You may wonder if there is some need you aren't fulfilling if your child wants or needs a mentor.

The fact is, *every child* can benefit from having a mentor. A mentoring relationship could never replace the bond that you share with your child, but it could just make your job as a parent or guardian easier.

Take a look at some of the specific concerns that you may have regarding the ways that parents or guardians and mentors work together.

Will the mentor disagree with what I tell my child to do?

Mentors are not parents or guardians. You are your child's primary role model and guide. A mentor is another voice who will encourage youngsters to do their best, to value school, education and hard work, to make good choices. Mentors are trained to understand what their role is and the kind of advice they should offer.

How will I know if the mentor is a safe person?

Mi Animo Prevention, like other mentoring programs, takes many steps to screen volunteers before they will let them become mentors. Mi Animo Prevention checks references, does interviews and performs criminal screening checks. If you have any questions about the Mi Animo Prevention's screening process, please contact Rick Esquibel at 589-3671.

What does a mentor do for a child that a parent doesn't?

Most of us learn more effectively when we hear the same thing said many times. Children learn like that, as well. Your child's mentor will help reinforce the good values that you talk to your child about—values like staying in school, staying off drugs and being responsible. When kids hear good ideas from parents AND mentors AND teachers, it just makes those values easier to understand and believe in.

Also, as kids grow older, they often feel they have to rebel a little from their parents. It's part of growing up and learning to be independent. But we still want them to make healthy choices for themselves. That's when mentors can really help. Sometimes a mentor can suggest a positive step and a young person will be more inclined to listen. How many youngsters will listen to what the coach says about staying healthy more readily than listening to a parent? It's part of being independent but still trying to make good choices.

Excerpted from <http://www.mentoring.org>

Mi Animo
Prevention

Mentors
wanted!



Call Rick Esquibel at
589-3671 for more
information!

Zenner is one retailer making a difference



Pictured are Erin Smith, Josef Lucero, Bob Zenner and Frank Mestas. Commissioner Mestas participated in the demonstration on how the device reads driver's licenses and ID cards.

Bob Zenner, developer of the bio fingerprint addressed the SLV Prevention Coalition. The device is used at his store Terry's Liquor and The Beer Keg in Alamosa and is now used throughout the country in 50,000 other locations.

The device assures that customers buying alcohol or tobacco are of legal age. If not, a frowning face tells the would-be buyer to move on.

Drug & Alcohol Corner

Drug Paraphernalia: Know What to Watch for

Go to any shopping mall and you might be surprised to learn of the countless stores selling items that not only promote drug use, but also provide the means for teens to engage in drug-related activities.



Soft drink can with false bottom



Collection of assorted drug pipes



Felt tip marker with concealed drug pipe

Posters, stickers, T-shirts, key chains, and air fresheners may be obvious items to spot in a line-up, but drug paraphernalia come in many forms. Some paraphernalia are specifically designed to look like everyday items that you might find in a

teen's room, backpack, purse or car.

According to the Drug Enforcement Agency, drug paraphernalia are often marketed specifically to youth — with colorful logos, celebrity pictures and designs like smiley faces on the products. The items are meant to look harmless and disguise the dangers of taking controlled substances. Other paraphernalia made to look like magic markers can conceal pipes, and small, hand-painted, blown glass items look more like pretty trinkets than pipes or stash containers.

For more information visit, www.theantidrug.com







The Colorado Quitline and Colorado QuitNet are FREE services that help people quit smoking. Call or log on to get help from a trained professional.



QUITLINE
800.639.QUIT



QUITNET
co.quitnet.com

**Be the ruler instead of the ruled.
Choose freedom from tobacco
Nov 17
The Great American Smoke Out**

Free Quit Kits available by calling

- Alamosa County Nursing Services - 589-6639
- Conejos County Nursing Services - 274-4307
- Costilla County Nursing Services - 672-3332
- Mineral County Public Health - 658-2416
- Rio Grande County Public Health - 657-3352
- Saguache County Nursing Services - 754-2773

Good news in Tobacco Control for the Valley

☐ The Boys & Girls Club of the San Luis Valley were awarded the TGYS funding that will make more NOT classes available to teens. BGC will be collaborating with SLVTEPP and Mi Animo. This program starts in January.

☐ The SLV Mental Health Center, Mi Animo Prevention, received their bid for the State Tobacco Education & Prevention Partnership's Disparities Grant. They will be collaborating with OMNI, SLVTEPP and STEPP on this project that begins in January 2006.

☐ Get R!EAL activities are in swing for coalition applications this Fall. Fall Activities reports are due December 7.



Get Real Coalitions are forming. For more information contact Sandra Colley at Costilla County Nursing Service, or Della Vieira at ACNS 589-6639 or Adam Vasquez at SLVMHC 587-6991 or adamv@slvmhc.org

SSAVE

Corner



On November 10, 2005, the Shea Van Gieson Drug and Suicide Awareness Fund provided a Yellowribbon training that was presented by Dar and Dale Emme in Alamosa High School's auditorium.

Kathy and Greg Van Gieson, along with Alamosa High School and the SLV Prevention Team at San Luis Valley Mental Health Center including LeAnn Sanchez, Counselor, collaborated on the project funded by Shea's fund.

An estimated 100 people--teachers and counselors from AHS and other districts--heard the poignant and moving presentation by the Emme's followed by presentations from the SEADS and SSAVE coalitions.

In the San Luis Valley, suicide is the eighth leading cause of death and second leading cause of injury death. There is help.

Help is available through

- 1-800-SUICIDE (784-2433) or
- 1-800-273-TALK
- SLV Comprehensive Mental Health Center, 589-3671
- Office of Suicide Prevention, 303-692-2560
- Suicide Prevention Coalition of Colorado, 6795 E. Tennessee Ave., Suite 425, Denver 80224; 303-377-3040, ext. 41; email mentalhealth@mhacolorado.org; or web site- spccolorado@yahogroups.com.
- www.yellowribbon.org

See the Valley Courier online at www.alamosanews.com for the complete report. Search archive for November 12 and "suicide prevention."

The next SLV Prevention Coalition meeting is Tuesday December 13, 2005 at 7:30 a.m. Location: SLV Mental Health Ctr. Presentations: Carla Garcia on Colorado Youth Survey; Mike Wisdom on Economic Development & Sustainability.



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