



S.A.F.E Grant County Coalition

NEW AVENUE FOR TOBACCO CONTROL IN GRANT COUNTY:

Soon after Legislation passed the smoking ban and people in tobacco control were celebrating, Legislation decided to pull the rug out from under us and remove 55% of our funding to use elsewhere within the budget deficit. The Tobacco Control program took one of the biggest cuts of any state funded program thus causing the DPH (Department of Public Health) to go to work to figure out what could be done with very little funding with still having so much to do in prevention, education, cessation and policy work. Big Tobacco companies spend millions of dollars each year in Wisconsin promoting their products mainly to our youth and young adults. As noted in our last newsletter, these companies are now making and promoting OTP (other tobacco products) which are smokeless but still contain high amounts of nicotine and can be especially dangerous to young people. Big Tobacco will not be going away so we need to work hard to educate and keep youth away from these products.

Because of the budget cuts each coalition across the state now needed to figure out who they would "team up" with and then submit a grant application which had many limitations within it. Grant County wrote a grant which included 5 other counties but was not funded. Grant County was also included in a grant submitted by Rock County which **was funded**.

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" Seven Five 10"

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What's in Your Medicine Cabinet?

If a teen wanted to get high, where would they get the drugs? When most of us think about teen drug use we think about teens buying drugs from dealers. However, it is becoming more and more likely that teens will find drugs right in their own home that will get them high.

Prescription drug abuse is growing in the United States according to the National Institute of Drug Abuse. At the same time the number of people being prescribed medication is also on the rise. The majority of people who are prescribed medication take that medication appropriately and do not allow it to be abused. However, it is becoming easier and easier to find prescription medication and therefore easier and easier to abuse it.

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NEW AVENUE FOR TOBACCO CONTROL IN GRANT COUNTY CONTINUED...



So our new Multijurisdictional Coalition area includes; Rock, Green, Grant, Lafayette and Iowa Counties and we are now called Southwest Alliance for Tobacco Control (SATC). I will continue to work within the Health Department as I have the past 4.5 years and will provided services to Grant, Iowa and Lafayette Counties with funding from Rock County. This will be a wonderful collaboration as we move forward to fight Big Tobacco and provide clean and healthy air for everyone. There will be very few changes within Grant County except that I will have less hours to help with these tobacco issues. I will still provide services for the First Breath (cessation program for pregnant moms) Program which is supplemented through a mini-grant. This new MJC/SATC will also continue our S.A.F.E. Coalition partnership.

Our main focuses, presently, is helping area businesses move forward implementing the smoking ban which will take effect on July 5th, 2010. You may see a fun logo (see above) that our students will be using through the FACT (Fight Against Corporate Tobacco) to promote this exciting date for smoke-free air. Twelve Lancaster students will be trained on February 23rd (through a 500.00 mini-grant) to begin our movement through this activism program and will aid businesses with implementation of the smoking ban.

Another objective we will be working on will be in educating and limiting access to the new tobacco products that were previously mentioned. Some schools will be looking at changing their school’s policies in regards to the use of tobacco/nicotine on grounds. Presently most schools just address smoking. Now we need to look at the smokeless products that are available.

(submitted by Carol Thole)

“Another objective we will be working on will be in educating and limiting access to the new tobacco products”

Upcoming Events:

April 15th – 2nd Annual Plunge 8:00 – 2:15 @ Grant County Ext. Office Youth & Ag Building

July 1st-3rd– Youth Leadership Conference

April 8– Unwanted Prescription Drug Round Up

March 25– S.A.F.E Coalition Meeting



“Plunge”

On April 15, 8th, 9th & 10th grade students from throughout the county will be invited to attend the 2nd annual “Plunge”. The “Plunge” is an innovative approach designed to immerse participants into the depths of the problems, causes and consequences of underage drinking and drinking underage and driving. During the Plunge, students will witness a mock underage drinking and driving accident (this portion is graphic) and witness the emergency crews in action – including the Fire Department, First Responders, the Coroner and Law Enforcement. From there, they will travel by bus and follow the “victims” and their families to the emergency room, the funeral home, and to the courthouse. At each stop, the students will not only witness what the family and victims go through, but there will be an opportunity for questions. The day will portray a very realistic reenactment of an underage drinking and driving scenario and is very thought provoking! The students will end the day with additional speakers/presentations. This year, our keynote speaker will be the Backstrom family from Minnesota. The Backstrom’s lost 3 of their 5 sons due to a drunk driver. If you would like more information on their presentation, please go to www.backstrombrothers.com. The Backstrom Family presentations will be open to the public as follows:

Fennimore High School gymnasium, 10:00-11:00 a.m.

Grant County UW Extension Youth and Ag Building – Lancaster ,
1:10 – 2:15 p.m.

The “Plunge” and the Backstrom Family presentations are funded and sponsored by the S.A.F.E. Grant County Coalition’s Stop Underage Drinking Now Project, Grant Regional Health Center-Lancaster and the Rural Hospital Flexibility Program through The Wisconsin Office of Rural Health in collaboration with numerous community volunteers! For more information,



“Plunge” is an innovative approach designed to immerse participants into the depths of the problems, causes and consequences of underage drinking and underage drinking and driving.”



New AmeriCorps Member

My Name is Brittany Murphy and I am the new AmeriCorps Member working from the UW Extension Office. I am currently attending UW-Platteville working toward a biology degree and hope to continue on into the health care field. I started serving as the new AmeriCorps volunteer on Sept, 8 2009.

So far as the AmeriCorps Volunteer, I have worked in 4-H promotions, assisted the Riverway Communities of Hope with their after school program, gathered data for Fresh Start, worked with the Lancaster 3rd grade Homework Club, and worked with the SAFE Grant County Coalition. I believe influencing and teaching kids at a young age and giving them opportunities to succeed will make them strong and hardworking adults.

I look forward to working and meeting everyone over the course of the year! Please feel free to contact me either by email at grantcountyamericorps@yahoo.com or by calling me at (608) 723-2125 for assistance with any upcoming youth projects!



Youth Leadership Conference (YLC)

This years theme is “Realize “ your potential and “Energize” with action!

Tuesday June 30th will start 2010’s Youth Leadership Conference at Bethel Horizons in Dodgeville. YLC is an event who’s goal is the educate students and have them come up with an action plan to take back to their school and communities, and then implement that activity/idea! This event encompasses various activities such as a ropes course, movies, campfires, and a special presentation by Mike McGowan on alcohol abuse, pre-
scription drug abuse, and marijuana abuse.



What's in Your Medicine Cabinet?

Prescription medication use becomes abuse when the person is taking medication that was not prescribed to them or outside of the dosage or manner in which it was prescribed. Recent studies have found that over 6 million Americans over the age of 12 have used prescription medication for nonmedical purposes in the last 30 days. Among 12-17 year olds 9.2% of youth are using prescription drugs for nonmedical reasons and girls are slightly more likely to abuse prescription medication than boys in that age group.

Almost any drug in our medicine cabinet can be abused but there are some that require special attention. There are three types of medications that are most commonly abused: pain relievers or opiates; medication for anxiety or sleep disorders, also known as depressants; medications prescribed to treat ADHD or narcolepsy, often called stimulants. These medications are particularly dangerous when taken together. One developing trend among teens is the practice of taking a few different medications at once. This is called "pharming" or a "cocktail." This trend is particularly troubling because there are many potentially harmful drug interactions that those taking the medications are be unaware of.

Possible health risks that can occur from using prescription medications are respiratory depression which can lead to death, constipation, slow or irregular heart beat, paranoia, cardiovascular failure, and seizures. Those that abuse prescription drugs may think "If it is okay for Aunt Bessie to take the medication then it must be okay for me." This type of thinking can blind people to the potential risks. The reason why medications are prescribed by a physician is because doses and side affects differ for each person. People who use prescription medications appropriately also run some risks of experiencing negative side affects. When those side affects are experienced by those who are taking the medication inappropriately they are rarely reported and then can lead to persistent and harmful consequences.

Parents can impact the risk of their teens using drugs by talking about the dangers of prescription drug abuse with their teen. The recent Southwestern Youth Survey showed that teens in Grant County are more likely to abstain from harmful behaviors, like smoking or sexual behavior, if they believe their parents think it is wrong. When teens know what their parents think about a topic, they are often more likely to comply with their parents opinions. The community's values also impact youth behavior. Let the teens in your life know that abuse of prescription drugs is dangerous and that you think it is wrong to use prescription drugs for anything other than what the doctor prescribes.

Another way to have a positive impact on this growing trend is to bring your unneeded prescriptions to the prescription drug round up and dispose of them. Keep an eye on the prescriptions that you keep in your house. Count them periodically so you will know if some are missing. We can all have an impact on this growing trend.



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**See inside to check out the latest news from the
S.A.F.E Grant County Coalition**

