

# Siouxland CARES

## April Offline Happenings!

**Monday, April 16**

***Sioux City Mayor's Youth Commission Meeting***

7:00 p.m. - 8:00 p.m.  
City Hall, 405 6th Street  
Sioux City, IA

**Saturday, April 21**

***Jackson Recovery Centers Friends of Recovery  
Banquet***

6:00 p.m.  
Sioux City Convention Center  
Sioux City, IA  
Purchase Tickets by April 13th  
[www.jacksonrecovery.com/banquet2018](http://www.jacksonrecovery.com/banquet2018)

**Monday, April 23**

**Alcohol Awareness Month Proclamations**

Sioux City Council Meeting, 4 p.m.  
South Sioux City Council Meeting, 5 p.m.

**Tuesday, April 24**

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

3:30 p.m.-4:30 p.m.  
Siouxland Chamber of Commerce Building  
101 Pierce Street, Sioux City, IA

**Tuesday, April 24**

***Dakota County Teen Court***

5:00 p.m.  
1615 First Avenue  
South Sioux City, NE

**Saturday April 28**

***Prescription Drug Take-Back Day***

Locations: Various Pharmacy locations throughout  
Sioux City

### CONTACT US:

[cares@longlines.com](mailto:cares@longlines.com)

Follow us on [Facebook](#).

Follow us on [Twitter](#).

Follow us on [Instagram](#).

---

### 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](http://www.drugfreeinfo.org)

[www.samhsa.gov](http://www.samhsa.gov)

[www.iowapoison.org](http://www.iowapoison.org)

[www.elks.org](http://www.elks.org)

[www.jacksonrecovery.com](http://www.jacksonrecovery.com)

[www.stopbullying.gov](http://www.stopbullying.gov)

[www.siouxlandmentalhealth.com](http://www.siouxlandmentalhealth.com)

---

### Other Resources

Contact the Boys Town National Hot Line,  
1-800-448-3000 or

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

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](http://www.acf.hhs.gov/trafficking)

---

## 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 Support) About Substance Abuse is a community coalition comprised of 412 volunteers. Volunteers for Siouxland CARES (representing 12 community systems) contributed 7,739 hours in 2017 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!!**

---

Information from National Council on Alcoholism and Drug Dependency, [www.ncadd.org](http://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 2017, Alcohol, Tobacco, and Other Drug (ATOD) use by women of childbearing age resulted in 80 babies born exposed to drugs in our two local Sioux City hospitals. Twenty-six of those positive tests were for marijuana.

#### **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!**

---

### **Party Intervention Patrol Public Service Announcements**

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 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.



(Pictured: Andy Mattson, Aman Alahi, Sarah Jabre, Carli Gasaway, and Katie Mahnke met at the iHeart Media building in Sioux City to record PSAs.)

The Iowa Partnerships for Success (IPFS) Grant, administered through Jackson Recovery Centers and Siouxland CARES, provides funding for the Sioux City Police Department to deploy Party Intervention Patrols. These special patrols combat underage drinking by funding additional officers to safely disband parties where minors are drinking alcohol and to provide appropriate citations to those hosting and attending these events.

In order to bring attention to the ongoing Party Intervention Patrols, Sioux City Mayor's Youth Commission students drafted public service announcements. Support from iHeart Media allowed for a group of students to meet with local radio personality, Andy Mattson, and have their messages recorded.

Bishop Heelan Catholic High School student, Sarah Jabre, shared the following message, "Underage drinking isn't cool. It not only affects you, but your friends and family too. With support from Jackson Recovery Centers, the Sioux City Police Department is deploying special Party Intervention Patrols to target underage drinking parties in our community. Underage drinking has consequences!"

To request additional information on local efforts to reduce underage drinking, please contact Rachel Prodanovich at [rprodanovich@jacksonrecovery.com](mailto:rprodanovich@jacksonrecovery.com).

The IPFS Grant is funded by the Iowa Department of Public Health, through the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services.

---

## **2017-18 Parent Survey Gas Card Winners**

Thank you to all of the parents who participated in our 2017-18 Parent Survey! Participants had the option to submit their information for a chance to win a \$25 Gas Card. Two individuals were selected from each school. Congratulations to our winners!

Bishop Heelan:

Jose Moreno  
Maria Chavez

Dakota Valley:

Mary Pickens  
Tanya Reyes

East High School:

Mel Lynn  
Mary Parker

North High School:

Lisa Nichols  
Tim Kontz

South Sioux City Senior High School:

Juanita Diaz  
Claudia Silvas

West High School:

Laun Mihelakakis  
Jennifer Barcus

---

## **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 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](http://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 Rachel Prodanovich, [rprodanovich@jacksonrecovery.com](mailto:rprodanovich@jacksonrecovery.com).

---

### **Have a Safe Prom!**

April 14  
Homer

April 21  
Elk Point Jefferson  
Hinton  
Maple Valley Anthon Oto  
Remsen St. Mary's  
South Sioux City  
Dakota Valley

April 28  
Westwood/Sloan

**MAKE MEMORIES...NOT HEADLINES**

**Celebrate Drug-Free!**

---

[view email in browser](#) | [unsubscribe](#) | [update your profile](#) | [forward to a friend](#)