

Siouxland CARES

Siouxland CARES 2015 Annual Report

Siouxland CARES
Community-
Wide Awareness, Resources, Education
and Support

Number of Volunteers & Hours
394 volunteers contributed 10,190 hours

**Meetings Coordinated or participated in
aimed reducing substance abuse**
244

Materials Distributed
28,974

Positive Youth Development Sessions
63

Assessment

- Alcohol Awareness Month and Red Ribbon Week Proclamations
- Conducted survey of NCYL students at leadership conference

CONTACT US:

cares@longlines.com

**Thank you to all those
working toward a safe,
healthy and drug-free
community.**

START TALKING BEFORE THEY START USING!!

Looking for some helpful websites?

Great information for parents and youth on laws and other helpful tools can be found in the 14th Anniversary Issue of the Parent Survival Guide from IHeart Media by clicking on

<http://kg95.iheart.com/onair/parents-guide-56933/>

www.drugfreeinfo.org

www.samhsa.gov

www.iowapoisoin.org

www.elks.org

www.jacksonrecovery.com

www.iowa.gov/oncp

www.stopbullying.gov

www.siouxlandmentalhealth.com

www.educateiowa.gov

www.reportbullyingiowa.com

www.sai-iowa.org/bullying

www.safeyouth.gov

- Assisted with updating data for Comprehensive Strategy annual report and Dakota County Juvenile Services plan
- Conducted compliance check for 23 businesses in Dakota County
- Conducted parents survey at area schools
- Conducted survey with 71 new MYC members on the greatest problems facing youth

Planning

- Social Media, marketing, community norms, beSomebody campaign.

Capacity

- Coordinated or participated in 244 meetings aimed at affecting community laws and norms related to substance abuse and its related violence in the tri-state area.

Implementation

- Television, radio, and printed media contacts and articles resulted in 355 contacts.
- Distributed 28,974 pieces of information for meetings, alternative articles, and presentations.
- Siouxland CARES sent 35,054 texts to 4,989 contacts in the Siouxland area.
- Distributed 66 informational tweets and reached 198 followers on Twitter.
- Siouxland CARES used the Sioux City Journal, radio spots, E-Newsletter, presentations, Twitter, and Facebook pages to

www.standforthesilent.org
www.parentfurther.com
www.girlscoutsiowa.org

Other Resources

Contact the Boys Town National Hot Line, 1-800-448-3000 or the National Suicide Prevention Lifeline, 1-800-273-8255

If you think someone is a victim of human trafficking, call the National Human Trafficking Resource Center, 1-888-3737.888, to obtain information and to access supportive services for the victim. www.acf.hhs.gov/trafficking

beSomebody

Find out more about the beSomebody campaign by connecting to the Siouxland CARES website at www.siouxlandcares.org or Like us on the beSomebody Facebook page.

JOIN the beSomebody initiative today and text "**41411**" and **type in besomebody to receive weekly text messages (rates may apply).**

Tri-State Curfew

The following curfew is in effect in Sioux City, Sergeant Bluff, and Woodbury County, Iowa, North Sioux City, South Dakota, South Sioux City, Nebraska, and Dakota County, Nebraska.

Please enforce these times in your home.

10:00 p.m. for minors under the age of 14
11:00 p.m. for minors ages 14 and 15
Midnight for minors ages 16 and 17

About Siouxland CARES

Siouxland CARES (Community-wide Awareness, Resources, Education and Support) About Substance Abuse is a community coalition comprised of 394 volunteers. Volunteers for Siouxland CARES (representing 12 community systems) and staff contributed 13,355 hours in 2015 to

utilize and deliver information to the community.

Providing Support

- Volunteers were involved in 41 community service activities.
- Coordinated Dakota County Teen Court Sessions, which includes hearings, meetings and training.
- Facilitated activities for the Sioux City Mayor's Youth Commission and Sioux City Young Ambassadors.

Evaluation

- Conducted evaluations of NCYL Salute Leadership Conference, Public Safety Impact of Marijuana Legalization session, Mayor's Youth Commission Seniors, and other leadership forums
 - 23 compliance checks resulted in a 96% compliance rate
 - Conducted parent surveys at East, North, West, Bishop Heelan, and South Sioux City.
 - Collected 141 surveys, 70 signed-up for E-Newsletter
 - MYC new member survey-greatest problem facing youth
1. Alcohol and drugs
 2. Bullying
 3. Not getting involved or volunteering
 4. Peer pressure
 5. Cell phone obsession

CARES programs and services. The mission of CARES is to improve the quality of life in Siouxland by eliminating the abuse of alcohol and other drugs and related violence.

The Anti-Drug is Communication.

Ask Who? Ask What? Ask Where?
It's not pestering, it's parenting!

Trustworthiness: Think it. Be it.

Respect: Give it. Get it.

Responsibility: Take it. Teach It.

Fairness: Share it. Practice it.

Caring: Show it. Receive it.

Citizenship: Have it. Honor it.

Make Your Character Count in Siouxland!!

Siouxland CARES is now part of the AmazonSmile Program where Amazon donates 0.5% of the purchase price of eligible products to CARES is you select our charitable organization. It's easy. Go to this direct link for Siouxland CARES and shop. <http://smile.amazon.com/ch/42-1331282>

Please consider supporting the efforts of Siouxland CARES. Your gift will allow us to continue providing much needed support as we work together to reduce the negative effects of alcohol and other drugs and related violence. Your investment in our organization helps us encourage youth to make the choice to be drug free and improve outcomes for children and families. Thank you for your consideration of a gift to CARES.

Please send your gift made payable to Siouxland CARES, 101 Pierce Street, Sioux City, Iowa 51101. Siouxland CARES is a 501(c)(3) tax-exempt non profit corporation. Gifts to Siouxland CARES are

beSomebody

deductible to the maximum extent allowed by law.

Purpose of the “beSomebody” initiative:

‘beSomebody’ is a campaign on good citizenship, role modeling, reducing bullying, and eliminating alcohol and other drug abuse. This initiative provides direction to youth and adults to show that in order to make positive change, we must start with ourselves by displaying good character and standing up for what is right.

Siouxland CARES continued coordination of the **beSomebody** initiative.

- Sent weekly texts to 453 young people with positive, uplifting messages.
- Middle and High School Youth formed beSomebody groups to address a need in their school.
- Provided educational sessions to youth and adults to prevent bullying in English and Spanish.
- **2015 beSomebody** awards: Briar Cliff University Enactus Team, Michael McGowan, Great West Casualty Company Teen Court Judges
- Maintained **beSomebody** Twitter page and Facebook page

Sources: Siouxland CARES Parent Survey, Sioux City Mayor's Youth Commission New Member Applications, SSC Compliance Checks.

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teencourt@longlines.com

Twitter: @beSomebody_us

Facebook: beSomebody