



SUBSTANCE USE PREVENTION PARTNERSHIP

Strengthening our communities to support alcohol and drug free youth in Lincoln County.

Happy spring! I love this season for many reasons, including digging into my garden. But for the youth in our community, especially our seniors, spring is about prom, graduation, and transitions. These special occasions are a perfect opportunity to remind the teens in our lives to be present for these milestones and memories by not using drugs and alcohol. Read on for more details on what is happening in our communities to show our youth how we support them, some training opportunities, and some resources that may be helpful to you! Yours in good health, Kate



STICKERS SHOCK BUYERS

In case you missed it, the CLC-YMCA, Lincoln County SRO Deputy Bridgham, and Healthy Lincoln County sent a team out on May 9th to shock adults with a reminder that it is illegal to buy for minors. Stickers were placed on over 2,000 packs of alcohol. You can read the whole story and view a video of the event: [Sticker Shock Campaign](#)

CELEBRATING OUR GRADS

Graduation is a special achievement. Help our teens make the memory last by planning a healthy and safe celebration.

- Co-hosting a celebration with your teen's friends' family is a way to ensure there is adequate adult supervision.
- Offer fun and creative non-alcohol drinks, and role model celebrating without alcohol.
- And always remember, if you hear about or witness underage drinking, you can send an anonymous tip. Add 274637 to your contacts so you have the number when you need it.
- Share these tips, and see more at www.facebook.com/healthylincolncounty



When you witness or hear about underage drinking or illegal drug use, send an anonymous tip.

- Text "LTip" with your tip to 274637 (CRIMES).
- Submit a tip online at HealthyLincolnCounty.org
- Download the free "TipSubmit Mobile" App on the Apple App Store or Android Market.

TRAINING OPPORTUNITIES

There are several training opportunities coming up related to substance use prevention.

- **Seller-Server Training** for retailers, bars, and

restaurants on June 8 and 10- [click here to learn more](#).

- **Life Skills Program on June 7:** Take this 5 hour online course to become trained in using the [evidence based Life Skills curriculum](#) with middle school youth. HLC can cover your costs- call 563-1330 to learn how.
- **Ethics in Prevention on June 28:** This is an [in-person day-long training in Augusta](#) on the role and application of ethics in substance abuse prevention. HLC can cover your costs- call 563-1330 to learn how.
- **Prime For Life Instructor Training** on August 10-12: Do you know a high school teacher, or community youth worker who may be interested in getting trained to teach the Prime For Life curriculum to high school youth? Call us today at 563-1330 to learn more about this free opportunity.



TIPS FOR TALKING WITH PRETEENS

Kids in the 9-13 age range are curious about the world. Answer their questions as best you can, but always work to keep the conversations open. You're their best resource, and if they think they can come to you once, they'll keep coming back, so keep the conversation going.

TIP: Talk with them about strategies on how to say no - at this age, they can use you as a reason to not use drugs or alcohol. Help them find a way to say, "my parents won't let me play basketball if I do", or "I'll be grounded for a month."

TIP: Promote their self confidence by giving them opportunities to make decisions. It lets them know you trust them, and their ability to make good choices.

TIP: Use facts to reinforce your message, not fear. Instead of, "***Kids who are caught drinking or doing drugs get thrown in jail.***" Try saying: "***It's against the law for people your age to drink alcohol or use drugs. You've always done a good job knowing right from wrong and I trust you to not do something that's against the law.***"

These tips, and more are from Colorado's Speak Now campaign. Learn more here: <http://speaknowcolorado.org/>

MARK YOUR CALENDAR: NEXT COALITION MEETING

Our next coalition meeting will be on Wednesday, June 22nd at 11am. At our last meeting, we decided to have the June meeting focus be on marijuana. More details will be sent out soon- we hope to see you there!

Visit us online at www.healthylincolncounty.org

