

asac action

March 2010

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Bridging the Gap

In an effort to bridge the gap for individuals in treatment with the recovery community, ASAC's Adult Halfway House has created and implemented a new group comprised of former clients who are active in the local recovery community. These individuals have agreed to come in as speakers for ASAC's current halfway house clients. This group is intended to provide a face and a name to people in the recovery community to improve the transition out of treatment. The group is held on the main ASAC campus on Sundays at 6:00 p.m.

"My vision is to build this group into a defined resource for people in treatment, said Kelly Reitzler, Director of ASAC's Adult Residential treatment program, "I hope to conduct quarterly meetings to get feedback and suggestions and to move into our offering recovery coaching in Linn County."

Linn County Hispanic Outreach



With a grant from The Greater Cedar Rapids Community Foundation's Community Fund, ASAC's Prevention Services recently debuted a social marketing campaign targeting the Cedar Rapids Latino community. In addition to the above billboard, that is located on First Avenue SW, area Mexican restaurants are also displaying table tents with the same message - "Live to the Maximum! Free from Drugs". For more information or to get involved in ASAC's Hispanic Outreach efforts, contact Amy Smith, Prevention Specialist, at 319-390-4381 or asmith@asac.us.

Town Hall Meetings to Address Underage Drinking

Underage drinking continues to be a leading public health problem in the United States. Alcohol use threatens the safe and healthy development of more young people than any other substance—even more than tobacco and illicit drugs. As part of a national effort to help communities in their efforts to stop underage drinking, a series of Town Hall Meetings will take place across America. Local events include:

Cedar Rapids - The Linn County Partnership on Substance Abuse is sponsoring LISTEN UP on March 28th from 2:30 p.m. -4:30 p.m. for Linn County high school youth to share their insight on alcohol and marijuana in Linn County. This event will be held at the Cedar Rapids Downtown YMCA. We encourage students to register at the Listen Up event page on Face Book. Registration is not required, but the first 20 students that register will receive a \$10 ITUNES gift card (only youth from Linn County are eligible for the gift card). Feedback from the youth participants will be shared at the next Linn County Partnership on Substance Abuse meeting in April.

The Rural Communities Rise Above the Influence coalition is sponsoring two Town Hall Meetings:

Mount Vernon - A Town Hall Meeting will be held in connection with the high school's Freshmen Orientation on Thursday, March 25 at the Mount Vernon High School Commons. It starts with an Issue Dinner at 5:30 pm where, after listening to a panel of experts, small groups will discuss youth substance abuse issues. Panel members include a University of Iowa Professor of Public Health, a medical professional, Assistant Linn County Attorneys, a drug enforcement expert, and a local pharmacist. The event is open to the public.

Springville - A youth Town Hall meeting on Underage Drinking will be held on Monday, April 5, from 6-8 p.m. at the Springville Community Center. The panel will be all high school youth, there will be an interactive game and discussion, followed by high school and middle school students and the community adults cleaning up Cox Lake Park together, with a little fun mixed in. The whole event is open to anyone interested.

Monticello - The Jones County Safe and Healthy Youth Coalition is proud to sponsor *Listen Up Jones County* on March 25 from 6:00-7:30 p.m. at the Renaissance Center. This event will be lead by our local Jones County youth to gain a better understanding of the issues facing our teens in regard to alcohol use. We invite and encourage all youth in Jones County to attend this event!

Vinton - Join us for a community conversation about underage drinking in Benton County. We will have a panel discussion with presenters from health care, law enforcement, the faith-based community, and others. A meal will be served to all participants upon arrival, and there will be a drawing for great prizes! We will also play some games and you'll hear some impactful messages from communities similar to Benton County. There will be information and displays about the activities that the Above the Influence Coalition has taken part in this year, as well as information about future plans. Interact with our members and learn about why reducing underage drinking is so important and what you can do to help! This event will take place on Monday, March 29, 2010 from 6:30 p.m.– 8:00 p.m. at Vinton City Hall, 310 A Ave. Vinton, IA. All are welcome at this community event! It will be both informative and fun!

In April there will also be Town Hall Meetings held in Camanche, Clinton and DeWitt. Dates and times have not yet been finalized.

ASAC Receives Grant Funding

ASAC has received \$25,000 from The Greater Cedar Rapids Community Foundation Flood Fund to provide treatment services to Linn County residents affected by the June 2008 Flood. Through the end of 2009, ASAC had provided substance abuse treatment services to over 600 flood-affected individuals and families. We also received \$2,400 from the Linn County Board of Supervisors Weaver Witwer Trust for coalition efforts to address youth substance abuse in rural Linn County. We appreciate the support from The Greater Cedar Rapids Community Foundation and to the Linn County Board of Supervisors.

National Survey of American Attitudes on Substance Abuse

Compared to teens who have not seen their parent(s) drunk, those who have are more than twice as likely to get drunk in a typical month, and three times likelier to use marijuana and smoke cigarettes, according to the National Survey of American Attitudes on Substance Abuse XIV: Teens and Parents, the 14th annual back-to-school survey conducted by The National Center on Addiction and Substance Abuse (CASA) at Columbia University.

The CASA survey found that 51 percent of 17-year olds have seen one or both of their parents drunk and 34 percent of 12- to 17-year olds have seen one or both of their parents drunk. Teen drinking behavior is strongly associated with how teens believe their fathers feel about their drinking. Compared to teens who believe their father is against their drinking, teens who believe their father is okay with their drinking are two and a half times likelier to get drunk in a typical month.

The survey found that five percent of 12- to 15-year old girls and nine percent of 12- to 15-year old boys say their fathers are okay with their drinking. Thirteen percent of 16- and 17-year old girls and 20 percent of 16- and 17-year old boys say their fathers are okay with their drinking.

“Some Moms’ and Dads’ behavior and attitudes make them parent enablers—parents who send their 12- to 17-year olds a message that it’s okay to smoke, drink, get drunk and use illegal drugs like marijuana,” said Joseph A. Califano, Jr., CASA’s chairman and founder and former U.S. Secretary of Health, Education, and Welfare. “Teens’ behavior is strongly associated with their parents’ behavior and expectations, so parents who expect their children to drink and use drugs will have children who drink and use drugs.”

Breathe Easy Coalitions



"I'm prescribing a patch to help you quit smoking. Wear it over your mouth."

ASAC facilitates Breathe Easy Coalitions in Benton, Clinton, Jackson, Jones, and Linn County. They address tobacco issues such as keeping youth from trying tobacco, helping people access resources to quit smoking, and preventing exposure to secondhand smoke. To become involved in tobacco prevention efforts, please contact:

Linn, Benton and Jones
Meghan Ferol, Chair
319-390-1884 x 205
mferol@asac.us

Clinton and Jackson
Jennifer Gerdes, Chair
563-242-2124
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For more information on the Breathe Easy Coalitions go to
www.coalitionconnections.com/breathe-easy.php