

March 2015

# "Pass It On" A Prevention Newsletter

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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



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

**Natl. Poison Prevention Week**  
**March 15—21**  
 American Assoc. of Poison Control Centers  
 (703) 894-1858  
 Materials Available  
 Contact:: None Designated  
[info@AAPCC.org](mailto:info@AAPCC.org)  
[www.aapcc.org](http://www.aapcc.org)

**Natl. Youth Violence Prevention Week**  
**March 23—27**  
 National Association of SAVE  
 (866) 343-SAVE (7283)  
 Materials Available  
 Contact:: None Designated  
[info@nationalsave.org](mailto:info@nationalsave.org)  
[www.nationalsave.org](http://www.nationalsave.org)

**Natl. Nutrition Month**  
**March 1—31**  
 Academy of Nutrition and Dietetics  
 Materials Available  
 Contact:: Knowledge Center  
[nnm@eatright.org](mailto:nnm@eatright.org)  
[www.eatright.org/nnm](http://www.eatright.org/nnm)

**Natl. Problem Gambling Awareness Month**  
**March 1—31**  
 National Council on Problem Gambling  
 (800) 522-4700  
 Materials Available  
 Contact:: Keith Whyte  
[keithw@ncpgambling.org](mailto:keithw@ncpgambling.org)  
[www.npgaw.org](http://www.npgaw.org)



## Local Happenings

**Easter Festival For Kids**  
**March 28th, 9am—Noon**  
 Victory Lutheran Church and Preschool  
 4651 Kernan Blvd., Jax., FL 32224 Easter Egg Hunt, Face Painting, Pony Rides, Food, etc.  
 Call 904-642-8900 for more details.

**March 28th—Riverside Arts Market Battle of the Bands & Student Artwork Completion—To Benefit Cure for Kidney Cancer Cure.**  
 See website for competition registration and event information:  
<http://judynicholsonfoundation.org/>

**Keep Kids Drug Free—Like us on Facebook**  
<http://www.facebook.com/KeepKidsDrugFreeFoundationInc>

## Self-Injury

It's a perplexing phenomenon with many names: self-injury, self-harm, self-mutilation, self-inflicted violence, self-cutting, and self-abuse, to name a few. Family members, friends, supporters - even many professionals - struggle to understand why people self harm and find the behavior disturbing and puzzling. The practice is not limited to teens. Self-harm in adults also takes place and is not unusual.

### Myths and facts about cutting and self-harm

Because cutting and other means of self-harm tend to be taboo subjects, the people around you—and possibly even you—may harbor serious misconceptions about your motivations and state of mind. Don't let these myths get in the way of getting help or helping someone you care about.

**Myth:** People who cut and self-injure are trying to get attention.

**Fact:** The painful truth is that people who self-harm generally do so in secret. They aren't trying to manipulate others or draw attention to themselves. In fact, shame and fear can make it very difficult to come forward and ask for help.

**Myth:** People who self-injure are crazy and/or dangerous.

**Fact:** It is true that many people who self-harm suffer from anxiety, depression, or a previous trauma—just like millions of others in the general population. Self-injury is how they cope. Slapping them with a “crazy” or “dangerous” label isn't accurate or helpful.

**Myth:** People who self-injure want to die.

**Fact:** Self-injurers usually do not want to die. When they self-harm, they are not trying to kill themselves—they are trying to cope with their pain. In fact, self-injury may be a way of helping themselves go on living. However, in the long-term, people who self-injure have a much higher risk of suicide, which is why it's so important to seek help.

**Myth:** If the wounds aren't bad, it's not that serious.

**Fact:** The severity of a person's wounds has very little to do with how much he or she may be suffering. Don't assume that because the wounds or injuries are minor, there's nothing to worry about.

Self-injury is most often used as a coping mechanism. Research suggests that it is a frequent companion to eating disorders, alcohol and/or drug abuse, depression, posttraumatic stress disorder, borderline personality disorder, and dissociative disorders. Those who self-harm claim that it's highly addictive or say they are reluctant to try and stop because it helps them feel better, more in control, more real, or simply, it keeps them alive. Experts say most people engage in self-injury as a way to cope with their emotions, particularly negative ones, and most self-injurers report that it works – it calms them and brings a sense of relief. These soothing feelings most likely result from the release of endorphins, brain chemicals that relieve pain and can produce euphoria. People use self-injury in a lot of ways that other people use drugs or alcohol, or food or sex...to try to feel better in the short run.

Self-harm includes anything a person does to intentionally injure themselves. Some of the more common ways

include:



"Self harm" by D Namtar - Own work. Licensed under CC BY-SA 3.0 via Wikimedia Commons - [http://commons.wikimedia.org/wiki/File:Self\\_harm.png#mediaviewer/File:Self\\_harm.png](http://commons.wikimedia.org/wiki/File:Self_harm.png#mediaviewer/File:Self_harm.png)

- cutting or severely scratching the skin
- burning or scalding
- hitting themselves or banging their heads
- punching things or throwing their body against walls and hard objects
- sticking objects into their skin
- intentionally preventing wounds from healing
- swallowing poisonous substances or inappropriate objects

Self-harm can also include less obvious ways of hurting oneself or putting oneself in danger, such as driving recklessly, binge drinking, taking too many drugs, and having unsafe sex.

Most people who self-harm want to stop hurting themselves and this is key in seeking help. It's possible to change certain thought processes and to learn how to deal with things in a different way. Support groups for those who self injure are available. In a support group, people with similar experiences meet to discuss their feelings and experiences, and share some of the ways they've learned how to cope. Support groups can be run by a group leader or by group members. They may focus on specific issues, such as self-harm, or be more general. In addition, seeking self-injury treatment from a trained mental health professional is strongly advised. Medication may be needed, such as when someone is diagnosed as bipolar. The underlying issues of why someone self-harms needs to be addressed. There's no need to suffer alone. Help is available.

If you're looking for help with self-harming in Florida or for someone who self harms, the below link offers information for Florida therapy groups who provide counseling and/or may be able to provide a referral to alternative groups nearby.

[https://groups.psychologytoday.com/rms/prof\\_results.php?state=FL&spec=283](https://groups.psychologytoday.com/rms/prof_results.php?state=FL&spec=283)

For an online self harming support group, visit:

<http://self-injury.supportgroups.com/>

For article content sources and more information, visit:

<http://www.healthyplace.com/abuse/self-injury/what-is-self-injury-self-harm-self-mutilation/>

<http://www.livescience.com/11043-teens-hurt-science-injury.html>

<http://www.helpguide.org/articles/anxiety/cutting-and-self-harm.htm>

## Choosing An Early Learning Program

Children learn best when they have proper health and nutrition, a safe and stable family and home life, and activities that stimulate creativity and curiosity. Quality early learning and child development can open the doors of opportunity for every child to do well in school, in the workforce, and in life. When you choose a quality child care/early learning or afterschool program, you can feel confident that your child is safe and secure while you are at school or work. Your child is more likely to be ready for kindergarten, do well in school, graduate high school and go to college.

Before you enroll your child in a child care program, there are a number of things to consider:

- 1) Do I require full day or part day?
- 2) How much will it cost
- 3) What is the location/environment like?
- 4) What program/curriculum/structured experience is in place?
- 5) What is the philosophy of the program?
- 6) What qualifications does the staff need?
- 7) What is the staff to child ratio?



Image: Public Domain

[http://commons.wikimedia.org/wiki/File:US\\_MC-100522-M-1298M-021.jpg](http://commons.wikimedia.org/wiki/File:US_MC-100522-M-1298M-021.jpg)

Finding the best child care and educational opportunities for your child can be difficult. The *Early Learning Coalition of Duval (ELC)* could be the resource you need in determining what programs are available in *Duval County* and what services will fit your child's needs.

*Guiding Stars of Duval*, offered through the *ELC*, includes a search function to check the quality rating of various centers in *Jacksonville* and *Duval County*. Families are able to use the "Star Rating" to make an informed choice of what matters most to them when choosing quality child care and programs. Centers participate on a voluntary basis and are assessed objectively every two years to determine their Star Rating. [http://elcofduval.org/g sod\\_families.asp](http://elcofduval.org/g sod_families.asp)

Paying for child care and/or early learning programs can sometimes determine what is available to you. *School Readiness Child Care Financial Assistance* allows eligible families to offset the expense by paying a reduced parent fee. [http://elcofduval.org/sr\\_families\\_about.asp](http://elcofduval.org/sr_families_about.asp) The Voluntary Pre-kindergarten (VPK) program for all four-year-olds, is provided at no cost to the parent. To register for this program, visit: <http://www.vpkduval.org/>.

If you need more than just child care or early learning programs, a community resource guide is also available through the *ELC's* website. Access information regarding:

- Infant and toddler resources
- Parenting, family engagement and relative caregiver
- Rent and utilities assistance
- Adult education and employment
- Abuse and domestic violence
- And many more service links

[http://elcofduval.org/ccrr\\_communityresourceguide.asp](http://elcofduval.org/ccrr_communityresourceguide.asp)

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  
904.387.3749 ext. 1601*

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

## 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/)

## *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.