

## NOTICES

### Town Halls Highlight Alcohol/Drug Abuse Prevention

Five town halls held in Lincoln County in September focused on how parents can help prevent alcohol and drug abuse in their children.

Presenters included representatives from the tribe, district attorney's office, local police and drug enforcement departments, schools, and counselors.

Several Lincoln County resources for A&D treatment are listed below. Similar resources exist in your county. Check your phone book for local listings.

The town halls were sponsored by the Partnership Against Alcohol and Drug Abuse (PAADA) in Newport, Ore.

### Tips For Parents

**Learn** basic facts about specific chemicals, their effects, and the symptoms of abuse and addiction.

**Pay Attention** to changes in behaviors and appearance. Consider the child's developmental cycle, consider medical issues.

**Know Your Child.** How do they feel about things? What problems are they facing? How do they handle their problems? Choose which problems to discuss, then ask questions, listen carefully (don't just listen for what you want to hear). Ask specifically about drugs and alcohol. Regardless of how they answer, they will know that you care and that you're aware there could be a problem. Some will feel relieved to have opened the subject.

**Be A Positive Role Model** since you are setting the example for your child. Show them that having fun, problem solving, and even working through painful life experiences are times that do not require mind-altering substances.

**Know Your Own Standards and Expectations.** Is there a clear bottom line in your home regarding drug and alcohol use? Do you excuse underage drinking? Do you openly discuss the house rules? Do you discuss these issues with other parents? Do you need to?

**Set Limits.** Rules need to be clear, as well as the consequences for breaking them. Teens and pre-teens need very clear, concrete messages since their brains have not mastered the abstract world. Firm, reasonable limits help children learn to trust and depend on their environment and to feel secure that they have a safe and loving place to grow up. They need to learn how their actions affect what happens to them and others. Openly discuss consequences for breaking house rules.

**Confront Your Child With Love.** When a rule has been broken, be very specific about why it concerns you, how you feel about their current behavior, and be firm about enforcing the consequences. Remind them that rules are made for their safety. Consequences

should "fit" and need to be enforced consistently. Let them know you understand the pressures they face and that you will be there to talk and figure things out.

**Get Support.** Your child experimenting with drugs or alcohol does not mean you're a bad parent. Guilt often can make things worse. Learn about the resources in your area. Talk to other parents and professionals and get the problems out into the open. Don't wait for a crisis.

### Children Learn What They Live

*Author Unknown*

If children live with **criticism**

They learn to **condemn**

If children live with **hostility**

They learn to **fight**

If children live with **ridicule**

They learn to **be shy**

If children live with **shame**

They learn to **feel guilty**

If children live with **tolerance**

They learn to **be patient**

If children live with **encouragement**

They learn to **have confidence**

If children live with **praise**

They learn to **appreciate**

If children live with **fairness**

They learn **justice**

If children live with **security**

They learn to **have faith**

If children live with **approval**

They learn to **like themselves**

If children live with **acceptance and friendship**

They learn to **find love in the world**

### Resources for Parents and Youth

#### YouthLine – 1-877-553-TEEN

A confidential peer-peer alcohol and drug hotline for teens. Teen volunteers are supported by adult mentors and commit to extensive and ongoing training.

#### HelpLine – 1-800-923-HELP

Statewide, toll-free, 24/7 confidential service that provides crisis intervention, motivational counseling, and substance abuse information.

#### Oregon Partnership – 1-800-282-7035

Promotes a safe, healthy Oregon by reducing alcohol and other drug problems by supporting local community prevention efforts and treatment referral. Extensive resource library of substance abuse prevention and education materials available.

#### Alcohol and Drug HelpLine – 1-800-621-1696

#### National Drug and Alcohol Treatment Referral Hotline – 1-800-662-HELP

### Community Coalitions

Volunteer members work together to create a healthy community. For more information about activities, meeting times, or on how to become involved, contact:

**PAADA (Partnership Against Alcohol and Drug Abuse)** – Lil Patrick/Sheila Flowers – 265-6638

**ECCP (East County Community Partnership)** – Lee Wright – 336-5833

**SVP (Siletz Valley Partnership)** – Kathleen Stewart – 444-7310 or 444-8342

**South County Youth Center** – Kristy Bellavita – 265-2283, ext. 113

#### Lincoln County Health Promotion and Prevention Program

Coordination of local drug prevention and education programs through community awareness, Lincoln County School District, and community coalitions.

**Health and Human Services Dept.** – Barbara Dougherty – 265-6611, ext. 2527

#### Lincoln County Tobacco Free Coalition

The Tobacco Free Coalition is dedicated to tobacco prevention and education. It provides support and training to adult and youth volunteers to effectively work in the community to reduce tobacco use. For more information, contact Rachel Saunders/Crista Whittington – 265-6611, ext. 2530/2230

#### Siletz Tribal Alcohol and Drug Prevention Program

An education-based workshop series offered to Siletz Tribal youth age 12-17. Contact Lisa Brown, 444-8267.

#### Alcoholics Anonymous

Lincoln City/Depoe Bay – 765-3111

Newport/South Beach – 265-1953

#### Al-Anon Family Groups

Lincoln City – 994-8419

Toledo – 336-2628

Newport – 265-9653 or 265-7117

South County – 563-2786 or 563-2229

#### Al-Anon & Al-Ateen – 765-3130

#### Narcotics Anonymous – Hotline – 1-877-233-4287

#### Nicotine Anonymous – Waldport – 547-5159

#### Oregon Tobacco Quit Line – 1-877-270-STOP

The Quit Line offers free quitting information, a customized quitting plan, and one-to-one counseling. Get individual support – whether you have questions about quitting or want to know how to support someone who is trying to quit.

#### Problem Gambling Help Line – 1-877-2-STOP-NOW