

"Pass It On"

Prevention Newsletter

April 2013

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"KEEP KIDS DRUG FREE" receives a portion of the revenues from the sale of the State of Florida KEEP KIDS DRUG FREE specialty license plate. These funds assist alcohol, tobacco, and other drug abuse prevention programs throughout Florida. The goal is to support families and communities in their goal to be healthy and dynamic.

Click tag below for info, and to order



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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 Alcohol Screening Day April 11th

Screening for Mental Health offers alcohol screening programs for the military, colleges and universities, community-based organizations and businesses.

<https://www.mentalhealthscreening.org/events/national-alcohol-screening-day.aspx>

National Alcohol Awareness Month April 1—30

The key to community change, personal and family recovery.

<http://www.ncadd.org/index.php/programs-a-services/alcohol-awareness-month/>

Local Events/Meetings

Little Miracles Baby Shower

April 6th, 9am

Shands Learning Resource Center, 1st Fl.
653-1 West 8th Street

- Door prizes
- Health screenings
- Giveaways

Prize drawings and giveaways are for expectant mothers only. Must be checked in by 10 a.m. to qualify for drawings.

Jacksonville Science Festival

April 25—27

School field trips, family outings, something for everyone.

<http://jacksonvillesciencefestival.com/>

Sheriff's Advisory Council 8th Annual Regency Safety Fair April 13th, 10am—2pm

Bicycle Rodeo w/ Free bicycle helmets and 2 bikes to be given away. Child ID kits, visits from Smokey Bear, SouthPaw, McGruff, Sparky and more.

<http://www.coj.net/departmentssheriff-s-office/docs/events/2013-z2-regency-safety-fair-flyer.aspx>

Clay County Agricultural Fair April 4—13

For more information, visit:

<http://claycountyfair.org/>

For tickets and discounted ticket packages information, visit:

<http://claycountyfair.org/ticket-information/>

4th Annual Setting the Pace for Peace, Domestic Violence Awareness Walk

April 6th, 9am

Hubbard House Fundraising event. Family-friendly—music, games, family activities, 2-mile scenic walk (1-mile walk also available.) Fundraising is encouraged but not required.

<http://www.kintera.org/faf/home/default.asp?event=1036831>

Facebook—No Longer the “Cool” Site

Do you monitor your child’s Facebook account? Feeling relieved that there are no comprising photos or talk about things that send chills through you? *Bulletin!!!*...they’re probably doing it on instagram, snapchat, and Kik Messenger instead. Teenagers report that Facebook has become a bit like a parent chaperoned school prom while these alternatives are the much cooler after-party. But Facebook can handle this criticism...they purchased instagram last year.

The number of popular social media sites available on kids' mobile devices has exploded in recent years. And many of the new mobile apps don't even require a cellphone or a credit card. They're free and can be used on popular portable devices such as the iPod Touch and Kindle Fire, as long as there's a wireless Internet connection.

Instagram offers unlimited texting and is a free software that digitally enhances photos and posts them to your online account. It is generally considered pretty tame as long as kids adjust their privacy settings to limit who can see their photos and don't post nudity, which could subject them to child pornography laws. But many parents don't know their kids are on Instagram until there's trouble – usually when kids post photos at parties, and other kids who aren't invited see them.

Kik Messenger also allows unlimited texting for free and offers anonymity to its users. Kik allows vague user names – for example, a nickname or a string of random digits – that won't reveal a person's real name or phone number.

Then there's snapchat, among the top 10 free iPhone apps available. Coined by the media as the "sexting" app, snapchat lets you send a text, photo or video that self-destructs within 10 seconds of being opened.

But as with anything online, each of these apps comes with serious caveats. Snapchat, for example, acknowledges on its Web page that its messages aren't guaranteed to disappear. Anyone receiving a text or photo can use their 10 seconds to capture a screenshot or photo of their device's screen, and save that image to their phone. Video also can be downloaded, although Snapchat says it alerts senders when their data is saved.

Rebecca Levey, a mother of 10-year-old twin daughters who runs a tween video review site called KidzVuz.com, blogs about technology and education issues, links her kids' devices to her iTunes account so she's aware of any program they download. She also requires that her kids "friend" her on every program and follow certain ground rules: protect your passwords, set your privacy controls and never transmit inappropriate pictures or words.

Levey thinks a big hurdle for parents is getting over the idea that they are invading their kids' privacy by monitoring online activity. In fact, she said, it can be the kid's first lesson that nothing online is truly private anyway. "If they want privacy, they should write in a journal and hide it under their mattress."

http://www.wxyz.com/dp/p/news/science_tech/sn_apchat-newest-instagram-or-teen-sexting-tool

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Why Can't I Fix Him/Her???

Perhaps you have shouted, threatened, lectured, pleaded, cried, and any number of things to try and get that person in your life who continues to use/abuse drugs and/or alcohol to stop. Perhaps you have mortgaged your home, paid for treatment, once again, abandoned your own social life, lied to the employer, bought that new Wii video game (as a bribe), only to discover that your—son or daughter, husband or wife, mother or father, friend or anyone that you care deeply for, are still destroying their lives with drugs and/or alcohol. You are at your wits end. What is there left to do?

Addiction is an illness not a moral issue. It is a two-fold disease. A physical allergy coupled with an obsession of the mind. It can be arrested, but never cured. It is similar in nature to diabetes in this respect. We can no more prevent the addict's use of drugs or alcohol than we can stop the tubercular's coughing. No one, not even the doctor, not the clergy, nor the family can do this for him or her.

Addiction is not discriminatory. It knows no boundaries regarding race, gender, culture or age. Compulsive use of drugs does not indicate lack of affection for the family. It is not a matter of love, but of illness. The addict has lost the power of choice in the matter of drugs and/or alcohol. Even when he knows what will happen when he takes the first drink, pill, or fix, he will do so anyways. This is the "insanity" that is spoken of in the rooms of recovery.

When we fully understand and accept that addiction is a disease, that it is both mental and physical, and that we are powerless over it, we become ready to learn a better way to live.

Al-Anon, Al-Ateen and Nar-Anon's primary purpose is to help people who have been affected by someone else's drinking and/or drugging—whether the drinking/drugging is still active or not.

These groups are primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to you. They have traveled that unhappy road too, and found the answer with serenity and peace of mind.

When you join one of these "family" groups, you are no longer alone but among true friends who understand your problem as few others can. Your anonymity will be respected. They will offer you hope and the assurance that no situation is too difficult and no unhappiness is too great to be overcome.

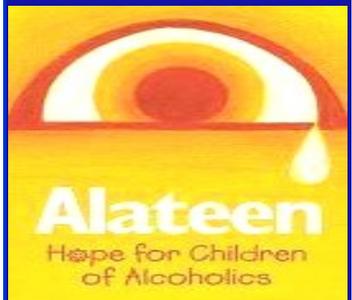
Nar-Anon— <http://www.nar-anon.org/naranon/taxonomy/term/322>

Al-Anon and Al-Ateen—<http://jaxafg.org/WandW%20By%20Location.pdf>

*Nar-Anon
Family Groups*



Al-Anon
Family Groups



You are Not alone!

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

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

*The Northeast Florida
Keep Kids Drug Free
Resource Prevention
Center Coordinator:*
Freda Colley
904.387.3749 ext. 1601
Fax – 904.388.1918

fcolley@gatewaycommunity.com

Florida's Keep Kids Drug Free (KKDF) Regional Prevention Centers, in Partnership with NCI Systems, Inc.

- * Northeast Florida
- * Central Florida
- * Big Bend

- * East Central Florida
- * South Florida

- 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

The *Keep Kids Drug Free* Foundation's mission is to enhance the quality of life for Florida residents by investing in prevention to build healthier communities and families



GATEWAY COMMUNITY SERVICES, INC.

Primary Business Address
555 Stockton Street
Jacksonville, Florida 32204



www.gatewaycommunity.com
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**. Call us today and together we will take action against your addiction.