

Siouxland CARES

June & July Offline Happenings!

Thursday, June 1

Siouxland CARES Advisory Board Meeting

Noon - 1:15 p.m.

Siouxland Chamber of Commerce Building
101 Pierce Street
Sioux City, IA

Tuesday, June 13 and Wednesday, June 14
Advanced Application: Mystery of Risk With
Dr. Ira Chasnoff and Dr. Christine Schmidt

9 a.m.-4 p.m.

Interventions in working with children who have been exposed to alcohol and other substances.

Briar Cliff University
3303 Rebecca Street
Sioux City, IA

Tuesday, June 27

Dakota County Teen Court

5:00 p.m.

1615 First Avenue
South Sioux City, NE

Tuesday, July 4th

Celebrate With Care

Thursday, July 20

Comprehensive Strategy Data Meeting

9-11:00 a.m.

Briar Cliff University, St. Francis Center
3303 Rebecca Street
Sioux City, IA

Local, state, and national data on youth problem behaviors will be shared. Open to the public. Free.

Tuesday, July 25

Dakota County Teen Court

CONTACT US:

cares@longlines.com

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Follow us on [Twitter](#).

Follow us on [Instagram](#).

FACT

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.

- 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.

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

HOLIDAY SAFETY

Every day, 28 people in the United States die in an alcohol-related vehicle crash—that's one person every 53 minutes. Drunk driving fatalities have fallen by a third in the last three decades; however, the chance of being in an alcohol-impaired crash is still one in three over the course of a lifetime. These deaths and damages contribute to a cost of \$52B per year.

Impaired driving is no accident.

There's No Excuse--Plan Ahead to Get Home Safely This Fourth of July and Every Day!

Drive Sober or Get Pulled Over.

From the National Highway Traffic Safety Administration

Sioux City Mayor's Youth Commission Recognizes Young Ambassadors

The Sioux City Mayor's Youth Commission's honored 36 students in grades 4-7 as Young Ambassadors in May at its annual recognition event. The Young Ambassadors program honors students who demonstrate the six pillars of character in both school and the community.

All nominated students received recognition, a Young Ambassadors t-shirt, and gifts from area businesses.

From the nominations, ten students were selected to be mentored by members of the Sioux City Mayor's Youth Commission, beginning in the fall. They are:

Mara Aesoph, North Middle School
Nora Chmielewski, Bryant Elementary
Cali Cooper, Sunnyside Elementary
Maclayne Dolan, Liberty Elementary
Sidney Koob, Mater Dei
McKayla Marreel, Mater Dei
Jack Petty, Sacred Heart
Noah Sewalson, East Middle School

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?

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

Looking for some helpful websites?

www.drugfreeinfo.org

www.samhsa.gov

www.iowapoison.org

www.elks.org

www.jacksonrecovery.com

www.iowa.gov/oncp

www.stopbullying.gov

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

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

Sadie Snyder, Morningside Elementary
Jackson Wagner, North Middle School

To be eligible, the student had to be in 4th-7th grade during the 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.

Recommendations were written by a teacher, family member, or anyone associated with the child who is aware of the child's good character and service.

This program is a partnership between the City of Sioux City, Sioux City Mayor's Youth Commission, and Siouxland CARES.



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 Support) About Substance Abuse is a community coalition comprised of 412 volunteers. Volunteers for Siouxland CARES (representing 12 community systems) contributed 9,063 hours in 2016 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 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.