

Bremerton Substance Abuse Prevention Coalition

July—October 2019



FUNDED THROUGH THE KITSAP COUNTY
PREVENTION PROGRAM

Chatting with Youth

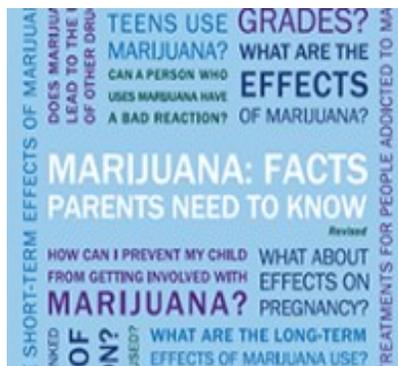
Did you know that in January of each year there is a National 'event' called *Drugs and Alcohol Chat Day*? This provides an opportunity for youth to chat with scientists about tough alcohol and drug questions. You don't have to be a scientist to talk to kids about alcohol, tobacco or other drugs. And, you do not have to wait until January to chat with youth about drugs and alcohol.

Brian Dirks shares the following information; "As a parent you will likely recall your own sense of excitement on returning to school after summer break. You also may have experienced a touch of anxiety in thinking about whether your new teachers would be soft or strict, whether your stories of summer fun would match up to those of your friends, if your new clothes would cause a splash, a ripple or a thud, and if your new classes would be delightful or dull.

You may also remember the peer pressure facing you to try to fit in with the right crowd or be "cool" or "hip" as these terms have evolved from your own parents' generation. Of course none of that has changed, just your perspective. Back in "your day" you may not have had to face some of the decisions that many youth do today – starting as early as middle school – about alcohol, marijuana or other drugs.

That's where you can truly make a difference just by talking to your teen on this topic. Parents are the biggest influence on their kids' behavior. But if you have trouble starting the conversation or finding the right words, you are not alone. This web site and many others are full of advice on what we can say and do to help kids make healthy choices." (Starttalking now.org)

There are a variety of great tools and resources available to help you when it comes to substance use and abuse, drug trends and how to make a difference in the life of youth. Every conversation counts!



Mark Your Calendar

Farmers Market: 1400 Park Ave,
Thursdays, May to Oct, 5pm—7pm

National Night Out, <https://natw.org/>
Check for a location near you,
Aug. 6,

Bremerton Back to School Event:
Mountain View Middle School, Aug. 13,
5pm—7pm

**Eat Your Way Through Kitsap
History,** <http://www.kitsapmuseum.org/>, Bain-
bridge Island, Aug. 15

Kitsap County Fair and Rodeo:
Kitsap County Fairgrounds, Silverdale.
Aug. 21-25th.

First Friday Art Walk: Downtown
Bremerton Aug. 2 and Sept. 6, 5pm—
8pm

Food Truck 5K & Block Party: Ever-
green Park, Aug. 17, 9am—3pm

National Recovery Month, (Sept)
[https://www.getsmartaboutdrugs.gov/get-
involved/national-recovery-month/](https://www.getsmartaboutdrugs.gov/get-involved/national-recovery-month/), learn more
Recovery Celebration. Evergreen Park,
Sept. 8

Red Ribbon Week, Oct. 23-31, [http://
redribbon.org/theme/](http://redribbon.org/theme/)

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

National Institute on Drug Abuse for Teens: <https://teens.drugabuse.gov/national-drug-alcohol-facts-week>

StartTalkingNow.org: <https://www.starttalkingnow.org/parents>

The Athena Forum.org: <https://www.theathenaforum.org/>

Risk and Protective Factors in Drug and Alcohol

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!

In more that 20 years of drug abuse research, the National Institute on Drug Abuse (NIDA) has identified important principles for prevention programs in the family, school, and community. Prevention programs are often designed to enhance 'protective factors' and to reduce 'risk factors'. Protective factors are those associated with reduced potential for drug abuse. Risk factors are those that make drug use more likely. Research has shown that many of the same factors apply to behaviors such as violence, delinquency, school dropout, risky sexual behaviors, and teen pregnancy.

Researchers have found that the more risks a child or youth experiences, the more likely she/he will experience substance abuse and related problems in adolescence or young adulthood. Researchers have also found that the more risks in a child's life can be reduced, the less vulnerable that child will have to subsequent health and social problems (Hawkins, Catalano, & Miller, 1992).

However, research has also demonstrated that exposure to even a significant number of risk factors in a child's life does not necessarily mean that substance use or other problem behaviors will inevitably follow. Many children and youth growing up in presumably high-risk families and environments emerge relatively free of problems. The reason for this, according to many researchers, is the presence of protective factors in these young people's lives. Protective factors balance and buffer risk factors (Hawkins et al., 1992).

In upcoming issues we will be exploring types of risk and protective factors in the form of 'life domains'. Additionally, we will be exploring risk and protective factors in the form of 'subdomains'. With these tools we will more equipped to build resilience and resistance skills in our youth.



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 are welcome!**

Upcoming meeting dates:
July 11, 2019
Aug. 8, 2019
Sept. 12, 2019
Oct. 10, 2019

Time: 1:00-2:30PM

Location:
Bremerton High School (through June)
Summer locations : please check our website for current scheduled locations



KITSAP COUNTY COMMISSION
ON CHILDREN AND YOUTH

