

May 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.

### 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

#### Children's Mental Health Awareness Week

May 3—9

National Federation of Families for  
Children's Mental Health  
(240) 403-1901

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

Materials available

Contact: Sandra A. Spencer

#### National Alcohol and Other Drug Related Birth Defects Awareness Week

May 10—16

National Council on Alcoholism and  
Drug Dependence, Inc.  
(800) NCA-CALL (622-2255) (24-Hour  
Helpline), (212) 269-7797

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

Materials available

Contact: None designated

#### Mental Health Month

May 1—31

Mental Health America  
(800) 969-6642, (703) 684-7722

[www.mentalhealthamerica.net/go/may](http://www.mentalhealthamerica.net/go/may)

Materials available

Contact: Danielle Fritze

#### National Teen Pregnancy Prevention Month

May 1—31

(202) 419-3420

[www.advocatesforyouth.org/topics-issues/teen-pregnancy-prevention/1304-tpp](http://www.advocatesforyouth.org/topics-issues/teen-pregnancy-prevention/1304-tpp)

Materials available

Contact: None designated

## Local Happenings

#### Letter Carriers'

#### "Stamp Out Hunger" Food Drive

May 9th

To donate, on the second Saturday of May, place a box or can of non-perishable food next to your mailbox. The carrier will do the rest. The food is sorted, and delivered to an area food bank or pantry.

<http://about.usps.com/corporate-social-responsibility/nalc-food-drive.htm>

#### Farm Share Food Distribution

May 23rd, 9am—12pm

1650 Blanding Blvd. Middleburg, FL

Farm Share, using volunteers, re-sorts and packages surplus food and distributes to individuals, soup kitchens, homeless shelters, churches, and other organizations feeding the hungry in Florida — free of charge.

Contact Info.: 904-328-6158

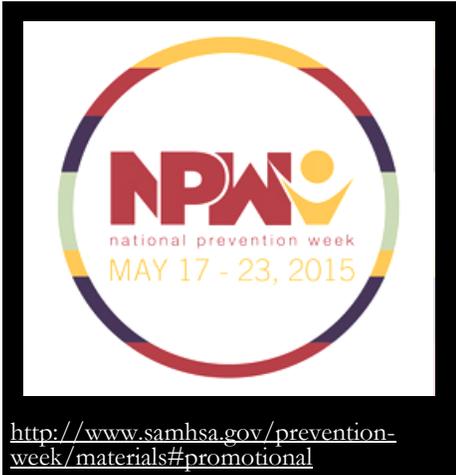
<http://farmshare.org/>

**Keep Kids Drug Free—Like us on Facebook**

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

## National Prevention Week

*National Prevention Week* is a Substance Abuse and Mental Health Services Association (SAMHSA) supported annual health observance dedicated to increasing public awareness of, and action around, substance abuse and mental health issues. The theme for 2015 is "The Voice of One, the Power of All." *National Prevention Week 2015* will take place May 17-23, 2015.



Mental and substance use disorders can have a powerful effect on the health of individuals, their families, and their communities. In 2012, an estimated 9.6 million adults aged 18 and older in the United States had a serious mental illness, and 2.2 million youth aged 12 to 17 had a major depressive episode during the past year. In 2012, an estimated 23.1 million Americans aged 12 and older needed treatment for substance use. These disorders are among the top conditions that cause disability and carry a high burden of disease in the United States, resulting in significant costs to families, employers, and publicly funded health systems. By 2020, mental and substance use disorders will surpass all physical diseases as a major cause of disability worldwide.

Preventing mental and/or substance use disorders and related problems in children, adolescents, and young adults is critical to Americans' behavioral and physical health. Behaviors and symptoms that signal the development of a behavioral disorder often manifest two to four years before a disorder is present. In addition, people with a mental health issue are more likely to use alcohol or drugs than those not affected by a mental illness. If communities and families can intervene early, behavioral health disorders might be prevented, or symptoms can be mitigated.

### Duval County Declares May 17-23 as National Prevention Week

During *National Prevention Week*, community organizations across the country host health fairs, block parties, educational assemblies, town hall meetings, memorial walks, social media campaigns, outdoor events, and more. Thousands of people across the United States and in U.S. territories attend these events and help raise awareness about the importance of preventing substance use and mental disorders. In *Duval County*, Mayor Alvin Brown will join Gateway Community Services, Inc. in acknowledging the importance of efforts geared toward preventing substance abuse and mental disorders in *Duval County* by issuing a proclamation declaring that the City of *Jacksonville* will recognize and support the observance of *National Prevention Week*.

SAMHSA's "I Choose" project is an easy way you can make a difference, be a positive example, and inspire others. Participating is easy – take a photo of yourself holding a sign with your personal message about why substance abuse prevention or mental health is important to you. After receiving your submission, SAMHSA will review and post your photo to the "[I Choose](#)" photo gallery. For detailed information and how to submit your photo, visit: <http://www.samhsa.gov/prevention-week/i-choose-project>

For additional information on *National Prevention Week*, visit the SAMHSA website:

<http://www.samhsa.gov/prevention-week>

Information from SAMHSA's website was used in the producing of this article.



## Summer Camp—A Learning Experience

When people think of camp, they think—Fun! But the benefits of our children attending summer camp is so much more than just having fun. What's really important is the value of the experience and what children learn. It teaches you how to be a good citizen and how to be successful in life. Very strong and lasting lessons about how to be a contributing member of a community are made at camp. You can interview people 20 years after they have gone to camp and they will tell you about their experience at camp with great clarity



Photo: Public Domain  
[http://commons.wikimedia.org/wiki/Cate\\_gov:Summer\\_camps\\_in\\_Florida#/media/File:US\\_Navy\\_110726-N-UA460-](http://commons.wikimedia.org/wiki/Cate_gov:Summer_camps_in_Florida#/media/File:US_Navy_110726-N-UA460-)

Campers learn not only about themselves, but also about relating and interacting successfully with their peers. They become self-reliant and, at the same time, learn to work as part of a team. Lifelong friendships are made at camp. For some, supportive networks are created that continue throughout life. Children meet people at camp they may not come into contact with in their everyday lives. It breaks down barriers that kids often put up between each other. The school cliques don't operate at camp.

Camp should also be seen as a health benefit to a society concerned about childhood obesity. The best way to encourage activity in children is to send them outdoors. At summer camp, children are almost always outside and in motion. Kids quickly become aware of their physical ability to challenge themselves in various ways. Whether it's horse back-riding, rock climbing, swimming or hiking, whatever physical activity campers are participating in, they are developing strength and setting and accomplishing physical challenges that builds confidence. This self-confidence transfers to other areas of a child's life.

Camps can create many curriculum-related learning opportunities, whether it's earth science, music, theatre, physics, art or math. The camp classroom is effective because it is situated learning. What they are learning becomes real for kids and they never forget it.

There are a wide variety of camps available for kids of different age groups. While many overnight and day camps are expensive, many camps go out of their way to make fees affordable for parents with several children or who may just be cash-strapped. Many camps offer some sort of financial assistance to families and that cover a portion or all of the camp enrollment fees. Assistance of this type is usually awarded based on need and parents need to apply early. Grants and sponsors allow some summer camps to be free for kids. Art, writing, theater, math, science and reading are some of the themes of these free camps. Day camps are an affordable option as compared to weekend or week-long camps. Campers can enjoy similar activities and the costs are much more within their means.

The below links offer information for various camp registrations:

<http://www.campcountdown.com/financial-aid-for-summer-camps.htm>

<http://jax4kids.com/the-learning-experience-summer-camp/>

<http://fun4firstcoastkids.com/Summer-Camps/ALL-SUMMER-Camps/Learning-Experience-Summer-Camp/View-details>

[http://duval.ifas.ufl.edu/4-H\\_camps.shtml](http://duval.ifas.ufl.edu/4-H_camps.shtml)



Photo Courtesy of: Btphelps  
[http://commons.wikimedia.org/wiki/File:White\\_stag\\_phase1\\_candidate.jpg](http://commons.wikimedia.org/wiki/File:White_stag_phase1_candidate.jpg)

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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555 Stockton Street  
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.