

# North Kitsap 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:

(see our website for more information)

**\*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

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

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

**\*Severe Weather Shelter Program 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**

## Making Prevention Work:

The North Kitsap 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 kidnapped, 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>2</sup>

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

**4,300**  
Children under the age of 21 who die each year from underage drinking-related causes.<sup>3</sup>

**2017**  
Your Future is Key, So Stay Drug Free.™

**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\*. 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.\*"

**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/sites/default/files/NSDUJHresumPPWHFTMI2013/WhNSDUJHresults2013.pdf> 2. <http://www.samhsa.gov/sites/default/files/cont-benefits-prevention.pdf> 3. <http://www.ojd.gov/alcohol/fact-sheets/underage-drinking.htm>

<http://redribbon.org/>

# Energy Drinks and Risk to Future Substance Abuse

## North Kitsap Substance Abuse Prevention Coalition Mission

To Create a framework of resources, support and partnerships to combat youth substance abuse in North Kitsap thus providing for a safe, healthy environment for all.

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.”

This is not the end of the story to say that consumption causes increased risk. Further research on energy drinks is needed to guide prevention and policy efforts for youth in the future.



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 North Kitsap Substance Abuse Prevention Coalition and would like your logo on this publication; please contact me.

## North Kitsap 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. 9, 2017  
Nov. 13, 2017  
Dec. 11, 2017

Time: 1:00-2:30PM

Location:  
Old Spectrum Building; PAL Program  
25800 Siyaya Ave. NE Kingston  
(Summer locations: Village Green Community Center 2601 Dulay Rd Kingston)

