



March Newsletter, 2013

Upcoming Events

Local Survey Underscores Parent/Teen Conversations



This past Fall, over 1,800 students in Placer County participated in a locally developed survey to measure their behaviors, beliefs and attitudes regarding alcohol and drug use. The results make a strong positive link with their perception of harm and parent influence.

According to the national 2012 Monitoring The Future (MTF) report, the belief that a substance is not harmful is the strongest determinant of use. Survey data from Placer County concurs, showing an increase in underage drinking across grade levels as the perception that alcohol would cause harm decreases.

A fourth of Placer County students who took the survey said there was little or no risk if a person has 5 or more drinks, one to two times/week; which could portend a rise in binge drinking among Placer youth. According to the Youth Risk Behavior Survey, binge drinking (5 or more drinks in a few hours) is increasing, especially among teen and young adult women.

Research confirms that parents are a key influence on a youth's choices. Yet parents are less likely to talk about risks associated with alcohol/drug use with their teens as they get older. Preliminary local data shows a decrease in parent/teen conversations from 9th to 11th grade, a time in an adolescents life when the likelihood and amount of alcohol use doubles.

On the other end of the spectrum, students who reported that their parent or guardian had talked with them about the risks of alcohol use during the past year, were less

Chili Cook-Off
Friday March 15th
6:30 pm - 8:30 pm
 Maidu Community Center,
 Roseville

Placer County Sheriff
Offers Lead Training
1st Class
March 11th
12 pm - 3:30 pm
 Roseville PD
 Community Room
 1051 Junction Blvd. Roseville

2nd Class
April 1st
12 pm - 3:30 pm
 Auburn Justice Center
 2929 Richardson Dr.
 Auburn

Rx Take Back Event
Saturday April 27th
10 AM - 2 PM

CPY Is Offering SBIRT & MI Training

likely to have tried alcohol. This group of students were also more likely to believe that drinking alcohol puts a person at risk of harm, and thought that their parents and peers would disapprove of their use.

The message is clear; any effort to address alcohol/drug use among our youth must address their perceptions of harm, as well as engage parents as key partners in prevention.

Student Recommendations

Placer County High School Students were asked what they felt would benefit youth in their community.



Their top recommendations included:

- More fun activities for teens, opportunities for employment and volunteering.
- More counseling/support groups in school and in their community.
- 30% recommended a place for teens to meet in a clean and sober environment.

CPY Chosen to Participate in SHO Research Study

Twenty-four communities from six states across the nation were chosen to participate in a SHO Research Study, provided through the **Community Ant-Drug Coalitions of America (CADCA)** and **Wake Forest Medical School**.

Participation was a competitive application process and we are honored to have been chosen. The grant provides technical assistance and training for local coalition leaders and their law enforcement partners in implementing an effective social host ordinance campaign, as well as active enforcement. This opportunity will help bolster our local efforts in passing a social host ordinance in partnership with the Rocklin Police Department.

For more information regarding the proposed Rocklin Social Host Ordinance, please visit our website - www.coalitionforplaceryouth.org



Placer Youth Share their values, concerns, dreams . . .

More than ninety community members and youth participated in a World Cafe on February 13th, at the Rocklin Community Center. The event was organized by the Placer County Youth Commission and supported by the Auburn Hip Hop Congress, as well as Coalition for Placer Youth.

The youth and adult participants engaged in round table discussions about teen issues, adolescent needs, and explored possible solutions. Brandon Barry, a Del Oro senior and member of the Placer County Youth Commission, moderated the event.

World Cafe tables occupied by youth



**May, 30th
Screening
Brief Intervention
Referral to Treatment &
Motivational Interviewing**

In the News

Binge Drinking and teenage girls
[Read more>](#)

Reality of Heroin in Roseville
[Read more>](#)

Rx Drug Use Leads to Heroin [Read more>](#)

Report: Monitoring the Future
[Read more>](#)

Support CPY

All tax-deductible contributions are applied directly to programs that benefit the youth of Placer County. Donors to the Coalition for Placer Youth can submit donations via check or PayPal.

[Make a donation>](#)

and adults first identified many existing opportunities in our communities that engage youth, and are there to support adolescents and help them thrive.

After switching to a new table, guests discussed the factors that prevent youth from discovering and connecting with current resources in the community that are there to serve them.

The final table groups discussed what solutions they envisioned for the future, both big and small. "I wish we had more time on the last question," stated Josephine Kao, Youth Commissioner. "Discussing creative solutions was energizing. The Youth Commission hopes to keep this energy going."

The youth who attended expressed a strong desire to be a part of something fulfilling, and to make meaningful contributions to their community.

- They were interested in learning marketable skills.
- They talked about the need for employment opportunities for teens.
- They wished there were more places where they could volunteer and make a difference in their own neighborhoods.
- Youth felt a need for welcoming and safe places to be able to relax with peers.
- They wanted to have opportunities to celebrate music and arts.

Natalie Pohley, Hip Hop Congress Coordinator, commented on the importance of ongoing conversations and collaboration between youth and adults. "So we can all be empowered to engage youth in productive and meaningful ways. They are a tremendous, precious resource."

Participants left with a renewed conviction to continue the conversations fostered at the World Cafe, and find ways to engage youth.

Free Medication Take-Back-Day
Saturday April 27th 10am - 2pm
Keeping our kids and water drug-free
Properly Dispose of Your Unused or Expired Medications



Ten Western Placer Locations:

Auburn City Hall
 Granite Bay High School
 Lincoln Police Department
 Del Oro High School

Rocklin:

Whitney High School,
 Sierra College (dirt lot south-east corner of El Don &
 Rocklin Rd.)

Roseville:

Oakmont High School,
 Roseville High School,
 Woodcreek High School,
 Antelope High School



Questions? call (530) 889-7238

FREE SBIRT & MI TRAINING

Screening Brief Intervention Referral to Treatment & Motivational Interviewing

For physicians, nurses, health educators, school counselors, school psychologists, school nurses, mental health professionals, law enforcement, pastors, and others in key positions to intervene with youth at risk or currently using alcohol or drugs.

The training will be presented by UCLA Integrated Substance Abuse Program. Participants will gain skills to conduct fast, effective alcohol screens and interventions even during brief, acute care visits. Continuing education will also be offered.



Pre-registration is required so sign up early. Check under EVENTS on the CPY Website for more information and pre-registration packets.

www.coalitionforplaceryouth.org

TAKE THE PLEDGE

Take the Parent Pledge

Join our efforts to reduce youth access to alcohol and prescription medication

**BE A PARENT
NOT A PAL**



Take a **STAND**

Secure medicines and alcohol in your home

Talk with your teens about the dangers of alcohol and drugs

Assure alcohol and other drugs are not available at teen parties

Network with other parents

Drug test your teen

Join 1,000 Placer County parents enrolling in the responsible host database and make a commitment to not allow underage drinking in your home.

www.coalitionforplaceryouth.org

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Stay In Touch



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