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Camp Save A Life

The University of Arkansas at Hope hosts Camp Save-A-Life each June for students who have completed 6th grade up through age 14. This one-week medical camp delivers hands-on health educational sessions and includes a visit to the U of A Texarkana campus which features an ambulance simulator in one of the classrooms. This year there were 27 student participants taught by an LPN to RN student, 3 EMT students, and 3 professional instructors.

After students took a pre-test about tobacco and alcohol, Edie Greenwood, RN, CHNS presented how nicotine is a drug and can cause problems for a fetus. Edie provided a demonstration of how cigarette

smoking affects a human lung using the pig lung model. Each student was allowed to put on gloves and examine the lungs and feel that they were real and to find the tumor in the "bad" lung. The students were able to examine Jar of Tar to see the amount of tar accumulated if a person smoked one pack of cigarettes every day for a year. Students were also given the opportunity to inspect Mr. Gross Mouth which demonstrates how tobacco affects the mouth and teeth of someone who uses smokeless tobacco. Mark Wilcox, EMT instructor, took the opportunity for a teachable moment using the lungs to show how CPAP works to the EMT students.

Edie then discussed alcohol and its effect on a fetus. She demonstrated how alcohol can damage cells and cause Fetal Alcohol Spectrum Disorder (FASD) by using an egg in alcohol. Students were divided into groups with an adult sponsor. Each group was given the task of doing an experiment using Ever-



Experiment with an egg & alcohol.

clear alcohol and a egg. Each person in the group had an assignment. One student would crack the egg into the container, one would record, one was the reporter, and the sponsor poured the alcohol over the egg. Students kept notes during the experiment and then reported their findings at the end of the class. A video from the Reality Works FASD baby kit was also viewed. The students were given an opportunity to examine and handle the FASD baby and the "drug" baby. The "drug" baby will shake and cry continually.



Demonstrating the effects of smoking on lungs



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#2 - Marketing Program



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SW Region Says Farewell

Four dedicated and long-time Southwest Region employees retired from the Arkansas Department of Health (ADH) on June 30. Although we are happy for them as they start the next chapter of their lives, we are also sad to see them go.

Darlene Cannon, R.N., worked for



ADH for 36 years. She began as a public health nurse in clinic then transitioned into the Howard County Health Unit Administrator role before being promoted to a Maternal & Child Health (MCH) Specialist for the SW Region. Her peers claim that her willingness to put in extra time and effort to help her nurses demonstrated a commitment to excellence that they have come to depend on. In addition to her incredible competence and skill, she was a friend to all with her thoughtfulness and quiet encouragement. According to her coworkers, Darlene will be sorely missed by patients and colleagues alike and will be impossible to replace. They all wish her well as she starts a new phase in her interesting life. Darlene said she is eager to spend time with her family that she loves so much.



Linda with Rebecca Wright

Linda Garcia worked as an L.P.N. at the Ouachita County Health Unit, where she was given a going away party by her coworkers. She started as an LPN for Home Health 34 years ago. She was a part time employee then. Later she became full time and transferred over into the clinic. Linda is looking forward to spending more time with her granddaughter and keeping her when she is not in school. She also plans to enjoy her flowers and garden, as she will now have more time to pay closer attention to them.



Diane Crow, R.N., retired from ADH after 31 years of service. She was most recently a health district manager for the SW Region but also held the positions of

administrator, clinic nurse coordinator, and home health nurse coordinator throughout the years. A celebration was held for her at the Union County Health Unit and attended by past and present coworkers and friends and family. In addition, her family surprised her with a party at her house on July 2 where she also renewed her wedding vows with her husband of 20 years, Wayne. Diane has a son and daughter and 6 grandchildren who she plans on spending a lot more time with now that she is retired.



Melinda & Staff

Melinda Harrell, R.N., had 26 years of service with the state upon her retirement. Ten of those were with ADH. Melinda was the administrator of the Columbia County Health Unit. Prior to that, she served as the clinic nurse coordinator at the Columbia County Health Unit and as a district manager for the SW Region. Health unit staff hosted a celebration for her with a garden party theme. Many community members, past and present colleagues, and friends and family came to say goodbye and wish her well. Melinda's plans for retirement include quilting, working in her yard, and taking care of her mother.

All of them will be missed and leave big shoes to fill. We wish them all the best in their next adventures.

Local Student Advocacy Training

Students from Danville and Kirby Schools traveled to Petit Jean State Park in May for a Lead & Seed training hosted by Region 5 Regional Prevention Representatives, Amy Mellick and Darla Kelsay with Community Service Inc. The students learned the five steps of the Strategic Prevention Framework, the six Center for Substance Abuse Prevention Strategies, and how to create action plans and logic models for implementing prevention programs in their schools.



The Lead & Seed Program is designed to present youth, adult advisors and community stakeholders with researched-based perspectives and theories on leadership qualities, methods and strategies that will prepare them to become “change-agents” in the prevention and reduction of teen use of drugs and alcohol in their own

local communities. The mission for youth leaders is to initiate several small, local changes in policies, practices and procedures along with a continuum of action that will ultimately result in “population level” behavioral change where the youth live, work and play. Some changes may begin to occur at the county or state level as a result of the Lead & Seed local efforts. While the overarching goal of Lead & Seed is to prepare youth to serve as community leaders so they can help facilitate community-level change, a secondary goal is to positively influence the individuals who attend the training.

Lead & Seed is an environmental drug prevention program for schools or communities that is youth-driven and adult-supported. It has been replicated in all regions of the United States. The program focuses on underage alcohol consumption, prescription drug misuse, drunk driving, marijuana and illicit drug use. It involves an interactive, 2-day training with youth leaders from middle and/or high school and adults who will work with the youth to capture the desired outcomes. The team develops a logic model using compelling data from their community assessment to drive the

process for innovative solutions and sustainability of positive outcomes. The empowered team promotes community mobilization, social marketing techniques, leadership skills and other advocacy measures to make necessary changes in their physical, socio-cultural, economic and legal environments. The Lead & Seed program uses SAMHSA’s 5-step Strategic Prevention Framework to emphasize that (1) Changes in the environment can be successfully collected and tracked, (2) Youth empowerment initiatives have successful outcomes, (3) Multiple and comprehensive outcomes can be demonstrated and that (4) Success can be achieved by targeting environmental conditions, such as accessibility and availability. This program brings community passion to power.

Each regional prevention provider received a restricted budget amount of \$10,000 from the Partnership for Success grant funds to conduct the Lead and Seed training with the Youth Leadership Development (YLD) groups and other prevention based youth groups. The state grant is through Substance Abuse & Mental Health Services Administration (SAMHSA) and is overseen by Arkansas Division of Behavioral Health Services.

Health Teachers Learn about Local Resources

A Health Teacher Workshop was held on June 7th at the Dawson Educational Service Cooperative for 9 participants. Linda Goodner, AR Game and Fish Commission Instructor, spoke about Hooked On Fishing Not On Drugs, AR National Archery in the Schools, Hunter Education, Boater Education, Growing Up Wild, Aquatic Wild, Project Wild, AR Shooting Sports, ATV Safety, Tree Stand Safety, and Firearm Safety. All of these are programs through the AR Game and Fish that can be presented at schools. Linda also talked about some of the

specific roles of positions in the AR Game and Fish Commission: Wildlife Management, Wildlife Officer, & Education and Outreach Division. Tommie Rogers, Community Health Nurse Specialist (CHNS), reviewed resources that the CHNS have and can present at the schools: Tobacco 101, Puberty/Hygiene, Sexual Health, Rethink Your Drink, and Portion Distortion. Darla Kelsay, Regional Prevention Provider for Community Service, Inc., brought a variety of brochures that she has available. Darla explained that she is

responsible for ensuring that schools in Region 5 have the opportunity to participate in the Arkansas Prevention and Needs Assessment (APNA) Survey. Darla is also available to speak on drugs and alcohol prevention. Audra Walters, CHES for Coordinated School Health, spoke on the importance of Active Recess, having physical activity during the school day. Audra related how students that have physical activity/recess during the day actually perform better in school according to statistics.



SOUTHWEST REGION HOMETOWN HEALTH

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July is Prescription Drug Abuse Awareness Month

Suggested Community Activities

- ⇒ Host Parent information night or community awareness event. Use Parents 360 video and discussion guide to inform attendees. <http://pscp360.org/programs/parents360rx>
- ⇒ Host a Town Hall question-and-answer (Q&A) session with local officials, leaders, and representatives. Invite a local doctor or clinical supervisor to speak about the consequences of prescription drug abuse.
- ⇒ Distribute resource information to schools in your area, and facilitate group discussions about the prescription drug abuse in school classrooms.
- ⇒ Meet with local officials and have a proclamation signed, declaring July Prescription Drug Abuse Awareness Month in your community.
- ⇒ Host a fun resource fair in your community and ask each to provide a fun and informative game/ activity for families attending.
- ⇒ Work with your mayor to launch a public service campaign. Use sample PSAs provided in this section.
- ⇒ Organize a Take Back Your Meds event in your community. Ensure you provide resources on the safe disposal of prescription medication. For more information on organizing such an event, go to http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html
- ⇒ Host a "Lock Your Meds" campaign. Offer resources for medication lock boxes. For more information, go to <http://www.lockyourmeds.org>

Around the Region.....

The Arkansas Coalition for Obesity Prevention (ArCOP) has launched a healthy food incentive program, Double Up Food Bucks. There are 19 Farmers' Markets across the state that are participating, including **Howard County** Farmer's Market. The Double Up Food Bucks program will bring more fresh produce to low-income residents while supporting local farmers. The Double Up Food Bucks program matches SNAP (Supplemental Nutrition Assistance Program, formerly food stamps) benefits spent at participating sites with additional funds that can be spent on locally grown fruits and vegetables. For example, if a family spends \$10 in SNAP benefits at a farmers' market, they get an additional \$10 to buy more Arkansas grown fruits, vegetables and herbs. This program supports local growers and is also expected to reach 188,000 residents across rural and urban

communities; more than half of the state's SNAP-eligible population. ArCOP received a \$94,000 award from the U.S. Department of Agriculture to launch the Double Up Food Bucks program and that grant was matched with \$25,000 from the Walmart Foundation State Giving Program and other local support totaling more than \$116,000 to support the Double Up Food Bucks program. Learn more at www.arkansasobesity.org

Sevier County has recently created the Wives That Walk the Line Club, which consists of the wives of local officers and civilian women that are employed by the DeQueen Police Department. This group of ladies is dedicated to support the local law enforcement agencies by promoting community-based programming. The first project they will initiate is National Night Out in the Fall. Sarah Powell, RHS, spoke to the group about the Sevier County Coalition and programs that would be enhanced with

support from law enforcement. Specific programs reviewed were the 2 Seconds 2 Click, Drive Smart Challenge, Rx Drug Prevention focusing on the Take Back Events and Safety Baby Showers with an emphasis on child restraint seats.

June is recognized as **Marijuana Prevention Awareness Month**. Here are some fast facts: 1 in 10 people who try marijuana will become addicted to it, developing a dependence that produces withdrawal, cravings; Today's marijuana is much stronger, potency has increased 5 times since 1960; Marijuana use directly affects the brain, specifically the parts of the brain responsible for memory, learning, attention, and reaction time. These effects can last up to 28 days after abstinence from the drug; Marijuana use is significantly linked with mental illness, especially depression and anxiety; Marijuana smoke contains 50-70% more carcinogenic hydrocarbons than tobacco smoke.