

PREVENTION PRESS



Winners, from left: Amry Orea, Mikel Begay, McKenzie Monqer

Drug-Free Artists Win

Winners recently were selected for the 6th annual Nexus Coalition for Drug Prevention Art Contest, themed "Marijuana Harmless? Think Again!".

This year's winners are: **1st** Amry Orea, grade 11, Blue Ridge High School; **2nd** McKenzie Mongean, grade 3, Blue Ridge Elementary School; **3rd** M i k e l Begay, grade 9, Snowflake High School

About 20 Navajo County youth participated in this year's contest. Cash prizes totaled \$225 and winners received medals. Winners and other entries will be featured in the annual 2016-17 back to school calendar, published in the *White Mountain Independent*.

Community Hoops

Community members can shoot hoops at the mini court at White Mountain Youth Center. Through collaboration with the Town of Pinetop-Lakeside, Larson Library, White Mountain Youth Center and NCDP Drug Free Community Coalition, access to a hoop is now available.

Youth and community members may check out basketballs at the library Monday through Saturday, 9 am to 6 pm. The hoop is next door at 1593 W. Johnson Dr. Of course, players can bring their own basketballs.

Addressing Child Health, Behavior in ACEs Training

Adverse Childhood Experiences (ACE) can last a lifetime, but they don't have to. Early exposure to family violence, abuse, neglect, exposure to alcohol and drug abuse, and/or separated/divorced parents can lead to health and social problems, risk-taking behaviors and a shortened lifespan. Safe, stable and nurturing relationships and communities can break the cycle of abuse and maltreatment.

Nexus Coalition for Drug Prevention will host Community Development Prevention Specialist Jacque Gencarelle, of Flagstaff, AZ, for a community ACEs training June 23. The four-hour training teaches the science and research behind ACEs. Afterward, attendees will be able to understand and incorporate the science into their work with children; identify a person's ACE score and understand its effects on health, personality, behavior and attitudes; develop and implement activities to help individuals, organizations and communities take action; and explore how ACEs can transform work with Children. The course is recommended for educators, parents, caregivers, guardians, foster parents and community members.

Gencarelle is a substance abuse prevention specialist with over 15 years of experience. She specializes in substance abuse prevention, community coalition development, and strategic planning. She has extensive experience in collaborating with Tribal communities and underserved populations. She has facilitated numerous seminars and workshops on various topics. Gencarelle assists agencies, communities, and Tribes to develop comprehensive processes addressing substance abuse. She is a Navajo/Chiricahua Apache mother of four.

The workshop includes brunch, beverages, training and continuing education hours for educators. It is held 9 am to 1 pm June 23 at Blue Ridge High School Library, 1200 W. White Mountain Blvd., Lakeside, AZ. The cost is \$25. Register no later than June 21 at: <https://www.eventbrite.com/e/adverse-childhood-experiences-workshop-tickets-25366259164>

Summer Mpowrd Teen Peer Meetings

Mpowrd®, a 12-step program addressing behavior and support with teens, meets Fridays, at 11:45 am, at the White Mountain Youth Center, 1593 Johnson Dr, Lakeside (behind Larson Library). **June 3, 10, 17, 24; July 1, 8, 15, 22** All teens age 13 to 18 are welcome.

Meeting updates are on the Mpowrd@Teen Addiction Anonymous Pinetop-Lakeside & Show Low Facebook page. For additional information, contact (928) 358-1645. The free program is sponsored by NCDP, www.ncdp.rocks.



Above at Show Low's Summit Healthcare are, from left: Show Low Police Detective Phil Uhall, NCDP volunteers Judy Evans & Theresa Callaway, Summit Healthcare Pharmacist Kraig Muder & Pharmacy Director Avis Davis, and NCDP Consultant William Brown.

Community members disposed of 65 pounds of prescription drugs at the April 30 national drug take back event. NCDP, Show Low and Pinetop-Lakeside Police and Summit Hospital collaborated on this day..

Items **NOT** accepted for disposal—at a live take back or at the permanent disposal units—include thermometers, needles/sharps, ointments, liquids, inhalers/aerosols, bulk medications, powdered medications and hydrogen peroxide.

More and more frequently, bulk medications from senior living or rehabilitation facilities are being left unattended in large boxes in the Show Low Police Department lobby. If the items do not fit in the return unit, they should not be left. Nor should clinics or medical offices dispose of medicine samples through the take back units.

Overdoses and deaths from prescription drug abuse now exceed US teen deaths from all other illicit drugs combined. The average first age of teens abusing prescription drugs is 12 years old. On average, 12% of 8th, 10th and 12th graders in Navajo County have abused prescription drugs, according to the Arizona Criminal Justice Commission 2014 Arizona Youth

Survey for Navajo County. And where are youth getting their prescription drugs? While more than 19 percent get them from the medicine cabinet in their own home, 53 percent get them from friends—who inevitably get them from their home medicine cabinet.

If you are unable to drop your medications during this event, you may do so at the Show Low Police Department, 150 N. 6th St. If you wish to dispose of them at home, do not flush them down the toilet. Crush or pour them into used coffee grounds, used kitty litter or other unpleasant rubbish, bag and toss them into the trash.

Truth About Prescription Drug Abuse: Hard Pill to Swallow

- 80% of opiate painkillers produced in the world are consumed by Americans
- In the US, 16,500 People died from overdoses tied to narcotic pain relievers
- Every hour in the US a baby is born with symptoms of opiate withdrawal
- 52 million people in the US have used prescription drugs non medically