



Looking Forward:

Rock Hard and Live Free: Rumble for the Youth Lake of the Ozarks	July 10th
Children's Eye Health & Safety Month preventblindness.org	August 1-31st
Go Skateboarding Day Columbia, Info. 573-443-2556 X1284	TBD
Back-to-School Health Fair Columbia, Info. 573-443-2556 X1284	August 7th
Moniteau Co. Back to School Fair, California Elementary Contact PRC for info.	August 10th
Garage Band Bash Columbia, Info. 573-443-2556 X1284	August 20th

Prescription Drug Take-Backs Reduce Potential for Medication Abuse

On June 12, prescription and over-the-counter drug take-back events were held at several mid-Missouri communities, including Columbia, Jefferson City, Fulton, Ashland, Centralia, Hallsville, Harrisburg, and Sturgeon. Community members brought their unused medications to special take-back locations for safe disposal. More than 57,000 medications were collected in Columbia and Fulton; Jefferson City collected 137 pounds of medications. Organizers included **Ryan Worley**, Assistant Project Director for YC2 in Columbia; **Yolanda Smith**, Fulton; and **Joy Sweeney**, Jefferson City's CDFY Executive Director. Thanks to all of the volunteers, businesses, and organizations that made this event a success!

The events help minimize environmental damage from outdated methods of medicine disposal such as flushing them down the toilet, where they can get into the water supply. In addition, the events help remove unused medications from the reach

of young people who may be tempted to try to misuse the drugs for recreational purposes. Abuse of medications is an increasing problem throughout the U.S., and take-back events are helping communities become more aware of the issue. Nationwide, teens abuse prescription drugs more than any illicit drug except marijuana. The most abused drugs are painkillers, followed by depressants, stimulants, and over-the-counter cough and cold medicines. Teens usually obtain these products from family and friends, but removal from the home can immediately reduce youth access. For more information, go to: stopmedicineabuse.org, drugfree.org, or whitehousedrugpolicy.gov, click on Drug Facts, then on Prescription Drugs.



Photo: A bucket of medications collected in Columbia.

In the News

- ◆ PRC welcomed new staff member **Mona Lara** in March. Mona has done a great job adjusting to life in the field of substance abuse prevention. She has a degree in Sociology/Justice Systems and worked in juvenile justice before deciding to work in prevention. She has experience in volunteer work and is proving to be a great asset to prevention. We're excited to have Mona join us!
- ◆ Boone County residents received an extra surprise during their visit to the Boone County Health Department in Columbia on Friday, June 4. Area vendors came together to provide education, resources, and plenty of door

prizes to expectant mothers and their families. There were over 100 attendees at the event and Boone Family Birthplace was more than ecstatic. This was their first year to host this type of event and they were uncertain of its success, but when they left they were already discussing plans for next year's fair. Area mothers won a variety of door prizes including baby formula, diapers, and clothes. One vendor even donated a new Graco car seat. PRC participated by providing education to expectant mothers about substance use during pregnancy and also gave away a \$25 gift card courtesy of Target.

MILLER CO. BACK TO SCHOOL FAIRS

Free Screenings, Physicals, Preschool & Safety info., school supplies, & more!

Tuscumbia School

2-5 pm, July 26th

Eldon Upper Elementary

1-5 pm, August 2nd

Iberia School

2-5 pm, August 4th

Osage Elementary School

1-5 pm, August 9th

Contact MOCA for info:

573-392-7511

PRC Advocacy Day a Great Learning Experience

Prevention Resource Center (PRC) recently sponsored "Change the World: Make A Difference." This training provided information on a variety of topics in order to help participants become better advocates for change. Topics ranged from air quality and secondhand smoke to advocating for change using the new recovery language. Speakers included: **Stan Cowan**, Department of Family and Community Medicine at the University of Missouri-Columbia and Cole County Partners for Clean Air member; **Tiffany Bowman**, Wellness Resource Cen-

ter at the University of Missouri-Columbia and YC² Chairperson; **Brenda Schell**, Missouri Recovery Network; **Michael Yoakum**, Columbia Substance Abuse Advisory Commission Chairperson; **Ryan Worley**, YC² Assistant Project Director and Youth Advisory Board sponsor; and **Becky Markt**, Columbia Housing Authority and YC² Project Director. Those in attendance included members of coalitions, the faith community, education, counseling, and others. Participants are now ready to be better advocates and change the world!



Tiffany Bowman discusses how to pass a clean air ordinance.

Montgomery County Hosts Underage Drinking Forum

In early May, about 30 people from Montgomery County met to discuss the issue of underage drinking in their area. The meeting was hosted by MCCHIP and the MU Extension office and funded through SAMHSA. Dean Larkin, of MU Extension, compiled a group of community stakeholders made up of law enforcement, county coroners/emergency personnel, and area school officials. Each of the panel members responded to questions about how underage drinking has an effect on their daily routines. Sheriff Bob Davis noted that many parents view un-

derage drinking as a "rite of passage" in their child's life. It was the consensus of the group that much of the alcohol being provided to the teenagers is coming from parents. It was evident that those in attendance feel the need to take action on underage drinking in Montgomery County. Larkin has scheduled a follow up meeting July 15th at the Senior Center in Montgomery City in hopes of starting discussion about creating an underage drinking coalition. Special thanks goes to Lori Riddle for handling the grant and obtaining the food for May's event.

Congratulations to Access to Alcohol, a group of campus and community leaders lead by MU's Wellness Resource Center, which has successfully reduced underage drinking at the college level. They are finalists for the U.S. Department of Education's Models of Exemplary, Effective, and Promising Alcohol or Other Drug Abuse Prevention Programs on College Campuses. This outstanding group has already received the award three previous times. Kudos to the WRC and all of their partners for spearheading this effort!

Trainings

Prevention Advocacy for Higher Education Professionals: Understanding the Rules around Lobbying & Advocacy

July 15th, Columbia; pip.missouri.edu

Controlling Youth Access to Alcohol at Special Events

July 22nd, online; www.udetc.org/index.asp

7th Annual Midwest Conference on Problem Gambling & Substance Abuse

July 28-30th, Kansas City; dmh.mo.gov/ada/news.htm

Show Me You Care about Suicide 2010

July 29-30th, Jefferson City; www.mimhtraining.com

How to Conduct Compliance Checks

July 30th, Columbia; Contact Mike McBride: mcbriedema@missouri.edu or 573-884-7534

Youth Adult Partnerships & Positive Development with University Extension

August 3rd, Columbia. Lunch provided.

Contact PRC for more info.

2010 Real Voices—Real Choices Consumer Conference

August 22-24th, Osage Beach; dmh.mo.gov/index.htm

Alliance for Justice "Worry Free Nonprofit Advocacy" Training

August 25th, Jefferson City

Register: <http://guest.cvent.com/EVENTS/Info/Summary.aspx?e=3540c562-7259-4678-8dda-38ae4310a1fb>

Family Skills Development Institute

September 20-23rd, Marshall, MO; Contact Cherly Zimney: zimnyc@mvcaa.net or 660-886-7476 ext. 816

This Year In Pictures...



YC² holds a press conference for their Prescription Drug Take-Back in June.



Numerous volunteers helped make Prescription Drug Take-Backs a success by helping sort, count, and document medicines.



57,000 old/unused prescriptions were collected in Boone Co. & Fulton and 137 pounds of old/unused prescriptions were collected in Jefferson City during Drug Take-Backs on June 12.



Three students pose with the Baby Think It Over® dolls at the University of Missouri in March.



*Children line up to learn about life skills at the KMOS-TV Kids Day.
Trivia Wheel courtesy of University of Missouri.*



YC² members relax during a break at the MYAA Speak Hard Conference.

Teens Use and they Lose

BEER = ~~STATE DRIVERS LICENSE~~ + ~~\$~~ Or Even **RIP**

Paid for by Project Healthy Living. This project made possible through funding provided by the Department of Mental Health, Division of Alcohol and Drug Abuse.

LAMAR

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Project: Healthy Living promotes zero tolerance to underage drinking with this billboard in Camden County.

PARENTS WHO HOST LOSE THE MOST

Don't be a party to teenage drinking.
It's against the law.

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Project: Healthy Living promotes zero tolerance to underage drinking with this billboard in Miller County.



A community member enjoys himself during round table discussions at the YC² Table Talk in April.



YC²'s Table Talk featured a brief overview of YC², a performance by the Moving Ahead Choir, youth emcees, round table discussions, & pizza.



Participants listen to a presentation about tobacco and air quality at the Advocacy Training.



Diane from PRC at the registration table for the Advocacy Training.