

"Pass It On"

Prevention Newsletter

September 2013

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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

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

Take The Pledge!!! National Family Day Sept. 23rd

Parental engagement as an effective tool to help keep America's kids substance free.
<http://casafamilyday.org/familyday/>

National Women's Health & Fitness Day
Health Information Resource Center
Sept. 25th
Materials available
Contact: Patricia Henze
(800) 828-8225
<http://www.fitnessday.com/women/index.htm>

RAINN Day
Rape, Abuse & Incest National Network
Sept. 27th
Materials available
Contact: Megan Erhardt
(800) 656-HOPE
(4673) National Sexual Assault Hotline
www.rainn.org/rainnday

Family Health & Fitness Day
Health Information Resource Center
Sept. 28th
Materials available
Contact: Patricia Henze
(800) 828-8225
<http://www.fitnessday.com/family/index.htm>

Local Events/Meetings

Grandparents Weekend at the Zoo
Sept. 7th & 8th
Purchase one child or adult admission and get one adult or senior admission free. Must present coupon which can be printed from the Jacksonville Zoo website.
<http://www.jacksonvillezoo.org/index.php?/index.php>

Duval County 4-H Expo
Sept. 7th, 9am—1pm
Free parking, food, games, animal exhibits, and other educational activities for youth.
904-255-7450
<http://duval.ifas.ufl.edu/4-H.shtml>

Jacksonville Ice & Sportsplex
\$5 Family Night on Tuesdays.
3605 Philips Highway, Jacksonville, FL 32207 904-399-3223
<http://jax4kids.com/jacksonville-ice-sportsplex/>

Celebrate Recovery of Greater Jacksonville
A Christian Based 12 Step Recovery Program. Visit website for Events and Meeting Schedule.
<http://crjacksonville.com/>

I.D. Required?

Nail polish remover can be used for dozens of things that have nothing to do with removing nail polish. For example, it can be used to remove permanent marker, dissolve superglue and rub paint off of windows.

When police raid meth labs, they usually find household items being used to produce crystal meth. One common ingredient is acetone, also a key ingredient in nail polish remover, which is why CVS pharmacies implemented a policy requiring anyone buying nail polish remover to present photo identification. Some stores also restricted sales to those 18 years of age and older.

In 2010, CVS agreed to pay \$77.6 million to settle a federal lawsuit charging the company with selling large amounts of cough medicines that contain pseudoephedrine, a main ingredient in methamphetamine, to criminals who then used it to cook methamphetamine. The new policy may have been a preemptive move to avoid future lawsuits.

Further research, by calling two CVS Pharmacies in Duval County, revealed that CVS has lifted this restriction. We spoke to two store managers who could not tell us why it was lifted but did say they believed the restriction still stands in stores located in Hawaii.

In conclusion, you will no longer need to present a photo ID to change that experimental color you applied to your nails but, if your son is displaying 15 bottles of nail polish remover on the top of his dresser, some investigative work on your part may be required.



Failure To Launch

Low functioning grown children who are highly dependent on their parents are a growing phenomenon. “Failure to launch” is an increasingly common term used to describe a son or daughter who is an adult chronologically but still a teenager developmentally.

Drug and alcohol abuse, variations of promiscuity, anxiety, video game addiction, poor eating and hygiene habits may play a role in this lack of motivation. Other factors to be considered may also be:

- * The advantage of being able to sleep all day, hit the computer all night, with intermittent raids to the refrigerator.
- * To experiment with job after job with little need for commitment and investment.
- * At home, the young adult has a predictable routine and peer group (even if it may not be the best influence). But venturing out brings up questions of what it takes to meet friends or what must be done to be considered cool and acceptable.
- * The developmental tasks needed to navigate the complexities of responsible decision-making in an imperfect world can be overwhelming.

Another similar situation is the “boomerang kid.” They leave home only to come back after college (like the young man depicted on the cover of The New Yorker Magazine, hanging his Ph.D. up in his boyhood bedroom while unhappy parents watch from the doorway).

For some of these young adults, the current economic climate has prevented them from getting jobs and having the financial security to move out on their own. Some may choose to go back to school and/or do a re-evaluation of their long-term career goals. In this case, they are in a transition period, to hopefully figure out what to do with their life given the reality they face. They are simply using their "safety net" because they are not yet ready to support themselves and the safety net is there.

On the other hand, some young adults have simply gotten too comfortable at home and because their needs are being taken care of, have little incentive to leave. While the parent’s intentions are probably the best, they may inadvertently be doing their child a disservice by allowing this status quo to continue.

Parents often feel lost in these situations, unsure how to inspire their adult child while also knowing that ignoring the situation is unhealthy and damaging not just to the young adult, but often to the entire family. It’s only natural for parents to want the best for their children, and this can sometimes lead to enabling non-working behavior. So, what’s a parent to do?

- * It's great if a parent is in a position to give their kids a safety net, but it's crucial that they don't allow them to become too comfortable. Maybe your child is unable to be responsible for the totality of his or her personal finances but, he or she can still be expected to take care of basic needs like



food, spending money, and taking care of hygiene issues (such as doing their own laundry).

* Many parents don't understand that in the long run they're not helping their kids by making them too comfortable. At some point in the future, your child will have no choice but to learn to live without you. While you may know this intellectually, it can sometimes be difficult to foresee this and connect it to how they are presently functioning. Now is the time for your adult child to learn independence -- in gradual steps, if necessary. Our final phase of parenting is to teach our children how to take care of themselves, so that they can eventually become your emotional equal. You'll always be the parent, but they need to grow and go in their own unique direction, if ever they are to reach *their* potential.

View the following websites for more information:

<http://www.optimumperformanceinstitute.com/articles/new-perspectives-about-failure-to-launch-young-adults/>

http://www.huffingtonpost.com/michael-s-broder-phd/parenting-adult-children-failure-to-launch_b_3306830.html





Katz 4 Keeps Weekend Adoption Events

September 7 & 8
September 21 & 22
11am-3pm

TWO
LOCATIONS!!

Katz4Keeps
935B AIA North
Ponte Vedra Beach
904-834-3223

Petco – Marsh Landing
950 Marsh Landing Pkwy
Jacksonville
904-273-0964

SAVE A LIFE ♥
GIVE YOUR LOVE



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

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.



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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**. We're open 24 hours a day, seven days a week. Call us today and together we will take action against your addiction.