

Siouxland CARES

June 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](#).

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

Upcoming Events!

**Plant The Town Red
Tulip Bulb Fundraiser**
Now Through June 19, 2020

Siouxland CARES is selling tulip bulbs for our “Plant the Town Red” fundraiser! We are accepting pre-orders now through June 19, 2020. Available colors are red, yellow, purple and orange. The price is \$1/bulb. The tulip bulbs will arrive in late September – just in time to be planted during Red Ribbon Week (October 23-31)! Please note, you do not need to pay for the tulip bulbs until they arrive.

If you would like to purchase tulip bulbs, please complete our short online order form, here: <https://www.surveymonkey.com/r/2020TulipBulbs>.

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-

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. If you or someone you know is in need of resources, please reach out to Britney Book, Executive Director, at siouxlandcaresdirector@gmail.com.

888-3737.888, to obtain information and to access supportive services for the victim. www.acf.hhs.gov/trafficking

June Online 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*'.

[View the graphs, 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!](#)

Independent Study Packets Education.com

Find free, fun and educational activities for elementary age students! Education.com is providing free access to some of their resources to help facilitate at-home learning – and will continue to share new educational resources in the coming weeks.

[Learn more, here!](#)

35 Children's Books That Teach Empathy And Kindness HuffPost Parenting

Parents today are very concerned about raising kids who will be forces for good in the world. There are many ways to teach children empathy and understanding, and one very simple yet powerful approach is through books. Check out this HuffPost article that provides a list of books that feature messages of empathy and kindness.

[Read more, here!](#)

Outreach Update!

Did you know Siouxland has a Tri-State Area Curfew? Curfew times include these areas: Sioux City, Iowa; Woodbury County, Iowa; Sergeant Bluff, Iowa; South Sioux City, Nebraska; Dakota County, Nebraska; and North Sioux City, South Dakota. Help keep our kids safe, healthy and drug-free! [Learn more, here!](#)

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!

Trustworthiness: Think it. Be it.

Respect: Give it. Get it.

Responsibility: Take it. Teach It.

Tri-State Curfew Times:
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

Fairness: Share it. Practice it.
Caring: Show it. Receive it.
Citizenship: Have it. Honor it.

Make Your Character Count in Siouland!

Youth Spotlight!

Throughout these uncertain times, members of the Sioux City Mayor's Youth Commission and Sioux City Young Ambassadors have been actively volunteering in safe yet innovative ways! Thank you to these youth leaders for continuing to support our community!

Siouland 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 Siouland CARES and shop: <http://smile.amazon.com/ch/42-1331282!>

Please Donate Today!

Please consider supporting the efforts of Siouland 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.



Teen Court Farewell

Siouland CARES is saying farewell to our Teen Court in South Sioux City/Dakota County program. This program has served the community for nearly 20 years! In April, we held a virtual farewell event utilizing our social media channels. Additionally, a Teen Court Impact Report was developed to highlight the successes of this juvenile diversion program! It includes a background of the program, data and testimonials.

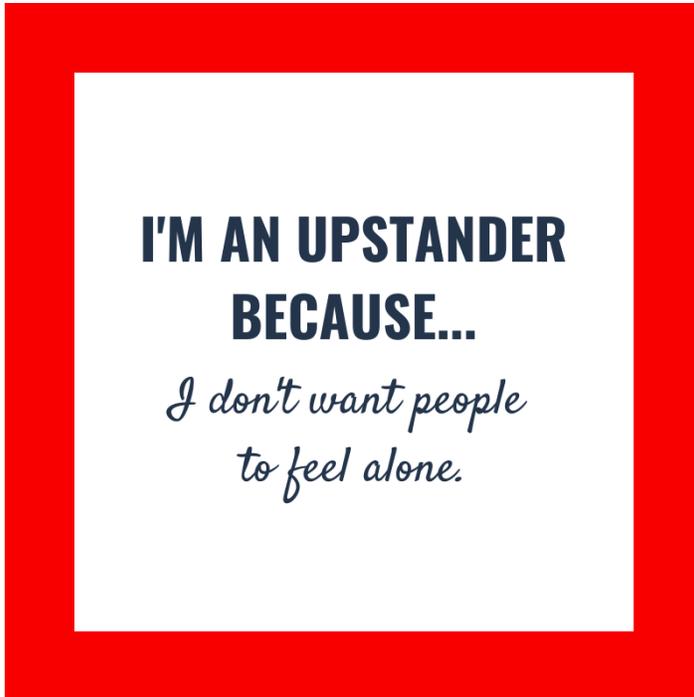
[Check out the report, here!](#)

On behalf of Siouland CARES and Teen Court, we would like to thank all of our wonderful community partners who helped make this program a success!

Please send your gift made payable to Siouland CARES, 401 Douglas Street, Suite 519, Sioux City, Iowa 51101. Siouland CARES is a 501(c)(3) tax-exempt non profit corporation. Gifts to Siouland CARES are deductible to the maximum extent allowed by law.

beSomebody **Quote of the Month**

'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. Check out our June quote in the image below!



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