

February 2014



coalition news

Prevention news and information from the Tiverton Prevention Coalition

Expert advice for Tiverton youth on achieving peak performance: Feb. 27

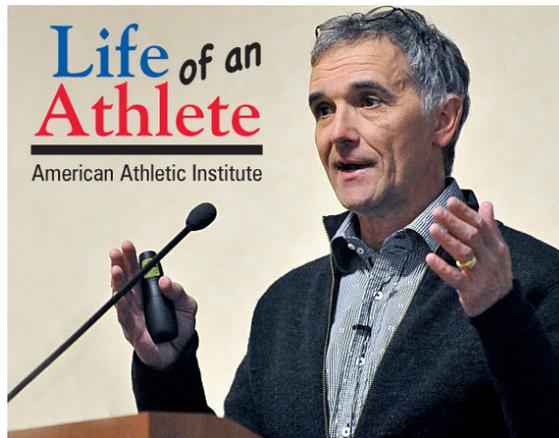
John Underwood, an internationally recognized human performance expert, will be in town on February 27 to introduce Tiverton's athletic directors, coaches, parents and students to his innovative "Life of an Athlete" (LOA) program, now used by more than 700 colleges and universities and thousands of schools in 39 states.

"More than 70 percent of Tiverton middle and high school students participate in school or Town athletic programs, and we hope LOA has a direct impact on helping them achieve their peak performance," said Rebecca Elwell, coordinator of the Tiverton Prevention Coalition. The Coalition is sponsoring Underwood's upcoming workshops and presentations as part of its "Around Every Corner" Parent Education Series.

"While this program focuses on athletes," Elwell added, "the model has been shown to have a positive impact on all segments of the school and community. Its basic principles, all geared to achieving peak performance, can be applied across all co-curricular activities, not just athletics."

LOA is a community approach to reducing risk and increasing protective factors for student athletes. It relies on setting clear consistent boundaries for behavior, increasing understanding of consequences, teaching appropriate lifestyles and establishing a process to identify and help those involved in drug use or behaviors of concern.

Underwood is the founder and director of the American Athletic Institute and Life of an Athlete Human Performance Project and has conducted the only physiological case studies of the residual effect of alcohol on elite athletic performance. A former NCAA All-American, has worked



with nearly all sport federations including the NCAA, NHL, NFL, NBA. Underwood is also a human performance consultant for the U.S. Navy SEALs and the USAF.

On February 27, Underwood will talk about how parents can use LOA principles to help their kids achieve peak performance, whatever their life interests may be. The presentation, open to the public, will be held at the Tiverton High School auditorium from

7 to 8:30 pm. Doors open at 6:30. Admission is free. *Donations to support ongoing prevention work in Tiverton are welcome.*

Around the Country: Washington Weed

Can the Ocean State learn from the Evergreen State? The Washington Association for Substance Abuse and Violence Prevention recently issued a researched-based [position statement](#) in the aftermath of its state's legalization of "recreational marijuana." How the new law will ultimately affect Washington's youth remains to be seen but WASAVP published several findings that may well portend the future, including that marijuana is the number one reason Washington youth enter in-patient substance abuse treatment and rates of driving under the influence of marijuana, including among youth, have increased significantly since legalization. *Let's just say: Caveat emptor — buyer beware.*

Should RI legalize and regulate marijuana?

Providence Journal On-line Poll Results as of Feb 17, 2014

YES
3,212

NO
8,179



REBECCA'S notes

I was at the press conference at the State House on February 12 when Sen. Josh Miller and Rep. Edith H. Ajello introduced [legislation](#) to allow “recreational marijuana” in Rhode Island this year. They (and the Marijuana Policy Project) want to allow anyone 21 and over to possess up to an ounce of marijuana (about 40 to 50 joints) and be allowed to grow 2 marijuana plants at home. They want to authorize 10 retailers to sell marijuana throughout the state. They said this legislation would eliminate the black market and produce “tens of millions of dollars” in new revenues. Note: *I tried to ask a question about a recent study by the nonpartisan Rand Corporation that concluded legalization wouldn't curtail and may even fuel black market activities. I was cut off “due to time.”*

As a prevention specialist, my head was reeling on the ride home. I thought about how increased availability of marijuana increases use, a prevention fact. The sponsors say don't worry, we'll regulate it — seemingly oblivious to the fact that “strict regulation” has not prevented high rates of alcohol and prescription drugs abuse by our youth, right now. I also thought about “perception of risk.” We know that if kids don't think marijuana is very harmful, they are more likely to use it. Right now, nearly 50% of RI youth don't think marijuana is very harmful. What message will our legislators send to our kids with this bill? None of them addressed this problem at the press conference.

But they did talk about “tens of millions of dollars” in revenue — with no specifics. Sen. Miller and Rep. Ajello should disclose the bona fide tax income projections, based on fees, taxes and penalties stipulated in their bills, that will lead to this multi-million dollar tax windfall. Then, whatever the number is, maybe we can begin to talk seriously about whether it's worth the price our kids will likely pay.

Please, contact Miller, Ajello and our state representatives. Tell them what you think.

[Sen. Joshua Miller](#) [Rep. Edith Ajello](#) [Rep. Dennis Canario](#)
[Rep. Jay Edwards](#) [Sen. Lou DiPalma](#) [Sen. Walter Felag](#)
[Sen Christopher Ottiano](#)

Tiger Hunting in Tiverton

More than 300 Tiverton High School athletes gathered in the school auditorium on January 31 for what could be called a local safari for real Tiverton Tigers.



Varsity basketball coach Dave Landoch and assistant football coach Bill Phillips volunteered to serve as faculty advisors for a new athlete leadership group at THS.

THS Athletic Director Bob Murray introduced a new prevention initiative, sponsored by the Coalition, that described the “breed” of tiger we're looking for: high school athletes who consistently make positive healthy choices; demonstrate leadership, dedication to their team and commitment to their school; exhibit respect for others; possess integrity, honesty and kindness; and are committed to improving themselves and their community.

THS coaches and teachers Bill Phillips and Dave Landoch volunteered to serve as faculty advisors for the group and their first task is to review nearly 300 nominations submitted by students by private ballot at the assembly.

“I'm really thrilled that Dave and Bill agreed to take on this extra responsibility. Not only are they known and respected by the kids, they are exactly the role models that Tiverton Tigers can aspire to,” Rebecca Elwell said. “They will advise, but the program will be very student-directed. When students take ownership, they're sure to have a very positive impact on other students and the community at large.”

Comments? Questions? Interests?
Call 401-835-5311 or send us an email at Rebecca@tivertonprevention.org.
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