

# PREVENTION PRESS

## ‘Mpowrd’ful Program

Closing the school year, 18 Show Low and Blue Ridge middle and high school students completed the 12-week Mpowrd leadership training program. Led by NCDP Program Coordinator Vicky Solomon, the course in leadership, personal exploration and building self-strength and esteem met weekly on campus. On the final day, here’s what graduates had to say:

- “Moowrd.....
  - “... helped me with dealing with stress”
  - “... helped me learn how to control my anger”
  - “... taught me about MY higher power, I have never thought about that before”
  - “... helped me be a better person”
  - “... helped me see other people’s lives are hard, just like mine, but now I feel like I can deal with it all”
  - “... helped better my relationship with my mom”
  - “... helped me like my brother more”
  - “helped me learn how to deal with the death of my dad”
  - “.....helped me make new friends”
  - “.....taught me how to trust people again”
  - “ Because of Mpowrd”.....
  - “ .....I feel that I have new friends I probably would not have been friends with”
  - “.....I feel more confident”
  - “.....I feel like there is hope for my future”
  - “.....I haven’t gotten into as much trouble at school”
  - “.....I’ve stopped hitting things and am learning to be more patient”
  - “ know more about the harms of drugs and alcohol”
- “I don’t want Mpowrd to end!”*

Find out more about Mpowrd at [www.ncdp.rocks/mpowrd](http://www.ncdp.rocks/mpowrd)

## Opioid Epidemic In Arizona

The U.S. accounts for ~5% of the world's population but... consumes 80% of the global opioid supply & 4 out of 5 new heroin users start by misusing prescription painkillers.

**More than 2 Arizonans die each day from an opioid overdose.**

4 out of 10 Arizona adults know someone addicted to prescription painkillers. 431 MILLION opioid pills were prescribed in 2016 enough for every Arizonan to have a 2.5 week supply.

Drug overdoses\* take more lives than car crashes in Arizona. In the last 5 years, 86% of persons who died from an opioid related cause were using multiple substances.

Heroin deaths have TRIPLED since 2012 in Arizona.

For more information: [azhealth.gov](http://azhealth.gov) ARIZONA DEPARTMENT OF HEALTH SERVICES

## Community Welcome to JLA Closing

Each year, community members are invited to share the success and growth of participants in the annual summer Junior Leadership Academy. Now in its 11th year, participants come from Blue Ridge, Show Low and Whiteriver school districts. This year’s closing ceremonies are about 1:30 pm, June 23rd at White Mountain Nature Center, Lakeside. For more information, contact [ncdpncdp@gmail.com](mailto:ncdpncdp@gmail.com) or call 928-358-1645.

Thanks to this month sponsor:  
**Sequoia Village School**  
 K-12 AZ Charter School  
 Free busing, Differentiated Learning, College Credits!  
 982 Full House Lane, Show Low, AZ  
 Contact: Principal Mindy Savoia, M.Ed  
 (928) 537-1208 [msavoia@edkey.org](mailto:msavoia@edkey.org)  
 Summer office hours Mon. & Wed. 12- 4 p.m.

# 10 Tips to Keep Kids Safe From Drugs This Summer

Summer is officially here, and the relief and freedom felt by most teenagers across the United States is accompanied by the concern and worry that many parents are experiencing about their children's well being. Now that your kids are out of school, how can you be sure that they will stay out of trouble? How do you know that they won't get involved with drugs? There are things that you can do to help them stay safe and enjoy a drug-free summer, and Narconon shares 10 tips that you can use now:

1. **Have the Talk** - Don't assume that your children have fully gotten the message about staying away from drugs at school, in the media or elsewhere. Even if they have heard it countless times, it will have more of an impact when delivered one-on-one and with you expressing your sincere concern.

2. **Don't Let them Go to Unsupervised Parties** - Summertime often sees parties where teens take advantage of the fact that parents may be out of town, or when teens host parties outdoors in different locations away from the prying eyes of adults, and they do this for a reason. Make sure that there will be responsible adults present at any parties that your children might be going to.

3. **Maintain an Open Channel of Communication** - After talking with your teens about drugs, make sure that they feel comfortable discussing the subject with you. To do this, you need to avoid making the talk a stern lecture; keep it relaxed and invite your child to share his or her views on the subject. The more communication you and your child can have on the subject, the better will be the understanding and the more that your child will want to avoid doing anything that would disappoint you.

4. **Keep Unsupervised Time to a Minimum** - In all likelihood, there will be long hours during the work week when you will not be able to be there with your children to supervise their activities, but this doesn't mean that you should just leave them to their own devices. Try to arrange things so that they're with an adult as much as possible, whether at a friend's house, coming with you to work, visiting with family, etc.

5. **Always Know Who They're With** and What They're Doing - Your teen could easily spend most of the summer doing things you don't have any idea about and spending time with friends you have never met, and you would have no idea what happened. Take the time to ask questions and keep tabs on their schedules and social scene.

6. **Point Out the Media Influence** - Movies, TV, music, video games and more are filled with references to drug use, and in many cases the media not only normalizes drugs but makes them seem glamorous. Discuss this with your children to make sure that they're aware of the message that's being pushed, rather than passively accepting it as part of the show.

7. **Acknowledge and Reward Them** - While you can focus on the things that your kids should not be

doing, you should also pay attention to the good things that they do. By doing so, you can help to build up your child's self-esteem and confidence, leading to a better outlook and overall level of happiness. If your child feels really loved and has a stable home life, there will be fewer reasons or excuses to use drugs.

8. **Help them Get Involved in Summer Activities** - Summer break doesn't have to mean idle days and aimless hours. In most areas of the country, there are plenty of activities going on, from organized sports, to summer camps, to volunteer activities. By choosing fun and engaging activities that keep your teen occupied and interested, you can reduce the opportunity to get involved with drugs.

9. **Help them Find a Job** - If you can help your teen get a summer job, you can not only rest assured knowing that he or she will be busy and most likely supervised for much of the week, but also take stock in the fact that working and earning a paycheck can make an enormous difference in helping your teen to grow up. The responsibility of holding down a job can be a great deterrent to drug use.

10. **Set a Good Example** - This is one of the most important things that you can do to help your teens avoid drug use. Don't underestimate the effect that the things that you say and do have on shaping your children's opinions and attitudes towards life. Be upbeat and driven, be compassionate and caring, and stay sober.

