

# Bremerton Substance Abuse Prevention Coalition

Oct-Dec 2017



FUNDED THROUGH THE KITSAP COUNTY PREVENTION PROGRAM

## Red Ribbon Week

### What's it all About?

In 1985 drug traffickers murdered DEA agent Kiki Camarena in Mexico City. As part of a national effort campaign the Red Ribbon Campaign was born. This campaign's mission is to present a unified and visual commitment towards the creation of a DRUG-FREE AMERICA..

The National Family Partnership is the sponsor on the National Red Ribbon Week Celebration in a effort to help citizens across the country to come together to keep children, families and communities safe, health and drug-free. Through this campaign parent training, networking are made available.

### Upcoming Events/Trainings:

\* **Free Training:** Substance Abuse Prevention Training October 20, 2017 High in Plain Sight 12-3pm and Prevention through Collaboration 6-7:30pm for registration and information call 360-337-4878 or email [dmontgom@co.kitsap.wa.us](mailto:dmontgom@co.kitsap.wa.us)

\* **Red Ribbon Week**  
October 23-31, 2017

\* **Severe Weather Shelter Operations Training:** Silverdale United Methodist Church October 24, 2017; 6-9pm

\* Severe Weather Shelter activates  
Nov. 1, 2017 to Mar. 31, 2018

\* **Prevention Policy Day** Jan. 15, 2018 for information contact your local prevention coordinator or Ramona Leber at [Ramona.leber@cni.net](mailto:Ramona.leber@cni.net)

### 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.

**RED RIBBON WEEK®**  
BY THE NUMBERS

**1985**  
Year That Special Agent Kiki Camarena of the DEA was kidnaped, tortured and murdered by a drug cartel in Mexico.

**80 MILLION**  
The estimated number of people participating in Red Ribbon Week activities each year.

**18**  
Amount saved per \$1 invested in effective school-based prevention.<sup>1</sup>

**4,300**  
Children under the age of 21 who die each year from underage drinking-related causes.<sup>2</sup>

**THREE**  
most widely used drugs by youth and adults: alcohol, prescription drugs and marijuana<sup>3</sup>

**2017**  
Your Future is Key, So Stay Drug Free.<sup>4</sup>

**37**  
Years since the founding of the National Family Partnership (formerly the National Federation of Parents For Drug Free Youth), sponsors of the annual Red Ribbon Campaign<sup>5</sup>. Nancy Reagan was once an honorary chair.

**89,000**  
Votes cast in support of entries from 47 states in the 2016 National Red Ribbon Photo Contest: "YOLO. Be Drug Free."<sup>6</sup>

**ONE**  
The number of people required to make a difference. Each one of us has the power to help kids grow up safe, healthy and drug free. Get involved in Red Ribbon Week.

**WWW.REDRIBBON.ORG**

1. <http://www.samhsa.gov/data/index.cfm?id=NSDK100004PPW1ETML2013/Web/NSDK1000042013.pdf> 2. <http://www.samhsa.gov/index.cfm?id=files/consum-behaviors-prevention.pdf> 3. [http://www.cdc.gov/schools/fact\\_sheets/underage-drinking.htm](http://www.cdc.gov/schools/fact_sheets/underage-drinking.htm)

<http://redribbon.org/>

# Energy Drinks and Risk to Future Substance Abuse

## 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!

New research by the National Institute on Drug Abuse suggests that college students who regularly consume energy drinks are at greater risk for future alcohol use disorder, cocaine use or nonmedical use (misuse) of prescription stimulants.

College students approximately 21 years old were asked by scientists from the University of Maryland about their use of energy drinks over the past year. Participants were followed for the next three years to determine if their use increased, decrease or remained the same. In groups that showed consistent or increasing probabilities of using energy drinks over the years, researchers found higher rates of cocaine use, prescription stimulant misuse and alcohol use disorder – but not marijuana or tobacco use.

“This finding held true regardless of how often subjects consumed the drinks (infrequently, occasionally or frequently) and even after accounting for prior substance use and other risk factors.”



Read more at:

<https://www.drugabuse.gov/news-events/news-releases/2017/08/energy-drinks-risk-to-future-substance-use>

If you are a partner of the Bremerton Substance Abuse Prevention Coalition and would like your logo on this

## Bremerton Substance Abuse Prevention Coalition

Deanne Jackson  
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:

Oct. 12, 2017  
Nov. 9, 2017  
Dec. 14, 2017

**Time:** 1:00-2:30PM

#### Location:

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

