

Spring
2006

Volume 3, Issue 1

Working to make
our communities
stronger



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

SLV Prevention Coalition

Corner

Let your
voice be
heard!

Town Meetings
on Underage
Drinking

Alamosa:
To Be Announced

Fort Garland:
April 13

Rio Grande:
April 24
7-8:30 p.m.
Del Norte High
School
Auditorium

Saguache:
To Be Announced

San Luis:
April 6, 2006
(Mock Crash
May 18)

July 1st Colorado goes smoke free

from the March 21st meeting of the coalition

■ "I have to make the announcement that **July 1st Colorado becomes a smoke-free state.** It is amazing to see what prevention policy and programming becomes," said Paula Hendricks, Director of the San Luis Valley Tobacco Education and Prevention Partnership and co-chair of the SLV Prevention Coalition. "It really changes things and makes a difference in the community and state and in the country. I don't know if anyone noticed on the news the other night, but nationally we're at a 50 year low in the selling of cigarettes—changing policy works within communities—I've been seeing it happen. I want to encourage you to continue all your efforts. That's the pep rally."

■ Patrick Rheaume, director of Talent Search at Adams State College, was the guest speaker. He shared that In 2003 – 04 school year the San Luis Valley—both secondary enrollment--had some 241 dropouts These estimates are high as most schools will verify. Students in the valley go on to post secondary education at a rate of 74.66%. **Talent Search serves about 1000 students a year.** 93.3 % of our seniors graduated high school. Most of our students are first generation college/degree students. There are an awful lot of parents in the valley who have less than a high school degree and they insist their children will be going to college. Over 85% went on to post secondary in the Fall last year. Talent Search maintains low costs of \$323 per student. Our students have attended 157 different colleges in the Nation—every college in the state and some big name institutions known nationally. He made a strong case for support of Talent Search and asked that letters and phone calls be made to our local representatives and senators in Washington D.C.

The next SLV Prevention Coalition meeting is Tuesday April 18 at 7:30 a.m. in the Board Room of the SLV Mental Health Center.



San Luis Valley
Comprehensive
Community
Mental Health
Center



Substance Abuse Prevention Specialist Training

SAPST is scheduled all from April 25-28 in Pueblo. For more information

contact Valarie Ruybal or Danielle Pinc - 303-839-9422 ext.29at **Regional Prevention Center Services**, OMNI, 899 Logan Street, Suite 600, Denver, CO 80203.



Visit our website at: www.preventioncolorado.org

Corner Alamosa Schools Alamosa Schools

Prevention Pays!



From the Valley
Courier, April 4,
2006
By Lisa Moore

**Great Job, Cynthia
& Alamosa Schools!
Thanks for all your
efforts!**

Photos by Lisa Moore
Health teacher Cynthia Valerio, left, was awarded for her commitment to developing tobacco prevention efforts at Ortega Middle School. She visits with 7th grader Alfred Petross and 8th grader Sonny Santistevan, both members of a committee that is making plans for the financial award the school received.



Alamosa Open High School students graduated from their 10-week American Lung Association Class: **NOT ON TOBACCO** March 29. Facilitator Nelda Curtiss (Prevention Media Specialist at SLV Mental Health Center) said "All students were successful in reducing their smoking and six students out of eight stopped smoking completely. I'm very proud of them!" Pictured on the left are: Angela Brown, Andrea Lovato, Sonia Moliar and Kelly Gonzales. Pictured on the right are: Nathan Carr, Cherrelle Silva, Natalie Beltron, and Dayna Fell. NOT is a teen cessation program. Training for facilitators/teachers is provided by American Lung Association. Incentives included gift certificates to Wal-Mart and J.C. Penney's. Future NOT classes will be planned for those interested. These classes educate participants in healthy eating and exercising choices.

Be AWARE!

Rapists in prison were interviewed on what they look for in a potential victim and here are some interesting facts :

- 1) Men look for in a potential victim is a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed. Women with short hair are not common targets.
- 2) Men look for women whose clothing is easy to remove
- 3) They also look for women who are off guard: i.e. on their cell phone, searching through purses
- 4) Men are most likely to attack & rape in the early morning, between 5:00 a.m. and 8:30 a.m.
- 5) Women are attacked/abducted from grocery store parking lots, office parking lots/garages and public restrooms.
- 6) These men are looking to grab a woman and quickly move her to another location.
- 7) Only 2% said they carried weapons because rape carries a 3-5 year sentence but rape with a weapon is 15-20 years.
- 8) **If you put up any kind of a fight at all, they get discouraged because it only takes a minute or two for them to realize that going after you isn't worth it because it will be time-consuming.**
- 9) These men said they would not pick on women who have umbrellas, or other similar objects that can be used from a distance.
- 10) **Yell "FIRE!", not "HELP!"** People come to see a fire rather than to help someone in need. You may feel a little silly at the time, but you'd feel much worse if the guy really was trouble.



It could happen to you

By Teri Ebel,

Educational Outreach Specialist, Tu Casa, Inc., guest opinion published in the *Valley Courier* Tuesday, April 4, 2006.

When you're assaulted, the first thing you're aware of is someone invading your personal space—they're way too close! Their hands—rough, sweaty, unfeeling—overpower you. You smell their body odors, sharp and foreign. Their breath is in your face, harsh, insistent panting. ... Their eyes, a few inches from yours, are wide, frenzied and inhuman. But they're your stepdad's eyes.

Or your date's. Or the neighbor's. Or your best friend's big brother's.

Afterwards, left like a heap of dirty clothes, you feel dazed. 'Is this a nightmare?' You wonder. 'Did that really happen? ... 'Please let it be a dream,' your mind beseeches.

But you can't wake up. It's not a nightmare. It's your life.

You're covered in sweat—someone else's nauseating smells seem scorched into your skin. You're raw and sore, every muscle in your body aches. You're choked with silent screams. Adrenaline jolts through you. You start to shake. You'll shake for hours, for days. You'll shake so much you can't talk, can't eat or sleep, can't think. That adrenaline shaking will drain strength from your body, spirit from your soul.

At this moment, all you want to do is stand under a scalding hot shower and scrub your skin again and again But if you wash, you've probably lost your chance to bring a brute to justice. Forensic evidence covers and fills your body, and your attacker's very own name is on it.

You pick up the phone. You dial the rape crisis center....

...April is National Sexual Assault Awareness Month and National Child Abuse Prevention Month.

Tu Casa, Inc., the San Luis Valley's sexual assault crisis center, offers 24/7 free, confidential support for victims. Call 589-2465 if you need help, or want to help someone else. All of the true meaning of masculinity. Call for information.

Read the full article online at www.alamosanews.com/ and follow the opinion link.

**April is
National Sexual Assault Awareness Month and
National Child Abuse Prevention Month**

Drug & Alcohol Corner



<http://ncadi.samhsa.gov/>

The Truth About Alcohol

■ **Alcohol affects your brain.** Drinking alcohol leads to a loss of coordination, poor judgment, slowed reflexes, distorted vision, memory lapses, and even blackouts.

■ **Alcohol affects your body.** Alcohol can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for a variety of life-threatening diseases, including cancer.

■ **Alcohol affects your self-control.** Alcohol depresses your central nervous system, lowers your inhibitions, and impairs your judgment. Drinking can lead to risky behaviors, such as driving when you shouldn't, or having unprotected sex.

■ **Alcohol can kill you.** Drinking large amounts of alcohol at one time or very rapidly can cause alcohol poisoning, which can lead to coma or even death. Driving and drinking also can be deadly. In 2002, 29 percent of drivers age 15 to 20 who died in traffic accidents had been drinking alcohol.

■ **Alcohol can hurt you**--even if you're not the one drinking. If you're around people who are drinking, you have an increased risk of being seriously injured, involved in car crashes, or affected by violence. At the very least, you may have to deal with people who are sick, out of control, or unable to take care of themselves.



Corner

Tobacco Prevention Updates

Costilla County: Sandra Colley, tobacco prevention specialist for Costilla County, reports that March 30th - Tobacco Coalition met at the Mental Health center in San Luis. The local schools are applying for the K-12 funding for next year. April 13th is the 9 News Health Fair at Sierra Grande. The tobacco prevention tables will be run by the 6th graders at Sierra Grande. Honey Quintana reports that **Centennial School** (in Costilla County) **GET R!EAL** with 26 coalition members has been busy completing an investigation. **"It was an eye opening experience for all the youth that were involved."** The students are excited about the local and the statewide events around the Colorado campaign: **Youth are NOT FOR SALE.**

Rio Grande County: Berry Hawkins, tobacco prevention specialist, reports that **the Get !Real Coalition from Del Norte High School** had a table at the 9 News Health Fair. This past month, the South Fork Smoke-Free Coalition grew by two members: **Lasca Beck and Derrick Haskins.** Lasca teaches Nursing at ASC and is the new pastor at Chapel of the South Fork. Derrick was a Tobacco Prevention Specialist in Iowa.

Alamosa County: **Della Vieira, R.N.** reports that she is on a k-12 wellness planning committee with Alamosa School District; April 12 is Kite flying for the day of the young child and April 21 is the Alamosa 9 News Health Fair. **ACT-UPP** is hosting a **"Hooray for Colorado"** luncheon at Trujillo's on April 11 beginning at 11:30 a.m.

Saguache County: **Ileen Rivale, tobacco prevention specialist,** reports that Katrina Ruggles and Amanda Hawkins are make Kick Butts Day a success. April 21 is the 9 News Health Fair.

Conejos County: **Natalie Chavez, R.N.,** reports that she is assembling kindergarten registration packets for the schools with smokefree home pledges and secondhand smoke information. The 9 News Health Fair is Saturday, April 22.

Mineral County: Betty Jo Bell, tobacco prevention specialist, reports that Kick Butts Day was a success; the sheriff blocked off the street for the events; April 29 is the 9 News Health Fair.

San Luis Valley Regional Tobacco Prevention Partnership: **Paula Hendricks, Director of SLVTEPP,** reports the following events for April:

- **Child Care Provider training** April 4 training--the 20 attendees were surprised to learn how many resources are available regarding tobacco prevention and education around secondhand smoke.
- **Child Health Care Provider Training** April 4--25 medical providers and nurses attended the training in Alamosa.
- **Get Real Spring Event** April 12-19 and April 30
- **RMC's K-12 meeting** May 10th at Valley Wide Health Services
- Paula also reports that the **World Cafe--regional strategic planning**--was a huge success with a powerful list of strategic possibilities around cessation, youth and secondhand smoke.

Parents Parents Parents Corner

Making the Internet Safer for your Kids

Parents must play an active role when children surf the Web.

by Charles Fay

According to a survey from The Love and Logic (R) Institute, one in five American adults are more concerned with the Internet's negative impact on children than television, friends, movies, or even popular music.

The World Wide Web contains some very real risks. Unfortunately, when our kids sit down at a computer to gather information about chemistry, politics, and the arts, it doesn't take too much time or effort for them also to learn how to make a bomb, join a hate group, or view pornography. But if parents follow several simple--yet powerful--steps, they can protect their children from inappropriate and potentially dangerous Internet content, while also allowing them to experience the benefits of a wired world. . . .

Tip #1 Don't Rely on electronic safeguards.

Good parental role modeling is essential. This approach teaches children to make wise choices by giving them plenty of practice as they encounter tough choices on the Web and in the real world.

Tip #2 Keep the computer out of your child's room.

Despite children's protests, parents have a right, and a responsibility, to have the computer someplace where they can stay in touch with how it's used.

Tip #3: Have honest discussions and set positive expectations.

One of the most powerful things a parent can say about the Internet is: "There are a lot of not-so-great things on the Web. The good news is that you're the kind of kid who can make smart choices about what to look at and what not to look at."

Tip #4 Set a reasonable time limit for daily use. . . .


Tip #5: Expect your child to pay for excessive or inappropriate use of the computer. Kids can pay with extra chores, money they've saved, or possessions. . . .

Visit <http://www.loveandlogic.com/pdfs/101internet.pdf> for the complete column by Charles Fay.



For more information, call the Love and Logic Institute, Inc. at (800) 338-4065

*April is
Child Abuse Prevention Month*



Help your children feel loved
Strengthen relationships with children by:

- * Making sure your children know you love them, even when they do something wrong
- * Encouraging your children. Praising their achievements and talents. Recognizing the skills they are developing
- * Spending time with your children. Doing things together that you both enjoy. Listening to your children.
- * Learning how to use nonphysical options for discipline. Many alternatives exist. Depending on your child's age and level of development, these may include simply redirecting your child's attention, offering choices, or using "time out."



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

**Mental health services are available throughout the Valley --
in San Luis at 409 Trinchera
Call 719-672-0331 or 719-589-3671**

*San Luis Valley
Comprehensive Community
Mental Health Center*



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



*Mi Animo
Prevention*

Corner

D-Day was a Hit D-Day was a Hit

On March 25th, 2006 the **R.A.C.E.** Program invited all of the "Gear-Head Dudes" to a special life-skills project and Drag Racing at Pueblo Motor Sports Park.

The life skills project centered on the guys building a list of tools and supplies for a "Dream Shop." For this activity everyone had an imaginary budget of \$5,000 to buy the best and the most useful tools. By participating in this activity, the youth were able to see just how expensive quality tools are; some youth also



By Tommy Vigil,
Prevention Specialist, Mi Animo
Prevention Program, SLVCCMHC



worked together by putting their respective imaginary budgets together and creating shops that had \$10,000 - \$15,000 to work with. The youth were taken to Harbor Freight and Lowe's; and the youth or team that comes up with the most efficient budget would receive a gift certificate--perhaps to buy some "real" tools.

The second part of this trip involved "Drag-Racing." Yes! We went to the local quarter mile track in Pueblo-- PMI for short. We watched as "tuners" to "muscle" cars duked it out in the quarter mile. Many **R.A.C.E.** youth cheered for their favorites and would try to guess who would win or what time they would run.

The youth were also given the opportunity to check out the starting line techniques of these cars and were able to observe from the tower side's starting line. The **R.A.C.E.** Program would like to extend a hand of gratitude to Harbor Freight, Lowe's and Pueblo Motor-Sports Park (who by the way let us in for free...way cool!)...Thanks Guys.

The **R.A.C.E.** program is gearing up for summer now and all three programs Monte Vista, Antonito and San Luis have really cool projects in store we are also looking forward to all the summer car shows coming up most notably the Low Rider Super Show at the Denver Coliseum on ' July 9th. See ya at the Car Shows!



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), Marylou Rodriguez (Adams State College)

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.



Think that **weed** isn't harmful
because it's natural?
What are you, **high**?

One **joint** has as much
cancer-causing tar
as four cigarettes.
Pot can also be addictive.
How's that for harmless?

Want to know more?
Check out www.freevibe.com.

The next SLV Prevention
Coalition meeting is
Tuesday April 18 at 7:30 a.m.
Location:
SLV Mental Health Ctr.



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