

Siouxland CARES

September Offline Happenings!

Thursday, September 1
Bullying Prevention Coalition @ 10 a.m.
Siouxland Chamber of Commerce
101 Pierce Street, Sioux City, IA

Thursday, September 1
Advisory Board Meeting @ Noon
Siouxland Chamber of Commerce
101 Pierce Street, Sioux City, IA

Monday, September 5th
Labor Day
Celebrate With Care

Sunday, September 11, 2-8:30 p.m.
**National Council on Youth Leadership-
Leadership Session-Olsen Student
Center @ 2:30 p.m.**

**National Council on Youth Leadership-
Recognition Program-Eppley
Auditorium @ 6:30 p.m.**
Morningside College Campus, Sioux City, IA

Monday, September 19
**Sioux City Mayor's Youth Commission
Meeting @ 7:00 p.m.**
City Hall, 5th Floor Council Chambers
405 6th Street, Sioux City, IA

Saturday, September 24, 10 a.m. - 2 p.m.
Prescription Take Back Day
**or drop unused prescriptions off any
time at the Sioux City
Police Department Drop Box in the
Lobby on Douglas Street**

CONTACT US:

cares@longlines.com

Follow us on Facebook: **beSomebody**

Follow us on Twitter: **@beSomebody_us**

Follow us on

Instagram: **SiouxCityMayorsYouthCommission**

Binge Drinking Fact

Of the 525 high school seniors, 19% or 100 students who took the Siouxland CARES Greater Sioux City Metro Area Youth Survey in 2014 said they had five or more drinks in a row in the past 30 days.

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

www.educateiowa.gov

www.iowapridenetwork.org

www.iowasafeschools.org

Various locations
Sioux City, Iowa

Tuesday, September 27
Dakota County Teen Court @ 5 p.m.
1615 First Ave, South Sioux City, NE

www.oneiowa.org
www.reportbullyingiowa.com
www.sai-iowa.org/bullying
www.safeyouth.gov
www.standforthesilent.org
www.parentfurther.com
www.girlscoutsiowa.org

Let's Plant the Town Red, Yellow, Purple and Orange!

Siouxland CARES is once again selling tulip bulbs to celebrate **Red Ribbon Week**, October 23-31. Plant your bulbs in October, watch your tulips grow in April as we celebrate **Alcohol Awareness Month**. Cost = \$1.00 per bulb.

Supplies are limited so order your tulip bulbs today by emailing cares@longlines.com.

September is Recovery Month **"Join the Voices for Recovery: Our Families, Our Stories, Our Recovery!"**

Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA) (www.samhsa.gov), within the U.S. Department of Health and Human Services (HHS) (www.hhs.gov), sponsors National Recovery Month (Recovery Month) to increase awareness of behavioral health conditions. This observance promotes the belief that behavioral health is essential to health, prevention works, treatment is effective, and people recover from mental and/or substance use disorders.

More than one third of young adults aged 18 to 25 were binge alcohol users (37.7%). An estimated 8.7 million (22.8%) of underage persons (aged 12 to 20) were current drinkers in 2014.

Source: Center for Behavioral Health Statistics and Quality, Behavioral Health Trends in the United States:

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.

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

Results from the 2014 National Survey on Drug Use and Health, NSDUH Series H-50, HHS Publication No. (SMA) 15-4927. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2015, p. 1.

Party Intervention Patrols to Curb Underage Drinking

With the upcoming school year approaching, the Sioux City Police Department, in conjunction with Jackson Recovery Centers, will be increasing patrols to specifically combat underage drinking. Additional officers will respond to complaints of loud parties and/or underage drinking parties. These extra officers will also assist with the containment and safe dispersal of parties by processing attendees, conducting an investigation to hold party hosts responsible, and arranging safe transportation home for party attendees. To ensure the safety of our youth, there will be a zero tolerance policy in regards to underage drinking. Individuals and party hosts will be cited as appropriate. The consequences of underage drinking can affect everyone—regardless of age or drinking status. As a community, we all feel the effects of the aggressive behavior, property damage, injuries, violence, and deaths that can result from underage drinking. The Sioux City Police Department and Jackson Recovery Centers are committed to ensuring the safety of the youth and citizens of Sioux City.

Party Intervention Patrols are provided through Jackson Recovery Centers as a part of the Iowa Partnerships for Success grant and funded by Iowa Department of Public Health, through the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services.

CARES Welcomes New Assistant Director/Teen Court Coordinator

Britney Siningher Book is the new Assistant Director for Siouxland CARES and Coordinator for the Teen Court Program in Dakota County. She is responsible for conducting intakes for Teen Court defendants, case management, and also volunteer coordination for the 45 Teen Court volunteers. Britney is also assisting with

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!

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

the Social Media needs of CARES and the beSomebody Initiative.

Britney lives in Sioux City with her husband, Bryce. She is currently working part time for CARES and recently started a new online and pop up business with her husband called Humble Landings Stationery + Gifts.

She may be reached at 712-255-3188 or teencourt@longlines.com.

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.

2016 Homecoming Dates

September 15
East

September 16
Hinton
North
River Valley

September 23
Homer
Lawton Bronson

September 30
Akron Westfield
Bishop Heelan
Dakota Valley
Sergeant Bluff-Luton
Woodbury Central

October 6
West

October 7
Elk Point Jefferson
South Sioux City
Westwood Sloan

*In most instances, the Homecoming Dance is the following day.