



TOGETHER FOR JACKSON COUNTY KIDS

# Together for Jackson County Kids

## Drug-Free Communities Grant Awarded for 2007-2008 Year

**Together For Jackson County Kids** was awarded the Drug Free Communities Grant (\$100,000.00), beginning October 2007, for the fifth year in a row. The Drug-Free Communities support program is responsible for enabling the coalition to run programs such as Meth Watch, Strengthening Families, Youth Leadership Day, Community Mentoring, and more.

(Washington, D.C.) - John Walters, Director of National Drug Control Policy (ONDCP), today announced the awarding of approximately \$74 million in Drug-Free Communities (DFC) grants to 736 communities across the country. Of this amount, \$8.9 million was awarded to 90 new local anti-drug coalitions nationwide. An additional \$62.9 million will support the continuation of awards to 646 existing

community coalition projects that, combined with the new grant awards now serve communities in 49 states, the District of Columbia, Puerto Rico and the Virgin Islands. Drug-Free Community coalitions work collaboratively at the local level to prevent and reduce drug and alcohol abuse among youth.

Director Walters said, "Engaging our communities is critical to continuing our progress reducing youth drug use. Drug-Free Community coalitions bring together our individual strengths to push back against our common challenge of substance abuse."

"The Drug-Free Communities program is helping to drive down the number of young people using illicit drugs," said SAMHSA Administrator Terry Cline, PhD. "These new grants will provide even more resources and

tools to additional communities to strengthen their work to prevent drug abuse and promote healthy, productive lives."

The DFC program provides grants of up to \$500,000 over five years to community organizations that facilitate citizen participation in local drug prevention efforts. Coalitions are comprised of community leaders, parents, youth, teachers, religious and fraternal organizations, health care and business professionals, law enforcement, and the media.

The 90 new grantees were selected from 321 applicants through a competitive peer review process. To qualify for matching grants, all awardees must have at least a six-month history of working together on substance abuse reduction initiatives, have representation from

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**I'm interested in more information on Together for Jackson County Kids**

Name \_\_\_\_\_

Agency/Organization \_\_\_\_\_

Address \_\_\_\_\_

E-mail address \_\_\_\_\_

Office phone# \_\_\_\_\_

Home phone# \_\_\_\_\_

**Mail To: Together For Jackson County Kids**  
 227 S. 11th St.  
 Black River Falls, WI 54615  
 715-284-4257

# Jackson County Tobacco-Free Coalition 2007 Successes

Each December, the Jackson County Tobacco-Free Coalition takes a look back at the previous 12 months. At this month's meeting, the group will be celebrating what went well in 2007 and looking ahead to the goals for 2008.

A few of this year's successes include:

- ☞ 35 teens were trained in TATU and reached out to over 400 4th grade students throughout Jackson County.
- ☞ 2 Not On Tobacco (NOT) workshops were held for youth trying to quit smoking through a Department of Public Instruction grant.
- ☞ 4 anti-tobacco billboards were placed throughout Jackson

County as a result of the TATU youth outreach.

- ☞ 1 local medical professional attended classes at Mayo's Nicotine Dependence training center (more than 10 have attended this training over the last 6 years and have the most up-to-date nicotine dependence information available as a result).
- ☞ Age-progression software was purchased to help youth understand the damage tobacco-use can do to their appearance over time.
- ☞ Great American Smokeout



activities were held in November including educational placemats in local restaurants, a feature article, and advertising for the many smoke-free restaurants in Jackson County.

- ☞ The WI Wins campaign was administered in Jackson County and the number of establishments selling to minors remains well below 10%.

The members of the Jackson County Tobacco-Free Coalition look forward to another year of achieving goals that help reduce the negative health effects of tobacco.

## Drug-Free Communities Grant (continued)

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twelve specific sectors of the community, develop a long-term plan to reduce substance abuse, and participate in a national evaluation of the DFC program.

Created under the Drug-Free Communities Act of 1997, the Drug-Free Communities Program has earned strong bipartisan support from Congress and is one of

President Bush's major funding priorities. In December of 2006, Congress passed and the President signed into law a five-year extension of the Drug-Free Communities Act.

**Together For Jackson County Kids** plans to continue promoting positive values and choices and eliminating the negative impact of alcohol, tobacco, other drugs, violence and related youth risk behaviors.

ONDCP administers the DFC program in conjunction with SAMHSA.

More information about the Drug-Free Communities Program is available at:

[www.whitehousedrugpolicy.gov/dfc](http://www.whitehousedrugpolicy.gov/dfc)

This article was brought to you by Together For Jackson County Kids, a youth-adult partnership, promoting healthy lifestyle choices.



## Get Connected

### MEDICAL NEWS TODAY

Medical News TODAY is a resource for most of your medical questions. The links listed above are just two of many that deal with risk behaviors in youth.

The link on top refers to an article by the title "Huffing' Household Chemicals Connected To Teen Suicide." In Jackson County, as

<http://www.medicalnewstoday.com/printerfriendlynews.php?newsid=87084>  
<http://www.medicalnewstoday.com/printerfriendlynews.php?newsid=87426>

many as 35 people each month receive services related to suicide attempts. Many of these are female teenagers.

The second link is for an article titled "One Of Every Three Popular Songs Contains References To Substance Use." Few parents listen

to the same music as their children. However, it pays for them to be aware of what their children are listening to when so many songs refer to high risk behaviors.

Check out Medical News Today for answers to your medical questions.

# Teach Your Child Refusal Skills

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Since making friends and fitting in are important to many children, peer pressure has a big impact on decisions, especially on those about drug, alcohol, and tobacco use. Children may be afraid that if they say no to something harmful, they won't be accepted. It is important that you teach your child about the dangers of drugs, alcohol, and tobacco. Other important skills your child needs are refusal skills. If you teach her how to say no to dangerous situations, she will feel more confident in her decisions. There are a number of ways your child can refuse drugs, alcohol, and tobacco. Following is a guide for teaching your child refusal skills.

## Ways To Say No

•**Say, "No, thanks."** It could be as easy as that! However, if the person offering the cigarette, beer, or joint persists, your child will have to back up her "No thanks" with other tactics.

•**Be a broken record.** Tell your child to keep saying no as many times as he needs to, either to cause the person pressuring them to stop, or to stall until he can think

of something else to say.

•**Give a reason.** This reason could be simply, "I'm not allowed to do that," or, "That's bad for you." It could state the consequences, like, "I don't want to do that; it will make me sick." The important thing is that your child state her reason for saying no with confidence. It's important for your child not to get into an argument; the goal is to refuse what is being offered.

•**Walk away or ignore the offer.** This doesn't work in all situations. Sometimes your child will be alone or in some other situation where he can't walk away.

•**Change the subject or suggest doing something else.** By saying, "Let's do \_\_\_\_ instead," your child has the potential to not only refuse an offer of drugs, alcohol, or tobacco, but to prevent a friend from using them too.

•**Assert yourself.** This is an important part of all the above tactics. If your child can stick up for herself, she is learning an important life skill. Being able to state your position assertively is a trait that we value in adults, so if your child learns it now, she will be better off

in the future.

Remember, the best way to refuse drugs, alcohol, and tobacco is to spend time with people who don't use these substances. Help your children establish positive friendships, and monitor your child's activities.

## Put It Into Practice

Once you teach your child refusal skills, it is important that you practice them with him. Different aged children may face different situations, and it's important to make sure you practice with situations that may actually happen. Start by asking your child what he does when someone tries to get him to do something he doesn't want to do. Do a number of role-play situations in which you pose as the offerer, and have your child practice different ways to say "no." When you are finished, your child should feel confident that he has the power to make the right choice.

Article taken from [www.samhsa.gov](http://www.samhsa.gov)

# TFJCK Meeting & Event Calendar

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## December

**5**—TFJCK Leadership Team meeting. 3:15 PM at the School District Office Board Room

**11**—Jackson County Tobacco-Free Coalition meeting, NOON at the Skyline

**20**—TFJCK Membership meeting. 3:30 PM at Jackson County UWEX (bring a dish to pass)

## January

**2**—TFJCK Leadership Team meeting. 3:15 PM at Jackson County Health & Human Services

**8**—Jackson County Tobacco-Free Coalition meeting, 1PM at Jackson County UWEX

**17**—TFJCK Membership meeting. 3:30 PM at Jackson County UWEX

## February

**6**—TFJCK Leadership Team meeting. 3:15 PM at Jackson County Health & Human Services

**12**—Jackson County Tobacco-Free Coalition meeting, 1PM at Jackson County UWEX

**21**—TFJCK Membership meeting. 3:30 PM at Jackson County UWEX



For up-to-date calendar information, please visit us at <http://www.tfjck.org>.

## TOGETHER FOR JACKSON COUNTY KIDS

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*A youth-adult partnership,  
promoting healthy lifestyle  
choices*

**We're on the web:  
[www.tfjck.org](http://www.tfjck.org)**



### OUR MISSION

Together for Jackson County Kids, a countywide partnership of concerned citizens, is committed to enhancing community wellness by promoting positive values and choices and eliminating the negative impact of alcohol, tobacco, other drugs, violence and related youth risk behaviors. We draw upon private, public, adult and youth resources.

## Consider Non-alcoholic Beverages for Celebrations This Year

### 7-Up Christmas Bowl

Servings: 3

#### Ingredients:

20 ounces raspberries, frozen, in  
syrup, partially thawed  
12 ounces lemonade, frozen  
concentrate, thawed  
46 ounces pineapple juice  
64 ounces 7-Up, chilled

#### Directions:

Place raspberries and lemonade  
in blender, process till smooth.  
Strain into punch bowl. Discard  
seeds. Stir in pineapple juice.  
Just before serving, add 7-Up.

### Basic Cooked Egnog

Servings: 12

#### Ingredients:

6 Eggs  
1/4 c Sugar  
1/4 tsp Salt  
1 qt Milk  
1 tsp Vanilla  
1 c Whipping cream

#### Directions:

In large saucepan, beat together  
eggs, sugar and salt. Gradually  
stir in milk. 2. Cook over low  
heat, stirring constantly, until  
mixture thickens and just coats a  
metal spoon. Stir in vanilla. 3.  
Cool quickly by setting pan in

bowl of ice or cold water and  
stirring for a few minutes. 4.  
Cover and refrigerate until  
thoroughly chilled, several hours  
or overnight. 5. Pour into bowl or  
pitcher. Fold in whipped cream,  
if desired. Serve immediately  
with one or several of the  
following: ground nutmeg,  
chocolate curls, peppermint  
sticks, orange slices,  
maraschino cherries, cinnamon  
sticks, whipping cream,  
whipped, sherbet, ice cream.

More tasty non-alcoholic  
beverage recipes available at  
[http://www.floras-hideout.com/  
drrecipes/noalcohol.html](http://www.floras-hideout.com/drrecipes/noalcohol.html)