



# Mi Animo Prevention & Mentoring **Corner**

**January is National Mentoring Month.** This month-long outreach campaign focuses national attention on the need for mentors, as well as how each of us – individuals, businesses, government agencies, schools, faith communities and nonprofits – can work together to increase the number of mentors and assure brighter

futures for our young people. **The Staff of Mi Animo Prevention invite you to make a difference in a child's life by becoming a mentor. To apply, call Rick Esquibel at 587-6988.**



## Joey Valencia

"Having a mentor has been special to me because he helps me out and talks to me about my problems. My mentor has affected me because he is another person to talk to and he keeps our discussions personal."

### How do mentors benefit?

Mentors' experiences provided opportunities to:

- Make sense of their own past (sometimes difficult) experiences and current challenges;
- Gain insight into the day-to-day lives of youth;
- Develop positive, more reciprocal relationships with youth;
- Improve health and self-esteem; Insight into one's own childhood or children; Public recognition; and
- Enrich their families' lives, e.g., when mentees provide support and companionship to the mentor's children.



San Luis Valley  
Comprehensive  
Community  
Mental Health  
Center



**Pictured with the Rio Grande County Commissioners and the signed proclamation are students Hilaria Chavez and Venessa Harris with Prevention Specialists Amy Raya and Rick Esquibel.** City Councils and County Commissioners throughout the valley are signing proclamations proclaiming January as National Mentoring Month in their communities. Mi Animo Prevention outcomes show that a mentoring and prevention program can benefit communities in ways that might not be immediately understood. A decrease in teen tobacco, alcohol and other drug abuse, fewer teen pregnancies, higher academic grades, and less juvenile crime impact all citizens.

### JAN IS NATIONAL MENTORING MONTH CITY AND COUNTY PROCLAMATION TIMES

<b>Wed Jan 11, 2006</b>	<b>9:45 a.m.</b>	<b>Alamosa County Commissioners</b>	<b>Alamosa</b>
	<b>10:30 a.m.</b>	<b>Rio Grande County Commissioners</b>	<b>Del Norte</b>
	<b>6:00 p.m.</b>	<b>San Luis City Council</b>	<b>San Luis</b>
<b>Fri Jan 13, 2006</b>	<b>9:30 a.m.</b>	<b>Conejos County Commissioners</b>	<b>Conejos</b>
<b>Wed Jan 18, 2006</b>	<b>7:00 p.m.</b>	<b>Alamosa City Council</b>	<b>Alamosa</b>
<b>Thurs Jan 19, 2006</b>	<b>7:00 p.m.</b>	<b>Monte Vista City Council</b>	<b>Monte Vista</b>

# Mi Animo Prevention & Mentoring **Corner**

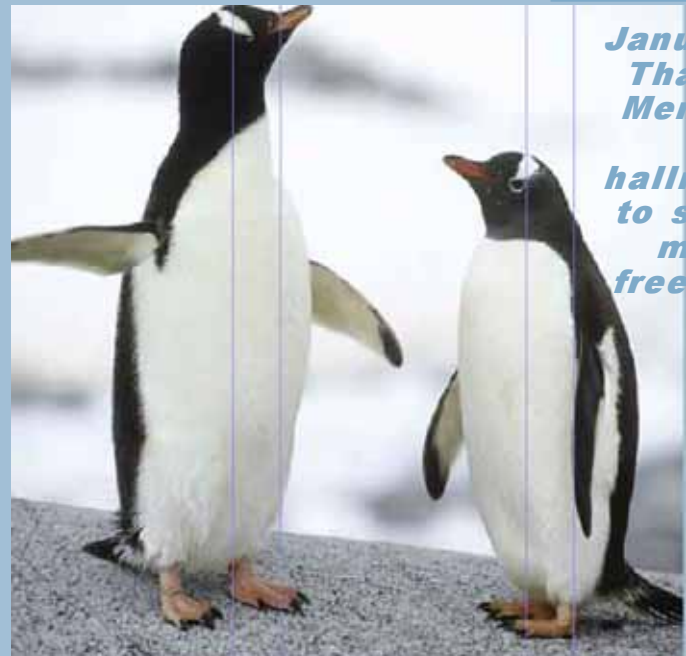
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**R.A.C.E.** (Reaching All Children Equally) held its 2nd annual model car contest. The judges were the staff at the SLV Mental Health Center following their regular general staff meeting on January 12, 2006. Tommy Vigil, Prevention Specialist, is the vision behind **R.A.C.E.**, an afterschool activities program, which is housed in Centennial, South Conejos and Monte Vista Middle Schools. **After-school Programming** is important because it keeps children safe, inspires children to learn and helps working families. For more information about **R.A.C.E.**, Reaching All Children Equally, contact Tommy Vigil at 587-6990.

- Visit our partners websites:
- slvtepp.org
  - slvprevention.org
  - bresnan.com
  - uchsc.edu/rmprc/
  - alamosacounty.org
  - riograndecounty.org
  - walmart.com
  - omni.org
  - adams.edu
  - alamosa.k12.co.us
  - monte.k12.co.us
  - slvmhc.org

## Appreciating their mentors



**January 25 is Thank Your Mentor Day!**  
Visit [hallmark.com](http://hallmark.com) to send your mentors free e-cards.



**Hilaria with her mentor**  
The Mentoring Program has helped me find a neutral place to talk about my feelings and having a Mentor has helped me get rid of some of my anger and fears about being in new situations and around new people. Having a Mentor has helped me be more comfortable with myself; plus, being with my Mentor and in Mi Animo Prevention is fun!

It doesn't take special skills to mentor a young person--just a willingness to listen, offer encouragement and share what you've learned about life. Mi Animo Prevention needs more volunteer mentors. Call Rick Esquibel (587-6988) to apply today!



**Monet Atencio**  
"The Mi Animo Prevention & Mentoring Program and my mentor have helped me handle being the oldest sibling as well as knowing I have someone to talk to (besides my parents) who can share experiences with me. The program has also helped me make goals and work towards accomplishing those goals. I have had fun with the program and my mentors; and I have learned that I don't ever want to do drugs or alcohol (especially if I want to accomplish my goals). The activities with the program and my mentors have kept me away from situations that I may have had the opportunity to use drugs."

# Drug & Alcohol Corner



## Monitoring the Future says Meth and steroid use has dropped

The use of methamphetamine and steroids has dropped sharply among young people since 2001, according to the University of Michigan's 2005 *Monitoring the Future* survey released last month. The use of meth among 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders, combined, has dropped by approximately one-third since 2001. The declines were **34 percent, 30 percent, and 36 percent**, respectively for lifetime, past year, and past month use among these youth. Steroid use also dropped dramatically among the same population since 2001. According to the survey, the use of steroids was down 38 percent, 37 percent, and 30 percent for lifetime, past year, and past month use.

Overall teen drug use also continues to decline. Trend analysis for youth current use of any illicit drug from 2001 to 2005 among 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> graders shows 700,000 fewer youth using illicit drugs in 2005 than in 2001.

"Teens are getting the message. Drugs are harmful and will not only hurt their brains and bodies, but also damage their futures," said John P. Walters, Director of National Drug Control Policy.

**Monitoring the Future** ([monitoringthefuture.org](http://monitoringthefuture.org)) noted reductions in use in nearly every drug prevalence category between 2001 and 2005, including:

- ◆ Marijuana remains the most commonly used illicit drug among teens, yet usage rates are declining. Marijuana use dropped in all three categories.
- ◆ Declines in current use of hallucinogens and LSD use by nearly two thirds and current Ecstasy (MDMA) use by nearly two thirds
- ◆ The use of alcohol by youth, including those who report having been drunk, is also down since 2001
- ◆ Use of cigarettes is down in all four categories (lifetime, past month, daily, and ½ pack + per day) in all three grades
- ◆ A decrease in some categories of club drugs, including rohypnol, GHB, and ketamine



EXECUTIVE OFFICE OF THE PRESIDENT  
OFFICE OF NATIONAL DRUG CONTROL POLICY  
Washington, DC 20503

**Fact:**  
In Pueblo, Co. when a smoke-free workplace law was passed, there was an **immediate significant decline in heart attacks.**

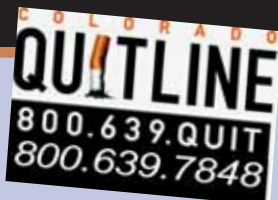
**I'm very glad that Alamosa is smoke-free, too. That creates a healthy environment for my customers and employees. – Timothy Rivera, Manager of Mrs. Rivera's Kitchen, Alamosa.**

**For more details about the Pueblo Heart Study, and how you can reduce the number of heart attacks in your community, visit <http://www.slvtepp.org>**

This ad is paid for by these non-profit organizations:

San Luis Valley Comprehensive Community Mental Health Center

**PROVIDING EDUCATION TO YOUTH**  
**SLVTEPP**  
**TOBACCO EDUCATION & PREVENTION PARTNERSHIP**



**QUITLINE offers FREE Nicotine Replacement Patch to help you QUIT for good! If the line is busy, keep trying!**

**Visit [SLVTEPP.org](http://SLVTEPP.org) for more information about the health benefits of quitting.**

## Resist! Expose Advertising Lies

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](mailto:adamv@slvmhc.org) or Kristela Hartshorn at the Boys & Girls Club.



# Parental Notes

# Corner

## Love and Logic Parenting Classes

**Becoming a Love and Logic Parent** are classes based on SLV Mental Health Center's Love and Logic philosophy which is an easy to learn approach that unlocks the secrets of successful parenting. You'll learn specific "how-to's", not just theoretical concepts. Get ready to laugh, learn and take the exhaustion and frustration out of parenting.

Love and Logic Classes are offered one night a week for seven weeks for 2 hours each night.

Locations: **Alamosa, Monte Vista, Conejos, Costilla and Saguache Counties.**

For a schedule of classes in your city/county call: **Rick Esquibel 719-587-6988.**

## Nurturing Parenting Programs®

Establishing nurturing environments is important for everyone.

◆ SLV Mental Health Center conducts Nurturing Parenting classes for 16 weeks free of charge to clients with **children 0-4 years old.**

◆ The Nurturing Parenting Programs® parenting class instructors are trained and certified to teach their programs.

◆ Instead of lecturing to the class, the instructors use activities to keep the audience interested, and involved in the program. The parents and children learn through

role-playing, discussion, art, games, music and fun!

◆ **Free dinner is included** as well as class materials.

For a schedule of classes in your city/county call: **Alyson Coombs 719-587-6962.**

*The mental health center clinical staff is also available to work with parents individually and in the home or more intensively with family preservation services.*



## 'TEASEPROOF' YOUR KIDS

by Jim Fay

"Mom, I don't want to go to school. It's not fair. Mrs. Taylor tells the kids not to tease me, but they still do it when she's not watching 'em. I try to ignore 'em just like you said, but they just do it all the more."

Loving parents who are confronted with this feel like a piece of their hearts is being ripped out. What a hopeless feeling we have when our kids are being rejected or teased by other kids. It is not uncommon at these times to have feelings that include both heartache and rage.

We think to ourselves, "Why can't the school people protect my child? Don't they realize that we put our kids in their hands, and therefore, our trust?"

The sad truth is that the more a teacher protects the child who is teased, the more resentful and aggressive the other children become. A teacher who tells kids to be nice to a specific child actually "marks" that youngster and sets him/her up for more intense rejection and ridicule.

When it comes to teasing, the only person who can protect your child from teasing is your child. Kids have some sort of built-in sonar that causes them to zero in on certain kids and they can be unmerciful in the torment.

Watching this happen can be a gut-wrenching experience for any adult. But the good news is that we can actually help kids become "teaseproof."

Have you ever noticed that some kids never get teased while others are constantly subjected to teasing? There is a pattern to this.

Kids who are never teased never worry about being teased. They can't imagine that it would ever happen to them. They have an aura around them that says, "I can handle myself."

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Please do not alter or modify contents. For more information, call the Love and Logic Institute, Inc. at (800) 338-4065.



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To:

