



## Recent Events



Great turnout for the CDFY Ice Cream Social held August 9 at Southridge Baptist Church in Jefferson City.



(left to right)  
Coalition members Ryan Worley, Becky Markt, & Boone Co. Sheriff Deputy Tony Perkins enjoy California at the annual EUDL conference.



ALL AGES CONCERT  
@ TRUMAN HOTEL  
FRIDAY, SEPTEMBER 10<sup>TH</sup>  
8PM – 11PM  
\$5.00

**SPONSORED BY:**  
JC Council for Drug Free Youth,  
JC Suicide Prevention Coalition,  
JC Area Rotary Clubs,  
September RIOT Records



Volunteers “strike a pose” at the July 2010 Rock Hard & Live Free Concert at Lake of the Ozarks. See left for info on the next concert held during Suicide Awareness Week.



(left to right) Dennis O’ Brien, Del McMillen, & Amanda Riley— recipients of the first Missouri Suicide Prevention Awards  
Source: Missouri Suicide Prevention Project

## In the news...

### TRAININGS

Sept. 17 **TIES Training Day**  
School of the Osage

Oct. 7, 14, 21, 28 **Mental Health First Aid** Community United Methodist Church, Columbia

Dec. 8-10 **MO Substance Abuse Prevention Network’s First Annual Prevention Conference**  
Lodge of the Four Seasons

Contact PRC for more info.

The first Missouri Suicide Prevention Awards were announced at the 2010 *Show Me You Care about Suicide Prevention* Conference in Jefferson City on July 29, 2010. The 2010 Awardees were Dennis O’Brien, Media Award for Outstanding Reporting on Suicide; Del McMillen, Survivor Award for Outstanding Community Service; and Amanda Riley, Youth Award for Outstanding Community Service. Amanda is a member of the School of the Osage group TIES (Together in Every

Situation) and has been instrumental in organizing and promoting *Rock Hard and Live Free* suicide awareness events since 2009. A tireless advocate, she has also spoken to her school and community to promote suicide awareness. In addition to her suicide prevention activities, Amanda volunteers with Teens Against Tobacco Use and is a member of MYAA.

Congratulations to Amanda and the other suicide prevention awardees!

**CONTACT US:****Prevention Resource Center****Phone: 573-442-2591****Fax: 573-875-6607**

\* **Linda Frost**, Program Director,  
lfrost@fccmo.org

Serves: City of Columbia

\* **Diane Ooton**, Prevention  
Specialist, dooton@fccmo.org

Serves: Audrain, Camden,  
Cole, Laclede, Miller,  
Moniteau, Monroe, Pike,  
Pulaski, & Ralls Counties

\* **Mona Lara**, Prevention  
Specialist, mlara@fccmo.org

Serves: Boone (except  
Columbia), Callaway, Carroll,  
Chariton, Cooper, Howard,  
Miller, Monroe, Montgomery,  
Osage, Randolph, & Saline  
Counties**NEW ASSESSMENT TOOL**

PRC has created a new tool to help analyze data from the MO Division of Alcohol and Drug Abuse (ADA) Status Reports on Missouri's Alcohol and Drug Abuse Problems. The spreadsheets convert county, regional, and statewide data from raw numbers into percentages and rates in order make comparisons and show trends over time. The reports are compiled annually and include data on a variety of topics. For more information, contact PRC.

**Mental Health First Aid Training Proves to be a Useful Tool for Prevention**

Prevention Resource Center is now offering the 12 hour Mental Health First Aid Course in our 20 county service area. We are excited to bring this up and coming training to mid Missouri. According to the U.S. Department of Health and Human Services in 1999 it was "estimated that **one in four** Americans will have a diagnosable mental disorder at some point in their lives." It is important to know that substance use disorders often times co-occur with other mental illnesses and are diagnosed in about 3.8 % of U.S. adults in a given year. Mental Health First Aid provides an opportunity for community mem-

bers to become more aware of how mental illnesses can affect an individual's life. The course also works to reduce stigma surrounding individuals with mental illness. In addition, those who become certified as a Mental Health First Aider will have the knowledge base to help someone in crisis, provide support, and suggest referrals when necessary. Though you will not be able to diagnose mental illnesses, being aware of the signs and symptoms and how to react to them is a valuable prevention tool. Contact Mona Lara for more information and to schedule a training for your area!

**UMC WRC Is Named Promising Program**

The U.S. Department of Education recently announced the FY10 Awards for the Models of Exemplary, Effective, and Promising Alcohol and Other Drug Abuse Prevention Programs On College Campuses Grant Competition. Five campuses won national awards. The Wellness Resource Center (WRC) at the University of Missouri has implemented comprehensive evidence-based and theory driven alcohol and other drug prevention programs for over 20 years. Their efforts have gone beyond the traditional prevention programming in an effort to create and sustain systemic change in the social, cultural, and physical environment to minimize risk factors for alcohol access and abuse at multiple levels. During the last five

years, their impact has been a 25% decrease in the binge drinking rate, a 24% decrease in underage drinking, and a 25% decrease in drinking and driving. Their campus/community coalition, the Access to Alcohol Action Team, has empowered law enforcement, prevention professionals and community members to address underage and high-risk drinking through a comprehensive environmental management approach. This approach with its proposed enhancements has been named a promising program. Kim Dude is the Project Director of the WRC.

Reprinted/adapted from the U.S. Dept. of Education's August 12 newsletter edition of ED's Safe and Supportive Schools News

**Looking Forward:**

**Sept.** National Alcohol and Drug Addiction Recovery Month.  
[recoverymonth.gov](http://recoverymonth.gov)

**Sept. 10** ADA mini-grant applications due to ACT MO  
**Sept. 5-11** National Suicide Prevention Week. [sprc.org](http://sprc.org) *To Save a Life* teen movie shown nationwide

**Sept. 7** MOCA Poverty Simulation

**Sept. 9** FASD Awareness Day. [fasday.com](http://fasday.com)

**Sept. 9** LEAD Suicide Awareness Town Hall Meeting

**Sept. 10** Jeff City Rock Hard and Live Free Concert and Speaker Kevin Hines

**Sept. 12** MRN Capitol Area Recovery Fest

**Sept. 18** Miller County Art in the Park at Eldon Rock Island-Park

**Sept. 24** P:HL Parent/Teen Expo at School of the Osage High School

**Sept. 27** Family Dinner Day: [casafamilyday.org](http://casafamilyday.org)

**Oct.** National Domestic Violence Awareness Month.  
[Ddvam.vawnet.org](http://Ddvam.vawnet.org)

**Oct. 1** ADA mini-grant awards announcement

**Oct. 3-9** Mental Illness Awareness Week. [nami.org](http://nami.org)

**Oct. 7, 14,** Mental Health First Aid Training, Community

**21, & 28** United Methodist Church, Columbia, MO

**Oct. 15** P:HL Parent/Teen Info Expo at **Camdenton High School**

**Oct. 18-24** National Drug-Free Work Week. [dol.gov/workingpartners/welcome.html](http://dol.gov/workingpartners/welcome.html)

**Oct. 22** ADA FY10 mini-grant year-end report and final budget due to PRC

**Oct. 23-31** Red Ribbon Week. [stopalcohoabuse.gov](http://stopalcohoabuse.gov) or [nfp.org](http://nfp.org)

**Oct. 31** ADA FY10 mini-grant year-end report and final budget due to ADA