

# Siouxland CARES

## December Offline Happenings!

**Thursday, December 6**

***Siouxland CARES Advisory Board  
& Healthy Siouxland Initiative Joint Meeting***

12:00 p.m.  
Siouxland District Health Dept.  
1014 Nebraska Street  
Sioux City, IA

**Monday, December 10**

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

7:00 p.m.  
City Hall, 5th Floor  
Sioux City, IA

**Tuesday, December 11**

***Dakota County Teen Court Session***

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

**Tuesday, December 18**

***Iowa Partnership for Success Subcommittee***

3:30 p.m.  
701 Pierce Street, Suite 100  
Sioux City, IA

***Happy Holidays! Celebrate with care!***

***Reminder:***

***No Siouxland CARES Advisory Board or  
Bullying Prevention Community Coalition Meetings  
in January***

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**December is National Drunk  
& Drugged Driving Prevention Month**

### CONTACT US:

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### Looking for some helpful websites?

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

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

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

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

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

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

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

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

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### Other Resources

Contact the Boys Town National Hot Line,  
1-800-448-3000 or  
the National Suicide Prevention Lifeline,  
1-800-273-8255  
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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

December marks Drunk and Drugged Driving Prevention Month! The reality 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.

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](http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts).

Information provided by National Institute on Drug Abuse (NIDA). Learn more, here: <https://www.drugabuse.gov/publications/drugfacts/drugged-driving>.

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### **Tri-State Area Curfew**

If you're serious about preventing alcohol and other drug abuse

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

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### **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**

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### **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.

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### **The Anti-Drug is Communication.**

Ask Who? Ask What? Ask Where? It's not pestering, it's parenting!

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**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.

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### **Make Your Character Count in Siouxland!**

Siouxland CARES is part of the AmazonSmile Program where

in Siouxland - know the curfew laws and enforce them in your home! Keep our kids safe and healthy!



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)

**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.

**Happy Holidays!**



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This information furnished by Siouxland CARES About Substance Abuse. | 101 Pierce Street | Sioux City, Iowa 51101 | 712.255.3188 | [cares@longlines.com](mailto:cares@longlines.com) | [www.siouxlandcares.org](http://www.siouxlandcares.org)

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