

Siouxland CARES

April e-News

Siouxland CARES is a community anti-drug coalition whose mission is to improve the quality of life in Siouxland by eliminating the abuse of alcohol and other drugs and its related violence.

Learn more about our online and offline activities below!

CONTACT US:

siouxlandcaresdirector@gmail.com

[om](#)

Follow us on [Facebook](#).

Follow us on [Twitter](#).

Follow us on [Instagram](#).

Looking for some helpful websites?

www.drugfreeinfo.org

www.samhsa.gov

www.iowapoisoin.org

www.elks.org/dap

www.rosecrancejackson.org

www.stopbullying.gov

www.siouxlandmentalhealth.com

[m](#)

www.primeagetoengage.com

Upcoming Events!

Teen Court Farewell Week

April 26 - May 1

Siouxland CARES has been preparing for our Teen Court Farewell event for months. Sadly, due to COVID-19, we are now unable to host a physical event. However, we've decided to stay positive and shake things up! Join us April 26 through May 1 on social media as we highlight the successes of this program that has served the community for nearly 20 years! We will be sharing fun content on our social media accounts. **Make sure to 'Like' Siouxland CARES on [Facebook](#), [Twitter](#) and [Instagram](#)!**

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-

Stay Informed!

During these uncertain times, we want you to know that Siouxland CARES is here for you! We have many, wonderful community partners that are still providing vital services related to substance abuse. If you or someone you know is in need of resources, please reach out to Britney Book, Executive Director, at siouxlandcaresdirector@gmail.com.

April Online Resources:

Protecting Your Child from the Risks of Substance Abuse *Partnership for Drug-Free Kids*

One of the most pressing concerns for many of us is managing daily life with our families under these unusual and trying circumstances around COVID-19. For those of us with preteens, teens or young adults in the home, our best-laid plans for supporting their healthy development can be thrown off course or strengthened during this time.

[Read more, here!](#)

Caretaker Support Resources *National Institute on Alcohol Abuse and Alcoholism*

Just as the needs of each person with alcohol use disorder are different, each family's needs are also different. Several resources are available to help you while your loved one is in treatment, and afterwards.

[Read more, here!](#)

Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks *SAMHSA*

When children and youth watch news on TV about an infectious disease outbreak, read about it in the news, or overhear others discussing it, they can feel scared, confused, or anxious—as much as adults. This tip sheet will help parents, caregivers, and teachers learn some common reactions, respond in a helpful way, and know when to seek support.

[Read more, here!](#)

Outreach Update!

Alcohol Awareness Month

April marks Alcohol Awareness Month. The purpose is to raise public awareness about the use of alcohol and how it may be affecting individuals, families, businesses, and our communities. Every April, Siouxland CARES accepts Alcohol Awareness Month Proclamations at the Sioux City and South Sioux City Council meetings.

Although this year looked a little different due to COVID-19, it didn't change the City of Sioux City's or the City of South Sioux City's commitment to a safe, healthy and drug-free community! While we don't have any new photos from our proclamations this year, we thought we'd include a couple of pictures from last year instead!

3737.888, to obtain information and to access supportive services for the victim. 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 510 volunteers. Volunteers for Siouxland CARES (representing 12 community systems) contributed 9,531 hours in 2019 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 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!

Partner Spotlight!

Great West Casualty Company

Earlier this month, the City of South Sioux City recognized Great West Casualty Company as the recipient of the April Community Pride Award. The award recognizes volunteer efforts that make the South Sioux City area a great place to live.

Great West Casualty Company has partnered with Siouxland CARES for our Teen Court in South Sioux City/Dakota County program. They have been a long-time supporter of Siouxland CARES. Employees have served as Teen Court judges and Siouxland CARES Board members.

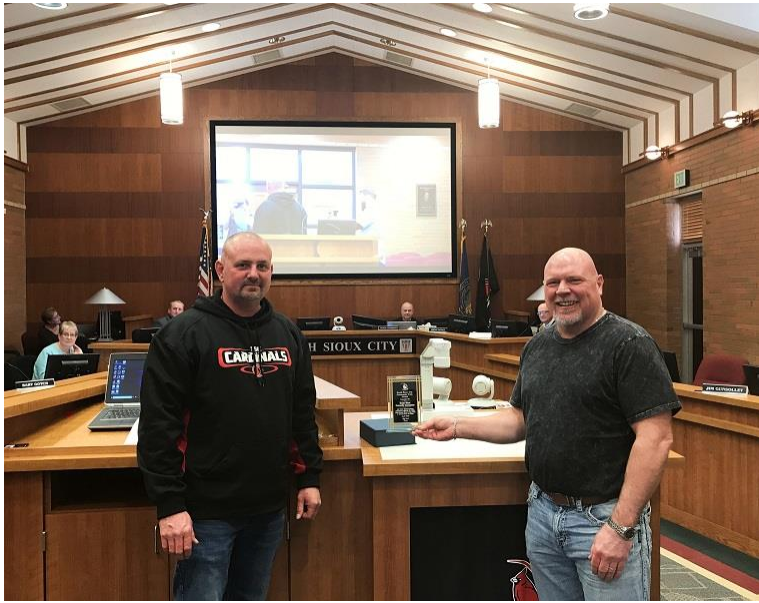
Scott Rager served on the Siouxland CARES Board from 1992 to 1997. When Teen Court started 20 years ago, Scott volunteered as its first judge. That was the beginning of a great partnership with Great West Casualty Company as they have continued to supply the program with judges since that time.

Past judges include Scott Rager, Mike Yaneff, Mark Galvin, Kate Dykstra and Katie Reichenbach. Current judges are Jamie Meehan and Dave Hawkins. Special thank you to past and present Siouxland CARES Board members Scott Rager, Mike McGowan and Tyler Tigges, as well as Mayor Rod Koch.

Thank you to Great West Casualty Company, the Teen Court judges, and Siouxland CARES Board members for making our community a better place to live, work, and raise families!

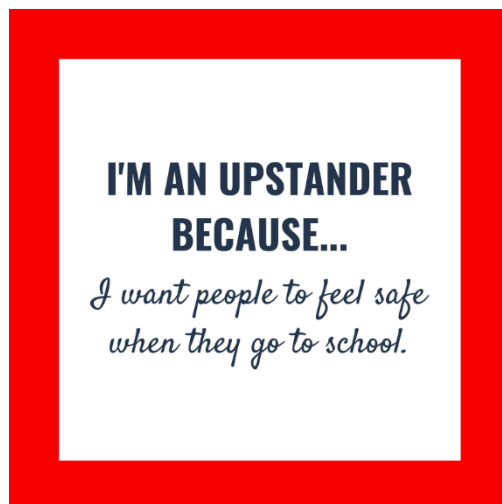
Please consider supporting the efforts of Siouxland CARES. Your gift will allow us to continue providing much needed support as we work together to reduce the negative effects of alcohol and other drugs and related violence. Your investment in our organization helps us encourage youth to make the choice 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, 401 Douglas Street, Suite 519, 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.



beSomebody Quote of the Month

'beSomebody' is a social norming campaign on good citizenship, doing the right thing, role modeling, reducing bullying, and eliminating alcohol and other drug abuse. Recently, we asked high school youth why they are an Upstander. Each month, we'll highlight a different response. Check out our April quote in the image below!



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