



Oregon Community and Family Coalition

Volume 2, Issue 5

Prevention News

November/December 2007

"It's not how much we give but how much love we put into giving." - Mother Theresa

OCFC Hires New Employee

OCFC is pleased to announce the addition of Heather Umbaugh to our staff! Thanks to the funding from the Drug Free Communities Support Program, we were able to hire a Youth/Community Coordinator. Heather's primary responsibilities will be to act as an advisor to our Youth Board, and to work with the schools to develop activities and support for elementary, middle school, and high school youth. She will also help with other community efforts, event planning, and much more! Here's a note from Heather:

Hi! I am very excited to be a part of OCFC as the new Youth/Community Coordinator. After meeting with the Youth Board President, Sarah English, I feel we can inspire participation and move the Oregon community to become more aware of the environment it is laying before our youth. Tana and the coalition members have great vision for this community, and I am pleased to be a part of a team with such focus. I look forward to getting to meet many of you as we serve together to make great strides of alcohol and drug awareness in our community.

Thanks Heather, and welcome aboard!

We Need YOU!

As you read in our last edition, OCFC has received a \$500,000 grant from the Drug Free Communities Support Program. We receive \$100,000 per year for 5 years. But there's a catch! We have to match this money DOLLAR FOR DOLLAR. The match can be made in a combination of ways: volunteer hours, in-kind donations, and cash.

How can you help? There are so many ways! You can send us a donation (any amount helps!), volunteer your time, or help us with our many needs by donating an item (in-kind). Volunteer opportunities and in-kind needs are listed below. If you can help us in any way, please give us a call!

Volunteer Opportunities

- Serve on a committee (programs, events, community, etc.)
- Business owners: aid with displays, information dissemination, yard sign hosting, participate in a youth board activity
- Parents: host parent-to-parent neighborhood meetings
- High school youth: join our youth board!!

In-kind needs

- File storage: credenzas, lateral file, filing cabinets
- General office supplies (always needed)
- Printer stand
- Small table and chairs

11 Ways To Raise A Toxic Child

Reprinted with Permission from The Passage Group
www.thepassagegroup.com

Be Their Lawyer—No matter what they do defend them. Be their advocate-right or wrong.

Be Their Banker—Finance all their wants. This will give them a sense of entitlement which will last them for the rest of their lives.

Be Their Insurance Company—Any time they make a mistake, you pay the price. They have the party—you have the hangover.

Be Their Agent—Cut the best deals for them. Use your personal contacts and influence to be sure that they rise to the top.

Be Their Mechanic. If anything in their life is broken, you fix it...even if they broke it themselves. That way they will never have to learn about "consequences."

Be Their Administrative Assistant. Every child needs a personal secretary. Be sure to let them delegate their responsibilities to you. Always do their homework for them—that way they can make the "Honor Roll."

Be Their Butler. Learning how to manage servants will be important as they grow up and become successful. Let them start with you.

Be Their Apologist. Put your best "spin" forward. Make excuses for their bad behavior. Blame the teacher, the school, the community, the Republicans, the Democrats—anybody but your child.

Be Their Emotional Doormat. They have a bad day and you pay the price. They want respect from everyone but refuse to give it to you.

Be Their fairy godparent. Turn pumpkins into coaches. Wave your wand and make it happen. After all, making them "happy" is your primary function in life.

Fail to share a belief system with your child. They will have a system of belief. The question becomes who will teach it to them and what will it be. People act out of what they believe...in their hearts. The difference between Hitler and Mother Teresa was a matter of belief. Like the song from the musical South Pacific says, 'You Have To Be Carefully Taught.'

COMING SOON: www.ocfcoho.org!!

Our website is under construction! Check out www.ocfcoho.org and sign up for our notification list!

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Asset Training Coming to Oregon

In our last newsletter, we highlighted the 40 Developmental Assets, and how focusing on these assets creates strong, healthy kids who make good decisions. In future issues of our newsletter, we will be focusing on different assets and sharing ways that you can develop them in your kids.

In addition, keep an eye out for Asset Training, coming to Oregon! Through the help of The Community Partnership, the Eastern Community YMCA and the Oregon Branch Library, OCFC will be hosting Asset Training sessions for both adults and teens. Details on these training sessions will be in upcoming newsletters.

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.

Early Childhood Asset #25—Early literacy—The child enjoys a variety of pre-reading activities, including adults reading to her or him daily, looking at and handling books, playing with a variety of media, and showing interest in pictures, letters, and numbers.



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 keep you informed of drug and alcohol trends among youth, upcoming events, and more! To sign up, email tana@ocfcoho.org.

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 419.720.1708 or tana@ocfcoho.org.

Statistic of the Month:

41.7% of Oregon High School Seniors have engaged in binge drinking within the last 30 days.
(2006 Lucas County ADAS 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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