

# Siouxland CARES

## September Offline Happenings!

**Thursday, September 7**  
**Bullying Prevention Community Coalition Meeting**  
10:00 a.m.  
Siouxland Chamber of Commerce Building  
101 Pierce Street  
Sioux City, IA

**Thursday, September 7**  
**Siouxland CARES Advisory Board Meeting**  
Noon - 1:15 p.m.  
Siouxland Chamber of Commerce Building  
101 Pierce Street  
Sioux City, IA

**Sunday, September 10**  
**Siouxland CARES Wiffle Ball Tournament and 30th Anniversary Celebration**  
Noon-3 p.m.  
Miracle League Field, Riverside Park  
Sioux City, IA

**Tuesday, September 26**  
**Dakota County Teen Court**  
5:00 p.m.  
1615 First Avenue  
South Sioux City, NE

**Thursday, September 28**  
**Comprehensive Strategy and Healthy Siouxland Initiative Meeting**  
9:00 a.m. - 11:30 a.m.  
Briar Cliff University, Assisi Room, Stark Center  
Sioux City, IA

### CONTACT US:

[cares@longlines.com](mailto:cares@longlines.com)

Follow us on [Facebook](#).

Follow us on [Twitter](#).

Follow us on [Instagram](#).

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### FACT

**Siouxland CARES is celebrating  
30 Years of Caring!**

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

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### Looking for some helpful websites?

[www.drugfreeinfo.org](http://www.drugfreeinfo.org)

[www.samhsa.gov](http://www.samhsa.gov)

[www.iowapoisoin.org](http://www.iowapoisoin.org)

[www.elks.org](http://www.elks.org)

[www.jacksonrecovery.com](http://www.jacksonrecovery.com)

[www.iowa.gov/oncp](http://www.iowa.gov/oncp)

[www.stopbullying.gov](http://www.stopbullying.gov)

[www.siouxlandmentalhealth.com](http://www.siouxlandmentalhealth.com)

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### Other Resources

Contact the Boys Town National Hot

## Siouxland CARES About Wiffle Ball

Plans have been completed for the Siouxland CARES Wiffle Ball Tournament on **Sunday, September 10th, 2017**, from 12:00 p.m.-3 p.m. The tournament will be held at Miracle Field, 1001 Riverside Blvd., Sioux City, Iowa. Save the date! You won't want to miss out on the fun!

Special thanks to our many sponsors for this event:

**Aalfs Manufacturing** - Naming Sponsor  
**CNOS** - Home Run Derby Sponsor (\$3 for 3 swings-PRIZES)  
**Hong Kong Supermarket** - Shirt Sponsor  
**K & B Transportation** - Prize Sponsor

**Take me out to the ballgame!!!**

**Team Sponsors:** Bishop Heelan, Sioux City Council, Sioux City Police Department, Woodbury County Sheriff's Department

**Inning Sponsors, Food Sponsors, Pop Up Park Sponsors, and In-Kind Sponsors (to date):**

R.E. Scott Company, Security National Bank, Oyboe Institute, Linda Phillips, Bryce & Britney Book, Miracle League of SC, Chesterman Company, Sam's Club, United Way of Siouxland, Five-Star Awards & More, Shirley Chic Photography, IHeart Media, Bruce Miller, Jackson Recovery Centers, Sioux City Parks & Recreation, Siouxland District Health Department, Sioux City Mayor's Youth Commission, Sioux City Police Department, Woodbury County Sheriff's Department, BigFrig, Koated Kernels, Avery Brothers Sign Company, Siouxland CARES Coalition members, and "celebrity" pitchers from the area. Special thanks to our Wiffle Ball Tournament Chair Beth Noel, Past President of Siouxland CARES!

Questions? Call 712-255-3188,  
www.siouxlandcares.org, or  
email cares@longlines.com

Line,  
1-800-448-3000 or  
the National Suicide Prevention  
Lifeline,  
1-800-273-8255  
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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](http://www.acf.hhs.gov/trafficking)

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## beSomebody

Find out more about the beSomebody campaign by connecting to the Siouxland CARES website at [www.siouxlandcares.org](http://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)**.

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## 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**

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## 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



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### **Siouxland CARES Celebrates 30 Years of Caring**

Thirty years ago, community leaders came together for an entire week to talk about how our community could collectively make an impact to combat underage drinking. This group was convened as the result of a United Way needs assessment that identified adolescent substance abuse as a priority concern. At the conclusion of the week, the consensus was that Siouxland needed a permanent, full time coalition to address these issues. Organizers of this effort were Nancy Mounts from the Sioux City Schools, Cheri Phillips from Jackson Recovery Centers, Vickie Hepperlen-Parent, and Barbara Aalfs, representing the United Way. They named the coalition Siouxland CARES About Substance Abuse.

#### **The Issue**

Data was compiled in 1987-1990 to identify specific community data indicators in Siouxland. A youth specific survey was developed by Siouxland CARES in 1999 and continues to be conducted in the tri-state area. In 2016, 4,326 students participated. Beginning in 2002, Siouxland CARES began asking questions about current usage. In 2002, 58% of 12<sup>th</sup> grade students in the tri-state area of Iowa, Nebraska, and South Dakota reported current use of alcohol. This included students who reported having at least one drink (glass, bottle, or can of beer; glass of wine, liquor, or mixed drink) in the past 30 days. The percentage of 12<sup>th</sup> graders who reported having five or more drinks (binge drinking) on at least one day in the last 30 days was 44%.

#### **The Trends**

In 2016, the Siouxland CARES Greater Sioux City Metro Area Youth Survey showed that 26% of the 12<sup>th</sup> graders

other drugs and related violence.

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#### **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!!***

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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>

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**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,

in the tri-state area reported alcohol use in the past 30 days, a 32% **decrease** in the past 15 years! And **29% fewer** 12<sup>th</sup> graders participated in binge drinking. Many other positive trends are occurring including a huge reduction in the number of youth around other teens using alcohol and number of students who have driven a car after using alcohol. This change happened because of the hard work of many community partners. However, our work is not yet done!

### **Our Response**

Siouxland CARES takes an active role in addressing the problem of underage drinking and other drug abuse by implementing prevention strategies targeting youth, young adults, community agencies and businesses, and policies.

### **Accomplishments-Check out these ongoing accomplishments!**

- Coordinates and participates in meetings aimed at affecting community laws and norms related to substance abuse and its related violence in the tri-state area.
- Conducts youth and parent surveys to assess need and progress and compile risk factor and outcome data.
- Conducts compliance checks in cooperation with law enforcement.
- Provides information and support to parents, youth, and organizations as we work together to reduce substance abuse and strengthen collaborative efforts.
- Promotes and coordinates the **beSomebody** campaign to reduce bullying and encouraging youth and adults to be good citizens.
- Advocates for policy and ordinance changes, i.e. Tri-State Curfew, Keg Registration.
- Enhances skills by coordinating and facilitating positive youth development programs including Teen Court in Dakota County, Sioux City Mayor's Youth Commission, and Sioux City Young Ambassadors.
- Provides administrative, grant, or fiscal agent support to the Siouxland Council on Child Abuse and Neglect, Sioux City Mayor's Youth Commission, Sioux City Young Ambassadors, Bullying Prevention Community Coalition, and Comprehensive Strategy.

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.

**Thank you for your continued support as we work together to create a safe, healthy, and drug-free community.**

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## Farewell and Welcome

Thank you to Davidson Wissing, Jackson Recovery Centers, Iowa Partnerships for Success Coordinator for Woodbury County. Davidson has been a part of our team for three years and is moving out of the area. Thanks for all you have done to reduce underage and binge drinking in Woodbury County. We welcome Rachel Prodonovich as the new IPFS Coordinator!

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

This information furnished by Siouxland CARES About Substance Abuse. | 101 Pierce Street |  
Sioux City, Iowa 51101 | 712.255.3188 | [cares@longlines.com](mailto:cares@longlines.com) | [www.siouxlandcares.org](http://www.siouxlandcares.org)

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