

Siouxland CARES

September 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](#).

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Follow us on [Instagram](#).



To learn more, visit:

www.siouxlandcares.org

Upcoming Events!

Sioux City Mayor's Youth Commission

Monthly Meeting

Monday, September 21

6:00 p.m. - 7:00 p.m.

Leif Erikson Disc Golf Course

The Mayor's Youth Commission (MYC) is a commission of the City of Sioux City. The mission of MYC is to explore, communicate, and provide for the needs, problems, issues, and activities affecting the city's youth. Siouxland CARES coordinates the efforts of MYC.

[To learn more, click here!](#)

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

www.primeagetoengage.com

Stay Informed!

September 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 and Week'.

[View the graphs, here!](#)

Other Resources

Contact the Boys Town National Hot Line,

1-800-448-3000 or

the National Suicide Prevention Lifeline,

1-800-273-8255

Helping Kids Transition Back to School Catholic Charities

Catholic Charities provides a 48-minute webinar recording full of information for parents in preparation for the start of a new school year amidst the pandemic. Learn how to keep kids mentally and emotionally well with Executive Director Amy Bloch, LISW and Fort Dodge Therapists Darla McEnroe, LMSW and Emily McCullough, LMFT.
[Watch the recording, here!](#)

Parent / Child Contract Siouxland CARES

Bert Welch provided Siouxland CARES with this wonderful contract between you and your child. Use as you wish and Start Talking Today! *Please Note: The contract will open as a Word Document to allow for editing.*
[Download the contract, here!](#)

Outreach Update!

How To Tell If Your Child Is Using Alcohol

Warning Signs

Although the following signs may indicate a problem with alcohol or other drugs, some also reflect normal growing pains. Experts believe that a drinking problem is more likely if you notice several of these signs at the same time, if they occur suddenly, or if some of them are extreme in nature.

- Mood changes: flare-ups of temper, irritability, and defensiveness
- School problems: poor attendance, low grades, and/or recent disciplinary action
- Rebellion against family rules
- Friend changes: switching friends and a reluctance to let you get to know the new friends
- A “nothing matters” attitude: sloppy appearance, a lack of involvement in former interests, and general low energy
- Alcohol presence: finding it in your child’s room or backpack or smelling alcohol on his or her breath
- Physical or mental problems: memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech

Finding Help

Do Not Play the Blame Game: In getting help for a child who drinks, the first thing to do is to try not to blame yourself or your child. The important thing is to act now to find the best available services to help your child stop using alcohol and begin building an alcohol-free future.

Talk With People You Know: If you are seeking treatment for a child’s mental health or substance abuse problem, you can start by talking with people you know such as family members, friends, schoolteachers, counselors, clergy, and your doctor.

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

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.

Fairness: Share it. Practice it.

Caring: Show it. Receive it.

Citizenship: Have it. Honor it.

Local Resources: Siouxland CARES maintains an Evaluation Referral Resource List with local treatment providers and their contact information. You can access the list by [clicking here!](#)

Article provided by the Substance Abuse and Mental Health Services Administration. To view the full article, [please click here!](#)

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!>

Youth Spotlight!

Sioux City Mayor's Youth Commission Accepting Applications

The mission of the Mayor's Youth Commission is to explore, communicate, and provide for the needs, problems, issues, and activities affecting the city's youth.

MEMBERSHIP: The membership consists of members in grades 9-12 from Sioux City high schools including Sioux City East, North, West, Bishop Heelan High and Siouxland Community Christian School.

ELIGIBILITY FOR MEMBERSHIP: Any 9th or 10th grader enrolled in a Sioux City public or parochial high school or students who are home schooled and live in Sioux City or students who live in Sioux City but go to school outside the city limits are eligible for membership on the Mayor's Youth Commission.

OUTCOMES FOR THIS YOUTH DEVELOPMENT PROGRAM:

- Youth make a positive impact in their community and feel valued.
- Youth develop to their full potential.
- Youth attending leadership sessions increase knowledge and skills.
- Youth participating in community service and activities feel they have made a positive contribution to their community.

How do I sign up? To download an application, [please click here!](#) Applications are due no later than October 31, 2020.

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.

To learn more, [click here!](#)



beSomebody Quote of the Month

Check out our September quote in the image below!

**I'M AN UPSTANDER
BECAUSE...**

*I would like to make my
school safer and want to
be a role model for
underclassmen.*

'beSomebody' is a social norming campaign on good citizenship, doing the right thing, role modeling, reducing bullying, and eliminating alcohol and other drug abuse.

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