

# PREVENTION PRESS

## Experienced Preventionist Joins Nexus Coalition



Vicky Solomon joins Friends of Navajo County Anti-Drug Coalition, Inc. ('Friends') as the Drug Free Communities Program Coordinator for Nexus Coalition For Drug Prevention (NCDP). The Heber-Overgaard native and Taylor resident served the last six years at Navajo County Public Health as the Tobacco and Chronic Disease Education Program

Coordinator. She holds an applied science degree from Northland Pioneer College and is completing her bachelor degree in communications from Grand Canyon University.

Funded by a federal Drug Free Communities (DFC) grant, Solomon will direct NCDP programs including outreach to youth, parents in the Pinetop-Lakeside and Show Low area communities, as well as meeting environmental and strategic goals outlined under the DFC grant.

Solomon has been active with NCDP as a steering committee member since 2011. She holds state licensure in investment, life insurance, property and casualty, annuity, and cosmetology. She is a certified member of Arizona Living Well Institute, Medical Reserve Corps., Mental First Aid USA, and Arizona Peace Officer Standards & Training, among others. An active volunteer in her church and community, she is the mother of four, grandmother of two, and is married to Ronnie Solomon.



## ***"The More You Know"*** **Free Community Breakfast**

This event will educate and empower the community for a safe and drug free environment for youth. Hosted by Nexus Coalition for Drug Prevention (NCDP) sponsors include Frontier Communications, Summit Healthcare and SAMHSA Underage Drinking Grant. Breakfast is catered by Darbi's Café.

The 7:30-9:30 am event is packed with live music, videos, informative speakers, and information on substance abuse in our community. Volunteers who've contributed significant service hours to NCDP will be recognized by Points of Light Foundation awards. Community members and organizations will be recognized for their support over the years. An original drawing by renown artist Richard Gorman will be auctioned live and attendees will have an opportunity to win one of numerous silent auctions or door prizes.

Youth activities include Kelso's Choice Anti-Bullying Club, Photo Booth, Beer Goggle Games and Guided Nature Walks. Information stations offer materials on youth activities. T-shirts, Prescription Drug Armory boxes and bandanas will be for sale

While the breakfast is free, tickets should be obtained in advance, online at [www.ncdp.rocks/events](http://www.ncdp.rocks/events) The breakfast is held at White Mountain Nature Center, 425 S Woodland Rd, Lakeside.

## Sponsor This Monthly Newsletter?

For just \$50 tax deductible donation, see your logo and message of support here in this corner, and 200 newsletters will be reproduced and distributed in schools, the community, your business and other locations around the Pinetop-Lakeside, Show Low, Linden, McNary community. For \$500 donation, be the sole supporter of 2,400 newsletters distributed annually! For more information, email [ncdpncdp@gmail.com](mailto:ncdpncdp@gmail.com). First come first served!!!

**SUBSCRIBE to newsletter and find a wealth of other prevention resources at: [www.ncdp.rock](http://www.ncdp.rock).**

## Kid's Crawfish Catching Tournament

Blue Ridge High School Students Against Destructive Decisions (SADD) hosts the inaugural kid's crawfish catching tournament for youth under age 10. The Sept. 10 festivity coincides with the Community Breakfast. Participants may attend the 7:30 am breakfast (see front page), register for the competition at 8:30 am, start catching from 9:30 am and stand to win medals for the top three volumes of crawfish captured at Big Springs. Prizes will be awarded for under age 6 and 6 to 10. All participants will receive a participation certificate. Registration is just \$1.



Crawfish are an invasive species to the White Mountains waterways. Participants are encouraged to take their catch home. Crawfish are edible. Information and recipes will be provided.

Advance registration is available online and highly encouraged. Go to [www.ncdp.rocks/events](http://www.ncdp.rocks/events) for full information and registration.

**Save the Dates & Tell A Friend**

**Oct. 22: 11 am-1 pm**  
**Prescription Drug Disposal**  
**PLSD, SLPD, Summit Hospital**

**Oct 28 & 29: Youngsters' Spook House @ White Mountain Youth Center**

## NCDP Launches Weekly Teen Empowerment Group

Mpowrd® is a 12-step program addressing any negative behavior with teens ages 13 to 18. Nexus Coalition for Drug Prevention (NCDP) has four local professionals trained to facilitate the meetings Fridays, 9:30 am at Blue Ridge High School and at rotating times on Thursdays at Blue Ridge Junior High, Lakeside. The Friday Show Low High School program launches in mid-September.

The program is endorsed by Blue Ridge and Show Low school districts. Mpowrd® educates and empowers teens to overcome negative or addictive behavior through the unconditional support of a proven 12 step program, developed by Arizona youth for Arizona youth. The program is voluntary and there is no cost to participants., Attendance is anonymous. The program is for youth that want to be in it for self-empowerment, leadership and peer support.

"Mpowrd® is the most profound and replicable program for teen intervention and prevention today," said Mpowrd® CEO Susan Rothery. "Its value is a reflection of the fact that the program was created by teens who were looking for a 'better way,' an opportunity for hope."

The program covers "addictive behaviors", defined as "any habit that causes personal harm". Participants do not discuss their individual incidents but focus on behaviors. Data from Mpowrd® programs state-wide suggests that grade point averages and school attendance increases for students in the program, along with a decrease in instances of referral to school disciplinarians.

NCDP initially launched weekly Mpowrd® meetings in October 2015. Adding two facilitators trained this month increases flexibility for offering high school and junior high school groups on various days.

Meeting times and other information are located on the 'Mpowrd® —Teen Addiction Anonymous Pinetop-Lakeside & Show Low' Facebook page. For additional information, email

**While time with Dad is still his idea of fun. A perfect moment to talk about alcohol.**

Parents are the #1 influence on whether their kids drink. For tips on how—and when—to talk to your kids about the dangers of underage drinking, visit: [www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov)

**talk** they hear you | **NCDP** Drug Free Community Coalition | **SAMHSA** [www.ncdp.rocks](http://www.ncdp.rocks)

## Free Drug Test Kits for Parents

Parents may collect free drug test kits from NCDP. These kits are not for punitive purposes. They allow youth to have an "out" **when** (not if) they are offered drugs. "My parents have drug test kits at home—I can't try drugs." Give your child the gift of an easy option for making good decisions and parents peace of mind. These 12 panel drug test kits have a \$40 value and are provided free by [nonMYkid.org](http://nonMYkid.org). For information or to arrange kit pick-up, call 928-358-1645. This simple step could change options and a life.

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