

Bremerton Substance Abuse Prevention Coalition

Dec. 2018 -Feb. 2019



FUNDED THROUGH THE KITSAP COUNTY
PREVENTION PROGRAM

Temperatures are Dropping but Family Fun Doesn't Have To

No matter if you celebrate Christmas, Hanukkah or don't celebrate at all; there are tons of things to do as a family or friends and it doesn't have to cost a lot of money. This winter we are promoting community. We encourage you to invite friends to upcoming community events like a fun run, polar plunge or lighting ceremony or serving a meal at a local shelter. We challenge you to go for a walk, yes even if it's raining but bundle up because it is cold outside.

There are endless activities that we can do with our kids, even when finances are limited. Take a look and see what great things that you can experience with your children. Not only is there fun to be had but there are memories being made. Creating a bond with your children provides a much needed investment in the relationship, that will benefit both of you in later years when they are facing challenging choices. Healthy bonding with parents can help your child to communicate with you and to be more prepared to resist peer pressures, including substance use. Some upcoming local events are:

Some things you can do with your children are:

Bundling up and going for a walk

Play flashlight tag outside in the dark

Walk around the neighborhood and look at all the lights

Grab hot cocoa and head down to the waterfront

Make it a game night with your children

Easy crafts are fun to do like: make playdoh, snowflakes from paper or coloring

Visit a museum, art gallery/exhibit or Historical display

Upcoming Events/Trainings:

Bremerton Art Walk
12/7/2018

Downtown Bremerton Every first Friday of the Month

Magic in Manette
12/7/2018
5pm
Downtown Manette

Bremerton Winterfest
12/8/18
4pm-8pm
Downtown Bremerton

Project Connect
1/23/19 10am-2pm
Salvation Army
832 6th St
Bremerton WA 98337

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.

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!



Getting Organized is the first step to bringing about community change. This can happen in a number of ways and the details are instrumental in addressing the goals, needs, and success in your community. Nonetheless, regardless of the goals some of the early steps will be much the same.

Gather community feedback, suggestions and comments to identify the most important concerns of the people. Review the priorities and access; is it a specific issue? Can something be done to affect it in a realistic amount of time? Is it important enough to the people that they will take action? Once the issue has been identified and an outcome determined you must get to the heart of the community; the people, and get them involved.

Each community is different and so will be the approach to make this happen. It may come in the form of door to door contact, public meeting or forum, through partnership with another largely attended community event such as a city council or School Board meeting. These are only a few examples, there are endless additions that could be included in this list.

Now that you have a more clear idea of the direction that you are headed in creating a community change you will be able to reach out to those individuals that have expressed interest and want to do something about the problem. This gives the people something positive to strive for. Together efforts to build up the community in addition to eliminating something that is unhealthy, unsafe or otherwise not positive for the community can launch.

Begin with a strategy to organize your community and move forward on positive change by establishing clear goals, both short and long term. Identify strengths and weaknesses in your organization and a plan to address them. Identify who cares about the issue and who would support your efforts. Determine who has the power to give you what you want or need. Find ways to make the work enjoyable for people to be a part of the effort.

Now let's get our hands dirty. In our next addition, we will be looking at our own community substance abuse prevention coalitions and their work. Is this important to you? Does youth substance abuse prevention have value to you? What are your passions, your skills, dreams for the health and wellness for our youth? How do you fit in?

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

Bremerton Substance Abuse Prevention Coalition

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Want to Get Involved?

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

Upcoming meeting dates:
Dec. 13, 2018
Jan. 10, 2019
Feb. 14, 2019

Time: 1:00-2:30PM

Location:
Bremerton High School (through June)
Summer locations OESD 114



**KITSAP COUNTY COMMISSION
ON CHILDREN AND YOUTH**

