

PREVENTION PRESS

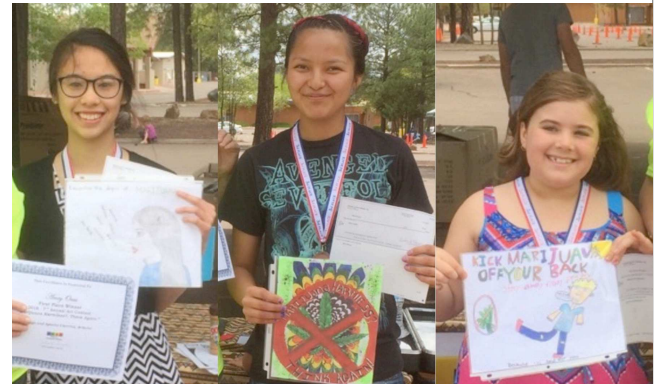
Mark Your Calendar & Attend Mpowrd Teen Leadership Training March 31-April 1

Mpowrd leadership is an evidenced based program that helps teens navigate through high school years with inner strength, success, leadership and staying drug-free. Already implemented in Show Low and Blue Ridge school districts, more certified facilitators are needed to expand the program across the White Mountains.

Nexus Coalition for Drug Prevention partners with Teen AA of Phoenix to bring Mpowrd training to Lakeside, March 31-April 1, 7:30am-5pm each day. Hosted by Holiday Inn Express Pinetop, the 2-day training redefines addiction and teaches unconditional support. New strategies for teen empowerment, confidentiality, balance and trust are learned through role play sessions. Participants receive all lesson plans and materials with certification. At least two certified facilitators are required for each class or meeting.

Registration for training and certificated is limited to 20 participants. Cost of \$550 per person includes hearty lunch and all materials. Special hotel rates are available.

For full information and registration, go to www.ncdp.rocks/events. Or contact vsncdp@gmail.com or (928) 358-1645. More information on Mpowrd can be found at: www.teenaddictionanonymous.org



NCDP photo by Desirea Wopschall
2016 NCDP Art Contest "Marijuana Harmless? Think Again!" winners, from left: First, Amry Orea; third, Mikel Begay; and second, McKenzie Mongean.

Drug Prevention Art Contest Open to Youth

Calling all local youth artists! NCDP Drug Free Community Coalition launches its seventh annual youth art contest themed around making good choices. All art entries must convey the theme: *The Best Me is Drug Free*

Navajo and Apache County youth in grades K-12 are invited to participate by submitting multi media artwork designed for possible T-shirt art and on pages of a 2017-18 back-to-school wall school calendar. The top three winners are eligible for cash prizes totaling \$225, art placement in a calendar and print materials during 2017-18 and special awards. All participants will receive participation certificates and gifts.

Original artwork minimum submission size is 8"x11" in any reproducible medium. All submissions must include the theme or slogan *The Best Me is Drug Free*.

Group/class submissions are accepted. Deadline is May 5. Winners will be contacted. All submissions must be accompanied by an application signed by parent/guardian, listing teacher contact information. Submissions become the property of NCDP unless accompanied by a self-addressed, stamped envelope for return.

Complete information, details and entry form are available on the NCDP website, www.ncdp.rocks/events



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SUBSCRIBE to newsletter and find a wealth of other prevention resources at: www.ncdp.rock.

Making it a “day on” instead of a “day off” local agencies collaborated to protect the community. From left: Vicky Solomon, Nexus Coalition for Drug Prevention; David Smith, Pinetop-Lakeside Sanitary District; and Jim Bliss, Roland Picard and Dan Barnes, Pinetop-Lakeside Police Department, volunteer their services to take returned prescription drugs and sensitive documents for destruction. Keeping drugs out of teens hands and documents away from identity thieves helps keep the community a safer place to live. This annual event is hosted to honor Martin Luther King Day of Service. Participants not pictured: Melissa Kenchiová, PLPD, a Debra Robertson, NCDP. Six pounds of drugs were returned and \$52 was donated to NCDP.



NCDP photo by Debra Robertson

Substance Data for NavCo

Arizona Criminal Justice Commission has released data from the 2016 Arizona Youth Survey for Arizona and Navajo County. Due to changes in analytical methods, the comparison of 2016 data to data obtained in prior years is not easily extrapolated. Data from past administrations will be updated to reflect changes and available on the Community Data Project website at: <http://www.azcjc.gov/ACJC.Web/sac/AYS.aspx>

When the revised data is available, it will be analyzed and reported by NCDP. Meanwhile, access to the state and county data is available at the above website.

Tax Exempt Donations 'Til April 15

Don't miss the opportunity to make charitable donations for Arizona tax exemption—meaning every dollar you donate comes off your state tax burden total. This is a method of designating where your tax dollars actually go—into your community instead of the general state coffers.

Your tax exempt donation of up to \$400 per individual/\$800 per couple can benefit NCDP through its non-profit, Friends of Navajo County Anti-Drug Coalition, Inc., a federal 501c3 non-profit. Find out how to make that donation today, at <http://ncdp.rock.com/taxcredit> or call 928-358-1645 for details.

You've got better things to do than use weed

Really, you do.

And guess what? A lot of teens who get hooked say they wish they'd never started. **Weed takes up a lot of their time.** They smoke it instead of doing homework, playing sports or hanging out with their family and friends — the kind of friends you don't have to light up with to keep.

Teens smoke—and often eat—weed more and more because they get addicted. **At first, they think they're cool.** They think they're funny. They think they're really smart.

But soon, **they care more about weed than pretty much anything – and anyone – else.** Old best friends are lost to new "friends" who smoke weed. School, sports and family no longer seem important. The only thing that seems to matter is when they'll light up next.

They laugh at warnings like the one you're reading. They think they know better.

But here's what they're usually the last to know:

Marijuana messes with:

Your mind

The human brain doesn't fully develop until about **age 25**. If you start smoking weed while your brain is still maturing, you can **permanently damage your brain's wiring**. And some of the effects of brain damage won't surface until you're much older. Marijuana users harm their **memory, learning capacity** and ability to make decisions. Using weed makes you **less attentive** and **more impulsive**, which can lead to actions that further harm yourself and others. Marijuana use can result in **acute and chronic psychosis** — a condition that can cause hallucinations and delusions even long after you stop using the drug. Research shows marijuana use increases a person's chances of developing **schizophrenia** in early adulthood.

Your body

Marijuana is addictive, and smoking it at a young age increases your chances of **getting addicted**. Marijuana use is consistently one of the top reasons young people in Kansas get **addiction treatment**. A lot of teens have learned the hard way that using weed disrupts your **coordination and balance**. Use marijuana, and the likelihood of being in and being responsible for **car crashes** increases. There's also the risk of heart attack, which is **five times higher** in the hour after smoking weed. Marijuana smoke contains **50 to 70 percent** more cancer-causing agents than tobacco smoke and is linked to **respiratory problems** and different kinds of cancer. Use weed, and you'll be more likely to have risky sex, which can result in **sexually transmitted diseases** and **unplanned pregnancy**. Long-term marijuana use can harm your baby's development during pregnancy or **prevent you from having kids** at all.

Your future

Young people who smoke weed are more likely to **drop out of high school and/or college**. If you're caught using marijuana, you can lose your college scholarships and grants. Without an education, your **income will likely be less** than someone who has finished high school and/or college. If you smoke marijuana, you will be more likely to be **unemployed** or **welfare dependent**, and you'll have a greater chance of feeling **less satisfied with relationships and life** than people who don't smoke weed.