



# SOUTHEAST REGIONAL SUPPORT CENTER

Southeast Regional Support Center

Volume 9, No. 5

Winter Issue

## Check out 2 new resources now available!

### *\*QPR For Suicide Prevention*

“Suicide is a serious public health problem,” David Satcher M.D., Surgeon General of the United States.

Would you like to make a difference?

Would you like to learn about suicide and how to prevent it by becoming a Certified QPR Instructor?

Would you like to learn to teach others to help prevent suicide?

The QPR Institute is a multidisciplinary educational organization whose primary mission is to provide suicide prevention training to the general public, professionals and to institutions. We believe everyone needs to take an active role in suicide prevention if lives are to be saved.

QPR stands for Question, Persuade, and Refer. The QPR Gatekeeper attends a one-hour training program open to the general public and teaches participants how to Question, Persuade and Refer someone for help.

Call Cassie at the Support Center for further information (651-5153).

(Source: QPR Institute)



### *\*N-O-T NOT ON TOBACCO Tobacco Cessation for Teens*

*N-O-T* is the American Lung Association’s “Total Health Approach To Helping Teens Stop Smoking.” The program is designed to help high school students: 1) stop smoking or 2) reduce the number of cigarettes smoked; 3) increase healthy lifestyle behaviors; and 4) improve life management skills.

*N-O-T* helps teens beat their addiction to smoking by: *Identifying the reasons why they smoke; pinpointing the social influences that affect smoking behavior; combating social pressure from friends and family who smoke; understanding the immediate benefits of quitting; setting realistic and attainable goals for change; and developing life management skills for use throughout life.*

Call Cassie for further details!

14TH  
ANNUAL  
COMMUNITY CARING  
COUNCIL CONFERENCE

**Working with  
Latino Families  
in the 21st Century**  
FRIDAY, FEBRUARY 14, 2003

Career & Technology Ctr.  
1080 S. Silver Springs Rd  
Cape Girardeau, Mo 63703

Louis Cordova is an Intl. and MO Certified Substance Abuse Counselor II, with a bachelor’s degree in addiction counseling, and a Masters in Elementary & Secondary Education with a multi-cultural emphasis in urban settings.

CALL 651-3747 FOR DETAILS  
AND REGISTRATION

A NOTEWORTHY QUOTE

**“Coming together is a beginning. Keeping together is progress. Working together is success.”**

— Henry Ford

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## PRESCRIPTION & OTC MEDICATION ABUSE



There is a widespread belief that taking prescription medications that weren't prescribed for you is "safe." This is definitely a misperception. The danger is that prescription drugs are stronger and purer in concentration (than illicit drugs may be). Prescription drugs are more accessible and tend to cost less (than illicit drugs). Prescription Drug Abuse is a serious issue in our country today.

According to NIDA (National Institute on Drug Abuse) "Prescription drug abuse accounts for about a third of all drug abuse in the United States." (CADCA-Community Anti-drug Coalitions of America, Prescription drug abuse prevention TOOL KIT,p.3)

Prescription medications are used for managing severe or chronic pain, restoration of emotional or behavioral balance, controlling sleep disorders, or in fighting obesity. When these medications are abused, there are consequences, including addiction, that can be dangerous or even deadly. ([http://www.nida.nih.gov/NIDA\\_Notes/NNVol16N3/tearoff.html](http://www.nida.nih.gov/NIDA_Notes/NNVol16N3/tearoff.html), NIDA NOTES, *Facts About Prescription Drug Abuse and Addiction*, August, 2001, Vol. 16. (3)

The CADCA Prescription Drug Abuse "TOOL KIT" reports the following data from the 2000 Natl. Household Survey on Drug Abuse:

- All age groups show prevalence of prescription drug abuse.
- An estimated 9 million people (aged 12 and over), equaling about 2% of the population use
- prescription drugs non-medically: 2.6 million use pain relievers; 1.3 million use sedatives or tranquilizers, and .9 million use stimulants.
- Those in the aged 18-25 group were found more likely to begin abusing prescription drugs than those in other age groups.
- Girls between the ages of 12-17 were found more likely to begin prescription drug abuse (stimulants and sedatives) than boys.
- Women who use sedatives, anti-anxiety drugs, or hypnotics were found to be "almost twice as likely as men" in becoming addicted.
- 13% of the US population is made up of people over the age of 65, which consume 1/3 of all prescription drugs. Suffering from multiple diseases with multiple prescription drug treatment often occurs, leaving them more vulnerable to unintentionally misusing and becoming addicted.

The NIDA Research Report Series reveals several trends of prescription drug abuse concern including: abuse seen among adolescents, women, and older adults.

Why is the misuse of prescription drugs the most common form of drug use among the elderly?

- The elderly use prescription drugs approximately three times more than the general population.
- Compliance with taking medication directions is poor.
- Elderly patients may be prescribed inappropriately high doses of medications and remain on them a longer time (the body's metabolism function decreases as age increases).
- Increased risk of falls and driving accidents, along with cognitive impairment occurs with benzodiazepine use in the elderly, with possible physical dependence occurring if taken longer than four months. (NIDA NOTES).

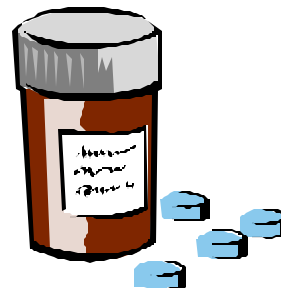
The Drug and Alcohol Services Information System "The DASIS Report" notes several interesting statistics:

### Race/Ethnicity of Admissions

In 1999, 87% of prescription and OTC drug abuse reported hospital admissions were among Whites. Blacks made up only 5% of these types of admissions, while Hispanics accounted for 4% (other = 4%).

### Sex of Admissions

- Varied according to the type of drug being abused
- Rx. narcotics-either male or female
- Rx. stimulants-male more likely
- Rx. tranquilizer/sedatives-women more likely
- OTC meds-primarily male



Age at Admission

**PRESCRIPTION & OTC MEDICATION ABUSE CONT....**

- Also varied to type
- Rx. narcotics/tranquilizer/sedative admissions-started at age 12, then peaked at ages 22, 30 and 40
- Rx. stimulant admissions started earlier around age 11, with many peaks at ages 18, 20, 22, 28, and 36
- OTC med admissions started at age 12, with early peak at age 16

Age at First Use

- Also varied to type
- Rx. narcotics-age 24
- Rx. stimulants-age 18
- Rx. tranquilizers-age 23
- Rx. sedatives-age 22
- OTC meds-age 18



As you can see from the information just given, prescription and OTC medication abuse is a serious problem in our country needing to be addressed!

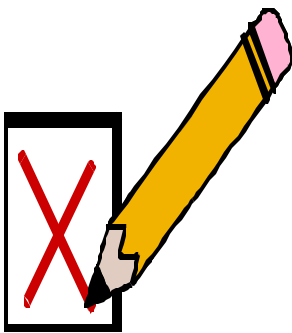
What can be done? You can.....

Help increase awareness-educate others about dangers of prescription & OTC drug abuse and how it can occur.

Work with others in the community. Conduct a needs and assets assessment.

Continue to increase awareness -Engage: Media Educational systems Medical community

**MARK YOUR CALENDAR....**



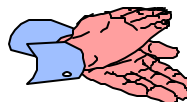
**STATEWIDE PREVENTION  
CONFERENCE  
JULY 23-24, 2003**

**KANSAS CITY MARIOTT-DOWNTOWN  
200 WEST 12TH STREET  
KANSAS CITY, MO 64105  
816-421-6800  
OR [WWW.MARRIOTTHOTELS.COM/MCIDT](http://WWW.MARRIOTTHOTELS.COM/MCIDT)**

**Midwest Community Transformation Institute Training**

Transform Your Community Coalition Into A High Performance Work Group (6 Sessions in 6 Months)

We are fortunate to have a group from the Cape/Jackson area participating in this great training opportunity  
**THANK YOU!**



To Betty Freeman & Kay Azuma from the Community Caring Council for representing the Southeast Region.



## C2000 UPDATE

Several C2000 teams have been busy bees!

October has flown by! **Red Ribbon Week/Month** was a success!

Fredericktown students theme was *America Can Be Drug Free And Proud*. Students got to wear: weird hair; red, white & blue clothes; and their favorite hats and sunglasses that week. The school district held an annual community walk. Over 300 students attended the Middle school dance. The elementary school sponsored a very successful canned food drive and had a lot of fun racing scooters! Signs & banners with drug-free messages were plastered around town .

WAY TO GO!

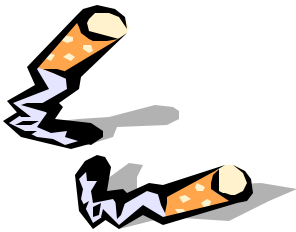
*\*We'd like to say WELCOME! To Mary Jo Jansen- the new team leader in Fredericktown and wish Dr. Kelly Burlison BEST WISHES! in his new role.*

Red Ribbons and educational pamphlets/posters were provided to Jackson and disseminated throughout the grades. Cassie provided prevention materials to high school parents at their parent teacher conferences/open house. The touching "Red Ribbon Story" was read during the week throughout the schools.

Jackson also displayed a drug-free float in the annual Christmas parade.

### GREAT AMERICAN SMOKEOUT REPORT

Fredericktown disseminated booklets & pamphlets loaded with smoking facts throughout their schools. Students were able to participate interactively with lung models and props.



The Southeast Missouri Cancer Control Coalition supported November 21st by visiting 80 restaurants in the Cape/Jackson area. The restaurants were encouraged to go "smoke free" for the day. The 6 participants were recognized in the local newspaper.

Did you know? We have 46 completely smoke-free restaurants in this area.

To check them out visit [www.breatheEasymo.org](http://www.breatheEasymo.org)

The Ste. Genevieve Community Services Forum/C2000 Team has been working diligently on their **VITAL INDICATORS project**.

The Vital Indicators project is gathering opinions from people from all parts of the county and all walks of life to decide how to assess the well-being of their county. The information will be used to develop an annual "report card" that will give specific measures of achievement towards those goals.

Keep Up The Great Work!!!

## "An Ounce of Prevention Is Worth A Pound of Cure"

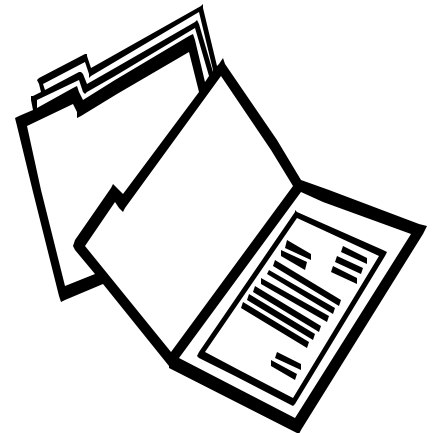
Support Center staff visited Alma Schrader Elementary in Cape Kelso C-7 in New Hamburg/Benton Lee Hunter Elementary in Sikeston &

Oran Elementary and Middle Schools during red ribbon week/month and also

judged Kelso C-7's drug-free classroom door decorating contest.

What creative minds! They all did a beautiful job!!

### PREVENTION IS THE





## C2000 UPDATE CONTINUED . . .

Perry County Community Health Task Force/C2000 Team received funding from ADA to continue with the CHAMPS mentoring program and a new program called “Seeking Answers”.  
*CONGRATULATIONS!!!!!!*

Bollinger Co. Children and Youth/C2000 Team representatives are implementing the model program “ALL STARS” at Meadow Heights School. Last year it was implemented at Woodland. *GREAT JOB!*

Mission Missouri is a grassroots not-for-profit faith-based organization located in Sikeston, Mo. The Sikeston Interagency Staffing Counsel/C2000 Team influenced the Missions development several years ago and has supported it since. The following are a few of the examples Mission Missouri offers it’s community: a Soup Kitchen; Clothes Closet; Potter’s House Sunday worship service; Workforce Preparation Classes; Faith Mentoring; Health Fairs; a 6-week Summer Day Camp; a Community Room; A one-day, yearly Block Party; a summer Sunrise to Sunset vegetable garden; a Weed & Seed Safe Haven; and a multi-cultural, Inter-denominational Mass Choir. **A HOMELESS SHELTER & SUBSTANCE ABUSE RECOVERY CENTER IS COMING SOON!!** *KUDOS! TO ALL THOSE DEDICATED INDIVIDUALS MAKING THE DIFFERENCE IN THE LIVES OF THOSE LESS FORTUNATE!*

Cape Weed & Seed Steering Committee/C2000 Team continues to implement the Friday “Late Night” basketball program. Youth are offered a supervised alternative drug-free social and healthy activity on Friday nights. An average participation rate shows that 30-50 youth are “off the streets” weekly while participating in this program. *THANKS FOR CARING FOR OUR YOUTH!!*

## FYI . . . (MYAA)

The Missouri youth/adult alliance  
Has launched a new state-wide  
Program designed to discourage younger  
adolescents from trying alcohol called  
“12 mirrors 21.”

This public-awareness campaign teaches parents that while 12 yr. olds try to appear older than their age and “mimic” adult behavior, their minds & bodies are too immature to handle  
alcohol like a 21 yr. old.

To learn how parents can influence their children’s attitudes & behaviors by controlling alcohol availability in their homes & setting an example for how alcohol is used visit

[www.myaa.org/12m21/index.htm](http://www.myaa.org/12m21/index.htm)

## ANOTHER NOTEWORTHY QUOTE

### Believing is Seeing

Beliefs influence perception.  
Perception structures reality.  
Reality suggests possibilities.  
Possibilities generate choices.  
Choices initiate actions.  
Actions affect outcomes.  
Outcomes impact beliefs . . .

Awareness facilitates change.  
Change anywhere becomes  
change everywhere.

—Tobin Quereau, 1994



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\*Note- New phone number

# MISSOURI'S 2000 COMMUNITY

## *Our Mission*

LOOK FOR OUR NEWSLETTERS  
QUARTERLY NOW!

Please call Leah or Cassie at  
(573) 651-5153 if you would like  
to add information about your team  
and/or community events to  
our newsletter. ?

The mission of Southeast Regional Support Center is to promote and facilitate the development of community prevention initiatives concerning the use and abuse of alcohol, tobacco and other drugs by serving as a catalyst for mobilization and change in the communities of Service Area 21.

WE'RE ON THE WEB!  
[www5.semo.edu/community2000](http://www5.semo.edu/community2000)

Feel free to look around our web site. It is full of useful information, links, and other resources. If you have any questions, please contact us. (Our contact information is listed at the bottom of each page).

**"VISION WITHOUT ACTION IS MERELY A DREAM.  
ACTION WITHOUT VISION JUST PASSES TIME.  
VISION WITH ACTION CAN CHANGE THE WORLD."**

— JOEL BARKER

## **"Anti-Drug" Mural Resource Available for Groups**

*Five Steps to Planning an Anti-Drug Community Mural* resource guide offers tips for developing temporary and permanent murals on various types of surfaces.

This guide introduces ways to engage youth in decision-making skills while encouraging a "healthy, drug-free lifestyle."

The guide is available online at  
[www.TheAntiDrug.com](http://www.TheAntiDrug.com)

