



DELAWARE PREVENTION NEWSLETTER

Winter, 2014



Department of Social Services
Division of Substance Abuse & Mental Health
Department of Services for Children, Youth and Their Families
Division of Prevention & Behavioral Health Services

DELAWARE LEADS THE WAY

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Delaware's DSAMH is awarded Strategic Prevention Framework

Partnerships for Success (SPF-PFS) Grant

Delaware's Division of Substance Abuse & Mental Health (DSAMH) has been awarded another-substance abuse prevention grant through the Substance Abuse Mental Health Services; Administration,/ Center for the Application of Prevention Technologies (SAMHSA) The Strategic Prevention Framework Partnerships for Success (SPF-PFS) Grant will address the following priorities:

- 1) underage drinking among persons aged 12 to 20; and
- 2) prescription drug misuse and abuse among persons aged 12 to 25.

The SPF-PFS program will bring SAMHSA's Strategic Prevention Framework (SPF) to the national forefront. The new prevention program promotes the alignment and leveraging of prevention resources and priorities at the federal, state, and community levels.

Delaware's SPF-PFS program will build upon the experience and established SPF-based prevention infrastructure of Delaware's top substance abuse prevention priorities in its communities of high need, based upon the premise that changes at the community level will, over time, lead to measurable change at the state level. By working together to foster change, Delaware and it's communities of high need can more effectively begin to overcome the challenges, underlying their substance abuse prevention priorities. Thus, achieving the goals of the SPF-PFS program. SPF-PFS grants are authorized under Section 516 of the Public Health Service Act, as amended. This announcement addresses the Healthy People 2020 Substance Abuse Topic Area HP 2020-SA.

For more information please log on to the SAMSHA's website at www.samhsa.gov and/or the Delaware DHSS website at: www.dhss.delaware.gov

**BUILDING DELAWARE'S PREVENTION INFRASTRUCTURE
ANOTHER SUBSTANCE ABUSE PREVENTION SKILLS
TRAINING (SAPST) IN DOVER , DELAWARE**



WHO IS NEW TO PREVENTION?

During October 12 through October 17, 2014 twenty individuals participated in a training that helped them define the concept of Prevention. The participants ranged from Parole Officers to School Wellness Nurses. Many were able to connect the dots to social issues by learning to assess the risk and protective factors that influence (or contribute to) problems. All were educated on the risky behaviors that bring about substance abuse and other behavior health issues. The participants learned to implement interventions to reduce underage drinking. Logic models were discussed in an effort to connect problems and related behaviors to the specific local factors that influence or contribute to their communities. They were able to identify interventions that may be used to address the risk and protective factors related to the problems and behaviors. The participants readily realized the importance of building capacity in order to undertake a problem that is disabling their community. They were made aware of the importance of networking and collaborating with those that have a vested interest in their cause and how to get those not so interested to join them. The group was led by our own, SPF-SIG's Community Liaison, Rochellda Adderley and Marcus A. Bouligny, from the Substance Abuse and Mental Health Services Administration (SAMHSA) Center for the Application of Prevention Technologies. Delaware Division of Substance Abuse and Mental Health is working on building their behavior health workforce in prevention. We are just getting that much closer to addressing our four priorities in the state: alcohol, marijuana, heroin and opiates. If you have not yet been trained in this life changing theory to practice curriculum; please stay tune for our next SAPST training in December.

Prescription Drug Abuse Rises Among High School Football Players

The following article was published in CADCA Newsletter dated Aug 07, 2014

According to new research published in the Journal of Child & Adolescent Substance Abuse, prescription drug abuse is rising among high school football players in the United States. The author of the study, Bryan Denham, a professor of sports communication at Clemson University, cross-tabulated quantitative data collected from the 2009 Monitoring the Future survey, taken by 2,273 high school seniors and sponsored by the National Institute on Drug Abuse (NIDA). The study broke up the data based on gender and included two categories: race and competitive sports participation. Male participants who played baseball, basketball, football, soccer, swimming and diving and track and field were also interviewed. Female participants who played softball, basketball, soccer, swimming and diving, track and field and volleyball were interviewed. The results found that student athletes use illicit substances more frequently than non-competitors, possibly due to competition among their peers. Out of all the sports surveyed, football players use the most illegal substances and males consume more than females. In addition, Denham found that white athletes use more drugs than African American and Hispanic students. Most alarmingly, 12 percent of males surveyed and 8 percent of females reported using painkillers in the past year, an increase from previous surveys. "I've studied the use of performance enhancing substances in sports for about 15 years and this study extended that line of research to mind-altering substances," Denham said. "Alcohol has always been available, as has marijuana, but younger people also may look to stronger drugs for euphoric effects. If prescription pain relievers are over-prescribed in certain regions, their use may trickle down to adolescents," he went on. "Use of narcotic pain relievers may become a habit with some adolescent athletes."

The study also found that at least half of students attending American high schools used alcohol. In addition, while the term "hard drug" often applies to substances such as cocaine or LSD, it now also pertains to prescription pain relievers or analgesics, such as methadone, opium, morphine and codeine.

In an article featured in the journal, "Partnership for Drug Kids" dated September 25, 2014 , Join Together Staff wrote: "Doctors in Kentucky See Increase in Babies Born to Drug-Dependent Mothers"

A year after health experts gathered in Kentucky to discuss how to deal with the problem of babies born to drug-dependent mothers, the state has seen a surge in babies born with neonatal abstinence syndrome (NAS).

NAS is the condition caused by exposure to narcotics during pregnancy. Symptoms include constant high-pitched crying, vomiting, diarrhea, low-grade fever, seizures and tremors. Premature babies with the syndrome may experience respiratory distress and are put on ventilators. At the University of Kentucky Children's Hospital, the Neonatal Intensive Care Unit has discharged 204 babies with NAS as of this month, up from 154 in 2013, and 130 in 2012. Statewide, 955 babies were hospitalized for NAS in 2013, up from 67 in 2001.

Henrietta Bada, a neonatologist at the hospital, says doctors are frustrated because there is a lack of care for mothers who are addicted to drugs. The lack of care continues after the baby is born, she told the Lexington Herald-Leader.

In June, the state announced the Kentucky Perinatal Quality Collaborative, which will address the rising number of infants born with NAS.

"The time has come to treat neonatal abstinence syndrome like the true national public health emergency it is," Eric Reynolds, MD, President of the Kentucky Perinatal Association, said in a [news release](#) when the collaborative was announced. "In addition to the acute withdrawal syndrome as a newborn, infants affected by NAS are at increased risk for SIDS, abusive head trauma, attention and behavioral problems at school age, and their own addictive behaviors as adults."

BOYS & GIRLS CLUB - GO NAVY !



THIS IS OUR FUTURE!

Evidence based practices proof that involving our youth in positive experiences deters them from using substances

The Greater Boys & Girls Club partnered with the Old Navy Retail store in order to provide their youth an experience of being retail workers. Fifty youth participated in “Camp Old Navy Career Development Project” which included youth being trained for two weeks as sales associates and working in the Old Navy store for one day. The youth were able to feel what it was like to be a sales person working in a retail store. As a result of the collaboration, the Boys & Girls Club has secured several positions at the Old Navy store for their youth to work during the summer as “Summer Youth Employees.” The youth were excited having had this experience and are anxious to get to work for the Summer. The program is mainly for those youth ages 12-18 who are not actively engaged in education, training or the workforce. The goal is to mentor the youth into returning to school, enroll in post-secondary education or career training programs. The program provides skills development, work experiences and youth development activities. Kudos to Jawanna Saunders, Program Director & her staff for making this happen, as she quotes, ” There is always one moment in childhood when the door opens and lets the future in.”

FAITH BASED ORGANIZATIONS JOIN IN PREVENTION INITIATIVES

The Red Ribbon Campaign is now the oldest and largest Drug Prevention Program in the nation reaching millions of young people during Red Ribbon Week, October 23– October 31 each year.



Saint Elizabeth Ann Seton Church Father Roger and his Parishioners join in with the Red Ribbon Campaign



Ecumenical Council Members: Rev. Robert Hall, Lisa Clarke, Deborah Matthews and Dr. David B. Mills, Senior Pastor

WHAT IS RED RIBBON WEEK?: It is an ideal way for people and communities to unite and take a visible stand against drugs. Show your personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon, October 23 - 31st.

WHY?: The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the Red Ribbon Campaign is to present a unified and visible commitment towards a DRUG - FREE AMERICA.

WHO?: The Division of Prevention and Behavioral Health Services (DPBHS) is increasing awareness of substance abuse prevention and promoting safe, healthy and drug-free communities for youth and their families in Delaware and nationwide.

WHY SUPPORT?: You can help to broadcast a united message creating a tipping point to change behavior by being a part of the largest drug prevention program in the nation.

HOW?: Join DPBHS with their prevention efforts by wearing the Red Ribbon to show your support and encourage employees, customers, friends and families to do the same during Ribbon Week, October 23rd - 31st. Please wear red on October 29 (Wear Red Wednesday) and encourage others to do so as well. Also, take the pledge at <http://redribbon.org/pledge> and spread the word by tweeting @delkids with #RedRibbonWeek

Division of Prevention & Behavioral Health Services



@delkids
#RedRibbonWeek

Delaware Devoted Dads Summit

(A Father for Life)



Dr. George E. Gibson II, former basketball player creates and displays his inspirational manual. Standing next to him is Mr. Frank Hawkins, Director of Education & Outreach/ AIDS Delaware.



Special Guests

Honorable guests at the 2014 Dad's Summit included Congressman John Carney and Senator Chris Coons. Both shared with the audience their experiences of being a father and how important it was to have their dads present during their upbringing. Not pictured which also attended was our own Honorable Cabinet Deputy Secretary Dr. & Mrs. Henry Smith.

On Friday, October 10 & Saturday October 11, 2014 many fathers and their children gathered at the Delaware Devoted Dads Summit at the Chase Center on the Riverfront in Wilmington, Delaware. Mr. James Rodriguez, Chief Executive Officer & President of Fathers & Families Coalition of America and Mr. James Worthy, Director of Responsible Fatherhood were the keynote speakers in which shared their own personal journeys of being fathers. The audience filled with fathers were motivated to continue to be the best father that they could possibly be. The Friday night celebration consisted of welcoming remarks, a delicious dinner and DFFC awards. The Saturday session included workshops such as: Dad and Mom: Educating them together; Promote Father Involvement as a Positive Influence; Making Sense by Using the Right Strategies and Tools, Engaging Trauma Exposed Families, The Delaware Devoted DAC Six Marks of a Good Father; Promoting Healthy Families; Preventing Family Violence; Lessons from a Workforce Development Program; Women Who Provide Services and Fathers Who Get It and It's Child Based Partnership: what makes co-parenting work. The fathers walked away knowing the six critical skill sets of a good father, essential skills and strategies to develop open lines of communication with their children. Parents were educated on decision making to solve conflicts and were given useful resources to become active role models in their children's lives.

PREVENTATIVE LESSONS LEARNED

Kent/Sussex Youth visit Prison



The Kent & Sussex youth visited the Delores J. Baylor Women's Correctional Institution on Thursday, August 7, 2014. Seven young ladies had the experience of a life time when they sat in the Women's Prison as the inmates gave them first hand accounts as to the reasons why they were incarcerated and their mistakes in life. The young ladies were amazed how participating in risky behavior can land them in prison. They left the prison with a better understanding as to why it is important to stay connected to programs such as the Sussex County Anti Drug Youth Coalition (SCADYC) to keep them focused and informed of risky behaviors that can be avoided and prevented. More trips such as these are planned for the community to take advantage of through the Strategic Prevention Framework State Incentive Grant. Future plans include creating a documentary with the prisoners. For more information contact: djohnson@KSCS.org

KUDOS to Dupree Johnson and his team!

CONTRACT INFORMATION

State of Delaware Prevention Resources
Department of Health & Social Services

Division of Substance Abuse
& Mental Health

<http://dhss.delaware.gov/dsamh/prevention.html>

Department of Services for Children
Youth & Their Families

Division of Prevention & Behavioral
Health Services

<http://kids.delaware.gov/pbhs.html>



Strategic Prevention Framework

State Incentive Grant

Dr. Cecilia Douthy Willis,

Project Director

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The Delaware Prevention Newsletter is a collaborative effort brought to you by DHSS Division of Substance Abuse & Mental Health and DSCYF's Division of Prevention & Behavioral Health Services

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designed and published by

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DSAMH Prevention Specialist



STATE OF DELAWARE

DIVISION OF SUBSTANCE

ABUSE & MENTAL HEALTH

SUBSTANCE ABUSE PREVENTION

VISION

SAFE AND HEALTHY DELAWAREANS

MISSION

PARTNERING TO REDUCE SUBSTANCE ABUSE AND RELATED PROBLEM BEHAVIORS BY STRENGTHENING CHILDREN, FAMILIES AND COMMUNITIES THROUGH PREVENTION AND EARLY INTERVENTION TRAINING, EDUCATION & SERVICES.

SAVE THE DATES

Delaware Prevention Advisory Council

(DPAC) Meetings

Wednesday, December 10, 2014

Tuesday, March 10, 2015

Tuesday, June 19, 2015

Tuesday, September 8, 2015

Wednesday, December 9, 2015

9:00 a.m. – 12:00 p.m.

Buena Vista Conference Center

661 DuPont Hwy., New Castle 19720

Fetal Alcohol Spectrum

Disorder Task Force

(FASD) Meetings

Wednesday, December 17, 2014

Wednesday, March 18, 2015

Wednesday, June 17, 2015

Wednesday, September 16, 2015

Wednesday, September 16, 2015

9:30 a.m. – 12:00 p.m.

Herman Holloway Health Campus

1901 N. Dupont Hwy., New Castle, DE 19720