

PREVENTION

Celebrating Cinco de Mayo Alcohol-free Cultural Event



Cinco de Mayo ranks 5th among top U.S. beer-drinking holidays, ahead of the Super Bowl and St. Patrick's Day according to

the *Washington Times*. That's crazy! An alcohol-free Cinco de Mayo is an event set for Friday May 5th, 2- 4:30 pm, across from Pinetop-Lakeside Public Library (Hwy. 260 and Johnson/Woodland Drive intersection).

Blue Ridge High School student organizers will provide a fun and informative day to encourage community members to experience Mexican culture, without underage drinking.

Clubs and organizations are invited to join in presenting information on alternative ways to enjoy time in the community, specifically for youth. Tables will be provided. Canopies are highly recommended to add to the Mexican market atmosphere. There will be a prize for the best decorated booth!

For details contact Emilia Banuelos (miliaban4@gmail.com) or Raphael Banuelos (rafaban98@gmail.com).



Thank you
April Sponsor

316 W. White Mountain Blvd., Suite B; Lakeside, AZ 85929
928-367-6550; www.summithealthcare.net



Arizona Gives Day is a powerful 24 hour online giving experience that unites Arizonans around causes they believe in.



Hosted by the Alliance of Arizona Nonprofits and the Arizona Grantmakers Forum, Arizona Gives Day is a great way for community members to contribute to the nonprofits they support.

Donors may support Nexus Coalition for Drug Prevention, Mpowrd teen leadership program, and White Mountain Junior Leadership Academy via **Friends of Navajo County Anti-Drug Coalition, Inc.**

Donate now thru April 4 at this link:

<https://www.azgives.org/friendsofnavajocountyantidrugcoalitioninc>

Art Entries Due May 5

Calling all local youth artists! NCDP Drug Free Community Coalition launches it' 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

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

Kids' Academy Set

The popular annual summer Junior Leadership Academy will again be held this year, June 12-23..

Now in it's 11th year, the two-week day camp is traditionally held in Lakeside, Show Low and Whiteriver.

Participants, age 10-14, typically are nominated by their teachers and principals, based on a stringent set of guidelines.

For more information about JLA, go to <http://ncdp.rocks/JLA>

'16 Tax Exempt Donations Still Valid '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.rocks/taxcredit> or call 928-358-1645 for details.

Ways To Support Our Efforts

NCDP 's federal grant funds staffing, infrastructure and sustainability. It does not support community programming. The day to day delivery of programs such as Mpowrd, Junior Leadership Academy, Red Ribbon Week, Safety Village, presentations for classrooms and communities, outreach like this monthly newsletter, are totally community funded. That funding comes from donations, small community and social grant , volunteer hours, in-kind donations, and other grassroots support. Your help is needed for critical substance abuse prevention efforts to keep our youth safe is essential. Please help us help ur community. Go to <http://ncdp.rocks/> to see how.

Navajo County 2016 AZ Youth Survey Findings: Highlights

These findings discuss some of the important attitudes and behaviors of Arizona youth who responded to the 2016 survey. 57,170 students from 249 schools across Arizona, 1,559 students in Navajo County.

Problem Behaviors

Alcohol Use in the Past 30 Days has continued to decline in Arizona; in **2016, 22.4 percent** of youth reported drinking alcohol in the past 30 days, a decline from 24.1 percent in 2014, and from 28.1 percent in 2012.

Marijuana Use in the Past 30 Days was reported at **14.2 percent**, a very slight increase from the 13.6 percent who reported using marijuana in 2014, but similar to the rate in 2012 of 14.3 percent.

Cigarette Smoking in the Past 30 Days among youth has continued to remain at a rate of less than one in ten who smokes regularly, with the **9.2 percent** of youth who reported this in 2016 staying similar to the 9.4 percent in 2014, down from 12.9 percent in 2012.

Prescription Pain Relievers Use in the Past 30 Days was reported at **6.4 percent** for 2016; this is an increase since the 4.7 percent reported in 2014, but is similar to the 6.2 percent reported in 2012.

Bullying on School Property: When asked how often during the past 12 months they had seen bullying on school property, **38.9 percent** of youth said they have seen bullying on school property at least once, and about 16 percent had seen bullying four or more times.

Risk Factors

Attitudes Favorable toward Drug Use: On average, students had **unfavorable views toward drug use**. On a scale of 1 (very wrong) to 4 (not wrong), the mean was **1.55**, and less than 5 percent of youth scored a 3 or higher, showing that youth believed it was wrong for someone their age to use alcohol, cigarettes, marijuana, or LSD/cocaine/amphetamines/illegal drugs.

Perceived Risk of Harm of Drug Use: Perceived risks of drug use showed a mean score that was toward the middle of the 1-4 scale at **2.31** suggesting that youth only perceived some moderate to slight risk for people using alcohol, cigarettes, marijuana, or prescription drugs without a doctor telling the youth to take them.

Protective Factors

Interaction with Prosocial Peers: On average, youth responded that they each had an average of two best friends who had participated in positive activities in the past year. Participating in clubs, committing to staying drug free, trying to do well in and liking school are all positive attitudes and behaviors for youth.

Consequences

Rode in a Car with Someone Who had been Drinking Alcohol: The vast majority of youth practiced the safe habit of not riding in a car with someone who had been drinking alcohol, with only **about 20 percent** of youth reporting having ridden in a car with someone who had been drinking in the past 30 days.

ACEs (Adverse Childhood Experiences)

Adult Actions in the Home: Unfortunately, **more than half of youth** reported that in their lifetime, an adult swore at, insulted, or put them down. Such early childhood experiences are linked to negative health outcomes later in life.

School Safety

Feel Safe at School: About **80 percent** of youth agree or strongly agree that they feel safe at school. School safety can impact certain youth behaviors such as school attendance and bullying.