

# "Pass It On"

Prevention Newsletter

August 2012

## In This Issue:

- National Observances
- Local Events in Duval County
- Pro Ana, Pro Mia Websites
- Medications, Alcohol—Additional Heat Risk
- Gateway's Northeast Florida KKDF Prevention Center



National Alcohol & Drug Addiction Recovery Month



## Keep Kids Drug Free

Your purchase of the Keep Kids Drug Free specialty License tag supports prevention and recovery initiatives.



[www.KKDF.org](http://www.KKDF.org)

## GATEWAY COMMUNITY SERVICES, INC.



The new Prevention Newsletter, "Pass It On", will update readers on timely prevention news, statistical information, upcoming events, and articles of interest for adults and adolescents. We hope you will find it informative and interesting.

## By Supporting National Health Observances, you can:

- Educate the public about health risks
- Organize successful health promotion events and campaigns
- Get new ideas, information and resources on health topics of interest

### National Immunization Awareness Month Aug. 1—31

National Center for Immunization and Respiratory Diseases

Materials available

Contact: None designated

800-232-4636

<http://www.cdc.gov/vaccines/events/niam/default.htm>

### Children's Eye Health and Safety Month Aug. 1—31

Prevent Blindness America

Materials available

Contact: PBA Consumer and Patient Hotline

800-831-2020

[www.preventblindness.org](http://www.preventblindness.org)

## Local Events/Meetings

### Summer Time Sendoff

Aug. 11th, 1pm to 4pm

Bounce houses, water slides, sno-cones, snacks, free school supplies (while they last)

Ages 4 through 5th grade

Englewood Baptist Church

Kennerly Road, 737-5455 / 5675

### Adopt A Pet and Free

Spay/Neuter for 32216 zip code (for Pit Bulls & Cats)

Adorable Pet Contest...and More

<http://www.jaxhumane.org/Home.aspx>

### 15th Annual Shadco Safety Fair

Aug. 18th, 10am to 2pm

Avenues Mall, (inside mall and parking garage) [http://www.coj.net/departments/sheriffs-office/docs/events/15th-annual-z3-shadco-safety-fair-\(2012\).aspx](http://www.coj.net/departments/sheriffs-office/docs/events/15th-annual-z3-shadco-safety-fair-(2012).aspx)

### End of Summer Bash

Aug. 18th, All Day

Jax Landing

Music and Entertainment <http://www.jacksonvillelanding.com/events/end-of-summer-bash?on=2012-08-18>

### Riverside YPG (Young People's Group) AA group for young people

Every Tues. 7—8:30 pm

Methodist Church, 16511 Talbot Ave.

For more info. call Intergroup—399-8535 or Shane—345-9294

### Celebrate Recovery of Greater Jacksonville

A Christian Based 12 Step

Recovery Program. Visit website for Events and Meeting Schedule.

<http://crjacksonville.com/>

## Pro-Ana, Pro- Mia Websites

It's no secret that online social networking sites like MySpace and Facebook have revolutionized the way many teenagers make friends, keep in touch with each other and express themselves. It's also hardly "breaking news" that not all areas of the Internet are appropriate or safe for younger more impressionable individuals to access.

One sector of the online world is blending the seemingly innocent allure of social networking with a downright dangerous message that may encourage troubled youth to engage in potentially deadly behavior. On "pro-anorexia" and "pro-bulimia" sites, eating disorders are glamorized, self-starvation is celebrated, and individuals who are afflicted with eating disorders are encouraged to continue their pursuit of bodies that are literally to die for.

Young women suffering with anorexia or bulimia feel isolated, experience shame and guilt and are vulnerable to websites that promote a close-net sisterhood and minimize these illnesses as a lifestyle choice. Enhancing this pseudo-intimacy is the fact that on these sites, the names of the two most prevalent disorders (anorexia nervosa and bulimia nervosa) are often shortened to the innocuous sounding nicknames "Ana" and "Mia."

"pro-ana" and "pro-mia" sites engage in the following dangerous activities:

- Promoting eating disorders as lifestyle choices rather than as potentially deadly illnesses.
- Providing unhealthy and harmful weight-loss tips and techniques.
- Suggesting ways to deceive loved ones about the extent of one's weight loss.
- Encouraging young girls and women who already have eating disorders to continue their harmful behaviors.

Eating disorders can cause serious and life-threatening medical (malnutrition, dehydration, kidney, heart and liver damage) and psychological problems (depression, poor self-esteem, anxiety). Early identification is important. The following are classic eating disorder symptoms to be aware of.

- being underweight, losing weight, or not gaining weight normally. Keep in mind that even children who appear to be at a healthy weight can have an eating disorder depending on what they are doing to maintain their weight.
- having an intense fear of gaining weight or becoming fat, especially if your child is underweight.
- having a disturbed body image, meaning that your child thinks that he or she is overweight, even though they are really underweight or at a healthy weight.



- in girls that have begun having regular monthly periods, the absence of at least three consecutive menstrual cycles.
- episodes of binge eating.
- trying to prevent weight gain by performing self-induced vomiting, misuse of laxatives, diuretics, enemas, or other medications.
- fasting or excessive exercise.
- refusing to eat and continuous dieting.

Recovering from an eating disorder can be a challenging process, but an important step is ensuring that “ana” and “mia” have been eliminated from your children's online lives.

Recommended good educational and resource websites.

<http://www.nationaleatingdisorders.org/information-resources/general-information.php>

<http://www.nedic.ca/knowthefacts/documents/AnaandMia.pdf>

[http://pediatrics.about.com/cs/conditions/a/eatingdisorders\\_2.htm](http://pediatrics.about.com/cs/conditions/a/eatingdisorders_2.htm)

Recovery and support websites:

[http://www.something-fishy.org/?referrer=http://www.byparents-forparents.com/pro-ana-pro-mia.html& utma=1.18189169.1343653426.1343653426.1343653426.1& utmb=1.14.6.1343653611000& utmc=1& utmx=-& utmz=1.1343653426.1.1.utmcsr=yahoo|utmccn=\(organic\)|utmcmd=organic|utmctr=body%20image%20distortion%20substance%20abuse%20risk%20for%20teens& utmv=-& utmk=110990469](http://www.something-fishy.org/?referrer=http://www.byparents-forparents.com/pro-ana-pro-mia.html& utma=1.18189169.1343653426.1343653426.1343653426.1& utmb=1.14.6.1343653611000& utmc=1& utmx=-& utmz=1.1343653426.1.1.utmcsr=yahoo|utmccn=(organic)|utmcmd=organic|utmctr=body%20image%20distortion%20substance%20abuse%20risk%20for%20teens& utmv=-& utmk=110990469)

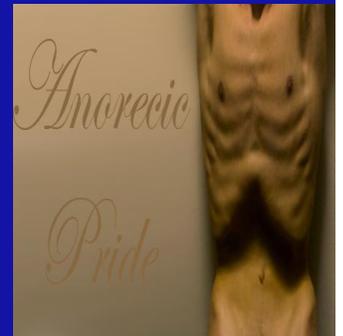
<https://sites.google.com/a/kenyon.edu/beyond-ana-and-mia-support-for-those-struggling-with-eating-disorders/>

Pro “Ana” and “Mia” websites to be aware of:

[http://ana\\_mia\\_love.webs.com/](http://ana_mia_love.webs.com/)

<http://free-the-bfly.webs.com/supportanabuddies.htm>

<http://www.pro-thinspo.com/proanaticsandtricksindexpage.html>



## Medications & Alcohol—Additional Heat Risk

Exposure to excessive heat is dangerous and can lead to heatstroke, which is considered a medical emergency. Heatstroke occurs when an abnormally elevated body temperature is unable to cool itself. Internal body temperatures can rise to levels that may cause irreversible brain damage and death.

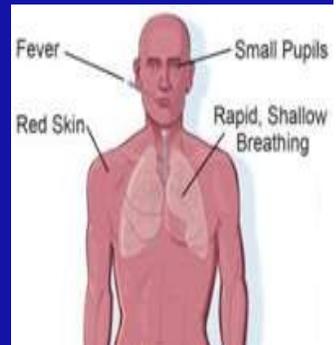
July and August are the hottest months of the year in Northeast Florida. This year, 2012, we have seen record highs long before the usual heat waves. Besides the obvious, this can pose additional health risks for those who are using psychotropic medications, alcohol, prescription drugs and illegal substances. Those who fit into this category may be more vulnerable to heatstroke and heat related illnesses. These medications and substance can interfere with the body's ability to regulate heat and an individual's awareness that his or her body temperature is rising.

### Symptoms of Heatstroke

- Body temperature of over 104°F
- Headaches, dizziness, giddiness and fatigue
- Hot, dry, red skin; appears gray in later stages.
- Conspicuous absence of sweating, despite high body temperature (Profuse sweating may occur initially, then cease as the body's temperature-regulating mechanisms break down.)
- Rapid heartbeat
- Shallow and rapid breathing
- Nausea and vomiting
- Muscle cramps
- Confusion, delirium, or stupor, progressing to seizures or loss of consciousness
- Sudden tiredness, confusion and irritability

### Preventing Heatstroke

- In hot, humid weather, increase fluid intake, wear light clothing, take frequent cool baths, and try to remain in a cool (preferably air -conditioned) environment. Avoid alcohol, caffeine, and strenuous activity. These recommendations are especially important for the elderly, the chronically ill, or the very young.
- The body gradually adjusts to hotter climates over a period of one to



three weeks. When the weather changes or you travel to warmer environments, spend increasingly longer amounts of time in the heat, followed by periods of rest in cool conditions to promote full acclimatization.

- Wear a hat or use an umbrella to protect yourself from the sun.
- Apply sunscreen with a sun protection factor (SPF) of 15 or higher.
- Plan outdoor activities at cooler times of day, early morning or evening.
- Monitor weather conditions and pay close attention to temperature and humidity levels indoors and outdoors.

Heatstroke is an emergency. Summon professional medical assistance at once. While waiting for emergency help to arrive, move the patient into a shady area or, ideally, a room with air conditioning. Elevate his or her feet. Loosen or remove clothing. Sponge the person with cold water or place in a cool bath. Offer cool liquids only if the person is awake and can drink normally.

Professional treatment involves controlled, gradual cooling of the patient, fluid and electrolyte replacement (via oral or intravenous delivery), and sedatives to control seizures if they occur.

This article was adapted from the following source:

<http://www.healthcommunities.com/general-safety/heatstroke-symptoms-facts.shtml>

**For  
Dog's  
Sake**



**Don't  
Let them** **BAKE**

Heatstroke kills dogs in 15 minutes or less.



**SUMMER SAFETY  
HEAT STROKE**

**SIGNS**

- No sweating
- Hot and Dry skin
- Increase in body temperature
- Confusion

Gateway's Northeast Florida  
Keep Kids Drug Free (KKDF)  
Prevention Center:

- Hand-out material and resource information
  - Supports and houses Gateway's Prevention Team
  - Implements evaluated and effective programming
  - grant and training coordination
  - innovative universal services.
- ⇒ Project Success  
⇒ Life Skills  
⇒ Celebrating Families  
⇒ Second Step  
⇒ Older Adult Puppet Skits  
⇒ September Recovery Month

to name a few...

*The Northeast Florida  
Keep Kids Drug Free  
Resource Prevention  
Center Coordinator: Fre-  
da Colley 904.387.4661  
ext. 1601  
Fax – 904.388.1918*

[fcolley@gatewaycommunity.com](mailto:fcolley@gatewaycommunity.com)

## *Florida's Keep Kids Drug Free (KKDF) Regional Prevention Centers,*

- Regional Prevention Centers were established in 2000 as a response to the increasing need to put the best resources directly in the hands of Florida's prevention professionals.
- Modeled after the *Federal Centers for the Application of Prevention Technology (CAPPT)* and the *Texas Prevention Resource Centers (TPRC)*.
- Directly provides statewide coverage of Prevention/Outreach services, training, technical assistance, grants and funding guidance.
- Meets Governor's Drug Strategy Objectives.

### Keep Kids Drug Free Foundation's Mission Statement

To enhance the quality of life for residents of the State of Florida. Our flexible grant making resources allow us to respond to current and emerging community needs and opportunities. We approach our grant making not solely in terms of Program categories, but rather with a focus on community building. We have committed our resources to trying to prevent substance abuse and strengthen the fabric of our community. We consider all grant proposals in the context of this commitment. Within our mission, the *Keep Kids Drug Free Foundation* makes grants in the broad program area of substance abuse prevention. Although the *Keep Kids Drug Free Foundation* has not established a minimum size of grants, our discretionary grants average \$5000 per award.



### **GATEWAY COMMUNITY SERVICES, INC.**

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Jacksonville, Florida 32204*



[www.gatewaycommunity.com](http://www.gatewaycommunity.com)  
[www.gatewayconnect.org/](http://www.gatewayconnect.org/)

**Gateway Community Services, Inc. takes action against addiction through a wide variety of programs and services.** From prevention to transitional housing and clinical research, we have the understanding, care, facilities and know-how to help with every facet of the recovery process.

**Gateway Connect** is your complete online and phone counseling service, bringing technology to treatment.

If you, or someone you know, suffers from alcohol or drug addiction and related mental health issues, Gateway can help. Call us toll-free at **1.877.389.9966**. We're open 24 hours a day, seven days a week. Call us today and together we will take action against your addiction.