

Siouxland CARES

August 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

Follow us on [Facebook](#).

Follow us on [Twitter](#).

Follow us on [Instagram](#).

Looking for some helpful websites?

www.drugfreeinfo.org

www.samhsa.gov

www.iowapoinson.org

www.elks.org/dap

www.rosecrancejackson.org

www.stopbullying.gov

www.siouxlandmentalhealth.com

www.primeagetoengage.com

Upcoming Events!

Siouxland District Health Department
Move Your Way SM
Run, Walk, Roll, Play Event
Now Through August 15

The Run Walk Roll Play event encourages individuals of all ages and abilities to get out and be physically active how ever and where ever you want! How easy is that. Simply post a comment and/or photo of yourself to the Run Walk Roll Play event post on Siouxland District Health Department's Facebook or Twitter account. Individuals who post a comment or photo will have their name entered into a drawing for a prize.

[To learn more, click here!](#)

Catholic Charities
Helping Your Kids Transition
Back to School Webinar

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

Wednesday, August 5
5:30 p.m. - 6:30 p.m.
Online Via Zoom

As we all learn to live in this 'new normal', it can also be difficult to know how to talk to, or reassure our kids as they prepare to go back to school. Join Catholic Charities for a FREE webinar and time for Q&A with licensed mental health counselors.

[To learn more, click here!](#)

**Siouxland CARES
Advisory Board Meeting**
Thursday, August 6
12:00 p.m. - 1:00 p.m.
Online Via Zoom

The Siouxland CARES Advisory Board is made up of a variety of community partners who represent our community systems. They come together once a month to discuss topics related to the abuse of alcohol and other drugs and related violence. If you're interested in joining us for a future meeting, please email siouxlandcaresdirector@gmail.com.

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**

Stay Informed!

August Resources

Tri-State COVID-19 Data Source For Siouxland

Source For Siouxland, formerly Comprehensive Strategy, has community data available for grant writing needs and community or agency planning initiatives. They are tracking the 'Total Confirmed Siouxland COVID-19 Cases by Date and Week'.

[View the graphs, here!](#)

COVID Recovery Iowa State of Iowa

The State of Iowa has received funding from the Federal Emergency Management Agency (FEMA) to offer **free** crisis counseling to any Iowan who has been affected, in any way, by the COVID-19 public health emergency. The program, called COVID Recovery Iowa, is ~~available now~~. ~~Counseling will take~~ place via virtual sessions, chat or phone call. People of all ages may join groups online to find support and learn new strategies to cope with the effects of the pandemic in a variety of creative ways.

[Learn more, here!](#)

Your Life Iowa Iowa Department of Public Health

The Iowa Department of Public Health has created YourLifeIowa.org which includes resources for Alcohol, Drugs, Vaping, Gambling and Mental

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

Health. It also includes resources for COVID-19.

[Learn more, here!](#)

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!](http://smile.amazon.com/ch/42-1331282)

Outreach Update!

Making Good Decisions in Tough Times

We all make countless decisions every day. Should you wear a face mask while out in public? Attend a social justice protest? Confront someone you disagree with?

Some of these decisions have relatively minor consequences (good or bad), while other decisions could have significant implications for us and others. A tool like the Character-in-Action Checklist (below) can help you navigate complicated choices and make the right decision.

When making a decision, ask yourself:

- Will my words and actions be honest, sincere, and reliable?
- If the situation was reversed, is this how I would hope to be treated?
- What are the consequences of my words and actions if I make this choice?
- Is my decision fair to everyone involved in and affected by my actions?
- Is my decision expressing compassion and kindness?
- Would I want to live in a world where everyone makes this choice?

Not every decision will align with each of the Six Pillars of Character. They can come into conflict with each other and even themselves. For example, sometimes the right decision isn't fair to everyone involved. However, by identifying that a decision may not be fair, you can address the issue, explain why you made the decision, and provide support to those who perceive the decision as unfair. Or, sometimes the right choice may be contrary to a previous commitment, thus not in alignment with the trustworthiness test. Knowing this can help you determine how to honor your word when your decision doesn't allow you to keep your word.

We're facing troubling times and we can all contribute to the greater good by making sound decisions that reflect our best selves.

Information provided by CHARACTER COUNTS! To view the full article, [please click here!](#) CHARACTER COUNTS! and the Six Pillars of Character are trademarks of Josephson Institute.

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, 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.

Youth Spotlight!

Throughout the summer, Sioux City Mayor's Youth Commission members and Sioux City Young Ambassadors have been picking up trash at various community parks. It's a safe and easy way to make our community a better place! You can join them by grabbing a trash bag and heading out to a local park of your choice!



beSomebody
Quote of the Month

Check out our August quote in the image below!

**I'M AN UPSTANDER
BECAUSE...**

*I care about the
community and the
people around me.*

'beSomebody' is a social norming campaign on good citizenship, doing the right thing, role modeling, reducing bullying, and eliminating alcohol and other drug abuse.

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