

PREVENTION WORKS!™

Fall, 2009

COMMUNITIES AGAINST UNDERAGE DRINKING COALITION (CAUDC)

HERE AND THERE



SPI has been awarded the contract for Scottsdale Unified School District prevention services as sole vendor on a five-year proposal.

Many thanks to Tom Silverman for hosting SPI's annual Information Breakthrough breakfast at the Chaparral Suites.

SPI is pleased to announce the election of Paul Blum as a new Governing Board member. Paul was instrumental in negotiating a successful lease for the new SPI offices.

Michelle Cardini joined SPI staff as Marketing Director just prior to the beginning of the school year.

Board member Don Fowls has completed his chairmanship of the Northeast Valley Methamphetamine Taskforce.

Board member Joan Rose was recognized with the SPI "Pitch In" Award for her creation of SPI bookmarks.

Sandie Nichols, SPI Administrative Manager, earned her MBA from University of Phoenix this past spring.

Dr. Pat Dustman, Southwest Interdisciplinary Research Center at ASU's School of Social Work, collaborated with SPI staff in designing SPI's school assessment process.

SPI's new facility offers efficient space for staff and two conference rooms for large and small meetings/seminars and general programs.

SPI is spearheading CAUDC, a coalition of area businesses, organizations and residents to mobilize locally based efforts to eliminate underage drinking throughout the surrounding communities.

The need for CAUDC was prompted by local data showing negative effects directly related to underage drinking. These include increased hospitalization of youth from drinking and teen DUI's that continue to drain police and fire departments' resources.

Through a grant from St. Luke's Health Initiative and the SPI Magellan Healthcare contract, SPI is able to continue to research and coordinate the various legal implications and social impact of underage drinking in the State of Arizona.

2008-2009 SCHOOLS ASSESSMENT

Evaluation developed from the work of SPI Prevention Specialists in Scottsdale Schools showed significant student progress and parent/administration satisfaction.

Among the findings:

- SPI programs served to increase academic success, pro-social behaviors, stress management/coping, and to decrease disruptive classroom behavior, violence/bullying and alcohol, tobacco, and other drug use.
- There is a significant need to provide opportunities for learning and guidance for



SCHOOLS SPOTLIGHT

HOW DOES PREVENTION WORK?

Prevention is based on building social, behavioral and confidence skills of children, starting at a very young age. By children utilizing these skills as they grow and face more pressures, the likelihood of their turning to alcohol, tobacco, other drugs and destructive behavior is diminished.

SPI OFF-SITE PROGRAMS

For further information, class descriptions, registrations and fees, log onto www.spi-az.org

Chemical Awareness Program:

CAP is an educational diversion program designed for teens who have been caught using alcohol or drugs on or off campus. Parent or Guardian must attend with student.

Completion of the program satisfies most school and court ordered diversion program requirements.

CAP, is offered by SPI Specialists two Saturdays monthly (September-June) at the Town of Paradise Valley Police Station. Coronado HS classes for Scottsdale district students are funded by the district.

Study Skills & Test Taking Classes:

For 6-8 graders, these are separate 4 session programs offered several times during the school year at Scottsdale Arabian and Mustang Libraries from 4-5:15 pm.

WHAT ARE THE DRUGS MOST COMMONLY USED BY MIDDLE HIGH SCHOOL STUDENTS?

- **Alcohol** — Most underage drinkers report it is “very easy” to obtain (2008 AZ Youth Survey)
- **OxyCotin** — Used for the euphoric effect it produces. Street names include: Cotton, hill-billy Heroin, Kicker, OCs, Ox, Os, Osy, Pills, 40 (a 40 milligram tablet) and 80 (80 milligram tablet).
- **Soma** — causes drowsiness, giddiness and relaxation. Street names include: Ds, Dance, Las Vegas Cocktail (Soma and Vicodin), Soma Coma (Soma and codeine).
- **Ectasy** — has stimulant properties, enabling kids to dance for hours at all-night parties. It also has hallucinogenic effects. Street name include: MDMA, Ecstasy, XTC, E, XS, Beans, Adams, Hug Drug, Disco Biscuit, Go, hug, love drug)

What can you do?

- 1) Monitor your children’s whereabouts (i.e., where, who, what, when and why).
- 2) Take time to communicate with and validate their stressors and
- 3) Give your children practical, realistic coping skills to deal with pressure.

from "Ask Dr. Dana"

Find more answers to your questions: Become a “FRIEND OF SPI” on Facebook and join the “Ask Dr. Dana” group.

**Dana Sherman, Ph.D., is SPI Program Director and can be reached at Dana.Sherman@cox.net. “Ask Dr. Dana” is a part of SPI’s Facebook Group*



HOW IS THE SCOTTSDALE PREVENTION INSTITUTE FUNDED?

With help from friends like you, organizations and government entities that understand the challenges of behavioral health issues and who know that Prevention Works!

As part of the 2000 Emergency people over 70.5 years of age may now transfer up to \$100,000 from a traditional or Roth IRA directly to SPI, without claiming it as income.



COMMUNITY SPOTLIGHT

MARIA PORTA-WARD RECOGNIZED

Over two hundred friends recognized Maria at an evening filled with testimonials and stories, laughter and tears as she retired as director of SPI's Paiute Family Center.

Scottsdale Police Chief Alan Rodbell awarded Maria honorary Scottsdale police officer status, recognizing her leadership of grass-roots community efforts to maintain safe and crime free neighborhoods.

Her role in the Scottsdale Neighborhoods in Action Underage Drinking Coalition resulted in SPI's 2009 National Science to Service award from SAMHAS.

Maria left to return to her family and business in Guatemala.

Alma Estefano is the Acting Program Director of *El Centro de la Familia*. Alma was on the original staff of the City of Scottsdale's Paiute Neighborhood Center and is a long-time supporter of SPI.

BECOME AN INVOLVED PARENT IN YOUR SCHOOL'S PREVENTION PROGRAMS

Come join SPI's Parent Prevention Council! Membership is open to parents from public, parochial and charter schools. Requirements are an enthusiasm for prevention — a conviction that Prevention Works! — and a pro-active mindset.

The PPC provides a network for prevention advocacy and support. To be a part of PPC, contact SPI at 480-443-3100.

YOUTH IN ACTION!

Youth in Action, SPI's Family Center young people's group and that is a part of the Scottsdale Neighborhoods in Action Coalition, has grown from 8 to 25 in the past two years under the leadership of Israel Montero.

Activities in 2008-2009 included:

- Planning and organizing the "free of alcohol" Cinco de Mayo event attended by over 500 people.
- Participating in a tennis program in collaboration with Phoenix After School. Requirements include meeting academic performance levels.
- Participating in the Paiute Park evening program as part of their Peer Leadership training.

PREVENTION WORKS!

SPI's PREVENTION WORKS! seminars and drug-free workplace planning help employers and employees deal with the huge behavioral health challenges in today's workplace environment. These include alcohol and other drug abuse, tobacco, parenting, communication, harassment problems and grief support. For more information, call MaryEllen Tinsley at 480-4443-3100, Ex 223.

2008-2009 ASSESSMENT

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- parents and teachers about effective ways to develop protective factors and existing assets.
- Surveys reflect high degrees of satisfaction by school staff, parents and students.
 - 60% of the schools indicated they would like more on-site hours from SPI Specialists.



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**SCOTTSDALE PREVENTION INSTITUTE (SPI)
A NON-PROFIT, 501(C)3 ORGANIZATION**

SPI seeks to prevent the use of illegal substances and anti-social behavior by children and families through educational programs and crisis support in schools, communities and the workplace.

Scottsdale Prevention Institute thanks the many individuals who support SPI's mission, along with the following organizations and partners:

Altura Computer Services
Boys and Girls Clubs of Scottsdale
Cave Creek Unified School District
Chaparral Suites
Conexiones Community Collaborative
Ft McDowell Yavapai Nation Community
Girl Scouts — Cactus Pine Council
Magellan Health Services of Arizona
National Charity League
Notre Dame Preparatory High School
Paiute Neighborhood Center

Partners for Paiute
Scottsdale Alumnae Association
of Kappa Kappa Gamma
Scottsdale BBQ Company
City of Scottsdale
Sapphire Technology Group
Scottsdale Police Department
Underage Drinking Coalition
Scottsdale Unified School District
Social Venture Partners
St. Luke's Health Initiative
Town of Paradise Valley
Town of Paradise Valley Police Department
Thunderbirds Charities
Town of Paradise Valley Police Dept.



Prevention services in schools, communities and the workplace since 1987 — Prevention Works!
Scottsdale Area Chamber of Commerce Sterling Award recipient
"In Recognition of Excellence, Innovation, and Community Leadership"

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Return Service Requested

FALL, 2009



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