

Roanoke County Prevention Council Newsletter

Empowering Families. Encouraging Youth.

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Roanoke Area answers the Surgeon General's Call to Action on Underage Drinking Prevention

As part of a nationwide effort Roanoke County, City of Roanoke and Botetourt County joined over 1600 hundred communities to answer the Surgeon General's Call to Action by holding a series of town hall meetings on underage drinking prevention. The Blue Ridge Behavioral Healthcare, Virginia Department of Alcohol Beverage Control, Roanoke Area Youth Substance Abuse Coalition [RAYSAC], and the Roanoke County Prevention Council [RCPC] in collaboration with the Federal government's Interagency Coordinating Committee for the prevention of underage drinking sponsored three town hall meetings. Parents, educators, youth and community leaders attending the meetings left with a better understanding of the impact underage drinking has on the community.

Nancy Hans, Council Coordinator shared the following statistics Nationally 28.3 percent of 12-20 year olds (10.8 million people) are current alcohol drinkers. This same group drank on an average of 5.9 days in the past month and consumed an average of 4.9 drinks per day. On the days they drank, they consumed more drinks per day than persons aged 21 or older.

Ms. Hans related "According to the Youth Risk Behavior Survey data, Roanoke City and Botetourt County in 2007 and Roanoke County 2006 26.9% of Roanoke area middle school, age youth report having tried alcohol (more than just a sip) before age 13."

The Roanoke County town hall meeting was held in the Ukrops community room. Youth leaders from Roanoke County presented their Community Alcohol Personality Survey {CAPS} findings and shared their



Judge Trompeter talks about the consequences of Underage Drinking

observations of alcohol use in our area. Gene Marrano, local media personality moderated the panel discussion on underage drinking. The Panelist included Phillip Trompeter, Judge, Roanoke County Juvenile and Domestic Court, 23rd District; John Westfall, CSW, LSATP, ADS, SAP, Lead Therapist Chemical Dependency Services, Dept. of Psychiatry and Behavioral Medicine, Carilion Clinic; Mark Patterson, M.D., Carilion Clinic, Pediatric Medicine; Tiffany Johnson, Special Agent, Virginia Department of ABC; Linda Payne, Supervisor, Roanoke County Police Dept. School Resource Officer Program and Fran Kiker, Administrator, Student Assistance Program, Roanoke County Schools This distinguishing panel provided insight into the nature and scope of the problem and steps for preventing it through reduced demand, availability and access.

For more information about underage drinking please go to:

StopAlcoholabuse.gov

Roanoke County Youth go to Community Anti-drug Coalitions of America {CADCA} conference in Washington, DC.

High winds or cold weather could not stop Brie, Dee and Arielle from taking their message about Youth Alcohol and Drug Prevention Project [YADAPP] to the CADCA Conference in Washington DC February 11-24, 2008. Arielle Rosemarino, Brittany Ritchie and Brittney Sutton shared with youth from across the United States what youth in Roanoke, Virginia are doing in their communities to reduce risky behaviors and underage drinking. Utilizing a youth made DVD, songs, dance, PowerPoint and panel presentation the girls wowed their audience and got great reviews.

While in Washington they were excited about their visit with Senator James Webb Staff and Congressman Bob Goodlette to talk about Prevention Activities in Roanoke County.



Arielle, Brie and Dee join Congressman Goodlette at the podium to discuss prevention.

Area Youth host 3rd Annual Southwest Virginia YADAPP Conference at Hollins University

Area youth welcomed more than 125 youth leaders from Southwest Virginia to the March 15, 2008 Southwest Virginia Regional YADAPP Conference. Youth attending enhanced their leadership skills, talked about preventing underage drinking, had a good time singing and dancing with new friends. **What is so great about this conference?** It is youth planned and youth led. The Conference opened up with a rousing Youth Rally. JJ White, Dale Carnegie shared ideas about Team Building and Leadership. The William Fleming High School youth demonstrated what happens in Youth Court at their high school.

Youth from Hidden Valley High School, Lord Botetourt High School, and Robert E Lee High School presented workshops on bullying, peer pressure, and underage drinking.

Brian Vieth, Hidden Valley High School senior, and the Cave Spring High School SADD Club presented a great DVD presentation on the Community Alcohol Personality Survey {CAPS} findings and shared their observations about alcohol use in our communities.

The conference was a great success and youth are ready to start planning next year's event.



Students do the "iggle-wiggle" at 3rd annual SWVA YADAPP Conference

Parents Learn about Internet Safety

Caroline Overfelt, Roanoke County Schools E-Learning Coordinator is providing Internet Safety Seminar for parents. This is a very popular seminar and parents are very interested in protecting their children. Nancy Hans, Council Coordinator related "The first seminar filled up in less than a day and we have requests to hold more sessions." Parents really want to learn about internet safety. Please call 772-4341 if you are interested in attending an Internet Safety Seminar.



Caroline Overfelt instructs parents on internet safety

Mark your Calendar

Join us for

*Family Day : A Day to Eat
Dinner with Your Children*

*Monday September 22,
2008*

Call 772-4341 for more information

Guiding Good Choices® Parenting Seminar

The Roanoke County Prevention Council is offering a 4 part seminar for parents of youth in grades 3 through 8.

The sessions include:

- Healthy beliefs and clear standards in the family
- Strengthening parenting skills
- Strengthening family communication skills
- Dealing with peer pressure
- Challenges of adolescence
- Building protective factors

A special feature of the Guiding Good

Choices® program is peer refusal skills. Refusal skills focus on ways to avoid high risk activities under peer pressure and still maintain important friendships.

Seminar Cost is \$40.00

Class schedule for July

Location: Brambleton Center

Dates: **July 1st, 8th, 15th, 22nd**

Time: 6:30pm – 8:30pm

This seminar is offered monthly.

To register for classes contact:

Brooks Michael Smichael@carilion.com or 540-985-9898

**Mark Your Calendar
24th annual Virginia
YADAPP Conference**

July 21-24, 2008

Longwood University

Relationship Influence

Teens—both guys and girls—say that parents most influence their decisions about dating and relationships. There is, however, a gender divide on the topic of parental influence: teen girls (40%) are much more likely than teen guys (30%) to say that parents most influence their dating relationships.

A survey of teens taken by The National Campaign to Prevent Teen and Unplanned Pregnancy indicates that friends are the second biggest influence in terms of dating and relationships. In focus groups, teens said they often look to their peers when they feel uncomfortable talking to adults or if they do not have close adult figures in their lives.

Who influences you most when it comes to your dating relationships?

Parents=35%

Religious leader/Faith community=3%

Friends=28%

Siblings=4%

Boyfriend or girlfriend=2%

The media=4%

Other family member=2%

Full report is available at:
www.teenpregnancy.org

Did YOU Know?

Research shows that youth of parents who are involved in their lives—attending after school events, talking to them, and listening to their problems are less likely to drink or smoke.

Let's talk to our youth about issues facing them today.

For more information go to
preventioncouncil4youth.org

SOUTHWEST REGIONAL YADAPP CONFERENCE PLANNING TEAM HONORED AT COOKOUT

The Council held a cookout to honor those youth who took time out of their busy schedule to plan and hold a great YADAPP Conference. It is said a picture is worth a thousand words. These pictures say it all. THANK YOU FOR A GREAT CONFERENCE!!!

