

Siouxland CARES

July 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](#).

Upcoming Events!

**Move Your Way SM
Disc Golf Challenge**
Now Through July 11th, 2020

Our friends at Siouxland District Health Department have been selected as one of eight communities from across the nation to pilot the Move Your Way Campaign SM! It aims to help people understand how much physical activity they need to be healthy and how to fit it into their daily lives. Their next activity is a Disc Golf Challenge that will run from now until July 11th! Individuals can participate by playing disc golf at any of the three Sioux City Mayor's Youth Commission and Sioux City Parks and Recreation courses. [Full details, here!](#)

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

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

Stay Informed!

During these uncertain times, we want you to know that Siouxland CARES is here for you! We have many, wonderful

community partners that are still providing vital services related to substance abuse.

July 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!](#)

Virtual Support Options Rosecrance Jackson Centers

Rosecrance offers a variety of virtual substance abuse and mental health services. They have developed an online hub containing all of their virtual resources for your convenience.

[Learn more, here!](#)

Your Best Life MercyOne

MercyOne has a Podcast called, "Your Best Life." It features various topics about living well – everything from exercise and strength training to annual screenings, flu shots, stress and heart health.

[Learn more, here!](#)

Home Packet Iowa Poison Control Center

Order a home packet! The packet contains one pair of Poison Help phone stickers, a Poison Help Safety Guide, a Plant Guide, a Carbon Monoxide Fact Card and a Poison Help magnet. Limit one packet per household.

[Order, here!](#)

Center, 1-888-3737.888, to obtain information and to access 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**

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!

Outreach Update!

Impaired Driving

Impaired driving remains an issue that affects Americans every day. On average, three in five people will be involved in a crash due to impaired driving in their lifetime. Impaired driving can have serious consequences, including injury and death.

Impaired driving is entirely preventable. Know the facts, and talk with your kids about the dangers of driving under the influence of alcohol or other drugs.

- About one in four teen car crashes involves an underage drinking driver.
- Every day about 800 people are injured in a drunk-driving crash.
- Every day in America, another 29 people die as a result of drunk-driving crashes. That's one person every 50 minutes.
- Marijuana use is increasing, and 13 percent of weekend nighttime drivers have marijuana in their system.
- Marijuana users were about 25 percent more likely to be involved in a crash than drivers with no evidence of marijuana use.

Keeping Your Kids Safe:

The most effective way to stop impaired driving is to prevent it from happening in the first place. Use the following tips when talking with your kids about drunk and drug-impaired driving.

Don't Wait for the "Right" Time—It's always a good time to talk to your kids about the dangers of impaired driving. Here are some common situations you can take advantage of to discuss drunk and drug-impaired driving:

- When your child asks to borrow the car;
- When you're at the dinner table together;
- When your child asks if he or she can ride with a friend to school/a concert/a party;
- When you're running weekend errands;
- When you're at the grocery store; and
- When you and your child are in the car together.

Reinforce Expectations—Make sure your children know what you expect from them when it comes to impaired driving. Let them know it's never okay to get behind the wheel of a motor vehicle while under the influence, and that getting in a car with someone who has been drinking or using drugs is also dangerous.

Help Them Build an Exit Plan—Some kids may not know what to do if a friend or family member who is under the influence of alcohol or other drugs offers them a ride. Explain to your child that it's okay to say no, and help them think through an exit strategy.

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 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, 401 Douglas Street, Suite 519, Sioux City, Iowa 51101. Siouxland CARES is a 501(c)(3) tax-exempt non profit corporation. Gifts to Siouxland

Show Them You Care—Kids are more likely to listen when they know you're on their side. Make sure they know that you're talking to them about impaired driving because you care about their safety, not because you assume they would ever drive drunk or drug-impaired.

CARES are deductible to the maximum extent allowed by law.

Information provided by the Substance Abuse and Mental Health Services Administration (SAMHSA). To view the full article, [please click here!](#)

Youth Spotlight!

Did you know the Sioux City Mayor's Youth Commission and Sioux City Parks and Recreation have three Disc Golf Courses in Sioux City? Enjoy some fun, sun and social distancing at the Sertoma Park, Grandview Park and Leif Erikson Park Disc Golf Courses! Learn more about the courses, [here!](#)



beSomebody Quote of the Month

Check out our July quote in the image below!



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

*Everyone deserves
happiness.*

'beSomebody' is a social norming campaign on good citizenship, doing the right thing, role modeling, reducing bullying, and eliminating alcohol and other drug abuse. Recently, we asked high school youth why they are an Upstander. Each month, we'll highlight a different response.

[view email in browser](#) | [unsubscribe](#) | [update your profile](#) | [forward to a friend](#)