

Bremerton Substance Abuse Prevention Coalition

Apr-June 2018



FUNDED THROUGH THE KITSAP COUNTY
PREVENTION PROGRAM

What are Kids Doing with their Time

And what are we doing with them?

Reports show that 42% of children 8 and younger now have their own tablet devices which is an increase of 7% four years ago. In today's families, the gap of technology based on household income has almost vanished. Reports show, as far back as 2011, 34% of lower income families had a mobile device and now that number is upward to 96%. With these statistics comes an increase of screen time spent. Research has shown that an average of three hours per day is being spent on the internet by five to 15 year olds each day. Though time in front of the TV is falling, the rise in overall screen time continues to increase.

Interactions with kids support learning and development, as does reading and age appropriate play. Research has been found that time spent by kids reading books is declining to levels as low as a half hour per day. Children are gaining more time with internet services such as Facebook, YouTube, Netflix, iPlayer than they are with parents, family members, caregivers and other influential adults in their lives.

Brain development especially that found in the adolescent brain, that screen time can impede brain development. Lirza Margalit Ph. D. states, "In order for the brain's neural networks to develop normally during the critical period, a child needs specific stimuli from the outside environment. These are rules that have evolved over centuries of human evolution, but—not surprisingly—these essential stimuli are not found on today's tablet screens." (Screen time kids insights, 2017)

What can we do? Parents/caregivers have a unique ability to influence our kids. In our busy lives it can be hard to carve out time to read with your child when driving from one event or activity to the next. Maybe, this is an opportunity to have your child read to you while you drive. Talk to you kids. Talk about screen time and the importance of media content. This is a good way to teach them about what is good and bad content. Set clear boundaries and time limits.

Beyond the screen. Creating positive experiences build assets in our youth that help them thrive. By building developmental assets in young people they are less likely to engage in problem behavior including illicit drug use and violence. Building in and resilience building into quality learn- ing and resilience building into our daily lives support a decrease in antisocial behaviors, school problems, depression and more. Adverse Childhood Experiences impact our kids; but learning how to build resilience and being trauma informed, we can help brighten



Upcoming Events/Trainings:

Evidence-based Dental Pain Care

Registration required for this free training

Seattle- April 10, 2018, 8:30-11:30

For More Information visit:

www.agencymeddirectors.wa.gov/news.asp

Registration link: <https://www.eiseverywhere.com/ereg/index.php?eventid=300818&>

Standardized Tobacco Assessments for Retail Settings (STARS)

Youth educational stipend program May 5th.

For information and application contact Laura Hyde at lhyde@co.kitsap.wa.us

Applications due April 12!

Strong African American Families

3-week education series (2 options)

1) May 6-June 3 (Sundays)

2) May 10-June 7 (Thursdays)

For More Information and Registration Contact Ron Palmer at 360-377-6000 or RON@NEWSPCCDA.org

Day of Caring June 22, 2018

Sign up at: <http://www.volunteerkitsap.org/>

(Portal opens 1st week of May)

Need help? Contact Tamra at tingwaldson@unitedwaykitsap.org

Making Prevention Work:

The Bremerton Substance Abuse Prevention Coalition works to mobilize the community to effectively prevent and reduce substance abuse in the Bremerton School District through collaboration with community organizations, public education and awareness strategies, and implementation of evidence based substance abuse prevention programs.

<https://www.cnn.com/2017/10/19/health/children-smartphone-tablet-use-report/index.html>, <https://www.theguardian.com/media/2016/jan/26/children-time-online-watching-tv>, <http://www.pbs.org/parents/expert-tips-advice/2017/10/screen-time-kids-insights-new-report/>, <https://www.psychologytoday.com/us/blog/behind-online-behavior/201604/what-screen-time-can-really-do-kids-brains>, https://www.ade.az.gov/gme_intranet/fundingprofile/files/713/9.%20%2040%20Youth%20Developmental%20Assets.pdf, <https://www.congress.gov/bill/115th-congress/house-resolution/443>

Bremerton Substance Abuse Prevention Coalition Mission

To provide opportunities for youth to be in a safe and substance free environment while they move from surviving to thriving. Coordinate and generate resources for youth, families and the Bremerton Community. Develop a unified message to end substance abuse and communicate common values of respect. Empower today's youth to be Bremerton's better tomorrow!

Developing our Community

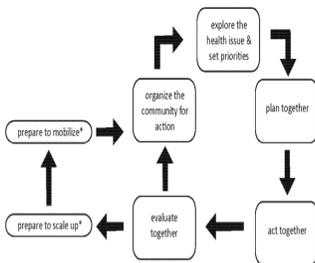
Community Development means different things to different people. This can be a social or environmental term, practices related to civic leadership, activism, citizen involvement, sustainable development including economic opportunity and cultural environment to name a few.

Our focus is the process where community members come together to take action and generate solutions to common problems that the community faces. From the view point of our substance abuse prevention efforts we are looking at community change and how this can address the needs as expressed in the examples of *Community Development*.

Coming together, by mobilizing the community through its resources, positive change can occur and be a sustainable standard for our community. Together we can walk through this process to gain an understanding to not only have a voice for our concerns but have our voice heard. First, we must gain an understanding of the community and what it needs and values, and what concerns and resources exist. Secondly, we must generate momentum or power. We need to use that motivation to address: political or legislative power, consumer/retailer power, legal regulatory power and disruptive power. A critical part of being effective in mobilizing is being clear about what the community feels is important and what we feel should be done about it. These are known as articulating issues.

As we learn more, we will learn about planning for purposeful action. **To be cont.**

Community Action Cycle



<https://comm-org.wisc.edu/papers97/beckwith.htm>, <https://communitychange.org/>, <http://www.scdc.org.uk/who/what-is-community-development/>

If you are a partner of the Bremerton Substance Abuse Prevention Coalition and would like your logo on this publication; please contact me.

Bremerton Substance Abuse Prevention Coalition

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Human Services Coordinator

Phone: 360-337-4878
Website: <http://kitsapgov.com/hs/substanceabuse/substanceabuseprevention.htm>

Want to Get Involved?

Please consider attending our Monthly meetings. **All of welcome!**

Upcoming meeting dates:
Apr. 12, 2018
May 10, 2018
June 14, 2018

Time: 1:00-2:30PM

Location:
Bremerton High School (through June) Summer locations Nollwood Community Center



KITSAP COUNTY COMMISSION ON CHILDREN AND YOUTH

