

It's Your Move!



Jackson County

**DRUG-FREE
COUNCIL**

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**Drug-Free Communities Support
Program Grant Application Submitted**

**Bloomington Meadows Hospital
Sponsors March "Lunch and Learn"**

**Media/Public Relations Committee
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To The Community**

WINTER 2006



A MESSAGE FROM THE DIRECTOR

The first day of winter, the winter solstice, is the longest night of the year. It provides ample opportunity to reflect on the year past, and yet holds the promise of lengthening days and the renewal of spring.

We, as the Drug-Free Council, can reflect on a year of accomplishments. Our social norms/public relations campaign is now on firm ground. Coalition membership continues to grow. Our programs funded by the Drug Free Communities Support Grant have made a positive impact on our county's targeted youth, and the Community Drug Fund Mini-Grants continue to provide needed funding to worthy local initiatives in the prevention/education, intervention/treatment and law enforcement/judicial arenas.

However, much remains to be undertaken. Community perceptions concerning the risks associated with the abuse of drugs (especially alcohol and tobacco) by our youth remains below state and national benchmarks. Coalition membership still lacks key stakeholders, most prominently among young people, and recognition by the community of the activities of the Drug-Free Council can always be improved.

Yet, the promise of the renaissance of spring proffers hope that further inroads can, and will be made through the renewed energies of you – our able and dedicated membership.

As the days lengthen into the spring and summer seasons, so must the efforts of our coalition strengthen in its mission to prevent and reduce substance abuse in Jackson County. Volunteer to sit on our board or one of our committees, reach out to friends and co-workers to become involved in the council, or invite a council member to speak at your civic organization or workplace on ways to promote and support the council in its efforts.

Remember, you are the most valuable asset our council has, and Thank You for the work you have and will continue to do on behalf of our Jackson County neighborhoods and communities.

DRUG-FREE COMMUNITIES SUPPORT PROGRAM GRANT SUBMITTED

The federal non-competitive continuation grant application for the Drug-Free Communities Support Program was submitted Tuesday, March 14 and delivered on the due date Wednesday, March 15.

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BLOOMINGTON MEADOWS HOSPITAL

BLOOMINGTON MEADOWS HOSPITAL SPONSORS "LUNCH & LEARN"

Our March 9 "Lunch and Learn" on the topic of "Addictions in Adolescents" proved to be very popular with over 50 attending. A panel of experts in the field of adolescent drug abuse discussed the signs of drug abuse and the indicators that point to drug addictions in young people.

Panel members Dick Rumph formerly of the Seymour schools, John Long, Juvenile Detention Center Director, Dr. John Bevers of Meadows Hospital and Megan White of Christopher and Associates answered questions from those in attendance, and a lively discussion ensued.

Bloomington Meadows Hospital provided a light luncheon for attendees, and plans to partner with the Drug-Free Council in sponsoring the "Lunch and Learn" Series on a quarterly basis.

Special thanks to Chris McNeely of Meadows Hospital for coordinating this initiative.



MEDIA/PUBLIC RELATIONS COMMITTEE DEBUTES NEW PROMOTIONAL MATERIALS

The Media/Public Relations Committee has recently purchased 500 two-pocket portfolios to hold awareness materials for distribution at our Lunch and Learn Series events and other similar venues.

The committee is also exploring the purchase of mouse pads with our logo and web address for distribution to local schools' computer labs. Other awareness materials are under consideration and development.

DRUG-FREE COUNCIL SATELLITE TELECASTS AT JACKSON COUNTY PUBLIC LIBRARY MEETING ROOM

"Kids, Drugs & Violence"
Thursday, April 20, 2006
12:30 to 2:30 pm
"Peers Influence Peers XII - Youth In Recovery"
Tuesday, May 2, 2006
12:30 to 2:30 pm

Each telecast will be followed by a half-hour discussion led by therapist Eric Turner of Polarity Counseling. Certificates of attendance will be available from the Drug-Free Council.

Seating is limited to 50, please RSVP to director@drugfreecouncil.org by Tuesday, April 18 for the April 20 telecast and Friday, April 28 for the May 2 telecast with the number of attendees you plan to bring.

Descriptions: Kids, Drugs & Violence." Drug dealing is taking on a ever-younger face. A rising number of younger children are selling dope on our streets, in our neighborhoods and our schools. Gain better understanding of the many dangers associated with younger kids using and dealing drugs.

Peers Influence Peers XII - Youth In Recovery." This program highlights the pressures faced by students to get good grades, get into the right college and meet the expectations of parents and peers. The young person in recovery from alcohol or drug abuse has all of these and so much more to deal with. Learn about how they do it.

"GRANT" CONTINUED FROM PAGE 1

The grant application will undergo review by SAMHSA and the ONDCP for approval by the end of September 2006.

This will be the 3rd year of a 5 year grant cycle before the council will need to re-apply with a competitive grant application.

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2006 COMMUNITY DRUG FUND MINI-GRANTS NOW AVAILABLE

The Jackson County Drug-Free Council is accepting grant applications from local entities to combat drug abuse issues impacting Jackson County communities.

Community Drug-Free Fund Grants are awarded annually from fees collected on alcohol and drug charges which are used in support of prevention/education, intervention/treatment, and law enforcement/judicial programs.

Interested organizations may download the needed forms from the Drug-Free Council website www.drugfreecouncil.org.

Applicants may also request information by writing the council at Jackson County Drug-Free Council, Inc. PO Box 915, Seymour, IN 47274, calling 524-7442, or emailing the director.

Applications are due no later than 1:00 pm Thursday, May 11.





HELP SPREAD THE WORD,
PLEASE PASS THIS NEWSLET-
TER ON TO YOUR FRIENDS
AND CO-WORKERS THAT MAY
BE INTERESTED IN ABATING
SUBSTANCE ABUSE

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2005 REPORT TO THE COMMUNITY ON THE EFFECTIVENESS OF SUBSTANCE ABUSE EDUCATION PROGRAMS

Girls, Inc. Friendly-PEERsuasion Program

The Friendly-PEERsuasion program has completed its first year serving 452 students in the public middle schools. Indiana University Southeast Applied Research and Education Center under the direction of Dr. Newman evaluated the effectiveness of the program.

Section one measured the ability to answer factual questions. Pre-test scores averaged 17.6 out of 24 and post-test scores averaged 18.3. Section two measured the ability to give advice to a fourteen year old. The average pre-test score was 14.3 out of 17 possible, and the post-test average was 15. The relatively high scores in sections one and two indicate the participants were reasonably well versed in those areas before taking the course and remained so after the course conclusion. In section three, the participants were asked to speculate on how easy or hard it would be to engage in specific behaviors. The average pre-test score was 5.3 out of 12, and the post-test scores averaged 6.3 indicating a positive program impact. Section four measured their knowledge of resources. The pre-test average was 4.9 out of 12, and the post-test average score increased to 6.2. Again, this indicates the program had a positive impact on participants.

Boys and Girls Club SMART Moves Program

The nine-week SMART Moves summer program was completed in August of 2005 with up to 100 youth participating in its various sections. Boys and Girls Club provided its evaluation in September 2005.

The Boys and Girls Club national organization set four impact objective measures to be made upon conclusion of the program. 1) The percentage of youth reporting use of alcohol in the past

month will not exceed 15%. The group reported usage of alcohol at 8%. 2) The percentage of youth reporting use of cigarettes in the past month will not exceed 15%. The group scored in at 10%. 3) The percentage of youth reporting use of marijuana in the past month will not exceed 12%. The group met this expectation. 4) The percentage of youth reporting use of inhalants in the past month will not exceed 5%. The group reported 0% usage of inhalants.

These results support the recognition given the SMART Moves program by the Center for Substance Abuse as an exemplary prevention program.

Long-term Statistics Indicate Improvement

In 2002, 30% of 7th grade youth in our county used cigarettes monthly, compared to 9% statewide. By 11th grade, the local figure rose to 37%, compared to 27% statewide. In 2005, 17% of 7th graders report monthly use of cigarettes (a decline of 13%) compared to 7.5% statewide. By 11th grade the local figure increases to 25% compared to 23.5% statewide.

In 2002, 13% of 7th grade students report using smokeless tobacco products monthly, compared to 5% statewide. In 2005 the monthly use of smokeless tobacco has fallen to 6% by 7th graders, compared to 2.2% statewide.

Monthly alcohol use by 7th graders in 2002 was reported at 32% in Jackson County, compared to 15% statewide. Binge drinking among the same population was 12 percentage points higher locally when compared to state rates. By 2005 monthly alcohol use by 7th grade was 31% compared to 12.7% statewide. Binge drinking among the same population in 2005 has been cut in half to 6 percentage points higher than state rates.

In 2002, monthly marijuana use was reported at 13% for Jackson County 7th graders, compared to 5% for the state. In 2005 monthly marijuana use by 7th graders is down to 9.4% compared to the state rate of 4.1%.

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Among 6th graders in 2002, 62% report that they strongly disapprove of smoking over one pack of cigarettes per day. By 12th grade, this percentage fell to 45%. In 2005, by the 12th grade the strong disapprove rate had been reduced to only 40% indicating that tolerance of this behavior has increased.

Among 6th graders in 2002, 72% reported strong disapproval for smoking marijuana regularly, compared to 61% of 12th graders. In 2005, the rate of strong disapproval of regular marijuana use among 12th graders has remained unchanged.

59% of 6th graders in 2002 reported strong disapproval for weekly binge drinking compared to 22% of 12th graders. 29% of 12th graders strongly disapproved in 2005.

In 2002, only 21% of 6th graders perceived of smoking over one pack of cigarettes per day as a great risk, compared to 39% of 12th graders. In 2005, 36% of 6th graders perceived of smoking over one pack of cigarettes per day as a great risk, compared to 50% for 12th graders.

63% of 6th graders considered smoking marijuana regularly as a great risk, compared to 28% of 12th graders in the 2002 survey. By the 2005 survey, 6th grader attitudes remained steady, but the perception that smoking marijuana regularly is a great risk has risen 30 percent points to 58% for 12th graders.

In 2002, 21% of 6th graders considered weekly binge drinking a great risk, compared to 14% of 12th graders. In 2005, 29% of 6th graders considered weekly binge drinking a great risk and 41% of 12th graders now say binge drinking is a great risk, an improvement of 27 points.

These results provide an indication that although Jackson County is showing significant improvement and is following the general downward trend in ATOD abuse among youth; our rates still exceed those experienced at the national and state levels.

Moreover, the increased tolerance of cigarette smoking among high school seniors and the lack of progress in the disapproval rate among 12th graders for marijuana use stands in stark contrast to the significant improvements made in the other areas of study.

However, it must be noted that the perceived risks of tobacco, marijuana and alcohol use has improved greatly over the same period of time.

Furthermore, the significant improvements in the other study areas must be taken as a positive trend overall. Especially the vast improvement noted among our younger children concerning attitudes and perceptions toward ATOD abuse.

Over time it is expected that these improvements will manifest themselves in reduced tolerance of cigarette and marijuana abuse among older youth and adults.

These trends are in complete agreement with the Jackson County Drug-Free Council's mission statement:

“Prevention and Reduction of Youth and Adult Substance Abuse in Jackson County”



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www.drugfreecouncil.org