



SLV Prevention Coalition Coalition takes steps to limit youth drinking

Corner

By ERIN SMITH, Correspondent, *THE PUEBLO CHIEFTAIN*

ALAMOSA - About 25 area residents of the San Luis Valley Prevention Coalition worked this week with a national trainer to make it tougher for young people to obtain alcohol.

Communities Mobilizing for Change on Alcohol (CMCA) is a community-organizing program designed to reduce 13- to 20-years-olds' access to alcohol. Started in 1991, CMCA has proven that limiting the access to alcohol to people under the legal drinking age not only reduces teen drinking but also sends a message to the community that underage drinking is unacceptable, says trainer James Walker of Oakland, Calif.

Walker, with Youth Leadership Institute (YLI), goes throughout the U.S. giving training sessions to help communities make changes that limit youth access to alcohol, he said. CMCA involves motivating community members to change local public policies that can affect youths' access to alcohol and offers resources to help communities organize these efforts. CMCA developed the program but does not do the training. YLI does the training, Walker explained.

Clarissa Woodworth, prevention program director for San Luis Valley Comprehensive Community Mental Health Center, the sponsor of the workshop along with the SLV Prevention Coalition, said those involved developed some ideas aimed to discourage youth alcohol use, reduce alcohol sales to youth and action against illegal sales.

At the top of the group's list was the removal of drive-up windows where motorists, perhaps with underage people in their vehicles, can obtain alcohol from their cars.

Walker said results show that the CMCA intervention significantly and favorably affected the drinking behavior of 18- to 20-year-olds; significantly and favorably affected the practices of establishments serving alcohol; and may have favorably affected the practices of alcohol package sales establishments.

**Note the coalition training was sponsored by the San Luis Valley Comprehensive Community Mental Health Center (SLVMHC), ADAD, an Drug Free Communities (DFC).*



Clarissa Woodworth
MA CAC III
Director of Grant
Management and
Youth Programs

Underage sales cost 4 liquor outlets

By Erin Smith, Correspondent, *The Pueblo Chieftain*

ALAMOSA - Four liquor outlets received 15-day suspensions following hearings Monday before City Council. City Clerk Judy Egbert said Wright Valley Oil, Stop 'n Shop #1 admitted **selling beer to an underage person Dec. 13**. Oscar's Restaurant and Mrs. Rios' Restaurant admitted **serving alcohol to an underage person on Dec. 16**.

The three establishments won't be able to sell alcohol for 10 days beginning February 4. The other five days will be held in abeyance for a year. Ms. Egbert said the three told the Council their liquor sales totaled no more than 5 percent of their sales.

Chief Liquor admitted selling liquor to a minor last Dec. 13. Because 100 percent of the package liquor store's sales relate to sale of alcohol, the council said it will only have to suspend sales for five days beginning Feb. 20. The remaining 10 days will be held in abeyance for a year.

Boot Legg'r Liquor is accused of selling alcohol to an intoxicated person on Dec. 13. Owner Ken Herrera has hired a lawyer and his hearing is scheduled for March 6.



San Luis Valley
Comprehensive
Community
Mental Health
Center



Corner

By
Patrick T. Rheume,
Director of Educational
Talent Search



Application process is a simple one **Talent Search leads the way**

Educational Talent Search at Adams State College recently submitted a grant proposal to the U.S. Department of Education for continued funding for 2006-2010. The program, which has been in existence at ASC since 1991, serves 1,000 students in grades 6-12 (and adults) who are interested in learning about career opportunities and pursuing a college education.

Students are visited at school and participate in workshops on career and college exploration, school-related skills, use of technology and other subjects. Students may go on field trips to visit colleges and cultural events. As students approach their later high school years, program staff assists students in preparing for the ACT, applying to the colleges of their choice, and applying for financial aid and scholarships. The signature event of the program is a weeklong summer residential program at Adams State, where up to 75 high school students study in-depth for college preparation and take classes offered by ASC professors and staff.

Talent Search maintains close relationships with colleges in Colorado, New Mexico and other locations, and is able to have admission fees waived or paid for by the program. Some colleges – including Adams State and the Trinidad State Junior College Valley Campus - offer scholarships available only to Talent Search participants valued at \$500-\$10,000.

In 2004-2005, 99.34% of program seniors graduated from high school, and 85.52% of college-ready participants entered a program of postsecondary education. Since 2000, 616 participants have gone on to two and four-year colleges throughout the country.

The application process is a simple one, with open enrollment through the year. Interested persons (or referrals) can obtain an application by contacting the office at 587-7895, or visiting the program in Richardson Hall, Room 252.

“SUPPORT CENTENNIAL!”

The last few 2006 art calendars with **paintings of the San Luis Valley by artist Randy Pijoan** are still available. Keep a memento of favorite places with this collectible calendar.

Randy Pijoan is teaching art at Centennial; **these calendars were created to raise money for art project supplies for the Centennial students.**

The calendars are available for **\$25 each, by calling 672-0129, 206-2826, or by visiting the Rosa Mistica Coffee House and Bakery.**

THANK YOU so much for the community support of this calendar.

Survivors' Group for Women

Thursdays, 1:30-3:00pmStarting February 16, 2006

The Survivors' Group is a therapy group for women who have experienced on-going sexual abuse as children and adolescents.

We will create a safe, non-threatening environment in which women will be able to:

- ◆ **improve their ability to face & cope with their trauma history**
- ◆ **learn all they want to know about why and how sexual abuse affects the emotions, behavior, and every day life**
- ◆ **develop ways to improve the misery & chaos that intrude on day-to-day living.**

The Group will run 12 sessions, 1½ hours each session. After the 1st session the Group will be closed to newcomers. The Group is open to client's of SLVMHC and to women in the community. For more information please contact Tobi Ricca, LCSW @ 587-6957. The group will meet weekly at our Alamosa office: San Luis Valley Comprehensive Community Mental Health, 8745 County Road 9 South, Alamosa.

Tu Casa, Inc. Corner

It's slumber party time!

By Teri Ebel, Educational Outreach Specialist, Tu Casa, Inc.

Tu Casa, Inc., the San Luis Valley Anti-Violence Council and other regional collaborators will host the second annual Find Your Voice Slumber Party at the Alamosa Boys & Girls Club on Friday, March 24. With the goal of sparking self-awareness, fostering personal integrity and resilience, and building friendships, this year's theme is Growing Up 'Girl'—The Challenges and Rewards of Leading Your Life. Seventh an grade girls from the Valley's 14 school districts, along with high school peer mediators and adult chaperones, will be treated to night of dancing, gym games, mask making, personality tests, art activities, skits and charades, board games, cooperative challenges, talking and discussions, movies, massage, relaxation, good food, and—for some—sleeping.

Last year, more than 100 people, including 83 young teens from nine Valley middle schools and junior highs, participated in the first Find Your Voice Slumber Party at Adams State College. 'Getting a henna tattoo' was a popular activity, but 'meeting new people from all the schools' was, by far, everyone's favorite part. Major event sponsors for the 2005

event included 1st Southwest Bank, San Luis Valley Federal Bank, Pester Marketing/1st Stop Stores, Robinson Dairy, and Adams State College.

Organizers are currently seeking financial and in-kind support for this year's party. If you would like to make a contribution or volunteer, or if you have questions, comments, or suggestions, please contact Teri Ebel at Tu Casa, 589-2465. We're looking forward to hearing from you. Get your jammies ready!



The 2005 Slumber Party was a hit!

Lunch-n-Learn Explores Important Community Issues

Join us for Lunch-n-Learn, the San Luis Valley Antiviolence Council's frank discussions on community issues. Participants pay for their own lunch and are treated to a short presentation and Q&A session on topics ranging from Crystal Meth to Taking Care of the Caretaker. **The Feb. 1 Lunch-n-Learn, Communication Across the Gender Gap, featured Greg Cheyne of SLVMHC and Claire Stuebe of Tu Casa, Inc.,** with an entertaining-yet-practical take on getting the message across to someone of the opposite sex.

- ◆ **On March 1--Victims' Rights.**
- ◆ **On April 5--Child Sexual Abuse.**
- ◆ **On May 3--Conflict Resolution Skills**

Lunch-n-Learn is the first Wednesday of each month from noon-1 p.m., upstairs at **Calvillo's (400 Main St., Alamosa)** and is free to the public.

For more information, contact Teri Ebel at Tu Casa, 589-2465.



Community Panel Discussions Focus on Domestic Violence

Tu Casa, Inc. and the San Luis Valley Antiviolence

Council are collaborating to host panel discussions focused on the issue of domestic violence as it impacts our communities.

Panels include representatives from local law enforcement agencies, the district attorney's office, legal services, victim advocacy, social services, mental health and others.

The first two events took place in Alamosa in October. On Tuesday, Feb. 7, a panel discussion will be held at Creede

Consolidated Schools starting at 7 p.m. Future discussions are being planned for communities in each of the six counties.

Discussions are free and open to the public, with questions being posed by a moderator and the audience. For more information, please contact Teri Ebel at Tu Casa, 5892465.

Drug & Alcohol Corner

SPORTS: Under the Influence

With the Olympics less than a month away, and the topic of substance abuse so dominant in the media, take this time to talk to your teen about what it means to be an athlete and play fair.

Competitive athletes often become heroes to our nation's kids, but the pressure they are under to succeed in their sport can sometimes taint the reputations of even the most talented competitors. Teens often take these prominent news stories, and internalize the inappropriate actions of these athletes as acceptable, even normal. Many kids are influenced by these sports figures, which is why it is even more important to remind them of how harmful these drugs can be not only to their performance on the field but to their long-term health and development.

Parents are the most important influence in their children's decision about drug use so make sure you set clear rules and expectations about not using.

PARENTS PLAYBOOK

http://theantidrug.com/get_involved/sports_playbook.asp

There are no shortcuts. To win, teens must be drug-free.

EDUCATE YOURSELF

http://theantidrug.com/get_involved/sports_risk_and_signs.asp and underscore the risks of using drugs, steroids and alcohol.

WHAT PARENTS CAN DO

http://theantidrug.com/get_involved/sports_tips_for_parents.asp

Get advice on laying down the rules for a drug-free household.

For more information visit, <http://www.theantidrug.com>



Corner



Give your heart a QuitLine Valentine

This February, smokers in the San Luis Valley have a chance to quit smoking for their hearts. After all, it's Valentines month and what better Valentine is there than smoke-free aortas.

The Colorado Quitline (1-800-639-QUIT or 1-800-639-7848) a free telephone service that helps callers quit smoking and using tobacco, announced that it now offers free nicotine replacement therapy in the form of patches to anyone who enrolls in the cessation program. The patch is considered to be one of the most effective cessation treatment options for addicted smokers and tobacco users.

This telephone counseling service connects people who want to quit smoking with trained counselors who guide and support them through the quitting process. This free service is available to Colorado residents in both English and Spanish, seven days a week.

Incentive to quit smoking is now the the high costs of cigarettes. For a pack-a-day smoker, this will add \$235 to the price of smoking for a year, bringing the total to \$1,365, or \$115 per month.

The tobacco counseling program anticipated that free, nicotine replacement therapy program would encourage more Coloradoans to call the Quitline and, in turn, save many lives and ease the burden of health care costs to the state. Within days of offering the free nicotine

For a pack-a-day smoker, the cigarette habit costs \$1,365 per year, or \$115 per month.

replacement therapy, the QuitLine phones were jammed. So, if a busy signal is heard, call back. Callers to the QuitLine receive free support and advice from a specialist experienced in counseling on quitting smoking; a personalized quit plan and self-help materials; and a four-week

supply of nicotine patches, which will be delivered to their homes by mail.

An additional four-week supply of the patches can be obtained, provided callers remain in the Colorado Quitline cessation program, said Colley. To be eligible for nicotine replacement therapy, callers must be at least 18 years of age.

Following is a list of concrete tips on how to try to quit smoking.

1. Call the Colorado Quitline or Visit Colorado QuitNet at www.co.quitnet.com to meet former smokers, find out about helpful medications, and the harmful effects of tobacco. Services available in English and Spanish.
2. Tell your family & friends you're quitting and need their support.
3. Talk to your doctor about the benefits of quitting.
4. Go for a walk every day.
5. Reward yourself for not smoking (i.e. favorite CD's, movies)
6. Relapses may occur, but don't give up.

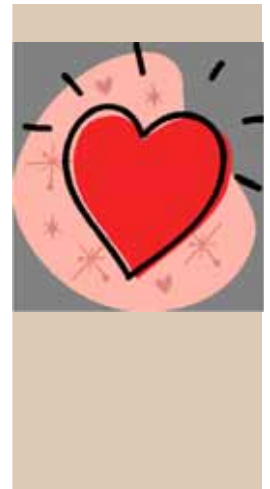
WHAT: Community Forum

WHO: Christine Nevin-Woods, M.D., Director, Pueblo City-County Health Department of Pueblo, Colorado and Richard P. Sargent, MD, Chairman, Quality Assurance, St. Peter's Community Hospital in Helena, Montana

WHERE: Valley Wide Administration Building, 128 Market Street, Alamosa

WHEN: February 22, 2006 2:00-3:00pm

Parents Parents Parents Corner



Two Ways to Neutralize Childhood Arguing

by Jim Fay

1. LOVE AND LOGIC INSTANT EMPATHETIC RESPONSE

The expression of genuine empathy has the amazing ability to soak up emotions. Learn to use an empathetic statement that comes right from your heart. Use the statement that feels natural to you. Use it every time.

Examples of empathetic statements that work:

- * "Oh, no. I bet that feels terrible."
- * "Wow. What a bummer."
- * "I can't imagine how bad that feels."

Examples of statements that don't work:

- * "I know how you feel."
- * "I know just what you mean."
- * "I understand."

2. LOVE AND LOGIC ONE-LINERS TO NEUTRALIZE ARGUING

It is important that Love and Logic One-Liners be used in the "broken record" form.

Example of a Love and Logic One-Liner that should become a habit for you:

- * "I love you too much to argue."

Sample dialogue:

Child: You never let me do what I want.

Parent: I love you too much to argue about that.

Child: But Sally always gets to do what she wants.

Parent: I love you too much to argue about that.

Child: Yeah, that's cause you like her better.

Parent: I love you too much to argue about that. Come talk to me later about something fun.

See you, sweetie. Thanks.

This February celebrate with those you love

Su familia es la relación más importante que puede construir. Cuando necesitas ayuda para sus dificultades, estamos aquí para ayudarlo y ayudar a su familia.

Your family is the most important relationship you can ever build. When you need help to bridge difficulties, we are here for you and your family.

Services available throughout the Valley

Call 719-672-0331 or 719-589-3671

Improving the Quality of Life for the Citizens of the San Luis Valley

San Luis Valley Comprehensive Community Mental Health Center

©1999 Jim Fay -- Permission granted for photocopy reproduction. Please do not alter or modify contents. For more information, call the Love and Logic Institute, Inc. at (800) 338-4065



"Kids don't come with an owner's manual... But I found one, it's Love and Logic."

Love and Logic classes are offered through the SLV Mental Health Center. For class information contact, Clarissa Woodworth, Director of Youth Programs, at 587-6967



Corner Mentor Appreciation Night

On January 25, 2006, Mi Animo Prevention's Mentor Appreciation Dinner was received with lots of hand clapping and handshaking. Mentors in the program received appreciation awards and big thank-you's from their mentees. This year's event was a collaborative event between the programs located at Centennial School, Costilla Department of Social Services, Monte Vista Middle School and R.A.C.E. after school programming in Antonito, Alamosa Schools and Alamosa Department of Social Services, as well as, Sí Se Puede (Yes! I can!) Mentoring through Conejos County Department of Social Services. About 100 mentors, mentees and families enjoyed the dinner of pizza, sandwiches, salad and cookies. The dinner was provided by Domino's Pizza and was held at the Alamosa Family Recreation Center.

Jamie Gomez




I love spending time with my mentor Josie. We talk about everything, eat out and go shopping. Josie is someone I can confide in.

Kelli Ortega



"The Mentoring Program and having a Mentor has helped provide opportunities for me to go on fun trips as well as providing other alternatives for me besides using drugs. By being a part of the program, I have gained much more self-confidence and have been able to become more outgoing and comfortable with my ability to speak with others I may not be that familiar with or in new situations."

Phillip Sena



"Having a mentor has been special to me because it is like having a buddy that you can talk to and help you solve problems. My mentor has affected because she keeps me out of trouble and includes me in fun activities."

Chachi



This program has made me focus on all my work and how important friendship is and things like that!

The Mentoring program & CASASTART have been good for me. Last year I was beginning to get into negative ways and I was doing poorly in school as well as getting into trouble in school & at home. This year I have participated in the CASASTART Program and with that have been matched with a mentor, I improved my grades; and my attitude at school has definitely gotten better.

Vanessa



Brandee Gallegos
mentor



The mentoring program has provided growth for my mentee & myself. We have grown closer in our friendship & have developed long-lasting friendships within both families; one could say this has evolved into a 'new extended' family. Through the involvement in each other's lives, I believe the use of drugs & alcohol is deterred.

Thank you for your dedication! Mi Animo wouldn't be here without you!

Coalition Membership Corner



Our active and supporting membership includes 12 sectors of the community. We want to thank the members for the work in committees (CPP, Data, Underage drinking and media) mentoring proclamations, suicide awareness, and tobacco prevention (Get R!EAL, ACT-UPP, SLVTEPP Advisory Council, and regional disparities tobacco prevention). Members have also participated in Communities Mobilizing for Change on Alcohol (CMCA) from the Youth Leadership Institute and Formal training on Key Informant Interviewing (data collection) in January.

Youth: Del Rae Mondragon, Lucas Romero, Alicia Salazar, Christopher Woodworth, Ryan Esquibel (students from Alamosa High School)

Parents: Kathy Van Giesen, Janiel Sowards and Michelle Moreno

Business Community: Wal-Mart, Bresnan Communications, Park Avenue Liquor

Media: Erin Smith, Correspondent for the Pueblo Chieftain, La Sierra Publications in San Luis, Bresnan Communications

Schools & Colleges: Alamosa School District, Adams State College, Trinidad State Junior College-Valley Campus, Monte Vista School District

Youth Serving Organizations: Boys and Girls Club of the San Luis Valley, Mi Animo Prevention (SLV Mental Health Center), Centennial High School's coalition SLYCE, SEADS Coalition from Alamosa High School, Get R!EAL coalitions, Talent Search at ASC

Law Enforcement Agencies: Alamosa Sheriff's Department, San Luis Valley Drug Task Force, Rio Grande County Sheriff's Department, Monte Vista Police, Alamosa Police

Religious or Fraternal Organizations: Sacred Heart Church, Campus Ministry at ASC

Civic and Volunteer Groups: ACT-UPP (coalition on tobacco prevention), SLVTEPP Advisory Council, Tu Casa

Health Care Professionals: SLV Mental Health Center, Addictions Recovery Center, Alamosa County Nursing Service, Area Health Education, Crossroads Turning Point, Rocky Mountain Prevention and Research Center

State and Local Government: Alamosa Department of Social Services, Frank Mestas (County Commissioner), Rio Grande County Department of Social Services, 12th Judicial District, U.S. Senator Ken Salazar (Charlotte Bobicki, regional representative)

Other: OMNI and ADAD



For information about joining the SLV Prevention Coalition and how you can be the difference in your community, contact Priscilla Ortega at 587-6973 or Adam Vasquez at 587-6991.

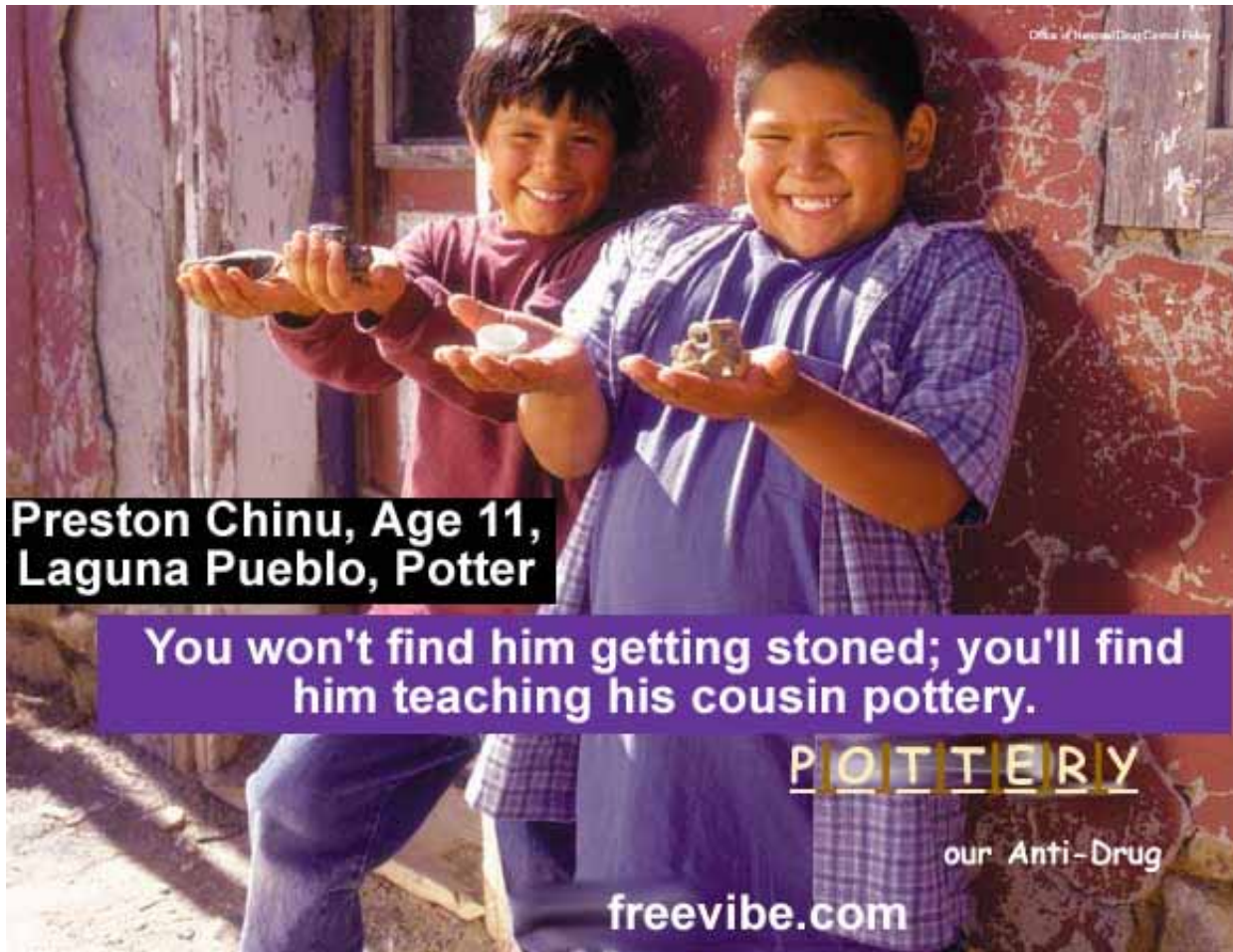
Mission

The San Luis Valley Prevention Coalition mission:

◆
To develop a strong, sustainable and effective prevention system in the San Luis Valley

◆
To support communities' work in comprehensively addressing prevention of alcohol, tobacco and other drug abuse

◆
To promote healthy individuals, families and communities.



**Preston Chinu, Age 11,
Laguna Pueblo, Potter**

**You won't find him getting stoned; you'll find
him teaching his cousin pottery.**

POTTERY

our Anti-Drug

freevibe.com

The next SLV Prevention
Coalition meeting is
Tuesday February 21, 2006 at
7:30 a.m.
Location: SLV Mental Health Ctr.



SLV MHC
8745 CR 9 South
Alamosa, CO
811011
719-589-3671
www.slv-mhc.org