



News

December 2011

THS Has It Covered! Volunteering Reduces Youth Drug Use

A recent national publication ran an article headlined “**Volunteering & Helping Others Reduces Risk of Substance Use in Rural Adolescents.**”

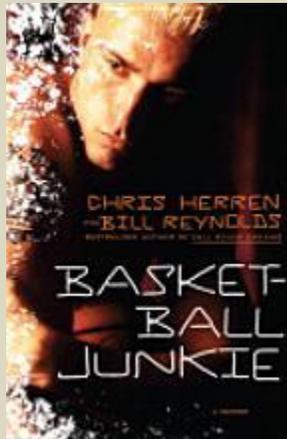
“There is a tendency for youths to take part in risky behaviors if they are not engaged in positive, structured activities” according to Gustavo Carlo of the University of Missouri lead researcher on the study

Tiverton High School Community Service Program supports prevention and healthy lifestyles by engaging students in positive experiences. Tiverton Schools show their commitment to civic education by supporting community service as a requirement for graduation.

On a related note:

The Tiverton Prevention Coalition would like to welcome and congratulate Tiverton School’s new Community Service-Learning Coordinator, Sheila Kauffmann. Sheila was hired to replace Rebecca Elwell who held the position for nine years and left to coordinate the Drug Free Community Program for Tiverton.

Sheila brings enthusiasm, deep connections to the community, and a commitment to providing a positive experience for each student. Welcome and best wishes to Sheila!



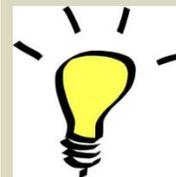
Chris Herren Presentation:

Save the date:
Feb 2 6:30p.m.
at Tiverton High
School Auditorium

Durfee High School basketball legend, Chris Herren shares his story of going from rising star to hitting rock bottom when he was found in Fall River, near death over the wheel of his car, a bag of heroin on the passenger seat. Sober since 2008, the one-time star has rejoined his family, and now mentors young players and speaks to high schools, colleges, and organizations about his experiences.

Join us for a presentation you will never forget!

DID YOU KNOW?



70% of people age 12 and older who abuse prescription painkillers say they get them from relatives and friends.

Bah Humbug...

Holiday time, so often associated with celebration, joy, and family togetherness, can also be a source of distress and loneliness for some.



Ranging from a mild case of the holiday blues to full-blown despair, this is the time of the year that many people experience feelings of depression, sadness, and loss.

Holiday depression is common; perhaps up to 10% of the population suffers from it to some degree or another. It can have many triggers: memories of a happier time in our lives, grieving a loved one who is no longer with us, or by seeing so many others who have someone special in their lives — whether it be their family or a significant other — to share the season with. The cause may be a combination of things including the existence of ongoing mental health issue.

If you or a loved one is experiencing symptoms of depression, help is available.

A useful list of Mental Health/Substance Abuse resources is available at the Tiverton Prevention Coalition Website:

<http://tivertonprevention.org/resources.php>

DID YOU KNOW?



Alcohol is a factor in four in 10 deadly car crashes.

'Tis the season to drive safely!



December is National Drunk and Drugged Driving Prevention Month.

Coalition Upcoming Dates:

January 23 9 a.m.

Coalition Meeting @ THS Conference Room
All are welcome

February 2 6:30 p.m.

Chris Herren Presentation @ THS Auditorium
All are welcome

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Find us on Facebook!



Check out our website!

www.tivertonprevention.org

Top Tips For Hosting A Safe Holiday Party



Parties are a highlight of the holidays. It's fun to get together with family and friends to celebrate this festive season. When planning a gathering, you know there is much preparation — from food and drink to decorations and music. But don't overlook your most crucial responsibility: keeping your guests safe.

When you invite guests into your home, you could be held responsible if someone is injured while on your property or if a guest leaves your party impaired and gets into an accident.

Alcohol is often a part of holiday parties. It's also a factor in four in 10 deadly car crashes. Young people are especially at risk. Alcohol-related highway crashes are the leading cause of death for teens and the young - but no one is immune.

DID YOU KNOW?



Parenting is Prevention:
Parents, you are the first line of defense when it comes to your child's drug use or drinking. And you truly make a difference!

When planning your party, this checklist can help you have fun and stay safe:

1. **Never serve alcohol to anyone under the age of 21.** It's the Law!
2. **Don't make alcohol the main focus of social events.** Entertain guests with music, dancing, games, food, and conversation.
3. **Offer plenty of nonalcoholic beverage choices.** In fact, one in three adults prefers nonalcoholic drinks. Serve up sparkling water, fancy juice drinks, soft drinks, and bottled water.
4. **Provide guests with healthy and appealing foods.** This helps slow the effects of alcohol. High-protein and high-carbohydrate foods - such as cheese and meat - are great. Avoid salty foods, which may prompt people to drink more.
5. **Stop serving drinks at least an hour before the end of the event.** Instead, serve coffee, nonalcoholic beverages, and desserts. But don't rely on coffee to sober up guests. It still takes the same amount of time for the alcohol to leave one's system.
6. **Before the party, find the people who won't be drinking.** Recruit people who won't be drinking to help make sure your guests get home safely.
7. **Don't let anyone drive if they have been drinking.** Offer your guest a room or the couch for the night, call a cab, or ask someone else to drive your guest home. If the drinker insists on driving, take the keys or temporarily disable the car.