

Special points of interest:

- Be Aware Save a Life
- Bullying and Community Prevention
- Problem Gambling in Oregon
- Banning of Synthetic Drugs
- 5th Annual Ramble for Recovery & Prevention
- Art of Prevention
- Prevention Academy

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What is Peer Power?

Peer Power* educates, empowers and encourages youth in making positive choices for themselves, their schools and communities.

Peer Power includes Prevention Teams in several Douglas County Schools, Youth-to-Youth mentoring, Adult-to-Youth mentoring, suicide intervention trainings, community

trainings, and technical support to coalitions in Douglas County. In support of these services, Peer Power conducts several projects and activities throughout the school year including The Ramble



for Recovery and Prevention, Peer Power Academy, and Art of Prevention.

Peer Power's goal is to reduce the risk of substance abuse, problem gambling, suicide, violence, and bullying. An important part of reducing risk is increasing youth's resiliency and hope in their own futures.

By Jerry O'Sullivan

*The Adapt Prevention Program

Expanding in South County

Riddle School District and Peer Power are excited about expanding the program in the Elementary School where the program will start in 5th and 6th grades in the fall. The

purpose will be to increase prevention messaging, awareness, bullying awareness and prevention, as well as teaching resistance skills and the importance of

community service projects.

By Teresa Thresher



Suicide Prevention

Be Aware. Save a Life.



“Almost every young person you know can name a friend or classmate who’s thought about, attempted or died by suicide.”

Adolescence can be the most emotionally vulnerable time of our lives, creating a significant risk of suicide for many young people that can last into young adulthood and well beyond.

The Oregon Student Wellness Survey shows that 1 in 10 Douglas County 8th graders reported that they had attempted suicide in 2010¹. Nationally suicide is the third leading cause of death for young people ages

15-24². Almost every young person you know can name a friend or classmate who’s thought about, attempted or died by suicide. We also know these young people are most likely to seek help if they’re encouraged to do that by someone else.

With increased awareness, effective prevention, and early intervention, suicide is far from inevitable. We can avoid the lasting human, social, and

economic impact of youth suicide. Prevention is critically important, possible, and effective, especially when the warning

signs are recognized and acted upon early. If you or someone you know is showing any of these signs help is available, call 1-800-273-8255:

- Threatening/talking about hurting oneself
- Looking for ways to kill oneself
- Talking/writing about dying/suicide
- Feeling hopeless
- Acting reckless
- Feeling trapped
- Increasing alcohol/drug use
- Withdrawing
- Feeling anxious/agitated
- Change in sleeping habits
- Dramatic mood changes
- Seeing no reason for living
- Loss of interest in favorite activities
- Giving away prized possessions

NATIONAL
SUICIDE
PREVENTION
LIFELINE
 1-800-273-TALK (8255)
suicidepreventionlifeline.org

Prevention is critically important, possible, and effective, especially when the warning

By Danny Weiser

Bullying

Bullying and Community Awareness



Bullying continues to be a serious concern for students, parents and educators. As our community moves forward with creating effective, sustainable strategies for reducing bullying, it is important to first define what it is. Bullying is any unwanted, aggressive behavior repeated over time and including an imbalance of power³. It can take on many forms, including physical or verbal aggression, threats, insults, rumors, or exclusion. A simpler definition comes from Pacer Center's Kids Against Bullying: If someone is

hurting another person on purpose AND the person doing it has more power, it's bullying⁴.

How big is the problem? National data from the CDC's nationwide 2009 Youth Risk Behavior Survey found that 5% of students surveyed had not gone to school on at least 1 day during the 30 prior to the survey because they felt unsafe. 19.9% of students had been bullied on school property on at least 1 day in the 12 months prior to the survey⁵.

"October is National Bullying Prevention Month and is a great opportunity for communities to increase awareness of bullying through awareness events and activities."

This information is especially concerning because the effects can be long lasting. The problems experienced by victims and bullies may continue into adulthood and include low self-esteem, depression, antisocial

behavior, vandalism, drug use and abuse, criminal behavior, gang membership, and suicidal ideation⁶. Fortunately, progress is being made in identifying elements of effective interventions. Many agree that multi-component, whole school intervention and prevention efforts are desirable in building effective strategies⁷. In addition, including the role of bystanders in intervention elements is desirable (Bullying Prevention in Positive Behavior Support)⁸.

October is National Bullying Prevention Month and is a great opportunity for communities to increase awareness of bullying through awareness events and activities. For more information on bullying or ideas on getting involved, go to PACER's National Bullying Prevention Center website: www.pacer.org/bullying/nbpm/.

Problem Gambling

Problem Gambling in Oregon

By Becky Benzel

According to the Oregon Health Authority's 2011 Problem Gambling Services Data Book, roughly 3%, or 74,000 Oregonians develop problems with gambling. In addition, the average gambling debt among those in treatment in fiscal year 2009-10 was \$30,000⁹.

Interestingly, funding for treatment and prevention of problem gambling comes from the Oregon Lottery. The Lottery allocates 1% of its proceeds to prevention and treatment services; as a result, problem gambling treatment is free in Oregon. While this system makes Oregon a leader in providing problem gambling treatment services, it is also an indicator of the pervasiveness of

gambling in our state. According to the 2012 State of States Survey conducted by the American Gaming Association, Oregon has 2,323 video lottery terminals and a total of 19,598 gaming machines. Of those, only 7,453 are found in casinos¹⁰.

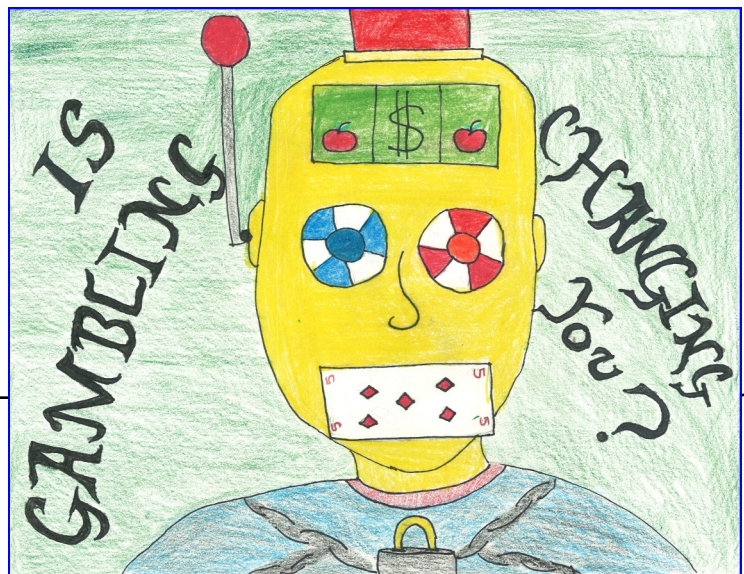
Gambling is especially problematic for youth. According to information from the Oregon Health Authority, youth who gamble are much more likely to be involved in

other risky behaviors, such as drinking, skipping school, smoking cigarettes, and

"Treatment for problem gambling is free and confidential for Oregon residents."

using marijuana. Those at greatest risk for developing a gambling problem are college students⁹.

For help, call the Oregon Problem Gambling Helpline or chat live online with a certified gambling counselor. Call 1-877-MYLIMIT or access their website at www.1877MyLimit.org.



**2011-2012 Problem
Gambling Awareness
Winner Caitlin Sutton,
8th Grader**

Substance Abuse Prevention

Banning of Synthetic Drugs



President Obama signed a bill targeting specific synthetic stimulants, cannabinoid, and hallucinogenic compounds into law in July 2012. The banning of synthetic drugs like “bath salts” and “fake weed” came after many states and the U.S. Drug Enforcement Administration (DEA) passed laws making them illegal under state law.

What are synthetic drugs

you ask?

- Like all illegal drugs, synthetic drugs are made in illegal labs where ingredients and potency are not regulated. This can cause different effects each time the drugs are consumed.
- Synthetic drugs are sold as herbal incense, plant food, and bath salt and labeled “not for human consumption” to avoid Federal Drug Administration regulatory oversight.
- They are products like incense or bath salt that are laced with substances or chemicals.
- Manufacturers and retail stores market these drugs to young people as a

“legal” high.

Reports of emergency room visits and calls to poison control centers related to synthetic cannabinoids and bath salts have been increasing as the products gain popularity.

According to the American Association of Poison Control Centers, 2,906 calls relating to human exposure to synthetic marijuana were received in 2010, in 2011 this number increased by 239%. The number of calls related to bath salt exposure received by poison control centers across the country increased by more than 20 times in 2011 alone, up from 304 in 2010.¹¹

By Shawna Weiser

5th Annual Ramble for Recovery & Prevention

The 5th Annual *Ramble for Recovery & Prevention* will be held on Saturday, September 29, 2012 at Stewart Park, Roseburg.

The 5K Fun Run/Walk will begin at 10:30 AM.

The FREE Resource Fair will run from 9:00 AM – 1:00 PM.

The family-friendly event provides:

- Live entertainment by **Shasta Ray and the Down Home Band** and **Dylan James**

- Free hot dogs, fruit, soda and water
- Free prizes
- Free activities for kids
- *Voices of Recovery Award*

Additional information is available online at www.updrugfree.org



By Shawna Weiser

By Robin Loznak

What's Coming Up?

Prevention Academy

Peer Power is committed to developing and implementing prevention strategies in our community. This year, we have a special focus in bullying prevention and we are offering two events this October to share strategies and increase awareness: Strategies for Improving School Climate and the Prevention Academy.

Strategies for Improving School Climate is open to all

Douglas County parents, teachers, and community members interested in increasing awareness and building effective solutions to bullying. It will be held October 17 at the Winston Community Center at 5:30 p.m. The cost is free and dinner will be provided.

In addition, we are offering a youth academy focused on providing prevention and mentoring skills to Douglas County youth in 5th-12th

grade. Parents and teachers are welcome. The Prevention Academy will be held at Winston Community Center on October 18 from 9:00 a.m.-2:30 p.m. This event is free and lunch is included.

We invite you to attend and look forward to partnering with you. Space for these events is limited and preregistration is required. Additional information and forms available: e-mail BeckyB@adapt-or.org.

By Becky Benzel

Art of Prevention

There are several opportunities for Douglas County youth to get involved in spreading messages of prevention. The Art of Prevention, is a countywide art search open to children in grades 4-12. We are looking for original art in any format, which has a clearly identified prevention message.

Prevention categories include substance abuse, suicide, problem gambling, violence, child abuse/neglect, tobacco use, and disease prevention. We will host an art show in April to exhibit the art and award prizes in various

categories. Submissions for this event are due March 15. As part of this event, we are also collecting the following: Peer Power Media Projects

- For high school students
- Electronic media with a prevention message
- Formats include graphic arts, videos, music, or an original PSA

Statewide Problem Gambling Awareness Art Search

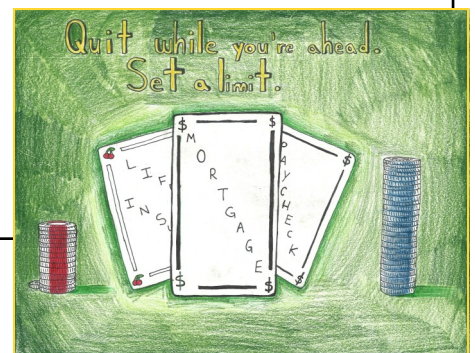
- Grades 6-8
- Must be on letter sized, white paper and include a problem gambling prevention message
- 5 submissions will be forwarded to the state for

possible inclusion in calendar

Last year, the artwork of two Joseph Lane Middle School students was selected for inclusion in the calendar.

If you have questions or if you would like more information about any of our events, please contact Peer Power at (541) 672-2691 or email artofprevention@hotmail.com.

By Becky Benzel





Prevention Program

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www.redribbon.org

Resources:

¹ 2010 Oregon Student Wellness Survey

² www.sprc.org

³ www.stopbullying.gov

⁴ www.pacerkidsagainstbullying.org

⁵ Centers for Disease Control & Prevention, Youth Risk Behavior Surveillance - United States 2009

⁶ CDC, Measuring Bullying Victimization, Perpetration and Bystander Experiences: A Compendium of Assessment Tools, 2011

⁷ National Education Association's Nationwide Study of Bullying: Teacher's and Education Support Professionals Perspectives, 2011

⁸ educational and Community Supports, Bullying Prevention in Positive Behavior Support (www.pbis.org)

⁹ Oregon Problem Gambling Services Data Book 2011

¹⁰ American Gaming Association - 2012 edition State of the States: The AGA Survey of Casino Entertainment

¹¹ Office of National Drug Control Policy (www.whitehouse.gov/ondcp/ondcp-fact-sheets/synthetic-drugs-k2-spice-bath-salts)

Schedule of Events

September - *National Alcohol & Drug Recovery Month*

September 29

- Ramble for Recovery and Prevention
- 9:00 AM until 1:00 PM
- Stewart Park

October - *National Bullying Prevention Month*

October 17

- Strategies for Improving School Climate
- 5:30 PM until 8:00 PM
- Winston Community Center

October 18

- The Prevention Academy
- 9:00 AM until 2:30 PM
- Winston Community Center

November - *Lung Cancer & COPD Awareness Month*

November 15

- Great American Smokeout

November 17

- International Survivors of Suicide Day

December

December 2 – 8

- National Hand Washing Awareness Week

January -

National Stalking Awareness Month



Prevention through Education, Empowerment, and Engagement.