



Siouxland CARES 2016 Annual Report

Siouxland CARES

Community-

Wide Awareness, Resources, Education and Support

Number of Volunteers & Hours

412 volunteers contributed 9,063 hours

Coordinated or Participated in Meetings Aimed at Reducing Substance Abuse

233

Materials Distributed

27,447

Positive Youth Development Sessions

46

Sioux City Mayor's Youth Commission

- Facilitated efforts of 153 high school volunteers who were involved in 41 community service activities and donated 4,392 hours
- Coordinated efforts for youth to volunteer at

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

www.standforthesilent.org

48 different activities

www.parentfurther.com
www.girlscoutsiowa.org

Projects included:

- Red Ribbon Week activities included the planting of red tulips and street chalking
- Painted and maintain ten Little Free Libraries
- Grandview Park Disc Golf Course fundraiser
 - Special fundraisers
- Conducted compliance checks at 31 businesses in Dakota County (94% compliance rate)



Young Ambassadors

- Assisted with coordination of the Young Ambassadors Program in cooperation with the Sioux City Mayor's Youth Commission to recognize students who display good character traits and enhance this mentoring program
- Conducted a recognition ceremony for 45 nominated students in 4th-7th grades from area schools
- Selected 10 new students (of the 45 students) to be mentored by the Sioux City Mayor's Youth Commission
- A total of 40 Young Ambassadors received ongoing mentoring

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



Teen Court in Dakota County

- Coordinated Dakota County Teen Court Sessions, which includes hearings, meetings and training sessions
- Maintained a volunteer base of approximately 60 students from the surrounding schools
- Heard 15 cases referred to Teen Court



beSomebody Campaign

The '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.

community coalition comprised of 394 volunteers. Volunteers for Siouxland CARES (representing 12 community systems) and staff contributed 13,355 hours in 2015 to 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!

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- 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

Continued coordination of the beSomebody initiative.

- Sent weekly texts to 453 young people with positive, uplifting messages.
- Maintained beSomebody Twitter page and Facebook page
- Middle and High School Youth formed beSomebody groups to address a need in their school with the assistance of Briar Cliff University Enactus Team

2016 beSomebody awards: East Middle School Positive Spartans, Bernie Hess



"Be In The Know" Parent Sessions

- Launched new parenting series named, "Be In The Know"
- Series encourages parents to talk to their kids



PARENT SESSIONS 2016-17

Your kids are going to ask—be ready!

Town Hall Meeting

- Town Hall Meeting on Underage Drinking: 216 attended sessions in Sioux City and South Sioux City

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 deductible to the maximum extent allowed by law.

- Prepared and distributed surveys for adults and youth at the South Sioux City Substance Abuse Prevention Event and Town Hall Meeting in Sioux City



Community Collaboration

- Prepared white paper with data for Academic Failure and related Health issues, in cooperation with the Siouxland District Health Department and Comprehensive Strategy
- Assisted with the preparation of the 2016 Comprehensive Strategy Data Booklet
- Presented “We Need to Talk-Babies Born Positive” PowerPoint in August to more than 50 Northwest Area Education staff, in cooperation with Taffy Zoelle from UnityPoint, and the Siouxland Council on Child Abuse & Neglect (SCCAN)
- Dedicated a bench for Grandview Park Disc Golf Course, in cooperation with 100+ Men Who Care
- Conducted parent surveys at area schools
- Conducted youth surveys for 4,326 students in seven school districts in tri-state area, in cooperation with Regan Murray and Briar Cliff University Siouxland Research Center