

Siouxland CARES

March 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!

Upcoming Events!

Monday, April 6
Alcohol Awareness Month Proclamation
Sioux City Council Meeting
4 p.m.

Monday, April 13
Alcohol Awareness Month Proclamation
South Sioux City Council Meeting
5 p.m.

You're Invited!

Teen Court Farewell Reception

Tuesday, April 28, 2020
4:30 p.m. to 5:30 p.m.
Brief Program at 5:00 p.m.
South Sioux City Council Chambers
1615 1st Avenue, South Sioux City, NE

The Teen Court of Dakota County program, coordinated by

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.iowapoison.org

www.elks.org/dap

www.rosecrancejackson.org

www.stopbullying.gov

www.siouxlandmentalhealth.com

[m](#)

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

Siouxland CARES, will end after serving the community for 20 years! Please join us as we bid farewell to this juvenile diversion program that has helped nearly 400 youth since 2000!

Please RSVP by April 23, 2020 to:
dakotacountyteencourt@gmail.com

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

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.

Online Resources:

Local Coronavirus (COVID-19) Updates *Siouxland District Health Department*

The Siouxland District Health Department podcast shares the latest news and information about public health efforts.

[Listen, here!](#)

Online and Remote Resources for Addiction Support *Partnership for Drug-Free Kids*

In addition to online resources that local groups may offer, families and individuals in need of support and connectedness have many free online and phone-based options.

[Learn more, here!](#)

How to Respond with Kindness in Times of Darkness *Heartland Counseling Services*

2020 is in full swing, and we can look back on the past year with appreciation and gratitude. 2019 was a special year, but of course there were some difficult times—times of hardship, times of grief and times of tragedy.

[Read more, here!](#)

Steps to Help Cope with Evolving Coronavirus Situation *American Red Cross*

People may experience a variety of feelings and thoughts during the current situation with Coronavirus (COVID-19) in this country. The American Red Cross has information people can use to cope with this evolving situation.

[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.

Outreach Update!

The Anti-Drug is Communication.

Ask Who? Ask What? Ask

Rachel Lundgren, Siouxland CARES' Data & Outreach Coordinator, led the Underage Drinking activity at the My Life, My Choices event last month! The event provided an interactive learning experience in which 7th graders from the Sioux City Community School District and Woodbury Central School were confronted with real-life situations, decisions and consequences.

At the Siouxland CARES booth, students were informed that using substances as a teenager can cause life-long problems. Underage drinking and other drug use can increase the likelihood of an individual developing a substance use disorder, having relationship issues, and having problems in school and athletics. Young people at the Siouxland CARES booth were encouraged to focus on what they value in their lives and realize that abusing substances could put them at risk of losing the things that matter most.

Check us out on [Facebook](#), [Twitter](#) and [Instagram](#) for more Outreach Updates!



Get Involved!

If you're serious about preventing alcohol and other drug abuse in Siouxland, know the curfew laws and enforce them in your home. Let's keep our kids safe, healthy and drug-free!

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 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
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 March quote in the image below!

