



The newsletter of the SLV Prevention Coalition & Mi Animo Prevention

You say you want a revolution?

By Teri Ebel, M.A.

Tu Casa Educational Outreach Specialist

Like it or not, all of our kids ingest popular media “values” (no matter how vigilant we are, we can’t shield them forever). In today’s world, those “values” are rooted in gender violence. Unfortunately, a lot of kids already get a giant dose of violent, male-dominated values at home, and according to many studies, at least 86% of them experience gender-based bullying (read “sexual harassment”) at school. Given this pervasive cultural “value” system, it’s no surprise that violence, dominance, sexism and repression fill our world.



When we realize

that 20% of *all* Americans (1 in 4 females, 1 in 6 males) will be sexually assaulted at some point during their lives, we begin to see the scope of the problem.

The U.S. has the world’s highest rape rate among countries that publish such statistics—four times higher than Germany, 13 times higher than Great Britain, and 20 times higher than Japan. In

this country, a sexual assault takes place

every 1.6 minutes. 62% of sexual assault victims are younger than 18. 84% know their assailant.

Rape is an act of power and control, not a biological drive for sexual gratification. Throughout history, rape has been a weapon of war used to intimidate, dominate and terrorize an enemy. Rape is ultimate violation of the intimate core of a human being—male or female—and is

intended to kill the spirit of another person.

It’s time for a revolution in thinking that leads to social evolution. During Sexual Assault Awareness Month this April, join us in paying attention to the many insidious ways our culture promotes gender violence and sexism. Join us in building a civil, equitable world grounded in interpersonal respect and personal

One in six American males will be the victim of sexual assault

■ **In this country, a sexual assault takes place every 1.6 minutes.**

■ **62% of sexual assault victims are younger than 18.**

■ **84% know their assailant.**

Although statistics repeatedly show that males perpetrate 90% of violent crimes (assault, rape, murder), males are also the most frequent victims of these crimes. Categorically speaking, males are in far more danger from each other’s violence than are females or children! It may surprise you to learn that one in six American males will be the victim of sexual assault. Between 25-35% of child sexual abuse victims are boys. Many male inmates and young guys in reform schools endure male-on-male rape. Although the experience won’t “turn a guy gay,” it *will* change his self image and his life forever, just as any sexual assault changes the

victim’s life forever. Thinking of rape as just “a girl thing” makes the crime easier for some people to marginalize and minimize it.

responsibility.

Together we can make this happen.

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The next coalition meeting

is scheduled Tuesday, April 12, 2005 at 7:45 a.m. at SLV Mental Health Center.

Agenda includes:

■ Stacey Hendershott from the Unit Supervisor & Investigator for State of Colorado liquor/tobacco enforcement division will talk to us.

■ Rick Needham from the San Luis Valley Drug



Task Force will present that program

■ Retailers' Packets with the regulations of tobacco sales to minors will also be available. RSVP to Nelda at 587-6964 or neldac@slvmhc.org -- See you there!



Do something about it

"I just saw a mom slap her toddler. What should I do?"

Parenting is the most rewarding and joyful job a person can have. Unfortunately, it's also one of, if not the most, difficult and potentially stressful jobs we will ever have. WWW.Kempe.org recognizes that every parent could use some help and support at one time or another. Helping a parent calm down, even for a second, can help prevent a child from being a victim of abuse. If you see or know of an abusive situation call 911 or your county department of social services immediately. It's always better to be overly cautious than to endanger a child by doing nothing

Coalition News Flash

The coalition voted to meet at 7:45 a.m. instead of 7:30 a.m. and voted to keep the meeting day on a Tuesday. The SLV Prevention Coalition meets again on April 12 at 7:45 a.m. at the Mental Health Center. Priscilla Ortega is our facilitator and our elected co-chairs are Paula Hendricks and Mavi Valdez-Apodaca. Call Nelda Curtiss at 587-6964 for information.

A resource scan of partners was handed out to coalition members. Please return them with information and goals from your organizations.

Blue ribbons remind Valley of abused children

reprinted from the Valley Courier online at www.alamosanews.com



(Picture to the left) Anna Gomez decorates the trees outside the Alamosa County Department of Social Services with blue ribbons for Child Abuse Prevention Month.

right, encircle a tree with blue ribbons to bring awareness to the problem of child abuse.

ALAMOSA — Blue ribbons blow in the April breezes on trees near the Alamosa County Department of Social Services.

In addition, a new flag flies below the U.S. banner this month at the department. Both are reminders to the community to prevent and end child abuse.

Social Services staff wound the blue ribbons

through tree branches Friday (April 1, 2005) morning to kick off Child Abuse Prevention Month.

"It's just to make the community aware of child abuse and to help prevent it," said Laurie TenPas of Social Services.

"We all have an obligation to help kids. We just want to bring that to everyone's awareness." Social Services will ask the Alamosa City Council on April 6 and Alamosa County Commissioners on April 13 to sign proclamations in recognition of Child Abuse Prevention Month.

The department is also flying the colorful Children's Memorial Flag to bring further awareness of the child abuse problem.

Designed by a 16-year-old California student and featuring children holding hands, the flag is red with blue figures.



In the center, the white chalk outline of a missing child symbolizes the children lost to violence.

R. A. C. E.

Reaching All Children Equally

By Tommy Vigil, Prevention Specialist, Mi Animo Prevention & Mentoring, SLV Mental Health Center



Our "PROJECT SUBURBAN" and Summer 2005 are alive and revving up! The 2005 car show schedule will prove to be exciting and inspiring.

- May 5th Pueblo
June 18th South Fork
June 19th Alamosa
July 2nd Thunder Valley
July 30th Monte Vista
Aug. 20th Denver
Sept. 3rd Early Iron
Sept. 10th Colo. Springs

On July 30th at the Valley Rodders car show look for our second annual "valve cover" races; we will help the youth get the racers together as well as providing cool ideas for customizing them; Be ready for the ramp at the show and bring your youthful enthusiasm!

Then on August 20th gear up for this year's post secondary connection to DADC (Denver Automotive And Diesel College) and highlighted it a campus visit as well as attendance at the 2005 Super Chevy Show (aka Heaven" for us gear heads) Key words here are "inspiring" and "educational" -- I LOVE MY JOB!

Did you also know that this year will be the 25th year for the Early Iron Festival here in Alamosa! We will also be

helping in the milestone by presenting a "R.A.C.E. Prevention" trophy and letting our youth as well as our mentors decide who we think is the best car at the show, once we tabulate the votes we will have a couple of representatives present the trophy to the rodder of our choice. Voting can't be much more fun than this! Let's make a significant and loud showing!

Lastly, our "PROJECT SUBURBAN" --the

R.A.C.E. youth looked over many paint-job ideas that were turned in and finally decided on ... Viper blue! No flames, No patterns, No stripes ...Just Viper Blue. Humm... maybe we will start a new fad of keeping in simple.



The artist rendering of the Suburban was done by Chris Quintana a really talented R. A. C. E. gear head from Capulin Co., THANKS CHRIS! L&M will be helping with the paintjob as well thanks guys! This Suburban is really going to be off the hook; check out other changes later this summer.

Vaya Con Dios.....T



Soy Unica Soy Latina: Know yourself and your future!

By Priscilla Ortega,
Prevention Specialist
Team Leader, Mi Animo Prevention
San Luis Valley Mental Health Center

skills and college preparedness. This third annual workshop contends that young Hispanic girls hold unique positions in the world. There are almost 7 million Hispanic girls under the age of 18 in the United States and Puerto Rico. By the year 2020, 1 in 5 children

Students from Mi Animo Prevention/mentoring program attended activities at Risley Middle school in Pueblo Co. on March 19, 2005.

The title used for Soy Unica Soy Latina was *Knowing yourself and my future*. Workshops for Hispanic girls were culture identity, drug abuse, impaired driving, eating disorders, career awareness leadership



¿Que Pasa?



Kick Butts Day will be celebrated on **Saturday, April 16** from 1-4 p.m. at the **Adams State College Rec Center**.

Get R!EAL members from Alamosa, Rio Grande Counties will share their expertise. ASC will provide goal setting and team building activities including seeing the "big picture" & scaling the climbing wall.

For more info., contact Paula Hendricks at 657-3352.

To learn more about Kick Butts Day point your browser to: kickbuttsday.org/

Colorado Childrens Charities

invites you to
"Surviving Child Abuse"
a presentation by Tj Moy

This special event will open the door to a new understanding of the hurt and pain associated with child abuse. It will also provide valuable tools to help people overcome the effects of abuse and live a happy life.

Tj Moy will astonish and captivate you with the stories of the horrific events that took place in his life throughout his entire childhood and into adolescence.

This will be a life changing experience for all.

Special guest Jamie Dale will provide valuable information on recognizing,

responding to and reporting child abuse.



Monday, April 11, 2005,
6 - 8 p.m.

Carson Auditorium,
Adams State College

Free to the
public

Refreshments
provided

will be of Hispanic Origin.

As we continue to witness the effects of alcohol, tobacco and illicit drugs in our communities, we must renew our commitment to protect and empower every human being, particularly our youth. Compared with other ethnic groups, Hispanic girls rank higher in rates of pregnancy, depression and suicide.

Living implies constant change. This means that our youth are a dynamic and that they continue developing each day. Now that our girls are beginning adolescence, their reality will change.

What is adolescence?

Adolescence is a 7-year phase during which many changes occur. As our youth begin the delicate process of growing up, they grow to understand how to adapt to new situations.

Those changes allow them to see themselves in new ways, and they will have many opportunities to try to find their true identities. This should not scare them; on the contrary, they should consider this an excellent opportunity to reflect and think about their opinions and the things they like

An Open Note to Young Hispanic Girls

A good way to get to know yourself is to start thinking that adolescence is like a trip of many surprises. Being a young Hispanic girl growing up, there will be moments in which you'll feel happy or sad. At these times, it is important to learn to recognize your qualities. Your self-worth can be positive or negative. Learning to recognize your strengths and weaknesses will reaffirm the positive and help in overcoming any negative quality you may see in yourself.

Remember you are unique and special.

As you already know, self-esteem means to love, respect and have confidence in yourselves.

These are the adages and mottos that will make you stronger, vibrant and empowered young women!

* Ask Priscilla where to order books.



Check out this youth movement:
<http://getrealcolorado.com/>

Contact Cynthia Valerio at Alamosa Middle School for information about what OMS is doing for Kick Butts Day!
[\[cvalerio@alamosa.k12.co.us\]](mailto:cvalerio@alamosa.k12.co.us)



Mentor of the Month



Ernie Medina

Mentor, Mi Animo Prevention, Alamosa Employee, Chaparral, Inc. (Tires are our Speciality)

"Mentoring is important to help the younger generation the way the older generation helped us out. Give back . . . lend a hand."



Mi Animo Prevention

What can invested adults do to advocate for increased resource investment in afterschool programs?

Phillip Chung, policy & funding analyst, Carol Mahesy, resource coordinator and Erin O'Donnell, administrative specialist with the *Colorado Afterschool Network* addressed representatives from the Colorado Trust (Michelle LeBlanc), San Luis Valley Mental Health Center (Priscilla Ortega & Nelda Curtiss), SLV Prevention Coalition, Early Childhood Council of the San Luis Valley (Mary Jo DePriest), VORP (Alice Price), and BOCS (Othon Mendez), Southern Peaks Library (B. Szoka) and Senator Ken Salazar (Charlotte Bobicki).



Phillip, Carol and Erin discussed the mission, goals and network history including funding through Mott Foundations, focus groups, and recommendations from the focus groups.

- Their mission is to be THE Resource for after school programs in Colorado. Their goals are
- to build public will
- to inform policy development
- to improve quality of programs.

"Today's teenager is tomorrows potential regular customer..."
Philip Morris, 1975. Maker of Marlboro Cigarettes.

Hey Big Tobacco, Get R!EAL is a generation of youth exposing your lies. We know that Big Tobacco targets teens...

ARE THEY TARGETING US? I +

Big Mistake. Get R!EAL.

www.getrealcolorado.com



RSVP Volunteer of the Month



George 'Jack' Adcock

"I've been a member of RSVP for a long time...22 years...but have been a volunteer a lot longer than that. My personal philosophy has always been whatever you give, you get back and that's nowhere more true than in what you share with your family, friends, and your community."



in the San Luis Valley

Date: April 8, 2005
Time: 7 a.m. - 11: a.m.
Alamosa -- Alamosa County Nursing Service, 8900 Independence Way, Alamosa

Date: April 15, 2005
Time: 7 a.m. - 11 a.m.
San Luis -- Costilla County Nursing Service at Centennial School, 909 N. Main, San Luis

Date: April 18, 2005
Time: 7 a.m. - 12 Noon
Saguache -- Saguache Clinic, 405 Denver Ave., Saguache

Date: April 22 & 23,
Time: 7 a.m. - 11 a.m.
Monte Vista -- Ski-Hi Park, 2345 Sherman Ave, Monte Vista

Date: April 23,
Time: 7 a.m. - 12 Noon
La Jara -- Conejos County Hospital Corporation, 19021 State Highway 285, La Jara



Young People and DUI

Recent data from the 2002 and 2003 NSDUH show that more than 4 million young people age 16 to 20 drove under the influence (DUI) of either alcohol or drugs in the past year. Motor vehicle crashes were the leading cause of death among this age group in 2002. In that year, 6,327 young people were involved in fatal crashes. www.oas.samhsa.gov/2k4/youthDUI/youthDUI.cfm.



Alcohol Dependence/Abuse and Age at First Use

NSDUH data show that individuals who first used alcohol before age 15 were more than five times as likely to report past-year alcohol dependence or abuse than persons who first used alcohol at age 21 and older. Among the 14 million adults age 21 and older who were classified as having past-year alcohol dependence or abuse, over 13 million (95 percent) had started using alcohol before age 21.

www.oas.samhsa.gov/2k4/ageDependence/ageDependence.cfm

Mi Animo Calendar of Events

Look for these dates in April:

- April 8 RACE in San Luis
- April 8 Health Fair at Alamosa Co. Nursing Service
- April 11 Surviving Child Abuse, ASC
- April 13 San Luis -- Kick Butts Day!
- April 15-16 Health Fair in San Luis
- April 16 Kick Butts Day
- April 21 Basket Weaving at TSJC -- YEA
- April 22 Earth Day
- April 30 La Raza (leave at 4 a.m. back at 10 p.m.)



¿Que Pasa?

**Contact your
Mi Animo
Prevention Team**

- Adam Vasquez
587-6991
- Anna Lee Vargas
587-6975
- Clarissa Woodworth
587-6967
- Nelda Curtiss
587-6964
- Priscilla Ortega
587-6973
- Rick Esquibel
587-6988
- Shoshanna Montoya
588-8867
- Tommy Vigil
587-6990

¿QUE PASA? (NEWSLETTER) IS PUBLISHED MONTHLY AT THE SAN LUIS VALLEY COMPREHENSIVE COMMUNITY MENTAL HEALTH CENTER. YOUR ARTICLES OF INTEREST TO THE DRUG-FREE COMMUNITIES OF THE VALLEY ARE WELCOMED. ITEMS FOR PUBLICATION SHOULD BE SUBMITTED BY THE 15TH OF THE MONTH FOR PUBLICATION ON THE 30TH. EMAIL YOUR SUBMISSION TO NELDA CURTISS (EDITOR) AT NELDAC@SLVMHC.ORG YOU MAY ALSO MAIL YOUR SUBMISSION TO MI ANIMO PREVENTION, SLVCCMHC, 8745 CR 9 SOUTH, ALAMOSA, Co 81101.



*Mi Animo Prevention
San Luis Valley Mental Health Center
8745 CR 9 S
Alamosa, CO 81101*

- Adams State College
- Alamosa Community Coalition--
Drug Free Communities
- ACT-UPP (Alamosa Communities
Tobacco--United Prevention
Partnership)
- Alamosa Department of Social
Service
- Alamosa County Nursing Service
- Alamosa County Sheriff
- Alamosa Police Department
- American Red Cross
- Boys & Girls Club
- Bresnan Communications
- Campus Ministry
- Colorado Children's Charities
- Erin Smith, Pueblo Chieftain
- Mi animo Prevention
- Monte Vista Police Department
- Monte Vista School District
- OMNI-ADAD--Regional
Prevention Specialist
- Pilots for Prevention of Saguache
County
- Rio Grande Department of Social
Services
- Rio Grande Public Health
- Rio Grande Sheriff
- Rocky Mountain Prevention &
Research Center
- Sacred Heart Church
- John Salazar, U.S. State
Representative
- SEADS Coalition
- SLV-AHEC (Area Health Educ.
Center)
- SLV Community Connections
- SLV Comprehensive Community
Mental Health Center
- SLVTEPP (SLV Tobacco Education
& Prevention Partnership)
- SSAVE (Suicide--Substance Abuse
Violence Education) Coalition
- Tu Casa
- Trinidad State Junior College
- US--Understanding Suicide
Coalition
- Valley Community Fund
- Van Giesen Construction--parent
- Wal-Mart
- 12th Judicial District

To:

Mentor of the Month -- San Luis



Donna Madrid

Mentor, Mi Animo Prevention, San Luis
LEAP Coordinator, Costilla County DSS

“I enjoy the girls who are two special ladies who have enlightened my life. This experience has been wonderful because it has broadened my horizons.”



PARENTS.
THE ANTI-DRUG.

For more ideas on how to keep your children and friends from drugs, visit <http://www.theantidrug.com/>

¿Que Pasa?

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