

SAFE Spotlight

July/August 2010



THE SAFE COMMUNITY NETWORK IS AN INITIATIVE OF THE IOWA DEPARTMENT OF PUBLIC HEALTH'S BUREAU OF SUBSTANCE ABUSE PREVENTION & TREATMENT IN THE DIVISION OF BEHAVIORAL HEALTH

CDC Study Finds That One in Five U.S. High School Students Have Abused Prescription Drugs

One in five U.S. high school students say they have ever taken a prescription drug without a doctor's prescription, according to the 2009 National Youth Risk Behavior Survey (YRBS) released recently by the Centers for Disease Control and Prevention. This is the first year the survey assessed prescription drug abuse among high school students. The YRBS has been conducted every other year since 1991.

The survey asked if students had ever taken a prescription drug such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax, without a doctor's prescription. Prescription drug abuse was most common among white students (23 percent), followed by Hispanic students (17 percent) and then black students (12 percent). Prescription drug abuse was most common among 12th grade students (26 percent) and lowest among 9th grade students (15 percent). There was no difference in prescription drug abuse by gender (20 percent for both male and female students).

"We are concerned to learn that so many high school students are taking prescription drugs that were not prescribed to them," said Howell Wechsler, EdD, MPH, director of CDC's Division of Adolescent and School Health. "Some people may falsely believe that prescription drugs are safer than illegal drugs, yet their

misuse can cause serious adverse health effects, including addiction and death."

The YRBS also asks several questions related to alcohol and drug use. The 2009 survey found that about 72 percent of high school students ever used alcohol, about 37 percent ever used marijuana, 6.4 percent ever used cocaine, 4.1 percent ever used methamphetamine, and 6.7 percent ever used ecstasy. These percentages are similar to those found in the 2007 survey.

The 2009 National YRBS results also show that many high school students engage in other risk behaviors, which are harmful to their overall health and increase their risk of disease and injury. Also, during the 30 days before the survey, 19 percent of high school students smoked cigarettes, 28 percent rode in a car or other vehicle driven by someone who had been drinking alcohol, and 39 percent of currently sexually active students reported that they did not use a condom the last time they had sexual intercourse. This information is similar to the 2007 YRBS findings.

Source: U.S. Department of Health and Human Services, CDC Online Newsroom, June 3, 2010

Culturally Responsive Coalitions

How do you ensure that your coalition is cultural responsive and representative of the community your coalition serves? SAMHSA's definition of cultural competency is "Understanding and appreciating the differences in individuals, families, and communities, which can include: thoughts, speech, actions, customary beliefs, social forms and material traits of a racial, religious or social group. It also affects age, national origin, gender, sexual orientation or physical disability." Being culturally responsive encompasses more than addressing race and ethnicity. Coalitions should consider completing an assessment of their membership to confirm those around the coalition table represent the community served.

CADCA has a resource guide for coalitions to help ensure that cultural competency is addressed and incorporated into a strategic plan. This resource can be downloaded for free at www.cadca.org/files/cultural_competence_jan09.pdf.

There are also two archived webinars available on the CADCA Web site that provide hands-on tools to help coalitions communicate effectively with diverse audiences. These webinars can be found by clicking [Community Mobilizing Part I](#) and [Community Mobilizing Part II](#).

SAFE Recertifications:

- Central SAFE Coalition
- Power Up YOUth Coalition
- Strawberry Point SAFE Coalition
- Van Buren County SAFE Coalition
- Washington County SAFE Coalition

Funding Availability*:

- **Andersen Corporate Foundation**
www.srinc.biz/bp/
- **Finish Line Youth Foundation**
www.cybergrants.com
- **Google Grants Program**
<http://services.google.com>
- **ING Foundation Grants**
<http://p.sponsor.com>
- **Pay It Forward Foundation**
www.payitforwardfoundation.com
- **Youth Service America**
www.ysa.org
- **Wellmark Foundation**
<http://www.wellmark.com/foundation/>

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History of the SAFE Community Network

In 1989, the Iowa SAFE Community Network was launched in response to needs and concerns expressed about substance abuse issues across the state. Initially, SAFE was an acronym for “Substance Abuse Free Environment” but now the SAFE format can be used to focus on many prevention-related issues. Offered by the Iowa Department of Public Health, this program helps communities collaborate to reduce substance abuse, crime, violence and other related problems. The Iowa SAFE Community Network is designed to enhance, recognize and support existing prevention services and initiatives in the community and to be a resource to its citizens.

Upcoming Training Opportunities

DEVELOPING A STRATEGIC PLAN FOR CAMPUS ALCOHOL AND OTHER DRUG PREVENTION ON JULY 12, 2010 VIA WEBINAR. TO REGISTER, GO TO WWW.HIGHEREDCENTER.ORG

CONTROLLING YOUTH ACCESS TO ALCOHOL AT SPECIAL EVENTS ON JULY 22, 2010 VIA WEBINAR. TO REGISTER, GO TO WWW.UDETC.ORG/

INCHES TO MILES: METRICS AND MEASURES FOR SOCIAL MEDIA ON AUGUST 25, 2010 VIA WEBINAR. TO REGISTER, GO TO WWW.CADCA.ORG

WEAVING: COMMUNICATION AND SOCIAL MEDIA CAMPAIGNS ON SEPTEMBER 15, 2010 VIA WEBINAR. FOR MORE INFORMATION, GO TO WWW.CADCA.ORG

DOES YOUR AGENCY OR COALITION HAVE ANY TRAINING INFORMATION THEY WOULD LIKE TO SHARE IN THE SAFE SPOTLIGHT? IF SO, E-MAIL DEBBIE SYNHORST AT DSYNHORS@IDPH.STATE.IA.US.



Coalition Update & News

Iowa Prevention Conference: Save the Date!

The newly named Iowa Prevention Conference (formally known as the Prevention Symposium), sponsored by IDPH will happen on November 4, 2010. To reflect the growth of the Prevention Symposium and the inclusion of other areas of focus such as gambling and tobacco, conference arrangers decided that a more encompassing name for the conference was needed. After some discussion, the decision was made to change the name to the Prevention Conference. This year, the conference will take place at the Gateway Hotel and Conference Center in Ames. Be watching for additional details and registration at the Training Resources Web site at www.trainingresources.org.

In addition, a Call for Presentations for the conference was recently released. If you are interested in presenting or know of a presenter, please download the proposal form at the Training Resources Web site. Proposals must be submitted by July 19, 2010. If you have additional questions about this process, contact Julie Shepard at Julie@iabha.com.

Information About K2/Spice Available

K2 or spice has recently received much media attention in Iowa. The Governor's Office of Drug Control Policy has distributed a press release about the dangers of this substance which can be found at www.iowa.gov/odcp/docs/NewsReleaseSpiceAlert61610.pdf.

Additional resources about K2 or spice can be found on their Web site at www.iowa.gov/odcp/drug_information/spice.html.

SAMHSA's Ten Initiatives

Through continued improvement in the delivery and financing of prevention, treatment, and recovery support services, SAMHSA with its partners are working to advance and protect the Nation's health. In order to achieve this goal SAMHSA has identified ten Strategic Initiatives to focus the Agency's work on improving lives and capitalizing on emerging opportunities. These ten Initiatives are listed below:

1. Prevention of Substance Abuse and Mental Illness
2. Trauma and Justice
3. Military Families—Active, Guard, Reserve, and Veteran
4. Health Reform
5. Housing and Homelessness
6. Jobs and Economy
7. Health Information Technology for Behavioral Health Providers
8. Behavioral Health Workforce—In Primary and Specialty Care Settings
9. Data, Outcomes, and Quality—Demonstrating Results
10. Public Awareness and Support

For additional information about each of these initiatives, go to www.samhsa.gov/About/summary.aspx.

Sustainability Resources

Does your coalition have a sustainability plan in place? CADCA has a variety of resources available on sustainability including a Sustainability Checklist, Sustainability Plan form, Action Planning Worksheet and Funding Strategies Worksheet. These forms can be found at www.cadca.org/resources/detail/sustaining-effort-sustainability-resources.