



Oregon Community and Family Coalition

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Prevention News

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"Everything we do affects other people." - Luke Ford



Growing Healthy Kids

Throughout the years, parents have heard a lot of suggestions on raising "well-rounded, healthy" kids who eventually become happy, productive adults. Have you ever wondered what exactly makes a well-rounded kid? As a parent, have you ever wanted some guidance on what positive attributes to instill in your children to help them not only become happy and healthy, but also to avoid destructive behaviors like underage drinking, substance abuse, sex, crime, and violence?

The Search Institute of Minnesota has been researching these questions for years, and has developed a framework to help communities support their youth. The Developmental Asset framework is categorized into two groups of 20 assets. External assets are the positive experiences young people receive from the world around them. These 20 assets are about supporting and empowering young people, about setting boundaries and expectations, and about positive and constructive use of young people's time. External assets identify important roles that families, schools, congregations, neighborhoods, and youth organizations can play in promoting healthy development.

Interested in learning more? You can locate asset lists for 3 different levels of childhood (early childhood, middle childhood, and adolescence) at www.search-institute.org. Each list is available as a downloadable PDF document.

If Asset Work interests you, don't hesitate to contact us to get involved!

Examples of Developmental Assets

External:

Caring school climate—School provides a caring, encouraging environment.

Family boundaries—Family has clear rules and consequences and monitors the young person's whereabouts.

Internal:

Reading for Pleasure—Young person reads for pleasure three or more hours per week.

Responsibility—Young person accepts and takes personal responsibility.

Resistance skills—Young person can resist negative peer pressure and dangerous situations.

OCFC Awarded \$500,000 Federal Grant

OCFC is pleased to announce that we are one of 90 coalitions (selected from a pool of 321 applicants) to receive a federal grant from the Drug Free Communities (DFC) Program of the Office of National Drug Control Policy. The grant program provides \$100,000 per year for five years to address the two primary DFC goals:

- **Establish and strengthen collaboration** among communities, private nonprofit agencies, and Federal, State, local, and tribal governments to support the efforts of community coalitions to prevent and reduce substance abuse among youth.
- **Reduce substance abuse among youth** and, over time, among adults by addressing the factors in a community that increase the risk of substance abuse and promoting the factors that minimize the risk of substance abuse. (Substances include, but are not limited to, narcotics, depressants, stimulants, hallucinogens, cannabis, inhalants, alcohol, and tobacco, where their use is prohibited by Federal, State, or local law.)

These funds will greatly increase the capacity of OCFC to create greater change in our community, but the hard work is far from over! The DFC program requires each grantee to raise matching funds to support coalition development, community assessment, and strategic planning. It will take continual support from the community—through volunteers, in-kind contributions, and monetary donations—to sustain our efforts.

We wish to extend a big, resounding **THANK YOU** to all of you who have supported us so far! We could not have come this far without YOU!

The Secret World of Teens

Do you know the nicknames that kids are using for today's drugs? Do you know what your kids are doing on MySpace, Facebook, de.licio.us? How about IM? Go to www.theantidrug.com/advice/chronicles-home.aspx to visit **The Parent Chronicles**. Watch the video to learn about the gap between parents and teens...and what you can do to bridge it. Downloadable resources are available, as well as parent forums.

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COMMUNITY CALENDAR

OCFC Events

Red Ribbon Week—October 23-31, 2007

Red Ribbon was established as a national awareness campaign in 1988 after the death of DEA Agent Enrique Camarena. The celebration reaches more than 300,000 Ohioans every year, with the primary target being youth in elementary and secondary schools. Look for events in your child's school during the last week in October.

Donor/Volunteer Appreciation—Wednesday, Nov 7th

Save the Date! We want to celebrate with you! Without our wonderful donors and volunteers, we would not have been able to accomplish what we have so far! More details coming soon!

Other Community Events

The Big Read—Oregon Library

Tuesday, September 18th, 9:30 am—**The Big Read** at the Oregon Branch of the Toledo-Lucas County Library System. Participate in a discussion of "To Kill a Mockingbird," the focus of a nationwide event called **The Big Read**. **The Big Read** is an initiative of the National Endowment for the Arts, designed to restore reading to the center of American culture.

Would you like us to highlight YOUR event? Email us at tana.schiewer@gmail.com! Event inclusion is subject to approval. Preferred events focus on family building, substance abuse prevention or youth development

Help us save postage and trees! Sign up for our email newsletter list! You will receive the same useful information in PDF format. You can also opt-in to our "Alert List," which will let keep you informed of drug and alcohol trends among youth, upcoming events, and more! To sign up, email tana.schiewer@gmail.com.

Calling all parents! We need your help!

Many parents deny that substance abuse is an issue in Oregon, or are simply not aware of the problem. **Help us raise awareness, and explore solutions, by hosting a Parent-to-Parent meeting in your home.** During one of these meetings, a coalition representative will come and share statistics, an informative video, and thoughts for discussion. Your only responsibility: opening up your home to friends and neighbors and opening up your mind to learn more about these issues.

For more details, please contact Tana Schiewer at 419.309.5966 or tana.schiewer@gmail.com.

Statistic of the Month:
90% of High School Seniors say it's fairly or very easy to get marijuana.
(2003 Monitoring the Future Survey)

About the

Oregon Community and Family Coalition

Our mission: to reduce substance abuse among youth, promote positive choices, and strengthen families.

If you would like to volunteer, make a donation, or simply find out more, please contact us:

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