

# asac action

October 2008

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## HEART OF IOWA RECOVERS

So much has been accomplished since the flood waters hit Heart of Iowa's campus on June 12th. The program has moved four times: to ASAC's main campus, to Cornell College in Mount Vernon, to the Mental Health Institute in Independence, and then on September 3rd, back to the Heart of Iowa campus. The treatment facility is now open so we have 24 apartments to house our residential families. Unfortunately, it will not be until early November that Apartment Building 3910 will be ready. Each day that the building is not available 12 families cannot receive the treatment and supportive services they need. And, Heart of Iowa loses over \$1,584 in Medicaid revenue. Medicaid is the primary source of revenue for Heart of Iowa. It pays for the treatment services for the majority of our clients. With fewer clients we also have fewer children which also negatively affects our childcare revenue.

Efforts are underway to generate grant funding to make up the estimated \$200,000 in lost Medicaid revenue Heart of Iowa will experience during our flood recovery. We expect this to be a short term budget shortfall. We should re-grow Heart of Iowa to its program capacity, 36 families, by the end of the year. This \$200,000 reduction in program revenue is in addition to the cost of rebuilding the facilities and replacing lost contents. We anticipate that our uninsured capital loss will be approximately \$700,000. To date we have not received any FEMA for SBA funds to help cover this expense.

We are thankful for the many donations and grants that have helped us with the flood recovery. To date we have received over \$31,000 in cash donations and \$41,000 in grant funds. In addition we have over \$80,000 in pending grant applications.

United Way of East Central Iowa provides ASAC with funding for our substance abuse treatment programming in Linn Benton and Jones counties. More than ever, this financial support is very important to Heart of Iowa. Please give generously.

## TAKE CHARGE CONFERENCE

On Wednesday October 1, 2008 approximately 150 area high school students attended the 2008 Take Charge Conference at Kirkwood Community College. The conference, an annual event of ASAC's Prevention Services and local sponsors, provided training to empower students to be good role models, provide peer education, and be advocates in their communities to make positive social changes in regard to substance use. At the conference, students gained information on alcohol, tobacco, and marijuana. The day's agenda also included informational sessions on topics such as presentation skills and how to talk to the media. Each year the conference chooses a keynote speaker from the community to talk to the students about being good role models and making positive choices. This year's keynote speaker was former Iowa Hawkeye and Pro-Bowl player Marv Cook.

The Take Charge committee would like to thank for following for their generous donations to the conference: Primus Construction, Breathe Easy Coalition, Linn County Underage Drinking Coalition, & the Linn County Partnership on Substance Abuse.

# PARENTS PAGE

## **Academic Success: Get the Facts** *(Parenting Tips@TheAntiDrug.com)*

A teen's performance in high school has long-term implications. Grade point averages and test scores can dictate where they go to college, and their success in high school is often an indicator of how they will perform later on campus and in the job market. So, don't let drug use hold them back.

What can you do to ensure your children reach their full potential? It is easy; just remember the vowels:

- A** Advise your teen to get involved in behaviors that are safe, fun and removed from drugs, such as sports or other extracurricular activities
- E** Establish clear rules with clear consequences and encourage and reward good behavior, but more than anything, be a role model for your kids
- I** Involve yourself in your teen's life
- O** Overlook your fear of having sensitive conversations, and look for the opportunity to talk to your kids
- U** Unite yourself with the rest of your family, other parents, and organizations in order to have the support of others who have also faced this problem.

## **How Can Marijuana Use Impact a Teen's Academic Success**

1. Students who smoke marijuana get lower grades on average and are less likely to graduate than their nonsmoking peers.
2. Marijuana has an adverse impact on memory and learning that can last for days or weeks.
3. Because marijuana compromises the ability to learn and retain information, teens who use regularly run the risk of falling behind in school and of compromising their drive and ambition.
4. Some frequent, long-term marijuana users show signs of not caring about what happens in their lives, fatigue, and no desire to work regularly, which can result in poor school performance.

## **You Make the Difference**

All young people face challenges as they grow and mature, and the dangers and temptations of drugs are all around. As parents and people who care about young people, you want the very best for them - you want them to lead productive and happy lives. Parents and family are still the most important influence in young peoples' lives, so keep the lines of communication open, set a clear "no drugs" rule, and continue to discuss the dangers and consequences of drug use.

## **Should I be worried about YouTube, Facebook, and MySpace?**

Many teens say their parents are unaware of the wide-ranging access they have to risky behaviors once they are in front of a computer screen. And while these popular sites offer some positive opportunities for staying in touch and learning new things, they also expose teens to drug use, promiscuity, and people they've never met offline. Establish clear rules about what your kids can watch online, who they can talk to, and what they can download. Be sure to check the computer history to see where they've been going.

*For more information visit [www.theantidrug.org](http://www.theantidrug.org) and click on Online Exposure.*

## Red Ribbon Week 2008



For the past 20 years, communities around the United States have stopped to celebrate Red Ribbon Week the last week of October. The red ribbon donned by communities is to honor Enrique “Kiki” Camerana, who 20 years ago, was an agent with the U.S. Drug Enforcement Administration who was kidnapped and killed while investigating drug traffickers. Every year communities across the county honor his sacrifice, and commemorate the lives of everyone who has lost their lives to drug abuse and its relative circumstances. This year’s Red Ribbon Week will be held from October 23<sup>rd</sup> through October 31<sup>st</sup>.

This year’s activities once again include a family poster contest for families in Cedar Rapids elementary schools. The theme for this year’s Red Ribbon Week will be “I Want YOU to be Drug Free: Elect to be Drug Free.” Also again this year, first and second place winners will receive gifts and all contest entries will have their posters displayed in the community.

There will also be several events held at local churches and recreation centers during the week that will include basketball games played by middle and high school students. The players will be playing to “Dunk out Drugs” in their community. Information for these events can be found at churches and recreation centers in the area.

We hope the community will join the Area Substance Abuse Council and other community organizations to implement effective alcohol, tobacco, and other drug prevention awareness campaigns in your schools and community.

For more information on either the poster contest or the basketball games, please feel free to contact Denise Bridges ([dbridges@asac.us](mailto:dbridges@asac.us)) or Erin Gavin ([egavin@asac.us](mailto:egavin@asac.us)). The Area Substance Abuse Council would like to wish everyone a fun and safe Red Ribbon Week 2008!

## Midland Provides School-Based Services

Thanks to the Midland School Board and Principal/Superintendent Mr. Nathan Marting, substance abuse services will be continuing in the Midland School District. The Midland School District has contracted with the ASAC to continue the collaborative effort to provide substance abuse assessment and treatment services to students at no additional cost to families. This arrangement began four years ago with Jones County received a grant from the Department of Education, Office of Safe and Drug Free Schools (Keeping Up with the Jones) to reduce youth alcohol use.

Carrie Johnson (LBSW, ACADC), ASAC Youth Counselor, will provide these services. To obtain assessment and treatment services, either call the ASAC’s Anamosa office at 462-4327 or you may contact Mr. Marting, or the school counselor, TJ Cox. Any student concerned about their own use or the use of a friend or family member can make a referral. Referrals are also made as a result of legal charges or good conduct violations. Once a referral is made Carrie will meet with the student and explain the in-school services. An assessment is then completed and if treatment is warranted Carrie will continue to meet with the student to address the issue.

Jennifer Husmann the coordinator for the grant “Keeping Up with the Jones” stated, “ We are happy that the Midland Community School district led the way in realizing the importance of continuing these services. Other Jones County districts/schools are also working on their contracts with ASAC to make it easier for students to receive the help they need with substance abuse issues so they can succeed in life and school.”