



June Awareness Campaign Positive Parenting 2010

MAKING A CONTRACT WITH YOUR CHILD

By Bert Welch, Former Counselor

Making contracts with your child provides an opportunity for your child to make appropriate choices about their behavior. The idea is to help a child learn to be responsible for his/her own behavior. The idea is not to control the child, but to provide the child with the means to control him or herself. Every contract should outline what behavior is expected, the child's responsibility to meet that expectation, and a consequence (logical, i.e. Relates to the violation and is not punitive) for not meeting their responsibility.

For a sample contract worksheet, contact CARES at 712-255-3188 or go to the Siouxland CARES website at www.siouxlandcares.org/Resources. Included are examples of freedoms and privileges, limitations to freedoms and privileges, responsibilities, consequences, and more.

TALK TO YOUR CHILD ABOUT ALCOHOL POISONING

Symptoms of alcohol poisoning:

- Person is unconscious or semi-conscious and cannot be awakened.
- Cold, clammy, pale, or bluish skin.
- Check to see if breathing is slow, less than 8 times per minute, or irregular, with 10 seconds or more between breaths.
- Vomiting while "sleeping" or passed out, and not waking up after vomiting.

If a person has any of these symptoms, he or she may be suffering from acute alcohol intoxication and is in danger.

- Get help. Call someone, a staff member, an ambulance, public safety, anyone who can help. Call 911.
- Do not leave the person alone. Turn the victim on his/her side to prevent choking in case of vomiting.

- If you are not sure what to do, always be "better safe than sorry".

SAMHSA adds Reconnecting Youth to National Registry of Evidence Based Programs and Practices

The National Registry of Evidence-Based Programs and Practices (NREPP) added the Reconnecting Youth: A Peer Group Approach to Building Life Skills (RY) to its searchable online registry of interventions. RY is a school-based prevention program for students aged 14-19 years that teaches skills to build resiliency against risk factors and control early signs of substance abuse and emotional distress. NREPP is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Reconnecting Youth has made a big difference in the lives of many Siouxland youth. *Special thanks to Jackson Recovery Centers for providing this program in our Sioux City Schools for many, many years!!*

A PARENT'S GUIDE TO THE TEEN BRAIN

New discoveries about adolescent brain development have opened up fresh ways of thinking about teen behavior, and offer new insight into how parents can help their teens understand the risks of drugs and alcohol. For instance:

- Scientific evidence reveals that the brain is fully mature at about age 25 — much later than previously believed.
- One of the last areas of the brain to develop is the Prefrontal Cortex, which is responsible for processing information, making judgments, controlling impulses, and foreseeing consequences.

This new information throws into stark relief the major risks of teenage substance use, including the possibility of causing permanent neurological damage to the developing brain. Concerned parents want to know how to apply these findings to real life. That's what **A Parent's Guide to the Teen Brain** is all about.

Through an entertaining and compelling mix of media — video, interactive segments, scenario-

based role-playing experiences, expert advice, and practical tips — **A Parent's Guide to the Teen Brain** illustrates the links between teen behavior and the big changes happening in teen brains. In doing so, the site offers parents the keys to keeping their own perspective while guiding their teens more effectively through this tumultuous time of life.

The Partnership for a Drug-Free America partnered with Treatment Research Institute and WGBH Educational Foundation to develop **A Parent's Guide to the Teen Brain**. Check it out at www.drugfree.org.

Options Class for Young Adults

Jackson Recovery Center's Options Class is a 6-hour program designed for young adults who:

- Have continued drug/alcohol problems
- Have violated school policy and/or law enforcement policy
- Have previous history with alcohol or drug-related incidents and/or experimentation
- Have second offenses such as 2nd minor in possession

Class objectives:

- To interrupt substance use progression
- To identify past and current impact of their substance use
- To assist participants in planning for their future

Cost for the class is \$75. Payment is due prior to class. To register contact Jackson, 712-234-2300.

Class Schedule: All classes held from 9:00 a.m. to 4:00 p.m.

Jackson Recovery Centers Prevention Faculty
Jane Sanders, B.S., C. A. D. C., is a Certified Addiction Therapist in the state of Iowa. Currently a Prevention Specialist at Jackson Recovery Centers, she works with families, youth, and the community through consultation and various coalitions. She is also a trained interventionist working with families to help their loved ones find recovery. Jane is also the recipient of the 2008 Deb Mathews Award for Creativity in Leadership.

Siouxland CARES Summer Intern

My name is Hanna McElroy and I am a recent graduate of Bishop Heelan High School here in our own glorious Sioux City, Iowa. Next fall I will be attending the wonderful University of South Dakota where I will be majoring in one thing or another. My roommate and I have grandiose plans of becoming the most popular room on 2nd floor Beede next year by setting up a tent and a chocolate fountain in our dorm room. After four wonderful years when the chocolate fountain runs dry and our tent collapses, I plan on attending law school. I enjoy reading, running, and shenanigans. My favorite Christmas gift EVER was the compact purple sewing machine I received this year. I can't say I really know how to work it but if you ever need anything sewn, I am completely and totally willing to learn.

Upcoming dates:

- Sunday, June 20 – Father's Day
- Saturday, June 12 – Wheeling for Women Aware, Adam's Nature Preserve, 7:30-9:00 a.m. Call 712-258-4174 for more information.

Volunteer Opportunities for Youth this summer – Please see the complete list of resources by going to www.siouxlandcares.org/youthservices.

*Parents can help. Ask: Who?
What? Where? When?*

Remember: It's not pestering. It's parenting.
(National Youth Anti-Drug Media Campaign)

This information furnished by Siouxland CARES About Substance Abuse, 101 Pierce Street, Sioux City, Iowa 51101, (712) 255-3188, cares@longlines.com; www.siouxlandcares.org

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Siouxland CARES is a United Way Affiliated Agency

SIUXLAND TRI-STATE CURFEW TIMES

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

Keep Our Children Safe & Healthy!