



Prevention Pieces

Welcome to the Marion County Prevention Team Newsletter

We hope to increase communication with our many diverse partners within the health department and in the community. Each quarter we highlight selected programs, share information about events & resources, and let you know how you can be involved in healthy local activities. Whether you are a business owner, parent, educator, advocate, provider or just interested in your community, we know you will find something to inspire you.

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Wishing everyone a safe and healthy Back-to-School and Fall season!





Suicide Prevention

National Suicide Prevention Week

Marion County Prevention joins with organizations and individuals around the world to observe National Suicide Prevention Week, September 10th through 16th. This year's theme is "Take a Minute, Save a Life"

Did you know:

- Suicide is the 10th leading cause of death in the United States, with one suicide occurring on average every 11.9 minutes.
- In Oregon, Suicide is the 2nd leading cause of death among 10 to 24-year-olds.
- Suicide effects all ages. The elderly make up 14.5% of the population, but comprise 16.6% of all suicides.
- Suicide impacts out veterans at higher rates than their non veteran counterparts.

Experts believe that most suicidal individuals do not want to die. They just want to end the pain they are experiencing. Experts also know that suicidal crises tend to be brief. When suicidal behaviors are detected early, lives can be saved. There are services available in our community for the assessment and treatment of suicidal behaviors and their underlying causes.

Please join us in learning how you can be a part of the solution. Marion County offers free QPR workshops designed to help all of us understand what to look for and how to help. Take a Minute and Save a Life. Email today to schedule a workshop for your site, in English or Spanish. MCHDPrevention@co.marion.or.us

Get help by contacting a mental health professional or calling the **National Suicide Prevention Lifeline** at 1-800-273-TALK (1-800-273-8255). The Lifeline staff can refer you to resources in your community. Lifeline has trained counselors available 24/7.

RED NACIONAL
de
PREVENCIÓN
del
SUICIDIO
1-888-628-9454
prevenciondelsuicidio.org

44TH ANNUAL
NATIONAL SUICIDE
PREVENTION WEEK

SEPTEMBER 10-16, 2017

NATIONAL
SUICIDE
PREVENTION
LIFELINE™
1-800-273-TALK (8255)
suicidepreventionlifeline.org



Substance Abuse Prevention



Parents and Prevention: Tips for All Ages

Partnership for Drug-Free Kids has a great resource for parents of kids from 2-25, focusing on connecting with them and protecting them from the dangers of drug abuse. At any age, they recommend you:

- Always keep conversations open and honest
- Come from a place of love, even when you're having tough conversations.
- Balance positive reinforcement and negative reinforcement.
- Keep in mind that teachable moments come up all of the time — be mindful of natural places for the conversation to go in order to broach the topic of drugs and alcohol.



Click <https://drugfree.org/article/prevention-tips-for-every-age/> for the full article and to see tips for other age groups.

Since the foundation for all healthy habits — from nutrition to tooth brushing— is laid down during the preschool years, this is a great time to set the stage for a drug-free life. The following scripts will help you get conversations going with your 2- to 4-year-old child:

- Explain the importance of taking good care of our bodies — eating right, exercising and getting a good night's sleep. Discuss how good you feel when you take care of yourself — how you can run, jump, play and work for many hours.
- Celebrate your child's decision-making skills. Whenever possible, let your child choose what to wear. Even if the clothes don't quite match, you are reinforcing your child's ability to make decisions.
- Turn chores like brushing teeth, putting away toys, wiping up spills, and caring for pets into fun experiences that your child will enjoy. Break the activities down into manageable steps so that your child learns to develop plans.
- Help your child steer clear of dangerous substances that exist in her immediate world. Point out poisonous and harmful chemicals commonly found in homes, such as bleach, kitchen cleansers and furniture polish. Explain that she should only eat or smell food or a medicine from a doctor that you, a relative or other known caregivers give to her. Also, explain that drugs from the doctor help the person the doctor gives them to but that they can harm someone else.
- Help your child understand the difference between make-believe and real life. Ask your child what he thinks about a TV program or story. Let your child know about your likes



Substance Abuse Prevention



Prescription Drug Take-Back Day: October 28, 2017

Saturday October 28 is [National Prescription Drug Take-Back Day](#), organized by the Drug Enforcement Agency. If you have unneeded or expired prescription drugs at home, you can drop them off at a safe, legal [collection site](#) from 10 a.m. to 2 p.m. local time. No questions asked. More than 6.4 million pounds of medication have been collected at past Take-Back Days!

Properly disposing of excess drugs is everyone's responsibility as a matter of public safety. Unused medicines that stay in home cabinets are more at risk of being abused. In fact, 1 in 4 teens believe misusing and abusing Rx is safer than using street drugs. (Partnership Attitude Tracking Survey 2008-2012)

Studies show that the majority of abused prescription drugs were obtained from family and friends including the home medicine cabinet. Prescription drop off events are a safe and effective way to keep medication out of the hands of youth.

Please visit the Marion County Facebook page for drop off locations.

In addition to the National Prescription take-back days you can drop off your unneeded prescriptions, for free, at a local police station near you! The drop boxes are available during department office hours. This service is free and there are no questions asked. Please no needles or liquids.

Free Year-Round Drug Disposal Sites in Marion County

Aumsville Police Dept: 597 Main Street, Aumsville

Gervais City Hall: 592 4th St., Gervais

Hubbard Police Dept: 3720 2nd St., Hubbard

Keizer Police Dept: 930 Chemawa Rd, Keizer

Mt. Angel Police Dept: 5 N Garfield St., Mt. Angel

Salem Police Dept: 555 Liberty Rd. SE, Salem

Silverton Police Dept: 306 S. Water St., Silverton

Stayton Police Dept: 386 North Third Ave, Stayton

Turner City Hall: 5255 Chicago St. SE, Turner

Woodburn Police Dept: 1060 Mt. Hood Ave, Woodburn

Marion County Sheriff: 4000 Aumsville Hwy, Salem





Marijuana and the Developing Brain

IS MARIJUANA HARMFUL TO THE DEVELOPING BRAIN? **Yes.** Structural changes have been found in the brains of young marijuana users.

WHEN IS THE BRAIN FULLY FORMED? Scientists used to think the human brain was formed in early childhood, but discovered the brain undergoes radical changes in adolescence and will continue to grow and develop **until the age of 25.**

CAN MARIJUANA USE LOWER INTELLIGENCE? **Yes.** In 2012, a significant study on marijuana and intelligence found that marijuana use can permanently reduce IQ by as much as eight points by age 38 among people who started using marijuana regularly before age 18.

WHAT IS COMPARABLE TO PERMANENT IQ LOSS FROM MARIJUANA USE? Permanent IQ loss associated with **childhood lead exposure = 7.4 to 9.9 points** Permanent IQ loss associated with **childhood marijuana exposure = 8 points** U.S. prevalence rates of childhood exposure to lead and marijuana are also similar.

WHAT ARE THE EFFECTS OF MARIJUANA ON MENTAL HEALTH? Associations have been found between marijuana use and mental health problems, such as depression, anxiety, suicidal thoughts among adolescents, and personality disturbances, including lack of motivation to engage in typical rewarding activities.^{5,6} Marijuana use can increase the risk of developing mental disorders by 40%.⁵

- Young people who use marijuana weekly have **double the risk of depression.**
- Teens who smoke marijuana at least once a month are **three times** more likely than non-users to have suicidal thoughts.
- Those who have tried marijuana by age 18 were **2.4 times** more likely to be diagnosed with schizophrenia than those who had not tried marijuana. The risk increases with the frequency of use.

WHAT IS THE RISK OF BECOMING ADDICTED TO MARIJUANA? Research shows **1 in every 6 youth** (and 1 in 11 adults) who try marijuana will become addicted to it.

ARE YOUTH IN TREATMENT FOR MARIJUANA? In the U.S., **marijuana abuse or dependence is the #1 reason** youth are in treatment, more than alcohol and any other drugs.

WHY IS IT IMPORTANT TO PREVENT MARIJUANA USE AMONG YOUTH? Children and adolescents are at far greater risk of becoming dependent on marijuana, and dependence happens more quickly. Youth are more significantly affected as well, even before dependence starts.





Problem Gambling

Gambling and Fantasy Sports

As Fall and Football roll around, we would like remind everyone that Fantasy Sports games are a form of gambling, and for some, the fun can be outweighed by the risk of addiction. This applies to youth as well as adults, who have increasing access to online games that appear to have little risk and may start out “free”. The National Council on Problem Gambling released a statement in October 2015, stating that it “believes fantasy sports contest participants are at high risk to, and do, develop gambling problems.”




Some of the issues with gambling addiction involve:

- Withdrawal from family, friends and social activities
- Preoccupation with the behavior, at home, work or school
- Needing to do it more often, and with increasing amounts of money
- Lying or concealing behavior
- Connect here with [Oregon Problem Gambling Services](#) for a complete list

If you know someone who might be spending too much time or money on their fantasy games there is help. In Oregon, the 24-hour helpline for gambling problems is 1-877-MY-LIMIT It is free, confidential and works.



 **Call**
1-877-MYLIMIT
24/7

 **Text**
503-713-6000
Mon-Fri 9am-9pm

 **Click**
OPGR.ORG
24/7



Problem Gambling

GAMING & GAMBLING

FACTS FOR PARENTS

EMERGING CONCERNS: KIDS, ONLINE GAMBLING & FANTASY SPORTS

ANY AGE



Most gambling sites don't have strict age verification. Kids are being marketed to as young as 6 years old. There are higher rates of problem gambling among adolescents who gamble on the internet.

EASY ACCESS



Online gambling and fantasy sports sites are readily available to most teens via smartphones and tablets. Prepaid debit cards are often used to make transactions.

OFTEN ALONE



Online gambling and fantasy sports tend to be done alone, which makes it easier to hide from family and friends.

Fantasy sports sites are considered gambling, and therefore are currently illegal, in several states.

NEED-TO-KNOWS

Why It's Important:



Youth who play "free" online gambling games are more likely to later gamble.

Youth who start gambling early in life are much more likely to later have gambling problems.

About 1 in every 25 teens has a gambling problem.

Things to Notice:



If you see some of these signs, there may be a problem:

- Unexplained absences or a sudden drop in grades
- Sudden behavior changes
- Different hobbies & friends
- Sudden, unusual amount of money or money problems
- Unusual interest in sports scores or stats

How to Help:



Have the conversation!
Talk about gaming & gambling.

Know that help is available!
For more info, visit
www.preventionlane.org



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www.oregonpgs.org / www.preventionlane.org. Developed 03/2017





Tobacco Prevention

Oregon Raises Tobacco Purchasing Age to 21

Oregon Governor Kate Brown's signing in August of a new law that raises the required minimum age to legally buy or obtain tobacco products from 18 to 21 caps a year-long celebration of 20 years of tobacco prevention successes in the state.

Brown signed SB 754, known as Tobacco 21 and recently passed by the Oregon Legislature, making Oregon the fifth state to increase the age to purchase tobacco, after California, Hawaii, Maine and New Jersey. The new law takes effect immediately, with enforcement and fines to begin January 1, 2018.

"The passage of Tobacco 21 is a tremendous accomplishment for public health in this state, and the young people of Oregon," said Oregon Health Authority Public Health Division Director Lillian Shirley. "Tobacco 21 is an evidence-based strategy that will help reduce youth initiation of tobacco. We know that most addiction to tobacco starts in adolescence—in fact, nine of 10 adults who smoke report that they started smoking before they turned 18, and almost 100 percent start before they turn 26."

What the Law Means for Retailers and Certified Smoke Shops

Currently, there is no violation for people ages 18, 19, or 20 to possess tobacco products or inhalant delivery systems. Enforcement will take place at the retail locations that sell these products:

- Effective immediately, retailers and certified smoke shops can no longer sell tobacco products, inhalant delivery systems, or tobacco delivery systems to people younger than 21. There are no exceptions for sales and use of tobacco or inhalant delivery systems to persons under 21 years of age.
- Retailers and certified smoke shops that sell tobacco products or inhalant delivery systems are required to display a sign stating the prohibition of tobacco product or inhalant delivery system sales to persons younger than 21. Failure to post a sign stating this would be a Class A violation.
- Enforcement of this law goes into effect Jan. 1, 2018.

Learn More:

- Learn more by visiting: <http://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/TOBACCPREVENTION/Pages/retailenvironment.aspx>



Obesity Prevention



When Can My Child Safely Walk or Ride to School Alone?

As parents, you get to determine when your child is ready to travel to school alone. But how do you know when your child is actually ready to do so? Here are a few questions to consider when making your decision.



Is there a legal age for my child to travel to school alone?

Oregon has no legal minimum age requirement for children traveling to school on their own.

Your child's school or school district may have policies and guidelines along with recommendations for walking and biking routes to the school or bus stop.



If there's no legal age, how can I know when my child is ready to travel to school alone?

Being "old enough" is different from being ready. Think about your unique child – can your child:

- Pay attention?
- Remember and follow rules?
- Make good decisions?
- Feel comfortable on their own?

Some kids may be ready at a younger age or later than their peers. As parents, you know your child best, so use your parental judgment.

Age Practice
Experience Attention
Readiness
Responsibility



What can I do to prepare my child to walk or bike to school safely?

Your child will need to recognize, remember and obey traffic signs, signals and pavement markings. Practice with your child by walking or biking together. Repeated practice helps kids get better at it and you feel more comfortable with their skills.

Identify a safe route to and from school or the bus stop. The school may already have route maps with recommendations. If not, here are some considerations:

- Look for less busy roads and slower speeds.
- If there are no sidewalks, choose roads with shoulders where walkers can face oncoming traffic.
- Find the locations of your school's crossing guards.
- Choose crossing locations that have a clear view of traffic.
- Practice the route with your child until you are both comfortable.

Consider the time of year. Shorter days and weather conditions will affect visibility and safety. Dress your child in bright and reflective clothing so they can be seen easily by others.



Can my younger child be accompanied by another older child?

Use your parental judgment to decide if the older child is mature and experienced enough to be a safe travel companion. Consider if your child can accept direction and is comfortable in the company of the older child. Walking or biking in groups is a great way to teach kids getting to and from school on their own.

What about walking to and from the school bus stop?

Follow the same criteria as you would for determining your child's readiness to safely get to school alone. Use your parental judgment to determine what's best for your child.

For younger children:

- Check with your school for their protocol and guidelines.
- Establish an appropriate routine for pick-up and drop-off.
- Make sure your child knows and can repeat your full name, address and telephone number.



By walking and biking to school, kids learn valuable life-long skills. They arrive to school more prepared to learn, discover their neighborhoods and gain needed independence and confidence.