

A Program of



Looking Forward:

National Alcohol and Drug Addiction Recovery Month www.recoverymonth.gov	September 1st-30th
National Suicide Prevention Week www.suicidology.org	September 6th-12th
Remember the Stars: Even in Darkness, There is Light	September 12th
Join Hands for Recovery Missouri Recovery Network www.morecovery.org	September 19th
Family Day-A Day to Eat Dinner with Your Children casafamilyday.org	September 28th

Remember the Stars: Even in the Darkness, There is a Light

On September 12th, Project: Healthy Living, the Jefferson City Suicide Prevention Coalition, and Together in Every Situation Coalition will host an awareness event for Central Missouri youth entitled, "Remember the Stars: Even in Darkness, There is a Light." Youth groups from Jefferson City High School, the Camden-ton High School, and the School of the Osage High School have been assisting with the planning of this event. Major sponsors include: the Miller County Health Department, the Camden County Health Department, and the Cole County Health Department. Doors will open at 6:30 pm at the Lodge of the Four Seasons Exhibit Hall at Lake of the Ozarks. Admission is \$5.00 at the door.

This exciting event will feature two speakers from *To Write Love on Her Arms*, (TWLOHA) a not-for-profit organization that focuses on extending hope to people struggling with depression, addiction, self-injury, and suicide. Jamie Tworkowski, founder and president of TWLOHA, will speak at this event, in

- ⇒ According to the CDC's website, suicide is the third leading cause of death for youth between the ages of 10 and 24.
- ⇒ Suicide results in approximately 4500 lives lost each year, the CDC reports.
- ⇒ Over 90 percent of youth who die by suicide had at least one psychiatric illness at the time of death. In about half such cases, the psychiatric illness was present, although often unrecognized, for two years or more. The most common diagnoses among youth are depression, substance abuse and conduct disorders (American Foundation for Suicide Prevention).

addition to Denny Kolsch, a recovering heroin addict speaking about his path from depression and drug abuse. The event will also feature a concert consisting of four different bands: Abandon Kansas, Ghost in the Machine, What Dreams May Come, and In The Crawlspace. This event will focus on promoting healthy choices and encourage youth to seek and develop coping skills before problem behaviors occur.

ART-IN-THE-PARK

September 19
10 am—2 pm

Rock Island Park in Eldon.

Promoted by: Miller County Child Advocacy Council.

Come out for tie-dye t-shirts, food, information, and fun activities for all ages.

In the News:

- ◆ On July 21st, 2009, Linda Frost, Director of Prevention Resource Center, was interviewed by Paul Pepper on NBC's *Pepper and Friends*. The topic of the interview was moderate drinking. Linda was interviewed a second time on August 14th and displayed brain scans of a 15-year-old drinker versus a non-drinker of the same age.
- ◆ The Youth Community Coalition (YC²)

of Columbia welcomed a new staff member, Ryan Worley. Ryan will serve as the Assistant Coordinator for this coalition and has been very involved in community service activities in Columbia. Welcome, Ryan!

- ◆ YC² recently launched a new blog and is also now on Facebook. Check out their blog at: <http://columbiayc2.blogspot.com>.

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Serves: Audrain, Boone
 (except Columbia), Callaway,
 Carroll, Chariton, Cooper,
 Howard, Monroe,
 Montgomery, Osage, Pike,
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 Counties

Coalition Highlight: Cole County Partners for Clean Air

The Cole County Partners for Clean Air coalition is comprised of Jefferson City and Cole County residents committed to protecting individuals from exposure to secondhand smoke and to reducing the harmful effects of tobacco use in their community. The Coalition's target includes enacting a City Tobacco Ordinance that would prohibit smoking in the area's restaurants and bars and incorporating Smokebusters into the area's middle schools. Smokebusters is a program that promotes healthy, tobacco-free environments by decreasing exposure to second hand smoke and reducing tobacco initiation and use among youth through policy change. Youth participating in this program will learn decision-making, problem solving, and advocacy skills.

The coalition has distributed "Smokefree Jefferson City" window clings to more than half of the city's smokefree restaurants and printed "A Smokefree Dining Guide for Jefferson City" that is distributed at all local events. Several coalition members participated in Air Quality samplings in several restaurants and bars in May. To date, the coalition has over 800 sponsors. The coalition has also been purchasing advertising space and air time promoting tobacco-free environments and educating about second-hand smoke with funding from the Missouri Foundation for Health. Coalition members are currently giving presentations at local organizations and meeting and educating City Council members about their coalition goals and to influence policy.

Youth Perform at CDFY Ice Cream Social

Carol Reichards is pictured as she accepts a plaque to commemorate her 22 years as Executive Director of Council for Drug Free Youth.

Council for Drug Free Youth's (CDFY) Annual Ice Cream Social in Jefferson City on August 3rd drew over 370 people and raised approximately \$3,000 through ticket and raffle sales. The event featured lively performances by the youth groups Respect, Show-Me Players, and Safety Kids. These groups, consisting of about 50 young people in all, perform for younger students throughout the school year and must go through rigorous training. Current CDFY Board President Emily Kampeter and Cole County Sheriff Greg White emceed. Other board members served

hot dogs, chips, and ice cream and cake. Performances had a twist this year as the youth also honored the accomplishments of retiring CDFY Executive Director, Carol Reichards. Carol helped to start Council for Drug Free Youth in the mid-1980's and began programs that included Teen Baseline, COPE, Team Challenge (through the Missouri National Guard), media campaigns, and peer education programs. Carol estimated that CDFY's programs reached 220,000 students over her career. Congratulations on your retirement, Carol!



Linda Frost, Becky Markt, & Ryan Worley at the CADCA Mid-Year Training Camp in Louisville.

Prevention Resource Center Joins CADCA

PRC recently joined Community Anti-Drug Coalitions of America (CADCA). CADCA is a nonprofit organization that gives support and resources to community coalitions nationwide. As members, PRC will have access to exclusive training opportunities, conferences, special events, and media

and marketing assistance and resources.

In July, PRC staff member, Diane Ooton, attended the CADCA Mid-Year Training Camp, along with the Youth Community Coalition's Project Coordinator Becky Markt and Assistant Coordinator Ryan Worley, and PRC Program Director, Linda Frost.