

Hood River Prevents

Hood River County Prevention Department

Hood River Gets New Jesuit Volunteer Members

By Guest Contributor Mary Ryan, St. Francis House Jesuit Volunteer Member

Hood River County has been very fortunate for the past five years to have hosted 29 Jesuit Volunteer Members for a year of volunteer service. Jesuit volunteer member tenets are community, social and ecological justice, spirituality, and simplicity. Below are short bios for the six volunteers in our community this year.

Mary Ryan is from Northville, a small town in the Adirondack Mountains of New York. She studied Marketing and Music at SUNY New Paltz and will be serving as the Youth Program Coordinator at the St. Francis House of Odell. Mary enjoys hiking, singing, playing sports, being outside, spending time with friends and family, and trying new things. She is very excited to be serving the communities of Odell and Hood River this year and is looking forward to building relationships and learning from those she meets.

Tanya Cosino grew up in Murrieta, CA. She graduated from California State University San Marcos with a degree in Human Development. Tanya will be serving as Outreach Coordinator for the Juntos Program at the Oregon State University Extension Service. During college Tanya worked at the Latin@ Center, which provided academic workshops, tutoring, and other resources for students. Tanya has also worked as a camp counselor and after school program leader. As a passionate educator, Tanya hopes to become a teacher. Her hobbies include reading, writing poetry, arts and crafts, running, and hiking.



Haley Martin was raised near Chicago, but went to college in the Appalachian mountains. She graduated from Appalachian State University with a degree in Social Work and desires to touch the lives of people facing terminal illness and bereaved families as a hospice social worker in the future. She will be serving at Providence Hood River Memorial Hospital as their Community Caregivers Service Associate. In her free time, Haley enjoys spending quality time with friends and family, doing anything physical, singing or playing piano, watching films, or playing with the cutest pup in the world.

Sidney Axtell is from Seattle, WA, and studied Spanish and Biology at Seattle University. She is super excited to be serving with Mid

Valley Elementary School! Sidney loves the outdoors, especially camping, hiking, rock climbing, biking, and being around the water. When she's not outside running around geeking out about ecology, she likes to bake cookies, read books, and play with her fat old yellow lab.

Makenna Jordan, originally from Spokane, WA, joins JVC Northwest for a second year of service after completing her term at a middle school on the Northern Cheyenne reservation in rural Montana. This year, As a Conservation Educator with the Columbia Gorge Ecology Institute, she looks forward to engaging with students through SECRETS, and other programs that travel to schools throughout the area. She feels that every child should have access to the wonders of the natural world-- regardless of socioeconomic background-- and she hopes her work will cultivate an environment of love, empowerment, belonging, and mutual inspiration!

Louisa Pavlik was born and raised in a sprawling suburb of Chicago and feels privileged to be able to see the snowy tops of both Mt. Hood and Mt. Adams from the home garden she tends with fellow Jesuit Volunteers. As a recent grad with degrees in Spanish and Public relations, she is tremendously grateful to be welcomed into the position as the Food Access and Outreach Support person at the Gorge Grown Food Network where she will learn from the best! She began to more deeply examine her participation in the food system last summer, where she worked on an organic farm and has only grown more impassioned to bring social and ecological justice about through food.

Table of Contents

1. Hood River Gets New Jesuit Volunteer Members
2. National Prevention Network Conference Tidbits
3. Unlearning What's Not Natural
4. Strengthening Families Helps Build A Healthy Relationship With Your Child
5. Recovery, Prevention & Hope in the Midst of the Opioid Crisis
6. H.E.A.L.T.H. Media Clubs Coming Together For 2017-18

Some of our favorite links.



PARENTS.
THE ANTI-DRUG.

GET INVOLVED

ATOD Prevention Coalition:

When: First Wednesday of the month

3:30—5:00pm

Where: China Gorge Restaurant

(2680 Old Columbia River Dr.)

Contact: Belinda Ballah, 541-387-6890

[Health Media Clubs \(HRMS, Wyeast, HRVHS\)](#)

When: HRMS: Mondays

Wyeast: 1st & 3rd Tuesdays

HRVHS: 1st & 3rd Thursdays

Where: HRMS: Conference Rm

Wyeast: Lunch Room

HRVHS: Mr. Judah's Room

Contact: Belinda Ballah, 541-387-6890

National Prevention Network Conference Tidbits

By Ilea Bouse, staff, Prevention & Education Specialist, 541-387-7030 / ilea.bouse@co.hood-river.or.us

The National Prevention Network Conference 30th year anniversary event, September 12-14, in California, was an educational opportunity that delivered nuggets to share here at home.

Sam Quinones, keynote speaker and author of Dreamland: The True Tale of America's Opiate Epidemic, unveiled the history and development of our current Opiate Crisis. He described a tale of expanding isolation due to changing social norms, mixed with marketing trends in pharmaceuticals, and heroin dealing entrepreneurs. He spoke of the lethal mix of events, focusing on the numbing of pain by middle class white people, living in quiet suburbs or agricultural communities. He asked the question, what "pains" were these people desperately trying to numb? Often the pain would start as something minor, like wisdom teeth extraction, or a sports injury, with a legitimate prescription for an addictive opiate, such as Oxycontin. And then the pain would move from minor physical ailment, to social pain caused by adverse childhood experiences, and social isolation.

Could this crisis happen in Hood River? Yes, it easily could, because our community is very similar to those



National Prevention Network

Common Names of Opiates: Prescription and Illicit

- OxyContin
- Percocet
- Oxycodone
- Vicodin
- Lortab
- Hydrocodone
- Methadone
- Codeine
- Morphine
- Heroin
- Fentanyl

All Opiates Are Addictive.

"Today, nearly half of all U.S. Opioid overdose deaths involve a prescription opioid."

CDC, <http://wonder.cdc.gov>.

"More than 64,000 Americans died from drug overdoses in 2016, including illicit drugs and prescription opioids – nearly double in a decade." CDC Wonder

being devastated. Admitting it could happen here, is our first line of defense.

What will protect Hood River from the opiate crisis? We can fight it with education, resiliency, and increased community connection, for "the opposite of addiction is connection." (Johann Hari, "Chasing the Scream: the first and last days of the war on drugs.")

What can you do?

- Talk to your kids. Be active in their lives.
- Alcohol, marijuana and tobacco are not to be used by anyone under the age of 21, and preferably age 25, to protect the brain development. These three are often considered gateways to other drugs.
- Take unused prescription medication to the disposal site, located in the Hood River County Courthouse.
- Be a socially active member in your community.

For more information contact Ilea Bouse, at the Hood River County Prevention Department, 541-806-2877.

Unlearning What's Not Natural

By Jane Palmer, Smoking Cessation in the Gorge, 541-386-3335 / jane.palmer@co.hood-river.or.us

The human body is amazing! We are designed to be balanced in all things. Our body works best when given the right balance of rest, food, exercise, relationships. There is a saying, “Garbage In, Garbage Out”. When the balance of good things going in, is out-weighted by the bad, then problems arise. This includes what we take into our lungs.

The air we breathe can nourish and sustain life or it can cause problems. A group of smokers were asked recently what they remember when trying their first cigarette. The answers were: “I got sick to my stomach”, “I coughed and coughed”, “I got so dizzy”. All of these responses have one thing in common, it's not natural.



These smokers had to learn how to smoke. Over time, they conquered the “bad” side effects and became addicted to nicotine and dependent on cigarettes.

These same smokers are now on the road to unlearning the addiction to nicotine and dependence on cigarettes. Being motivated to reach a tobacco-free goal is important. Each person must know their own reasons why they smoke and why they want to quit. Many times, smokers will say that smoking “calms my nerves”. Stress is part of life and learning healthy, natural ways of dealing with it is important.

One way to manage stress is learning relaxation techniques. Deep breathing is the first step in relaxing. By practicing deep breathing and active relaxation, people can manage everyday stress in a natural, healthy way.

FYI

**Unlearning
how to smoke
is possible!**

**Know your
triggers:**

- ✓ **Stressful situations**
- ✓ **Everyday routines**
- ✓ **Thoughts**
- ✓ **Moods**

Make a plan

Get help

**1.800.Quit.Now
(1.800.784.8669)**

Strengthening Families Helps Build A Healthy Relationship With Your Child

By Luz Oropeza, staff, Odell Hispanic Drug Prevention & Health Promotion Coalition, 541-387-7031 / luz.oropeza@co.hood-river.or.us

Strengthening Families in Spanish!

**When: October 4th-
November 15th**

5:00-7:00pm

**Where: Parkdale
Elementary School
4880 Van Nuys
Drive, Parkdale, OR
97041**

**Dinner and Child-
care will be
Provided**

**To register please
call Parkdale
Elementary School
at (541)352-6255
and ask for Caro-
lina Ortega**

Fall is here and the smoke is gone! It is so wonderful to be able to breathe fresh air again and be able to see the blue sky again. Many of us have a tendency to take what we have for granted; for example the house we live in, our jobs, and sometimes even the people with whom we interact. We have recently been seeing so many catastrophes all over the world, so it is important to appreciate what we have and to take care of those around us.

I am very proud of our community for sticking together during those two weeks when parts of our region had to evacuate or had evacuation notices due to the 40,000-acre Eagle Creek fire. With more and more tragedies happening every day around the world, the more proof we have that we are not immune to those. Anything can happen to us in a matter of seconds. Now more than ever, we need to work in unity to protect each other and to protect our communities.

One way to protect the community is by advocating for our youth and protecting them from alcohol and drugs. We all know about the consequences of drinking and driving. Young people tend to naturally seek risky behaviors and tend to think that nothing bad is going to happen to them. This is partly due to the fact that the part of brain that is in charge of executive functioning and decision making is not yet fully developed. Therefore, it is our duty to protect them against the dangers that surround them. They are easily influenced by their environment and society. It is our duty to decrease the availability of drugs and to change social norms

that increase the chances of adolescents engaging in drug use or problem behaviors. This is not a one-person job, nor is it just the work of the Prevention Department. It is the responsibility of the whole community. As the saying goes, "it takes a whole village to raise a child," which is true in this case.

Participate in your child's life and help foster a healthy relationship with them. There are many ways to do that, including spending quality time with them, being a good role model, and also participating in parenting classes. Starting October 4th, Parkdale Elementary School will host the parenting program, *Strengthening Families* in Spanish for families with youth ages 10-14. Dinner and childcare will be provided. This program is a 7-week series and will be held on Wednesday evenings from 5:00-7:00pm. If you are interested in participating, please call Parkdale Elementary School at 541-352-6255 and ask for Carolina Ortega. This program is sponsored by the Odell Hispanic Drug Prevention Coalition and the Hood River County Prevention Department.

Strengthening Families
For parents and youth ages 10-14 years

SEVEN WEDNESDAY EVENINGS
**OCT - 4
NOV 15**
5:00-7:00 p.m.

• Light dinner & childcare provided for younger children.
• To register call the school office at (541) 352-6255.
Hood River County Residents. Up to 12 Families may Register.
Presented in partnership with the Odell Hispanic Drug Prevention Coalition & Hood River County Prevention Department.

PARKDALE ELEMENTARY SCHOOL
4880 Van Nuys Drive
Parkdale, OR 97041

Recovery, Prevention & Hope in the Midst of the Opioid Crisis

By Belinda Ballah, Director Hood River County Prevention Department, 541-387-6890 / belinda.ballah@co.hood-river.or.us

Across the nation the Opioid Crisis is taking the lives of loved ones. Every 20 minutes someone dies from Opioid abuse. Opioids are very addictive, and addiction can occur on the first use.

Today I had the opportunity to attend the *Live Stream Panel of National Experts on Opioids Equip Faith and Community Leaders* with: Captain Christopher M. Jones, Acting Associate Deputy Asst. Secretary for Science and Data Policy; Elinore F. McCance-Katz, MD, PhD, Asst. Secretary for Mental Health and Substance Abuse, Substance Abuse & Mental Health Service Administration (SAMHSA); and Vice Admiral Jerome M. Adams, MD, MPH, US Surgeon General.

One of the greatest challenges in addressing this crisis is the stigma that is attached to addiction. This stigma stops people from coming forward for treatment. The truth is that addiction should be treated like any other chronic disease, such as diabetes. Opioid addiction actually changes the way the brain functions, making it difficult to make good decisions. People with addiction deserve empathy and compassion. No one should die from addiction because of the stigma that kept them away from treatment.



*“Better health through better partnerships.”
U.S Surgeon General Dr. Jerome Adams*

There are several types of medications that can be used to help in the recovery process. Medication Assisted Treatment (MAT) includes Naltrexone, Methadone, and Buprenorphine prescribed by licensed physicians and used in conjunction with other interventions such as support groups, counseling and education. In order to find what is available in our area you can search findtreatment.samhsa.gov.

Treatment is effective and recovery is ongoing. Addiction is a symptom of suffering or trauma. The science of Prevention looks at what is causing the suffering that can lead to addiction. We know that there is a strong relationship between Adverse Childhood Experiences (ACEs) and substance abuse. ACEs can include such things as physical, sexual and emotional abuse, physical and emotional neglect, household mental illness and parental separation or divorce. Each additional ACE increases the chance of drug use by 400%.

There are ways to offset these ACEs and create resiliency within our community. We can provide parenting skills, programs that support kids and parents that engage, teach, and build healthy relationships. We can provide opportunities for mentors to our young people such as Big Brother Big Sister, and Mentor for Success. One supportive, stable relationship with an adult will increase resiliency and can keep a youth from substance use. That's right, just ONE!

Links To Resources:

Opioid Tool Kit:
[https://
www.hhs.gov/
about/agencies/
iea/partnerships/
opioid-toolkit/
index.html](https://www.hhs.gov/about/agencies/iea/partnerships/opioid-toolkit/index.html)

**Treatment Options
in Your Area**
[https://
findtreat-
ment.samhsa.gov/](https://findtreatment.samhsa.gov/)

H.E.A.L.T.H. Media Clubs Coming Together For 2017-18

By Ilea Bouse, Prevention and Education Specialist, Hood River County Prevention Department, 541-806-2877

The 2017-2018 H.E.A.L.T.H Media Clubs will be starting soon. We have an exciting year of activities, games, educational opportunities, and public service announcements planned for this year.

At the High School we plan to hit the ground running with a Halloween sticker shock campaign. This will require students to quickly come up to speed on the dangers of underage alcohol use, and learn media and marketing strategies for educating their community. The High School club will meet every other week after school, and the opposite weeks during lunch. We hope by adding a noon meeting, students who participate in sports or other

clubs can stay active in the H.E.A.L.T.H. Media club. We are also partnering with the Speech and Debate club, with shared credit for radio announcements and speeches presented at public meetings.

At the Hood River Middle School we plan to meet at lunch on Mondays.

At the Wy'east Middle School we will be meeting after school every other

Tuesday.

The middle schools will start their club adventure by learning about media, and ways to keep their school and community drug free.

All the schools will gain skills in media literacy, substance abuse education, and community outreach. They will map out their large media events, such as Kick Butts Day, and Prevention week, as well as other media outreach activities such as Public Service Announcements, Letters to the Editor, Theater Ads, and other visual displays.

It's going to be an action packed year, as the H.E.A.L.T.H Media Clubs, Help Educate, Advocate and Lead Through Health!



6th Grade H.E.A.L.T.H. Media Club at Hood River Middle School

GET INVOLVED

High School Health Media Club:

When: 2nd & 4th Wednesday after school
1st & 3rd Wednesday during lunch

Where: Hood River Valley High School
Mr. Judah Room (1220 Indian Creek)

Contact: Belinda Ballah, 541-387-6890

Middle School Health Media Clubs:

When: HRMS: Mondays 6, 7, 8th Lunch Periods

Wy'east 1st & 3rd Tuesday
3:45—5:00pm

Where: HRMS Room 99

Wy'east Middle School Cafeteria

Contact: Belinda Ballah, 541-387-6890

Odell Hispanic Drug Prevention Coalition

When: To Be Determined

Where: Place to be determined

Contact: Belinda Ballah, 541-387-6890



This newsletter was compiled by Hood River County Prevention Department