

December Offline Happenings!

Thursday, December 1

**Joint Meeting of Siouxland CARES Advisory Board
and Healthy Siouxland Initiative**

Noon

Results of CARES 2016 Youth Survey will be shared.
*Siouxland Chamber of Commerce
101 Pierce Street
Sioux City, IA*

Thursday, December 8

**Healthy Choices Extravaganza
#ThingsToDoOtherThanDrugs**

Mini Dome during the SSC vs. North Basketball Games

5:00- 8:00 p.m.

*South Sioux City High School
South Sioux City, NE*

Monday, December 12

**Sioux City Mayor's Youth Commission Meeting, Senior
Recognition**

7:00 p.m. - 8:00 p.m.

*City Hall, 405 6th Street
Sioux City, IA*

Tuesday, December 13

Dakota County Teen Court

5:00 p.m.

*1615 First Avenue
South Sioux City, NE*

Happy Holidays!

It's Never Too Late to Give

Siouxland CARES received this anonymous letter and wanted to share it's heartfelt message with you and to thank all the people and organizations working to make Siouxland a safe, healthy and drug-free community.

"Back in 1976, while abusing alcohol, I kicked out a window in a hotel room in Sioux City, Iowa. I can't remember exactly what the name of the hotel was, but wish to make amends. They deserve better. I should not have broken out the window. Please accept this \$300 and my sincere apology, as an amends to this action. I am grateful for organizations such as "Siouxland Cares" that can carry the message to those still sick and suffering from alcohol and drug abuse. God Bless You!" Anonymous.

**December is National Drunk and Drugged Driving
Prevention Month
"You Drink & Drive, You Lose!"**

CONTACT US:

cares@longlines.com

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Follow us on [Twitter](#).

Follow us on [Instagram](#).

FACT

4,326 Students from the Sioux City, Bishop Heelan, Dakota Valley, Lawton-Bronson, Sergeant-Bluff Luton, South Sioux City, and Woodbury Central School Districts participated in the Siouxland CARES Youth Survey in April and May 2016. Results will be released in December. Special thanks to Briar Cliff University Research Center for compiling the results of the survey.

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

Looking for some helpful websites?

www.drugfreeinfo.org

www.samhsa.gov

www.iowapoinson.org

www.elks.org

www.jacksonrecovery.com

www.iowa.gov/oncp

www.stopbullying.gov

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

Impaired driving is a leading cause of death for people under the age of 30. The added tragedy is that drunk and drugged driving is entirely preventable. There are alternatives:

- Designate a sober driver or offer to be a designated driver
- Appoint a designated driver to take all car keys
- Call a taxicab
- Stay the night where you are
- Discuss the risks of drugged driving with friends in advance

If you don't find a safe way home, consider yourself lucky if you are arrested. If you drive after drinking or using drugs, you can lose your life.

Why is drugged driving dangerous?

The effects of specific drugs differ depending on how they act in the brain. For example, marijuana can slow reaction time, impair judgment of time and distance, and decrease coordination. Drivers who have used cocaine or methamphetamine can be aggressive and reckless when driving. Certain kinds of sedatives, called benzodiazepines, can cause dizziness and drowsiness. All of these impairments can lead to vehicle crashes.

Research studies have shown negative effects of marijuana on drivers, including an increase in lane weaving, poor reaction time, and altered attention to the road. Use of alcohol with marijuana made drivers more impaired, causing even more lane weaving.¹⁻³

It is difficult to determine how specific drugs affect driving because people tend to mix various substances, including alcohol. But we do know that even small amounts of some drugs can have a measurable effect. As a result, some states have zero-tolerance laws for drugged driving. This means a person can face charges for driving under the influence (DUI) if there is *any* amount of drug in the blood or urine. It's important to note that many states are waiting for research to better define blood levels that indicate impairment, such as those they use with alcohol.

Read more about other commonly abused drugs and their health effects, which could impair driving, at www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts.

** "Illicit" refers to use of illegal drugs, including marijuana according to federal law, and misuse of prescription drugs.*

Information from the National Institute on Drug Abuse (NIDA), <https://www.drugabuse.gov/>

Always remember--Celebrate with Care!

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 Support) About Substance Abuse is a 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!

**Sioux City Mayor's Youth Commission and Briar
Cliff University Enactus Team Members
Tackle Alcohol and Other Drug Issues**

Each year new members to the Sioux City Mayor's Youth Commission (MYC) identify issues of concern that impact young people. This year the group's number one issue was alcohol and other drug abuse followed by lack of involvement, bullying/cyber bullying, cliques/peer pressure, and teen pregnancy/promiscuous behavior.

In November, MYC members selected the topic of alcohol and other drugs (specifically marijuana) to develop marketing materials/campaign for each of their schools. The MYC students are being provided with mentoring and assistance by the Briar Cliff University Enactus Team members. More information to follow.



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 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.