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National Prescription Drug Take Back Day

The U.S. Drug Enforcement Administration and participating local law enforcement coordinated a nationwide drug "take-back" day the last week of September. Officer Kristi Bennett with Texarkana, AR Police Department stated that this initiative addresses a vital public safety and health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse.

The service was free and anonymous. The public was able to take their potentially dangerous expired, unused, and unwanted prescription drugs to the drop box locations with no questions asked.

Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. According to APNA data statistics given by Kimberly Givens, Regional Prevention Representative at UAMS South, 21% of high school students in Arkansas have admitted to using prescription drugs. Givens also stated that 33% of students don't think there is anything wrong with taking prescription drugs.

GotDrugs?



Prescription drug use begins as early as the age of 12. Data shows that 63% of youth obtain them from home. Drugs such as painkillers, depressants and stimulants are the common types abused. The average street cost for these drugs is \$10.

Arkansas is second in prescription drug abuse among 15 to 24 year olds.



Since its beginning in 1985, the Red Ribbon has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction caused by drugs in America.



Flu Clinics 2016

Nursing Students and Influenza Vaccinations Training

In Southwest Region

Rhonda McDonald, CHNS, presented Flu 101, flu vaccine administration and HIPAA (with test) to LPN nursing students at SAU Tech in Camden and South Ark Community College in El Dorado. Administrators Danna Taylor, Union County Health Unit, and Rebecca Wright, Ouachita County Health Unit, reviewed the role of the student nurse at a mass flu clinic. All forms for volunteers were completed during the presentation. A total of 54 students and 5 instructors were trained.

Edie Greenwood, RN, CHNS provided flu education to the following in October:

- 46 LPN student nurses and 6 instructors/preceptors at UACCH.
- 13 junior and 7 senior nursing students at the UAMS Off-Campus BSN Program at UACCH.
- 50 RN students and 4 instructors at Texarkana College with assistance from Julie Huntley, RN, Miller County Health Unit.



SAU Magnolia BSN Student

“Training nursing students empowers them to provide flu vaccine in a safe effective manner at schools clinics and at the mass flu clinics.”

-Edie Greenwood



UAMS Student



Thanks to all volunteer nurses and non-nurses for all your help during these school and mass flu clinics!
YOU ARE AWESOME!



UACCH LPN Students



School Flu Clinics
in SW Region



Wellness Committee 101

Wellness Committee 101 was presented by Melissa Kuhn Shatley, CHPS, and Cheryl Byrd, RN, CHNS, at the De Queen Mena Educational Cooperative on October 22nd.

Nine school wellness chairs, wellness committee members, and an ADH district manager attended the day-long training focused on goals and responsibilities of the School Wellness Committee, an Act 1220 overview, and the School Health Index.

This is the beginning of multiple trainings to be offered at DMEC for the enhancement of the School Wellness Initiative. The next training scheduled for Dec 7th includes topics related to school menus using a food service consultant, the GoNoodle program, and School Based Health Centers.



Kirby High School Students Learn about Distracted Driving

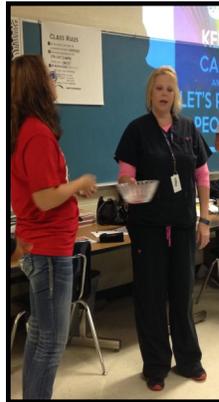
On October 1st, Tommie Rogers, RN, CHNS, spoke to approximately eleven students and one teacher in Kirby about injury prevention. She presented a slide presentation and passed out handouts about the injury prevention program that they were planning on participating in. The teacher, Brandi Tolleson, had already submitted their registration form and Stipend Request Form for the distracted driving program.



Foreman Elementary



CHNS & CHPS CORNER



Rhonda talks about the dangers of "Pharm Parties."

Melissa Kuhn Shatley, CHPS, Tia Blakely, UAMS Prevention Resource Center, and Rhonda McDonald, CHNS, presented to 9th and 10th graders at Bearden High School and Harmony Grove 7th-12th graders during Red Ribbon Week. They presented to 17 classes and a total of 425 students. Topics discussed through the slide presentation included prescription drug abuse, tobacco prevention, suicide prevention and poison control. A total of 259 students added the Poison Control Hotline into their contacts on their cell phones.



On October 7th, Melissa Kuhn Shatley, CHPS, was the guest speaker at the Camden Noon Lion's Club in Ouachita County.

As a member of the steering committee for the HOPE Health Commission, Melissa shared a presentation to educate members on the County Health Rankings and to enforce the vision of the Commission. This commission is the first of its kind, not only in the state of Arkansas, but in the nation as a whole.



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.

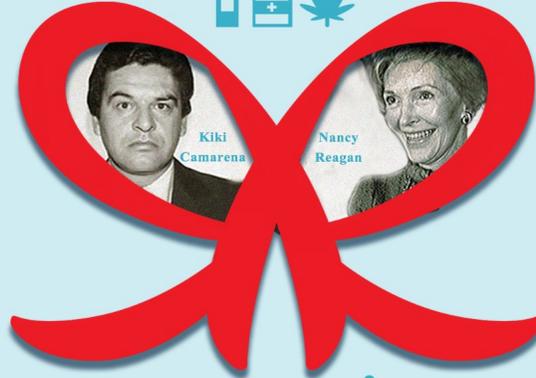


\$18



Amount saved per \$1 invested in effective school-based prevention.²

The **THREE** most widely used drugs by youth and adults: alcohol, prescription drugs and marijuana¹



Kiki Camarena

Nancy Reagan

4,300



Children under the age of 21 who die each year from underage drinking-related causes.³

2015

National Theme: Respect Yourself. Be Drug Free.™



35

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.

188,460



Votes cast in support of entries in the 2014 National Red Ribbon Photo Contest: Love Yourself. 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/NSDUHresusPFWHTML2013/WebNSDUHresults2013.pdf>

2. <http://www.samhsa.gov/sites/default/files/cost-benefits-prevention.pdf>

3. <http://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>

Make Good Decisions and “Do Right”

Mt. Ida School district concluded their week of Red Ribbon activities by hosting Steve Nawojczyk (nuh VOY check) to speak to their 5th-12 grade students. Steve is currently a Program Administrator in the Community Services Section of the Arkansas State Division of Youth Services. Part of his duties there include supervising the Serious Violent Offender Reentry Initiative, a high acclaimed reintegration plan for youth being released back to the community and he is the manager of the Staff Development and Community Outreach section. In 1994, he began a research and lecture tour dealing with juvenile violence and gangs. He has spoken in over 45 states to various groups, organizations and government entities and has developed a highly acclaimed student assembly on non-violence which has been seen by hundreds of thousands of students nationwide.

Nawojczyk maintains a heavily visited website at : www.GangWar.com where his work with gangs was featured in the award-winning HBO America Undercover documentary, **Gang War: Bangin’ in Little Rock** and was a co-producer of the follow-up documentary **Back in the Hood** also by HBO. He is one of the nation’s most sought after and quoted educators on juvenile violence and gangs and how communities can deal with them. His lectures are frequently labeled “Best in Show” and he is often invited back to make follow-up presentations due to attendees feedback.

In addition to HBO, he has also been featured by : PBS’s Jobs: A Way Out?, ESPN’s Outside the Lines: Gangs vs. Sports, Larry King Live, NPR, the Health Network, the BBC and numerous other local and national print and electronic media. He is frequently asked to assist in productions of various kinds of shows about gangs and violence including: NYPD Blue, CBS News Up to the Minute, Donahue, Jenny Jones and others both in the United States and worldwide.

Steve spent one hour with Mt. Ida students on his presentation called “Do Right”. It is a straight forward, thought provoking, and realistic look at the dangers and consequences of gang involvement and encourages the “good” kids to become a part of the solution and resolve conflicts without violence. He spoke about how making bad decisions can affect the rest of your life. He talked about how using drugs and alcohol can lead to other bad decisions and that even in a small town, like Mt. Ida, where gang violence is almost nonexistent, making those bad decisions can sometimes put you in the wrong place at the wrong time. His goal is to prevent as many wrecked lives as possible. He delivers a serious and somber message that touches all your emotions. Not only is the problem of youth violence, drugs and alcohol clearly defined, but he challenges each of us to evaluate our lives and become better people. He challenges the adults to be a positive influence on the kids lives. He said “If you’re offering positive things, kids will do those positive things”.

Steve will be retiring from the Division of Youth Services in December 2015 but will still continue his research and lectures with his own non-profit agency. He can be reached at www.GangWar.com or Steve@GangWar.com.





ENTRIES DUE
NOVEMBER 20
2015

MY REASON *to* WRITE

CREATION FOR ELIMINATION

STAND UP *to*
BIG TOBACCO

ONLY 9% OF TEENS NOW SMOKE CIGARETTES (from Truth Campaign website), but the tobacco industry is constantly seeking new ways to target youth with products like fruit-flavored cigars and e-cigarette nicotine cartridges. Stand up to Big Tobacco and make your voice heard. Your creativity can inspire others to eliminate tobacco and nicotine products from their lives.

WRITE A POEM, AN ESSAY, OR SONG LYRICS THAT INCLUDE THE FOLLOWING:

1 List ways that the tobacco industry tries to appeal to youth, including product placement, types of tobacco and nicotine products, and advertisements (TV and print).

2 Describe how it makes you feel when you see ads for tobacco or nicotine products that are designed to target you and your friends.



GRADES 2-3:

ESSAY (200-450 Words)
• **FIRST PLACE** - Galaxy Tab 4 & \$20 Google Play Gift Card
• **SECOND PLACE** - Fire HD 7" 8 GB
• **THIRD PLACE** - \$75 Toys-R-Us Gift Card

LYRICS/POETRY
• **FIRST PLACE** - Galaxy Tab 4 & \$20 Google Play Gift Card
• **SECOND PLACE** - Fire HD 7" 8 GB
• **THIRD PLACE** - \$75 Toys-R-Us Gift Card

GRADES 4-5:

ESSAY (300-750 Words)
• **FIRST PLACE** - HP 14" Chromebook
• **SECOND PLACE** - Samsung Galaxy Tab 4 Nook 7.0
• **THIRD PLACE** - \$75 Toys-R-Us Gift Card

LYRICS/POETRY
• **FIRST PLACE** - HP 14" Chromebook
• **SECOND PLACE** - Samsung Galaxy Tab 4 Nook 7.0
• **THIRD PLACE** - \$75 Toys-R-Us Gift Card

GRADES 6-8:

ESSAY (300-750 Words)
• **FIRST PLACE** - HP 14" Chromebook
• **SECOND PLACE** - Samsung Galaxy Tab 4 Nook 7.0
• **THIRD PLACE** - Nook Glowlight E-reader

LYRICS/POETRY
• **FIRST PLACE** - HP 14" Chromebook
• **SECOND PLACE** - Samsung Galaxy Tab 4 Nook 7.0
• **THIRD PLACE** - Nook Glowlight E-reader

RULES

1. Open to students in grades 2-8 with judging falling in three categories: 2-3, 4-5, and 6-8.
2. The entries should focus on the assigned topic for the student's grade category. All entries must be written by students and should be no more than 750 words.
3. Entries must be submitted before 5 p.m. on Friday, November 20 through www.sosprojectprevent.com.





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SW REGION HOMETOWN HEALTH

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healthy!.*

www.healthyarkansas.com

Around the Region...

Miller County— Tuesday, October 6th Texarkana neighborhoods participated in the “32nd Annual National Night Out”. NNO has proven to be an effective program designed to: heighten crime prevention awareness, strengthen neighborhood spirit and police-community partnerships and send a message to criminals letting them know that neighborhoods are organized and fighting back. Several neighborhoods in the county participated by having potlucks, games for kids to play, music, inflatables and visits from local law enforcement and city leaders. Edie Greenwood, RN, CHN, presented information to one neighborhood about the effects of tobacco on the lungs using the pig model and the Jar of Tar.



A USDA Farm to School workshop was held on October 15th in Hope.

Farm to School is a program that enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools. Program implementation differs by location but always includes one or more of the following: (1) Procurement: Local foods are purchased, promoted and served in the cafeteria or as a snack or taste-test; (2) Education: Students participate in education activities related to agriculture, food, health or nutrition; and (3) School gardens: Students engage in hands-on learning through gardening.

Children and their families are empowered by the program to make informed food choices while strengthening the local economy and contributing to vibrant communities.

Workshop participants were given an overview of the Farm to School movement and learned local food procurement and marketing techniques for school cafeterias. Child nutrition directors from the Hope and Genoa Central School Districts shared their experiences with the program and gave tips for getting students to eat more vegetables. A panel of speakers addressed economic impact, nutrition education, and summer processing of produce.

There were separate breakout sessions after lunch for child nutrition staff and farmers. Nutrition staff learned about forecasting produce usage, menu planning, and sales payment terms. Then they were given knife sets and a local chef provided hands-on culinary skills training using a variety of vegetables.

The farmers learned basic business planning for small and medium-sized farmers. This included fitting Farm to School into their business plan, invoicing, packaging, and crop planning for the school calendar. They were also given a checklist for good agricultural practices to assure food safety.

Schools and farmers who attended the workshop are eligible to apply for a \$1,000 incentive grant to start or expand their Farm to School program.

Proposals can address one or all three components: procurement, education, and school gardens. Funds can be used to obtain fruit and vegetable processing equipment, crates for transporting, and promotional materials. Applications are due by noon on November 30. Twenty grants will be awarded. The application can be found here: [2015 Arkansas Farm to School Award Application](http://2015.ArkansasFarmtoSchoolAwardApplication)



Arkansas Coalition for Obesity Prevention

It's that time of year again to celebrate your community's efforts!

Link to GHC Levels (Blossoming, Emerging, Thriving):
<http://www.arkansasobesity.org/ghc/levels/details/>

Link to GHC Recognition Level Information:
<http://www.arkansasobesity.org/ghc/levels/application/>

Link to GHC Recognition Level Application:
<https://www.surveymonkey.com/r/GHCapp>

Link to Celebration Invitation:
<https://www.eventbrite.com/e/2015-celebration-registration-15320405746?aff=erellivsim>

Remember you **MUST** apply for ArCOP recognition levels annually even if it is for the same level. ArCOP has funding opportunities, trainings and resources available exclusively for GHC. Once you have completed an application and have been designated as a GHC you will be eligible to apply for future opportunities. The application deadline is **November, 23rd 2015!**