



CHI SCHOOL NEWSLETTER

Information and Resources for School Staff

December 15, 2010



Best Wishes for a Happy and Healthy Holiday Season



NATIONAL REPORTS, ACTION & INFORMATION

EXPOSURE TO TOBACCO SMOKE CAUSES IMMEDIATE DAMAGE, SAYS NEW SURGEON GENERAL'S REPORT

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Exposure to tobacco smoke – even occasional smoking or secondhand smoke – causes immediate damage to your body that can lead to serious illness or death, according to a report released today by U.S. Surgeon General Regina M. Benjamin. The comprehensive scientific report - Benjamin's first Surgeon General's report and the 30th tobacco-related Surgeon General's report issued since 1964 - describes specific pathways by which tobacco smoke damages the human body and leads to disease and death.

To read more go to <http://www.hhs.gov/news/press/2010pres/12/20101209a.html>

NATIONAL DRUNK AND DRUGGED DRIVING (3D) MONTH

For those of you that are not aware, December was proclaimed National Drunk and Drugged Driving (3D) Prevention month in 1981. Since then, through prolonged and concerted efforts involving educators, media outlets, legislators, law enforcement, and community organizations such as the Alliances, there has been an increased awareness of how driving under the influence of any drug not only endangers the life of the driver, but passengers and other drivers sharing the road as well (NIDA). Impaired driving is a complex public health concern as one's motor skills, reaction time, and judgment are all brain functions that are affected, and despite acknowledged concerns often times drugged driving laws have lagged behind legislation involving alcohol. This is partly due to the fact that there are limitations in the current technology for determining drug levels and resulting impairment (NIDA). For example, blood alcohol levels of .05% have been shown to impair driving performance and can be easily detected; for illicit drugs, however, there is no agreed upon limit for which impairment can be rapidly demonstrated. Also, according to NIDA, determining the current drug levels of an impaired driver can prove to be difficult since some drugs remain in the body longer than others. Ultimately, drunk and drugged driving is a dangerous activity that puts us all at risk, however, there are steps individuals and communities can take to make injuries and deaths from impaired driving less of a threat. See Prevention Information Website section below.

Stats and Facts:

-  One in 3 fatal motor-vehicle crashes involve an alcohol impaired driver.
-  Every 45 minutes, someone dies in the United States as a result of an alcohol impaired driving accident.
-  According to the 2007 National Highway and Safety Administration (NHSTA) Roadside Survey, more than 16% of weekend nighttime drivers tested positive for illegal, prescription, or over-the-counter medication.
-  More than 11% tested positive for illicit drugs.
-  About 10 million people age 12 and older reported driving under the influence of illicit drugs during the year prior to being surveyed.
-  Highest rate of impaired drivers is among young adults age 18 to 25.
-  Overall, marijuana is the most prevalent illegal drug detected in impaired drivers, fatally injured drivers, and motor vehicle crash victims.
-  Other common drugs seen include cocaine, opiates, amphetamines, and benzodiazepines.

FREE THE BOWL CONTEST NOW OPEN!

Marin Institute has launched its third annual, countrywide, anti-alcohol-advertising contest at FreeTheBowl.com. This year's theme - "Free the Bowl from Beer Ads" - seeks original, 30-60 seconds long, "performance art" counter-beer-ads from youth and young adults ages 10-20. Deadline for entry is January 24th, and the winners will receive cash prizes up to \$1000! To learn more, [watch the video](#). (control + click here to follow link)



OPPORTUNITIES TO GET INVOLVED IN YOUR REGIONAL ADVISORY COMMITTEE

GET INVOLVED IN A U.S. ED REGIONAL ADVISORY COMMITTEE

Washington often seems like a faraway place, where it is difficult to get your voice heard. At the U.S. Department of Education, we know this and so we have established a structure of Regional Advisory Committees, so we can hear from the field.

There are 10 Regional Advisory Committees, each with approximately 12 members, who can be: representatives of local educational agencies (both rural and urban); representatives of institutions of higher education (including those that represent university-based research on education and on subjects other than education); parents; practicing educators (including classroom teachers, principals, administrators, school board members, and other local school officials; representatives of business); and researchers. In other words, pretty much everyone who works on education.

If you are from one of these groups and are looking for a way to make your voice heard, check out the nomination process at : <http://edocket.access.gpo.gov/2010/2010-30475.htm>.

HOLIDAY UNDERAGE DRINKING PREVENTION TIPS

The holiday season is here. It's time to celebrate with family and friends. For adults, it's also time to help prevent underage drinking. Adults can keep kids safe and alcohol free by:

Setting a good example. Adults can avoid overconsumption of alcohol themselves. They can refrain from inviting youth to share a celebratory drink. They can pledge not to drink and drive.

Making nonalcoholic beverages available for underage household members and guests. They can maintain ground rules on underage use and keep an eye on the activities of underage youth. Looking the other way is not a good idea. Allowing teens to have alcohol is not only wrong. It's against the law.

Talking about media messages that promote alcohol use during the holidays. Adults can help teens recognize how media messages linking alcohol and celebrations may influence their behavior. They can encourage youth to make smart choices about alcohol, especially alcohol-spiked punches, mulled wine, fermented cider, and champagne, which are heavily promoted during the holidays.

More tips are available at: [A Family Guide To Keeping Youth Mentally Healthy & Drug Free](#).

PREVENTION INFORMATION WEBSITES

National Clearinghouse for Alcohol and Drug Information (NCADI)

NCADI is a national "one-stop resource for information about substance abuse prevention and addiction treatment," stocking publications, posters, and videocassettes. Visit www.store.samhsa.gov/home

NIDA DRUG PUBS Research Dissemination Center

Free access to and delivery of the latest available NIDA substance abuse information for researchers, health professionals, teachers, and everyone interested in substance abuse information.

Visit <http://drugpubs.drugabuse.gov/>

Federal Trade Commission bulk publication order website. Net Cetera Community Outreach Toolkit:

<http://bulkorder.ftc.gov/?intro=2>

Substance Abuse Treatment Facility Locator <http://www.findtreatment.samhsa.gov>

GOODHUE COUNTY MEDIATION DISPOSAL PROGRAM



Goodhue County Law Enforcement Center
430 West 6th Street, Red Wing, MN
Available: 24 hours a day, 7 days a week

Wanamingo City Hall - Sheriff's Office
401 Main Street, Wanamingo, MN
Available: Monday - Thursday 8:00 a.m. - 4:30 p.m.
Friday 8:00 a.m. – Noon






For more information regarding the S.A.F.E. Medication Disposal Program and medications accepted go to <http://www.chi-goodhue.org/SAFE%20Program.php>

TEACHER RESOURCE AND LESSON PLAN FOCUS FROM WWW.CHI-GOODHUE.ORG

American Council for Drug Education

Drug prevention education is more than teaching the facts about drugs -- it is teaching children and youth about themselves, what is possible in their life now, and what is possible for the future. **How** the subject is taught is at least as important, and perhaps more important, than **what** is taught. Because many parents do not talk with their children about the dangers of drug use, educators are often left to fill the void. **Teachers can help students learn the complete story about drugs**, balancing the misinformation youth generally receive about drugs from their friends, the street and the media.

Facts for Educators has been designed to help you in this challenging role. We hope that the information that you find here will support your efforts in the classroom. The following topics can be found by visiting www.aced.org/educate/default.htm

-  **Tips for talking about drugs in the classroom**
-  **Age-appropriate lesson plans**
-  **Signs and symptoms of drug use**
-  **Learn more about ACDE products**
-  **Basic facts about drugs**

To find more teacher resources and lesson plans go to the CHI coalition website at <http://www.chi-goodhue.org/teachers.php>

CHI RESOURCES

CHI Parent Network Website – Website for Parents, Teachers and Caregivers

www.CHI-parentnetwork.org

CHI Coalition Website

www.CHI-goodhue.org

CHI Howie Website

www.CHI-howie.org

GOODHUE COUNTY ANONYMOUS TIP LINE



1-(866) 887-HELP (4357)

WANT TO LEARN MORE ABOUT THE CHI?



Contact us at 651-385-3307 or info@chi-goodhue.org