

# Siouxland CARES

## ***February and March 2016 Offline Happenings!***

**Tuesday February 16, 2 p.m.**  
***Iowa Partnerships for Success Sub  
Committee***  
Sioux land Chamber of Commerce, 101 Pierce  
Street Sioux City, Iowa

**Monday, February 22, 7 p.m.**  
***Sioux City Mayor's Youth Commission***  
City Hall, 405 6th Street, Council Chambers  
Sioux City, Iowa

**Thursday February 25, Noon**  
***Healthy Siouxland Initiative***  
Siouxland District Health Department  
1014 Nebraska Street Sioux City, Iowa

**Thursday, March 3, Noon**  
***Siouxland CARES Advisory Board***  
Siouxland Chamber of Commerce Building, 101 Pierce Street  
Sioux City, Iowa

**Sunday, March 20th**  
***Multi-Cultural Fair***  
Longlines Family Rec Center, Sioux City, Iowa

**March 20-26**  
**Poison and Inhalants Week**

## **CONTACT US:**

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

## **FACT**

According to the most recent  
Siouxland CARES' Youth  
Survey, 5% of the 12th  
graders have used inhalants  
in the past 30 days.

**START TALKING  
BEFORE THEY START  
USING!!**

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**Looking for some helpful  
websites?**

Great information for parents and  
youth on laws and other helpful  
tools can be found in the 14th  
Anniversary Issue of the Parent  
Survival Guide from IHeart  
Media by clicking on  
[http://kg95.iheart.com/onai  
r/parents-guide-56933/](http://kg95.iheart.com/onair/parents-guide-56933/)

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

[www.samhsa.gov](http://www.samhsa.gov)  
[www.iowapoisson.org](http://www.iowapoisson.org)  
[www.elks.org](http://www.elks.org)

[www.jacksonrecovery.com](http://www.jacksonrecovery.com)  
[www.iowa.gov/oncp](http://www.iowa.gov/oncp)

**Monday, March 21, 7 p.m.**  
**Sioux City Mayor's Youth Commission**  
City Hall, 405 6th Street, Council Chambers  
Sioux City, Iowa

**Tuesday, March 22, 5:00 p.m.**  
**Dakota County Teen Court**  
City Hall, 1615 First Avenue  
South Sioux City, Nebraska

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## Poison Prevention Tips

If you think someone has been poisoned, call **1-800-222-1222** right away. Serious poisonings don't always have early signs.

- Add 1-800-222-1222 into your cell phone contact list and post the number near home phones.
- Keep medicines and household products in their original containers and in a different place than food.
- Always read the label and follow any directions.
- Keep household products and medicines locked up. Put them where kids can't see them or reach them.
- Buy products with child-resistant packaging. But remember, nothing is child-proof!
- Never call medicine "candy." Poisons may look like food or drink. Teach children to ask an adult before tasting anything.
- Learn about products and drugs that young people are using to get "high." Talk to your teen or pre-teen about these dangers.
- Have a working carbon monoxide alarm in your home.

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## Inhalant Fact Sheet

**They're all over your house. They're in your child's school. In fact, you probably**

[www.stopbullying.gov](http://www.stopbullying.gov)  
[www.siouxlandmentalhealth.com](http://www.siouxlandmentalhealth.com)  
[www.educateiowa.gov](http://www.educateiowa.gov)  
[www.reportbullyingiowa.com](http://www.reportbullyingiowa.com)  
[www.sai-iowa.org/bullying](http://www.sai-iowa.org/bullying)  
[www.safeyouth.gov](http://www.safeyouth.gov)  
[www.standforthesilent.org](http://www.standforthesilent.org)  
[www.parentfurther.com](http://www.parentfurther.com)  
[www.girlscoutsiowa.org](http://www.girlscoutsiowa.org)

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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

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)

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## beSomebody

Find out more about the beSomebody campaign by connecting to the Siouxland CARES website at [www.siouxlandcares.org](http://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).**

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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

**picked some up the last time you went to the grocery store. Educate yourself. Find out about inhalants before your children do.**

**One out of five students in America has used an inhalant to get high by the time he or she reaches the eighth grade.** Parents don't know that inhalants (cheap, legal and accessible products) are as popular among middle school students as marijuana. Even fewer know the deadly effects the poisons in these products have on the brain and body when they are inhaled or "huffed." The user can die the 1st, 10th or 100th time a product is misused as an inhalant.

The inhaled chemicals are rapidly absorbed through the lungs and move into the bloodstream. Within seconds, the user experiences symptoms of intoxication similar to those produced by alcohol.

### **Common Methods of Administration**

Inhalants are volatile substances that produce chemical vapors. The vapors are inhaled to induce a high or mind-altering effect. Methods of administration include:

- Sniffing/inhaling directly from the container
- Sniffing/inhaling from plastic bags over head
- Sniffing/inhaling from cloth/clothing saturated with the substance
- Aerosol inhalation (directly spraying into mouth or nose)
- Inhaling from alternative containers (e.g., balloon filled with the substance)

### **Signs of Use**

There is a common link between inhalant abuse and problems in school—failing grades, chronic absences and general apathy. Other signs include the following:

home.

**10:00 p.m. for minors under the age of 14**

**11:00 p.m. for minors ages 14 and 15**

**Midnight for minors ages 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 388 volunteers. Volunteers for Siouxland CARES (representing 12 community systems) and staff contributed 13,817 hours in 2014 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!!**

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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

- Paint or stains on body, clothing rags or bags
- Spots or sores around the mouth
- Red or runny eyes or nose
- Chemical breath odor
- Drunk, dazed or dizzy appearance
- Nausea, loss of appetite
- Anxiety, excitability, irritability
- Missing and empty abusable household items

### **Products That Are Abused As Inhalants**

Adhesives: Model airplane glue, rubber cement, household glue

Aerosols: Spray paint, hair spray, air freshener, deodorant, fabric protector, computer cleaning spray and compressed air

Solvents: Nail polish remover, paint thinner and removers, correction fluid and thinner, pure toluene, cigar lighter fluid, gasoline, fuel gas

Cleaning agents: Dry cleaning fluid, spot remover, degreaser

Food products: Vegetable cooking spray, dessert topping spray (whipped cream), whippets

Gases: Nitrous oxide, butane, propane, helium, freon

**If you suspect your teen has an inhalant problem, consult your physician, a school counselor or drug counseling center immediately.**

Information provided by the Iowa Poison Control Center, 1-800-222-1222.

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### **Q/A: Opioid Addiction With U.S. Senator Chuck Grassley**

Tuesday, Feb. 9, 2016

**Q: What are opioids?**

**A:** Opioids are prescription medications that

shop. <http://smile.amazon.com/ch/42-1331282>

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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.

doctors prescribe to manage and reduce pain. Sometimes prescribed after surgery, opioids also are used to treat chronic or severe pain from a medical condition or injury. As with any prescription medicine, doctors and patients need to consider the possible side effects. Mounting evidence reflects that the surging consequences from opioid use in America include dependence and addiction. Commonly prescribed opioids include oxycodone (OxyContin, Percodan, Percocet); hydrocodone (Vicodin, Lorcet); morphine; codeine; and fentanyl. When patients become dependent on these pain killers, it can evolve into a dangerous drug addiction. In turn, the misuse of prescription pain medicines can lead users to become hooked on heroin. It's cheaper and easier to obtain on the street rather than trying to get a prescription and fill it at the pharmacy.

**Q: Why is opioid misuse in America being called an epidemic?**

**A:** In the previous decade, the rate of opioid-related deaths has quadrupled. Many people may be surprised to learn that more than 47,000 Americans died from overdoses in 2014. That's more deaths than those resulting from either vehicular accidents or gun violence. What's even more revealing, studies show that more than 10 million Americans reported abusing prescription opioids in 2014. The link between the misuse of prescription opioids to heroin addiction is alarming. The risk factor is undeniable. Some users turn to heroin because illegal drug trafficking has made it easier and cheaper to feed this dangerous, harmful addiction. Families across the United States have learned that this epidemic hits close to home and across the board. From high-, middle- and low-income, to rural, suburban, urban and white- or blue-collar workers, misuse of pain medicines or addiction to heroin is an equal opportunity problem with tragic outcomes. The pervasive reach of opioid misuse and addiction will require a comprehensive solution to prevent

it from killing users, destroying families, disrupting productivity in the workplace and poisoning the fabric of our communities.

**Q: How can we end the cycle of addiction?**

**A:** The most important steps are prevention and education. I applaud the good work being done day in and day out by a corps of dedicated professionals and volunteers organized by local community anti-drug coalitions. They provide the comprehensive, all hands on deck approach that it will take to prevent this epidemic from spreading deeper into our communities. Solving problems needs to start in our homes and neighborhoods. That's why I work to keep in place "take back" programs that allow patients to safely dispose of their unused medications at their local pharmacies. Pain killers left in medicine cabinets are too convenient for relatives, neighbors or teen-agers to get their hands on. The next National Take Back Day sponsored by the Drug Enforcement Administration is April 30. Participating pharmacies and local law enforcement will host safe and convenient locations for people to dispose of unneeded medications. Check online for more information as updates on locations are scheduled at [http://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/).

We also need to continue educating medical professionals about the dangers of over-prescribing pain medication. And we need to build greater public consensus that recreational drug use that can lead to addiction is more than just a "bad habit." The U.S. Justice Department continues to decline the enforcement of federal drug laws relating to marijuana despite evidence, including a recent Centers for Disease Control report that shows a person with a marijuana addiction is three times more likely to have a heroin addiction. Although law enforcement cannot arrest our way out of this

crisis, we do need to strengthen transnational interdiction efforts. Federal border security must do a better job. The United States needs to shut down illegal drug trafficking networks that are pumping cheap heroin into our local communities. I've introduced a bipartisan bill with Sen. Dianne Feinstein of California to strengthen prosecution tools targeting these drug cartels, and it passed the Senate last year. Finally, for those who suffer from addiction, we need better treatment solutions. Promising measures include medication-assisted treatment regimens. What's more, overdose deaths may be dramatically reduced with the use of a medicine called naloxone.

By all accounts, prescription pain medicine too often has become a gateway to dependence and addiction. Millions of Americans are finding themselves gripped in a cycle of addiction that is destroying families, careers and futures. As chairman of the Senate Judiciary Committee, I will continue working to find solutions to this problem and help Americans get their lives back on track. Next up, the committee will consider the bipartisan *Comprehensive Addiction and Recovery Act* of 2015. This bill provides resources for local responders in our communities and puts together a comprehensive approach to help families heal and recover from what has turned into a national tragedy.