

Hood River Prevents

Hood River County Prevention Department

Jesuit Volunteers Come to Hood River

By Guest Contributor, Pat Rawson, St. Francis House Drop-In Center Director, Odell

The past four years we have hosted 23 of young adult Jesuit Volunteers who live in Hood River County for a year of full time volunteering. Out of those, six have stayed past the end of their volunteer year. There are over 150 youth in the Jesuit Volunteer Corps North West (JVCNW) throughout five states. The Odell community is always held up as the one that does the most inter-agency collaboration (i.e. also helping at each other's job sites) and I feel that's due to our community's natural tendency to do this.

The Jesuit Volunteers live under the core value tenets of community, social and ecological justice, spirituality, and simplicity. They love to meet new people, especially the Odell community. Below are brief biographical sketches and a photo of the six Jesuit Volunteers in our community this year.

Celia Hensey is from Chicago and graduated from Washington University in Saint Louis with a degree in Environmental Biology. During her time in college, Celia became involved in environmental work in St. Louis and worked with several environmental nonprofits. She developed a passion for environmental justice and is looking forward

to sharing this passion with a new generation of environmental stewards as a conservation educator with the Columbia Gorge Ecology Institute.

Emily Padilla is originally from Los Angeles, California and is a graduate of Gonzaga University. More recently, her background includes afterschool mentoring and tutoring, non-school youth programming as well as religious ministry. She is passionate about working with youth and families. This year she is excited to serve the Hood River community as the Youth Program Coordinator at St. Francis House.

Katherine Short is from Naperville, Illinois and graduated from Saint Louis University as a Biology / pre-med major. She has always been passionate about disability

rights specifically within the elderly population. Because of this passion, she is incredibly excited to be at Providence serving in the Volunteers in Action program as a hospice / palliative care volunteer.

Alyssa Melendez is from Milton, Massachusetts and graduated from Fordham University as an Environmental Policy and Humanitarian Studies double major. Alyssa has always been passionate about environmental and social justice. She is excited to put these passions into action as the Food Access and Outreach Support for the Gorge Grown Food Network.

Sara Tiacareño-Kennedy is from San Jose, California and graduated from Loyola Marymount University in Los Angeles with a degree in Psychology and Spanish. She is very passionate about education as a social justice issue specifically resources and access for a college education. Therefore she is excited to be volunteering at OSU extension office with the Juntos ad SNAP-ED programs.

Megan Byrne is from Cranford, New Jersey and recently graduated from Loyola University Maryland where she developed a passion for education equality and access. She has been fortunate enough to volunteer in Baltimore with other school-based programs and is very excited to be serving at Mid-Valley Elementary School this year.



Celia Hensey, Emily Padilla, Katherine Short, Alyssa Melendez, Sara Tscareno-Kennedy, Megan Byrne

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Some of our favorite links.



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) — After School

When: HRMS: 1st & 3rd Mondays

Wyeast: 1st & 3rd Tuesdays

HRVHS: 1st & 3rd Thursdays

Where: HRMS: Mrs. Norton's Rm

Wyeast: Lunch Room

HRVHS: Mr. Judah's Room

Contact: Belinda Ballah, 541-387-6890

My Summer As An Intern

By Guest Contributor, Jesenia Calderon, College Intern

My experience as an intern this summer has been a very fun adventure! Every day is new. I always have something new to learn! I've met many great people that have helped me learn more about my future job. But what is an internship? An internship is a job that you have for a short time that prepares you for what you will do in your future job. It helps you get experience so you can get a great job in the future. I am learning about Finance. Finance is the study of how money works.

I started my internship at the Sheriff's Office. I've had the chance to work in many other departments of Hood River County government, such as Hood River Parole & Probation, 911, and Prevention.

With Parole & Probation I helped find a different way to track budgets. Budgets are money the de-



FYI

Sheriff Department does Traffic Enforcement, K9 Detection, Marine Patrol & Enforcement, Reserve Deputy Program, and Off Highway Assistance

911 is the single Public Safety Answering Point and dispatch point for Hood River County

Parole & Probation is the adult correction department for Hood River County

Hood River County Prevention Department's mission is "striving towards a healthy, safe & drug free Hood River County through education, programs and support for our children, families and community"

"This was a good chance to put into practice all that I've learned at school."

partment gets for their projects. I learned how they do their billing and bookkeeping.

For 911, I looked at the budget for a project the department was doing, and organized the money from the project that had been spent and the money from the project that hasn't been spent yet on an excel document.

In Prevention, I helped revise what had been spent from the budget. I had to make sure that what had been spent was accounted for on an excel spreadsheet. This was a good chance to put into practice all that I've learned at school. But Finance wasn't all I learned about. I also got to learn about what the Prevention, 911, and Parole & Probation Departments do, which was very interesting and a lot of fun!

I always learn something new, because there is always a new challenge. And every finished project is a big success!

Did You Get Asked?

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

The jury is not “out”. We know smoking cigarettes is not healthy. It is still the leading cause of preventable disease and death in the U.S. Smoking impacts nearly every organ of the body. People who smoke can expect to die 10-15 years sooner than a person who does not smoke. A 2010 survey found that 69% of smokers said that they wanted to quit. Over 70% of all smokers visit a doctor each year. One study reports, 77% of people seen by their doctor are asked about and advised to quit smoking.* Just over 50% are offered help to quit using tobacco. Only 10% are given any follow-up support. That same study found that when a smoker was given help to quit, they were 40% more likely to quit than someone who did not get that help. All these numbers tell us that most smokers want to

quit and when their doctor asks, advises, assess, assists and arranges for follow-up, they will have a better chance at quitting.

The U.S. Public Health Service urges doctors to ask their patients about tobacco use at every office visit. The research shows that when patients are asked about tobacco use, they

are more likely to get help quitting.**

If you smoke, or know a smoker, find out from them if their doctor has asked them about their cigarette use. Did that doctor advise them to quit and help them? Maybe if patients let their doctor know they want and need the help, the questions will be asked and smokers will be offered the help they need and want.

*[JAMA Intern Med.](#) 2015 Sep;175(9):1509-16. doi: 10.1001/jamainternmed.2015.2391

**Tobacco Use and Dependence Guideline Panel.

Rockville (MD): [US Department of Health and Human Services](#); 2008 May.

FYI

◆ **Cigarette smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers in general.**

◆ **Quitting smoking has immediate as well as long term benefits for everyone.**

◆ **There is no safe amount of second hand smoke.**

◆ **Most smokers want to quit.**

◆ **When doctors ask smokers about smoking and offered help, quitting is more likely.**

Parents, Talk To Your Kids About Marijuana

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

Effective tips that can help you set the stage for a conversation about drugs:

- ⌘ **Keep an open mind**
- ⌘ **Put yourself in your teen's shoes**
- ⌘ **Be clear about your goals**
- ⌘ **Be calm and relaxed**
- ⌘ **Be positive**
- ⌘ **Don't lecture**
- ⌘ **Find a comfortable setting**
- ⌘ **Be aware of body language**
- ⌘ **Express concern and support**
- ⌘ **Offer empathy and compassion**

Are you ready to go back to school? One way to get ready for the start of the new school year is to get educated on what drug threats there are out there. School can play a significant role in students' perceptions and attitudes around drug use. The Partnership for Drug-Free Kids created a *Marijuana Talk Kit* last year that has been really useful to parents and has just now released the Spanish version. It's really important now more than ever for parents to protect their kids' health and development. The Talk Kit can help families on how to have an open dialogue with their teens about issues like marijuana. Parents are the number one reason whether or not kids will choose to use drugs. The kit will provide you with facts on the risks of marijuana use, and how to talk to your teen about marijuana, as well as how to respond to tough questions and arguments.

The main active chemical in marijuana is THC, which is the mind-altering chemical that causes the high. The most common ways of using marijuana is smoking it via a joint, or using a water pipe or bong, or a cigar (called a "blunt"). Marijuana edibles are becoming really popular, especially in states where marijuana has been legalized. Concentrates of marijuana have also been coming out, which include hash, wax, tinctures, and oil. These pose an even greater threat to users as they have higher concentrations of THC.

The short-term effects of marijuana include problems with memory and learning, distorted perception, trouble with thinking and problem solving, impaired coordination, increased heart rate and anxiety. Long-term effects of marijuana use can include having a difficult time working through emotions and may even increase risk of anxiety, depression and attitude and personality changes. Students can experience poor performance in school, eating and sleeping problems. The risk of addiction increases the younger the person starts using marijuana. For your own free copy of the *Marijuana Talk Kit*, visit <http://www.drugfree.org/MJTalkKit/>

Source: *Marijuana Talk Kit*. Partnership for Drug-Free Kids.



Teen Drugged Driving Awareness

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

Drugged driving, or driving after using drugs, is a huge public health and public safety threat and is bigger than most might think. A 2010 study by the National Highway Traffic Safety Administration showed that 1 in 3 fatally injured drivers, who were tested for substance use tested positive for an illicit drug or medication with the ability to impair at the time of the crash.

The risks are higher for teens because of their lack of experience puts them at a higher risk for being in a crash. When you put that together with the use of drugs or alcohol that can change perception and reaction time the results can be tragic.



Of the high school seniors in 2011 that were surveyed, 1 in 8 said that in the two weeks prior to the survey they had driven after smoking marijuana-more than said they had driven after drinking alcohol.

The cause of many teenage crashes is often an issue of attitude and maturity. Parents can help shape a mature attitude about driving and take steps to limit the likely dangers of teen driving.

Here are a few tips to help.

“Nearly 50% of 11th graders currently using pot that drive a car, report that they drove within three hours of using in the past month.” John Fitzgerald, PhD, LPC, CAS

⌘Remember you are a role model—new drivers learn a lot by example, so practice safe driving.

⌘Limit the number of people allowed in the car when your teen is driving –Having more people in the care increases the chance of greater risk-taking, mainly because of greater peer pressure and more distractions.

⌘Require that your teenager wear safety belts at ALL TIMES –If you wear your safety belt every time you drive, your child will be more apt to do so also.

⌘Discuss what can happen with use of drugs and alcohol.—Remind them that it is illegal for teens to drink alcohol or use marijuana and it is illegal for anyone to use illicit drugs. Talk about how drugs and alcohol can impair senses, affect perception and cause delays in reaction time. Even one drink or joint or edible can affect the senses.

Source: Teen Drugged Driving: A Community Awareness Toolkit, Office of National Drug Control Policy

FYI

Oregon Student Wellness Survey 2014 reports:

19.3 of 11th graders at HRVHS rode in a car driven by an adult who had been drinking &

11.4% rode in a car driven by a teenager who had been drinking

CADCA Mid-Year Training Amazing and Inspiring

By Luz Oropeza, staff, HEALTH Media Club Co-facilitator, 541-387-7031 / luz.oropeza@co.hood-river.or.us

In July I attended the CADCA Mid-Year Training Institute in Las Vegas, NV along with two Odell Coalition members and two Health Media Club members. The Mid-Year Training Institute is for community-based prevention coalitions who are working towards reducing and preventing drug use and abuse in their communities. The conference had over 70 workshops for people to choose from. In addition to the workshops, CADCA also hosts the National Youth Leadership Initiative (NYLI). Youth attend a full week of training learning how to assess their communities, how to create logic models, and how to choose strategies and interventions to address the issue in their community. I had the pleasure of taking Jade Dowdy and Maggie Bertrand to the conference. They both have been assets to our Health Media Clubs and their work in the community has been invaluable. Their impressions of their week at the NYLI are below.

Jade Dowdy wrote at CADCA, my time was amazing. I didn't know I could meet such amazing people. What I really learned was how to put a plan in action. They put a name to how I'm used to making plans and I thought it was great. I'd love to be a part of it again because they're there for such a great cause and they were amazing people. It really opened my eyes and I can understand more how we are equal.



Jade Dowdy, Luz Oropeza, and Maggie Bertrand present their logic model at CADCA Mid Year

From my experience, I can take away and see how much CADCA opens up for me as a student. There's so many opportunities that they can hand to me and I've learned that I can be just like them. It's really jaw-dropping to see how much teenagers can make an impact on the community and CADCA really showed that more into perspective while I was there. It wasn't what I learned there but more of the experience I can take back to change what was around me. I'll say thank you to everyone from CADCA about what they've done for

me. I was able to notice issues in the community and youth can really help with the problems.

Maggie Bertrand wrote going to the CADCA meet in Las Vegas, Nevada was my very first experience being apart of a large community of people all here for the prevention of drug, alcohol, tobacco, and other substance abuse. It is a truly special opportunity being able to sit across from people in groups of their own spreading the same message as us from all over the country.

The CADCA program is inspiring and thought provoking and the members of CADCA are all extremely kind, well prepared individuals who all bring a different piece to the table. The several posters and papers we worked on and took notes on over the course of the week were created with plenty of thought so that the process for each coalition could be made simple for such a complicated topics such as marijuana use in our county. The work we did allowed us to really recognize the issues in our communities and where they come from, as well as what we can do to make sure they are prevented. Not only is the information they provide important for community leaders in our world, it's also important for the growing mind when dealing with problems in academics and life.

GET INVOLVED

High School Health Media Club:

When: 2nd & 4th Thursday

3:30—5:00pm

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 2nd & 4th Monday

Wy'east 2nd & 4th Tuesday

3:45—5:00pm

Where: HRMS Mrs. Norton Room

Wy'east Middle School Cafeteria

Contact: Belinda Ballah, 541-387-6890

Odell Hispanic Drug Prevention Coalition

When: 3rd Monday of each odd numbered month

5:00-6:00 pm

Where: Mid Valley Elementary School Cafeteria.

Contact: Luz Oropeza, 541-387-7031



This newsletter was compiled by Hood River County Prevention Department