

Siouxland CARES

April Offline Happenings!

Sunday, April 2

Siouxland Multi-Cultural Fair

Noon - 4 p.m.

Sponsored by the Sioux City Human Rights Commission
Sioux City Convention Center
Sioux City, IA

Thursday, April 6

Bullying Prevention Community Coalition

10 a.m.

*Siouxland Chamber of Commerce Building
101 Pierce Street, Sioux City, IA*

Thursday, April 6

Siouxland CARES Advisory Board Meeting

Noon - 1:15 p.m.

*Siouxland Chamber of Commerce Building
101 Pierce Street, Sioux City, IA*

Friday, April 7

Blue Out Day

Sponsored by Mercy Child Advocacy Center.
Community members are encouraged to wear blue to
show support for children and families that have
experienced abuse. Find out more [here](#).

Monday, April 10

Alcohol Awareness Week Proclamations

Sioux City Council Meeting, 4 p.m.

South Sioux City Council Meeting, 5 p.m.

Tuesday, April 18

***Iowa Partnerships for Success Underage/Binge
Drinking Meeting***

3:30-4:30 p.m.

*Siouxland Chamber of Commerce Building
101 Pierce Street, Sioux City, IA*

CONTACT US:

cares@longlines.com

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FACT

Kids who have conversations with their
parents and learn a lot about the
dangers of alcohol and drug use are
50% less likely to use alcohol and drugs
than those who don't have such
conversations.

**Know the facts...Be In the
Know...Let's Start Talking!!!!**

Looking for some helpful websites?

www.drugfreeinfo.org

www.samhsa.gov

www.iowapoison.org

www.elks.org

www.jacksonrecovery.com

www.iowa.gov/oncp

www.stopbullying.gov

Monday, April 24
Be In The Know Parent Session
"Laws & Consequences"
Free and Open to the Public
7:00 p.m. - 8:00 p.m.
City Hall, Council Chambers, 405 6th Street
Sioux City, IA

Monday, April 24
Sioux City Mayor's Youth Commission Meeting
7:00 p.m. - 8:00 p.m.
City Hall, 405 6th Street
Sioux City, IA

Tuesday, April 25
Dakota County Teen Court
5:00 p.m.
1615 First Avenue
South Sioux City, NE

Saturday, April 29
Jackson Recovery Centers Friends of Recovery
Banquet
6:00 p.m.
Sioux City Convention Center
Sioux City, IA
Purchase Tickets by April 20th
www.jacksonrecovery.com/banquet2017

Saturday April 29
Prescription Drug Take-Back Day
10:00 a.m. - 2:00 p.m.
Locations: Various Pharmacy locations throughout Sioux City

Be In The Know Parent Session
Your Kids Are Going to Ask-Are You
Ready?

Siouxland CARES and the Sioux City Mayor's Youth Commission invites you to attend a "**Be In The Know**" Parent Session on Monday, April 24 from 7-8 p.m. in the City Hall Council Chambers, 405 6th Street, Sioux City, IA. The topic of this session is **Laws & Consequences**. *This session is free and open to the public.*

Brad Bollinger, Sioux City Police Department, and RoxAnn Smith, Jackson Recovery Centers, will present information on current laws and ordinances, prevention tips, and ways to help your child be successful in high school and after high school. Also, a handout will be available to keep track of your child's high school activities.

Beth Noel, Past President, Siouxland CARES, will serve

www.siouxlandmentalhealth.com

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 14
11:00 p.m. for minors 14 and 15
Midnight for minors 16 and 17

About Siouxland CARES

Siouxland CARES (Community-wide Awareness, Resources, Education and

as moderator.

For more information, please visit www.siouxlandcares.org or call 712-255-3188.

April is Alcohol Awareness Month

Alcohol Awareness Month provides a focused opportunity across America to increase awareness and understanding of alcoholism, its causes, effective treatment and recovery. It is an opportunity to decrease stigma and misunderstandings in order to dismantle the barriers to treatment and recovery, and thus, make seeking help more readily available to those who suffer from this disease.

It can be daunting to talk with children about drinking and other drug use, but it is well worth the effort parents put into it. In fact, research has shown that kids who have conversations with their parents and learn a lot about the dangers of alcohol and drug use are 50% less likely to use these substances than those who don't have such conversations.

"Alcohol and drug use is a very risky business for young people," says Andrew Pucher, President and CEO of NCADD, "and parents can make a difference. The longer children delay drinking and drug use, the less likely they are to develop any problems associated with it. That's why it is so important to help your child connect the dots and make smart decisions about alcohol and drugs."

What's the data tell us?

- Excessive drinking is responsible for more than 4,300 deaths among underage youth each year; alcohol is the most commonly used addictive substance in the United States
- Nearly 10 million young people, ages 12 to 20, report that they've consumed alcohol in the past 30 days
- Young people who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21
- Drinking by persons under the age of 21 is illegal, yet people aged 12 to 20 drink 11% of all alcohol consumed in the United States
- The typical American will see 100,000 beer commercials before he or she turns 18
- Kids who drink are more likely to be victims of violent crime, to be involved in alcohol-related traffic crashes, and to have serious school-related problems

Support) About Substance Abuse is a community coalition comprised of 412 volunteers. Volunteers for Siouxland CARES (representing 12 community systems) contributed 9,063 hours in 2016 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!

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 if 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 Donate Today!

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

- A supportive family environment is associated with lowered rates of alcohol use for adolescents.

Information from National Council on Alcoholism and Drug Dependency, www.ncadd.org

April is Child Abuse Prevention Month

Wear a blue ribbon to help raise awareness of this important issue.

"When You Use, So Does Your Baby"--In 2016, Alcohol, Tobacco, and Other Drug (ATOD) use by women of childbearing age resulted in 75 babies born exposed to drugs in our two local Sioux City hospitals. Fifty of those positive tests were for marijuana. Currently no tests are done for alcohol exposure.

Drug Dependent Babies:

- A baby was born every 25 minutes in the U.S. suffering from drug withdrawal in 2012 (Neonatal Abstinence Syndrome - NAS) with an average hospital stay of 17 days.
- The average cost of \$66,700 to care for infants suffering from opioid withdrawal was 19 times the cost of caring for infants without NAS.

Remember:

- YOU can make a difference in a child's life.
- Be a nurturing parent. Help a friend, neighbor or relative by offering a helping hand.
- Most adults want very much to be good parents, but parenting is often a difficult task. Asking for help is a sign of good sense.

No matter how tired you get...no matter how angry you are...no matter how frustrated you feel...**DO NOT SHAKE THE BABY!**

Parents and Graduates...Party Right at Prom and Graduation

Make memories, NOT headlines.

Celebrate alcohol and other drug free.

Talk with your graduate...Research shows that parents do make a difference. Talking with your teen about

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 deductible to the maximum extent allowed by law.

alcohol now could prevent serious problems later.

Think about it! If teens drink too much, it can mean trips to the emergency room, arrests, and sexual assaults. They could put themselves and their friends in real danger.

Too much alcohol becomes a deadly poison...If your teen drinks enough, they will eventually get sleepy and pass out. Reflexes like gagging and breathing can be suppressed. That means they could vomit and choke to death or just stop breathing. They may even be at risk for alcohol poisoning.

It's about your teen...A teenager's brain is still developing and it is very sensitive to alcohol effects on judgment and decision-making.

Take the time to talk with teens about alcohol—it just may save a life. Prom and Graduation season is a time to celebrate.

Information from the U.S. Department of Health and Human Services, SAMHSA, National Institutes of Health. For more information please visit www.niaaa.nih.gov.

Special Thanks

Thanks to the Sioux City Police Department and funding from the Iowa Department of Public Health for continuing Party Intervention Patrols in Sioux City. These patrols help keep our community safe. For more information, contact Davidson Wissing, dwissing@jacksonrecovery.com.

Have a Safe Prom!

April 1

Woodbury Central

April 8

Homer

Kingsley-Pierson
Sergeant Bluff-Luton
West Monona/Onawa

April 22

Elk Point Jefferson
Hinton
Maple Valley Anthon Oto
Remsen St. Mary's

South Sioux City

April 29

Dakota Valley
Lawton-Bronson
LeMars Gehlen Catholic
River Valley/Correctionville
West High
Westwood/Sloan
Whiting

MAKE MEMORIES...NOT HEADLINES

Celebrate Drug-Free!!

Des Moines Legislative Day



Twenty-two members and adults of the Sioux City Mayor's Youth Commission and Siouxland CARES traveled to Des Moines with the Siouxland Chamber of Commerce for Des Moines Legislative Day on Wednesday, March 15. The Youth Commission members met with Dale Woolery from the Iowa Office of Drug

Control Policy, Representatives Chris Hall and Tim Kacena, watched the House debate and vote on an Autism Bill, and sat in on a session coordinated by the Chamber with Lt. Governor Kim Reynolds, Rita Grimm-Iowa Department of Economic Development, Ryan Wise-Director of the Department of Education, and Beth Townsend-Iowa Workforce Development.

Issues presented were:

- **Reject the legalization of marijuana for recreational use**
- **Support legislation to conduct thorough investigations to identify and support Drug Endangered Children**
- **Support a Beer Excise Tax increase**
- **Support the implementation of a 24/7 Sobriety Program in Iowa**

Working toward a safe, healthy and drug-free Iowa!!

Siouxland CARES facilitates activities for the Sioux City Mayor's Youth Commission and Young Ambassadors.

