

June 2015

"Pass It On" A Prevention Newsletter

In This Issue:

- National Observances
- Local Duval County Events
- Good News!!!
- Alcohol—Powdered Alcohol
- Gateway's Northeast Florida KKDF Prevention Center

"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



www.KKDF.org

GATEWAY COMMUNITY SERVICES, INC.



The 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 Cancer Survivors Day

June 7th

National Cancer Survivors Day Foundation
(615) 794-3006

www.ncsd.org

Materials available

Contact: None designated

Men's Health Month

June 1—30

Men's Health Network
(202) 543-6461 x101

www.menshealthmonth.org

Materials available

Contact: Theresa Morrow

Local Happenings

Military Wives Vendor & Craft Show

June 6th, 8am

Beach Blvd Flea Market

This great vendor and crafts show allows military families to promote their home-based businesses and artistic craftsmanship. Come support our Military families.

<http://beachboulevardfleamarket.com/>

Ethan Parker Band

June 6th, 7pm, Murray Hill Theatre

The West Palm Beach Ethan Parker Band is on a 60-city tour. The goal is to make a difference by spreading hope in the lives of orphans and at-risk youth across the nation. This is a free event. All donations go to Project Primavera, a not-for-profit organization.

<http://www.murrayhilltheatre.com/>

Mercedes Lewis Football Camp

June 13th, 8:30am—2pm

Pro Bowl Tight End of the Jacksonville Jaguars, Mercedes Lewis, will be hosting his 2nd annual youth football camp. The camp will be free of charge and is hosted at Robert E. Lee High School. sign up on the event tab of the Mercedes Lewis Foundation website.

<http://mercedeslewisfoundation.org/portfolio/detail/1964/>

Free Summer Craft/Vendor &

Kids/Baby Event

June 20th, 10am

Featuring 130 tables at the Renaissance World Golf Village Resort. First 100 guests receive free discount/sample bags! Huge 50+ raffle featuring products and services from participating vendors. ALL proceeds benefit Emile's Pack of Hope. Each ticket \$1. Kid Friendly Event!

<https://www.facebook.com/events/1399310247035081/>

Keep Kids Drug Free—Like us on Facebook

<http://www.facebook.com/KeepKidsDrugFreeFoundationInc>

Good News!!!

Tobacco kills, no matter if it's in a cigarette, a cigar, a snuff can or a roll-your-own. The "Good News"— About 6% of adolescents age 12 to 17 smoked cigarettes in 2012-2013, down from nearly 13% in 2002-2003, according to a new report from the *Substance Abuse and Mental Health Services Administration (SAMHSA)*. This is a significant decrease and is good news to say the least. These encouraging statistics apply to 49 out of 50 states and the *District of Columbia*. The only state that did not experience a statistically significant decline is *Utah*, which has traditionally shown the lowest levels of underage cigarette smoking in the nation. During this period, *Utah* experienced a slight decline from about 6.6 percent in 2003 to 5.4 percent in 2013.

The decline in underage cigarette smoking during this period is encouraging. What *protective factors can we contribute to this positive change? Education and information is high on the list. Spreading the message to young people about the risks from smoking has made an enormous positive difference. Armed with facts, one can make an informed and positive decision regarding tobacco use, drug and alcohol use and risky behavior. Parent and adult care giver engagement is also high on the list. Decades of research show when parents are involved, young people have:



Photo - Public Domain
 Creator: Carl Lindstrom
<http://commons.wikimedia.org/wiki/File:Snusgranit.jpg>

- Higher grades, test scores, and graduation rates
- Better school attendance
- Increased motivation, better self-esteem
- Lower rates of suspension
- Decreased use of drugs and alcohol
- Fewer instances of violent behavior

Cigarette companies are responding to this changing pattern of consumption by entering other tobacco markets, including acquisition of major U.S. moist snuff manufacturer, *Conwood*, by *R.J. Reynolds*, by marketing new snuff and snus products to attract new smokers and new tobacco users. Although used similarly to American dipping tobacco, snus does not typically result in the need for spitting and, unlike naswar, snus is steam-pasteurized.

*Protective factors are conditions or attributes (skills, strengths, resources, supports or coping strategies) in individuals, families, communities or the larger society that help address family and/or community risk factors more effectively.

- strong and positive family bonds
- parental monitoring of children's activities and peers
- clear rules of conduct that are consistently enforced within the family
- success in school performance; strong bonds with institutions, such as school and religious organizations
- adoption of conventional norms about drug use

Information from *SAMHSA's* website was used in the producing of this article which allowed us to educate and inform our readers.

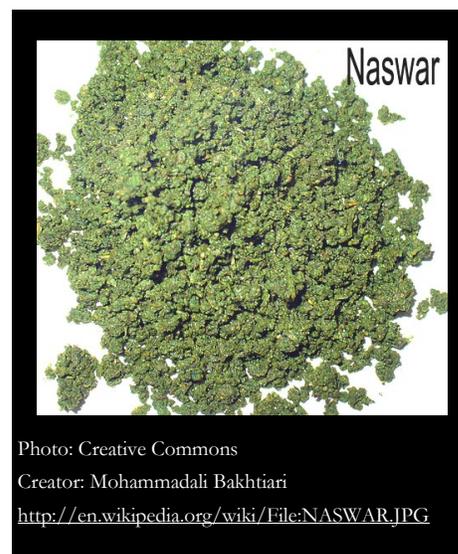


Photo: Creative Commons
 Creator: Mohammadali Bakhtiari
<http://en.wikipedia.org/wiki/File:NASWAR.JPG>

Palcohol—Powdered Alcohol

Mark Phillips, a successful entrepreneur and avid outdoorsman, is the creator of a product called *Palcohol*, a powdered alcohol product that mixes with water to produce an alcohol drink. *Palcohol* is sold in small packets and equals about one shot of alcohol. According to *Palcohol*'s official website, the powder was created because Phillips wanted a drink after a long day of hiking or camping, but hated carrying bottles with him.



Image: depositphotos.com paid account

In April, 2014, approval for distribution in the U.S. was granted by the *U.S. Alcohol and Tobacco Tax and Trade Bureau (ATTTB)*. Less than a month later, that approval was rescinded. The explanation offered by the *ATTTB* was that the product was approved in error. Some believe that protests by parents, "Say NO to powdered alcohol" articles, and backlash from Congress paid a role in that decision.

In May of 2015, bureau spokesman, *Tom Hogue*, told *The Associated Press* the issues were resolved and four varieties of *Palcohol* were approved. But *Hogue* noted that states can also regulate *Palcohol* sales in their borders. Several states have already moved to ban powdered alcohol, including lawmakers in *Colorado* who last month advanced legislation to temporarily halt its sale.

Parents are concerned that the packets will make it easier for kids to get, hide, and use alcohol. Likewise, food blog, *The Braiser*, is concerned that the packets could be easily confused as *Crystal Lite* or *Kool-Aid* packets by both kids and adults. Others are concerned that this will make it easier for kids or college students to binge drink and therefore get very ill. *Senator Charles Schumer* asked the *Food and Drug Administration* to prevent *Palcohol* from reaching stores shelves, saying that it would become the *Kool-Aid* of teen binge drinking.

On its website, *Palcohol* states that it plans to offer six varieties of powdered alcohol, including vodka, rum and four cocktails — *Cosmopolitan*, *Mojito*, *Powderita* and *Lemon Drop*. The site says that a package weighs about an ounce and can fit into any pocket. It warns people that the powder should not be snorted.

Some of the content for this article was comprised from the following websites:

<http://heavy.com/news/2014/04/palcohol-powdered-alcohol/>

<http://bigstory.ap.org/article/powdered-alcohols-dont-have-approvals>

<http://newyork.cbslocal.com/2015/03/11/alcohol-and-tobacco-tax-and-trade-bureau-approves-powdered-alcohol/>

<http://www.thebraiser.com/so-powdered-alcohol-is-a-thing-now/>

<http://www.palcohol.com/home.html>

Image offered by VCU CNS via flickr
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No change were made to this image.
<https://www.flickr.com/photos/vcucns/16574616502/>

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

- Distribute educational material and resource information
- Supports and houses Gateway's Prevention Team
- training coordination
- innovative universal services.
- Implements evaluated and effective programming:
 - * Project Success
 - * Life Skills
 - * Celebrating Families
 - * Second Step
 - * September Recovery Month

to name a few...

*The Northeast Florida
Keep Kids Drug Free
Resource Prevention
Center Coordinator:
Freda Colley
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www.gatewaycommunity.com
www.gatewayconnect.org/

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

- * Northeast Florida
- * Central Florida
- * Sun Coast
- * East Central Florida
- * South Florida
- * Panhandle

- 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. 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.