



June/July Offline Happenings!

Thursday, June 2
Bullying Prevention Coalition @ 10 a.m.
Siouxland Chamber of Commerce
101 Pierce Street, Sioux City, IA

Thursday, June 2
Advisory Board Meeting @ Noon
Siouxland Chamber of Commerce
101 Pierce Street, Sioux City, IA

Tuesday, June 21
IPFS Underage Drinking Sub Committee @ 2 p.m.
Siouxland Chamber of Commerce
101 Pierce Street, Sioux City, IA

Tuesday, June 28
Dakota County Teen Court @ 5 p.m.
1615 First Ave, South Sioux City, NE

Monday, July 4th
Celebrate With Care

Wednesday, July 13, 9 a.m-4 p.m.
Fetal Alcohol Spectrum Disorders
presented by
Dr. Ira Chasnoff, MD
Briar Cliff University
Registration limited by going to
<http://ilearn.iowacourts.gov>
Free

Tuesday, July 19
IPFS Underage Drinking Sub Committee @ 2 p.m.
Siouxland Chamber of Commerce
101 Pierce Street, Sioux City, IA

CONTACT US:

cares@longlines.com

Follow us on Facebook: **beSomebody**

Follow us on Twitter: **@beSomebody_us**

Follow us on

Instagram: **SiouxCityMayorsYouthCommission**

Fact

The number of babies born exposed to drugs locally more than doubled from 2014 to 2015! 42 infants tested positive in 2014 and 86 in 2015!

“When You Use, So Does Your Baby!”

Please don't smoke, drink or use drugs during pregnancy.

Looking for some helpful websites?

Great information for parents and youth on laws and other helpful tools can be found in the 13th Anniversary Issue of the Parent Survival Guide from IHeart Media by clicking

on <http://www.1071kissfm.com/articles/parents-survival-guide-489226/parents-survival-guide-12899289/>

**Wednesday, July 20, 9 a.m-11 a.m.
Comprehensive Strategy Data meeting**

Local, state, and national data on youth problem behaviors will be shared as well as local Sioux City Community School District Data.

Briar Cliff University, Assisi & Canticle Rooms, St. Francis Center
Open to the public. Free.

Tuesday, July 26

Dakota County Teen Court @ 5 p.m.
1615 First Ave, South Sioux City, NE

HOLIDAY SAFETY

Every July 4th holiday, thousands of Americans drive a car, motorcycle, or boat after drinking alcohol or using drugs. Impaired driving is no accident.

The rate of alcohol impairment among drivers involved in fatal crashes during the 2014 July Fourth period was over three times higher at night than it was during the day.

There's No Excuse--Plan Ahead to Get Home Safely This Fourth of July.

Drive Sober or Get Pulled Over.

Did You Know?

- Drunk driving is often a symptom of a larger problem: alcohol misuse and abuse.
- Alcohol-impaired motor vehicle crashes cost more than an estimated \$37 billion annually.
- In 2012, more than 10,000 people died in alcohol-impaired driving crashes - one every 51 minutes.

While you're out celebrating our country's freedom, you could lose your own if you choose to drink and drive. Not only would you be risking your life and the lives of others—you could face a DUI arrest. The average DUI costs \$10,000, making it difficult to recover financially.

And the cost doesn't end there. Arrested drunk drivers face jail time, the loss of their driver licenses, higher insurance rates, and dozens of

www.drugfreeinfo.org

www.samhsa.gov

www.iowapoisson.org

www.elks.org

www.jacksonrecovery.com

www.iowa.gov/oncp

www.stopbullying.gov

www.siouxlandmentalhealth.com

www.educateiowa.gov

www.iowapridenetwork.org

www.iowasafeschools.org

www.oneiowa.org

www.reportbullyingiowa.com

www.sai-iowa.org/bullying

www.safeyouth.gov

www.standforthesilent.org

www.parentfurther.com

www.girlscoutsiowa.org

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

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.

other hefty expenses, from car towing and repairs to attorney fees, fines, court costs, lost time at work, and more.

Avoid Drunk Driving Altogether—Use Safe Alternatives to Getting Home

- Plan a safe way home before the fun begins.
- Designate a sober driver or use public transportation to get home safely.
- Call a cab.
- Download NHTSA’s SaferRide mobile app at www.nhtsa.gov/link/saferride/.

Remember, with all of today’s alternatives to getting home safely, there’s no excuse for getting behind the wheel after drinking alcohol. Driving impaired is never worth the risk, not to yourself or anyone else. Plan ahead this holiday season and always. Don’t ever get behind a wheel of a vehicle when you are impaired.

Remember, Buzzed Driving is Drunk Driving.

For more information about the Drive Sober or Get Pulled Over campaign, visit www.TrafficSafetyMarketing.gov. Message supported locally by law enforcement agencies, Siouxland CARES and Mercy Medical Center REAP.

TALK TO YOUR CHILD ABOUT ALCOHOL POISONING

Symptoms of alcohol poisoning:

- Person is unconscious or semi-conscious and cannot be awakened.
- Cold, clammy, pale, or bluish skin.
- Check to see if breathing is slow, less than 8 times per minute, or irregular, with 10 seconds or more between breaths.
- Vomiting while “sleeping” or passed out, and not waking up after vomiting.

If a person has any of these symptoms, he or she is suffering from acute alcohol intoxication and is in danger.

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

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!

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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.

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 is 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 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

- Get help. Call someone, a staff member, an ambulance, public safety, anyone who can help. Call 911.
- Do not leave the person alone. Turn the victim on his/her side to prevent choking in case of vomiting.
- Always be “better safe than sorry” if you are not sure what to do. How can your friend be angry about you caring for him/her?

Thanks to everyone who participated in the Prescription Drug Take Back Day on April 30th! Remember, the Sioux City Police Department has a 24 hour drop box in its lobby for unused or expired prescription drugs.

***Have a safe summer and 4th of July holiday.
Remember to always celebrate with care!***

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