

# "These Threads"



A Monthly Newsletter of the Environmental Substance Abuse Prevention Program (ESAP)

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## The Corner Blog

### Saginaw Substance Abuse Prevention Partnership (SSAPP)

"The AmeriCorps Collaborative Partnership is truly a gift to Saginaw County- this collaboration allows several agencies that currently operate separate and stand-alone programs to truly join hands in a robust inter-organizational prevention-based collaboration to better serve children and families."

#### SSAPP Partners:

- United Way of Saginaw County
- Prevention and Youth Services Drug Education Center
- CAN Council
- Boy Scouts
- YMCA Saginaw

#### SSAPP AmeriCorps Service Overview:

- Expand education outreach services to children, youth, parents and community members.
- Foster positive environmental substance abuse prevention
- Assess concerns and root problems regarding youth substance use and abuse through individual and targeted community group surveys
- Participate in community ESAP events as well as collaborative partner events
- Develop a community mentoring ESAP project
- Partner with existing community groups in outreach/mentoring activities

#### SSAPP AmeriCorps Goals:

1. The perception of risk or harm is maintained/increased regarding alcohol, tobacco and other drugs (ATODs)
2. The perception of disapproval of use by parents is maintained/increased regarding ATODs

The AmeriCorps Members joined the SSAPP in October and since then, Prevention and Youth Services Drug Education Center in Saginaw has served 2,492 youth and adults through substance abuse use and abuse prevention services from October 1<sup>st</sup> 2011- March 31<sup>st</sup> 2011.

We hope to continue making a difference in the community in the 2011- 2012 service year!

If you would like to be involved in the 2011-2012 SSAPP AmeriCorps program, please contact: AmeriCorps Director  
Kristy Bitterman @ (989) 755-0505 ext.225



## Did You Know?

*Alcohol use, depression, schizophrenia and bipolar disorder together account for 45% of disabilities among young people ages 10 to 24 worldwide, about four times as many caused by unintentional injuries, according to a study of data from the World Health Organization.*

*The Los Angeles Times reports that the study found alcohol accounted for 7% of lost healthy years.*

*"Although risk factors and the lifestyles that young people adopt might not affect their health during this period, they can have a substantial effect in later life and can potentially affect the health of future generations," the authors wrote in [The Lancet](#).*

-Source: <http://www.drugfree.org/join-together>



## Summer Parties and the Lure of Underage Drinking

It's summertime again and for many teens, this means pool parties, grad parties, bonfires and unfortunately, underage drinking. If you are a parent thinking about hosting an event like a grad party, or just simply allowing your teen to have a gathering of friends, there are steps you can take to prevent underage drinking from taking place at your home.

- First, make it clear to your teen and their friends that alcohol and drug use will not be permitted at the party.
- Also, let the guests know that you will provide the refreshments and any outside beverages will not be entering the party. Remind them that if they leave, they will not be permitted to return.
- Make sure alcohol is not accessible to the teens. If you are serving alcohol to adults or you have any in your home, make sure it is supervised or put away.
- Be visible and available to the teens.
- Require that your teen provide you with a guest list prior to the party and allow guests to come in "by invitation" only. Do not admit party crashers.
- Be sure that you have emergency contact information of all of the guests and be prepared to notify the parents of any guest who appears to be under the influence of alcohol or other any other drugs.

Wishing you and your family a summer full of safe, healthy fun!

-Courtney Ruppel, AmeriCorps Member 2010-2011

The ESAP Program is made possible through the generous support of the Harvey Randall Wickes Foundation

## Inspiration

"We cannot live only for ourselves. A thousand fibers connect us with our fellow men."

-Herman Melville

## Who Cares?

### Drinking Rates Increase During the Often-Times Unmonitored Summer Months

With students out of school and parents at work, the summer months provide a prime opportunity for teens to be unmonitored. The tips below can be shared with parents to set the community-wide tone that underage drinking is unsafe, unhealthy, and unacceptable.

**Set Summertime Rules:** Make clear your rules regarding unsupervised time spent with friends, as well as your expectations surrounding drinking, smoking and other risky behaviors.

**Supervise:** This can be challenging for parents of high school students; however, be physically present when you can. When you can't, try asking a neighbor to randomly check in.

**Monitor:** Know with whom and where your child is at all times. Randomly call and text your teen to check in, and don't be afraid to check up on your child by calling another parent.

**Engage:** Provide some structure to your teen's summer by helping him/her find a summer job or engaging him/her in a supervised activity

**Team Up:** Get to know the parents of your teen's friends. Speak with them to ensure you have a unified and consistent no-use stance.

**Stay Involved:** Show your teen you care by taking time out of your busy schedule to do something fun and interactive together this summer (head to the movies, volunteer together, take a bike ride, etc.).

**Communicate:** Regardless of season, it is always a good time to talk to your teen about the dangers of alcohol, tobacco and other drugs. Open (or maintain) the lines of communication and be your child's trusted source of information.

Source: Drug Free Action Alliance

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