

# Siouxland CARES

## February/March Offline Happenings!

**Monday, February 27**  
**Be In The Know Parent Session**  
**"Preparing for Life Beyond High School"**  
Free and Open to the Public  
7:00 p.m. - 8:00 p.m.  
City Hall, Council Chambers, 405 6th Street  
Sioux City, IA

**Monday, February 27**  
**Sioux City Mayor's Youth Commission Meeting**  
7:00 p.m. - 8:00 p.m.  
City Hall, 405 6th Street  
Sioux City, IA

**Tuesday, February 28**  
**Dakota County Teen Court**  
5:00 p.m.  
1615 First Avenue  
South Sioux City, NE

**Thursday, March 2**  
**Bullying Prevention Community Coalition**  
10 a.m.  
Siouxland Chamber of Commerce Building  
101 Pierce Street, Sioux City, IA

**Thursday, March 2**  
**Siouxland CARES Advisory Board Meeting**  
Noon - 1:15 p.m.  
Siouxland Chamber of Commerce Building  
101 Pierce Street, Sioux City, IA

**Wednesday, March 15**  
**Des Moines Legislative Day**  
Siouxland Chamber of Commerce and Sioux City Mayor's  
Youth Commission

### CONTACT US:

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

Follow us on [Facebook](#).

Follow us on [Twitter](#).

Follow us on [Instagram](#).

---

### FACT

Has your child been around other students using inhalants?  
On the 2016 Siouxland CARES' Greater Sioux City Metro Area Youth Survey, 6.2% or 268 students reported that they had been around other youth using in the past 30 days!

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

---

**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](http://www.elks.org)

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

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

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

Des Moines, IA

**March 19-25**  
**National Poison Prevention Week**

**Monday, March 20**  
**Sioux City Mayor's Youth Commission Meeting**  
7:00 p.m. - 8:00 p.m.  
City Hall, 405 6th Street  
Sioux City, IA

**Tuesday, March 28**  
**Dakota County Teen Court**  
5:00 p.m.  
1615 First Avenue  
South Sioux City, NE

---

**Be In The Know Parent Session**  
**Your Kids Are Going to Ask-Are You Ready?**

Siouxland CARES and the Sioux City Mayor's Youth Commission invites adults, parents, community leaders, organization staff, etc., to attend a "**Be In The Know**" Parent Session on Monday, February 27 from 7-8 p.m. in the City Hall Council Chambers, 405 6<sup>th</sup> Street, Sioux City, IA. The topic of this session is **Preparing for Life Beyond High School**. *This session is free and open to the public.*

The first presenter is **Kory Menken**, Director of Workforce Solutions for the Siouxland Chamber of Commerce/The Siouxland Initiative. He will share the importance of possessing the skills necessary to find and keep a good job after high school graduation. Created in 2015, the mission of the Workforce Solutions position is to enhance economic development in the Siouxland region by increasing the supply of qualified workers through workforce recruitment, education and skills training initiatives. Mr. Menken's role in serving as a conduit between public and private stakeholders, as well as a resource for talent recruitment tools and information, is key to the success of the Siouxland region's workforce solutions strategy.

Following his presentation, three representatives from local colleges will serve on a panel to share insight and answer questions on the process of preparing for college admissions and how to be a successful student. The college representatives serving on the panel are **Terri Curry**, Vice President of Student Life and Enrollment, Morningside College, **Brian Eben**, Vice President for Enrollment Management, Briar Cliff University, and **Tricia Sutherland**, Dean of Students & Completion at Western Iowa Tech Community College.

[www.siouxlandmentalhealth.com](http://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 and to access supportive services for the victim. [www.acf.hhs.gov/trafficking](http://www.acf.hhs.gov/trafficking)

---

**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)**.

---

**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

Beth Noel, Past President, Siouxland CARES, will serve as moderator.

For more information, please visit [www.siouxlandcares.org](http://www.siouxlandcares.org) or call 712-255-3188.

---

## Des Moines Legislative Day March 15

Members of the Sioux City Mayor's Youth Commission will once again travel to Des Moines with the Siouxland Chamber of Commerce for Des Moines Legislative Day on Wednesday, March 15. The Youth Commission has sent a group of members to the State Capitol to visit with local legislators since 2003. The Youth Commission will also participate in sessions with the Siouxland Chamber of Commerce and the Iowa Office of Drug Control Policy.

The Sioux City Mayor's Youth Commission has 186 members, including members from the Sioux City high schools and elementary and middle school students who serve as Young Ambassadors. Last year the Youth Commission contributed 4,392 volunteer hours to our community.

Annually, the Sioux City Mayor's Youth Commission advocates for issues facing today's youth. The top issue identified this year by our members is Alcohol & Other Drug Use, specifically marijuana use.

### Members will be advocating for the following issues:

- **Reject the legalization of marijuana for recreational use**
- **Support legislation to conduct thorough investigations to identify and support Drug Endangered Children**
- **Support a Beer Excise Tax increase**
- **Support the implementation of a 24/7 Sobriety Program in Iowa**

*Working toward a safe, healthy and drug-free Iowa!!*

---

### Nominate a Young Ambassador Today

The Sioux City Mayor's Youth Commission's is accepting applications for its Young Ambassadors program that honors students who have displayed good character and/or exceptional leadership inside or outside of the classroom.

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!

---

**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

All nominated students will receive a free Young Ambassadors t-shirt, gifts from area businesses, and public recognition on May 1 at 7 p.m. at City Hall. From the nominations, 10 students will be selected to be mentored by members of the Sioux City Mayor's Youth Commission.

To be eligible, the student must be in 4<sup>th</sup>-7<sup>th</sup> grade during the current school year, enrolled in a Sioux City public or parochial school, reside in Sioux City but attend a school outside of Sioux City, or be home schooled in Sioux City.

For more details, go to [www.siouxlandcares.org](http://www.siouxlandcares.org) and click on Youth Services, Young Ambassadors.

To submit an application, please go to <https://www.surveymonkey.com/r/PG9YX2V> and fill out the requested information. Nomination deadline is **March 24**. Please direct questions to [siouxcitymyc@gmail.com](mailto:siouxcitymyc@gmail.com) or [cares@longlines.com](mailto:cares@longlines.com).

***Siouxland CARES facilitates activities for the Sioux City Mayor's Youth Commission and Young Ambassadors.***

### **Sioux City Mayor's Youth Commission**



---

## **Inhalant Fact Sheet**

**Inhalants are all over your house. They are in your child's school. In fact, you may have 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.** Inhalants are often the first drugs that young adolescents abuse. Most parents don't realize that inhalants (cheap, legal and accessible products) are as popular among middle school students as marijuana. Even fewer parents 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 from sudden sniffing death the first time, or any time, a product is abused as an inhalant.

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.

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:

- Paint or chemical 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/or empty usable 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.**