

YOUR Voice



Newsletter for the Lancaster County Community Groups

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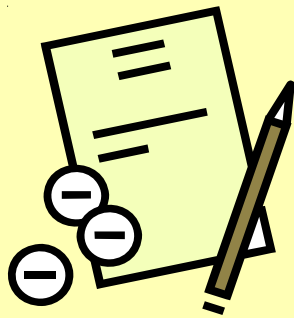
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LINCOLN COUNCIL ON ALCOHOLISM & DRUGS

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Creating a **POSITIVE** community **RESPONSE** to underage drinking and other substance abuse **ISSUES**.

Open Letter to Parents on Prescription Drugs



When parents in our community think about safeguarding their teens from drugs, they usually think of illicit street drugs such as marijuana, cocaine, heroin, and methamphetamine. But today teens are abusing prescription drugs more than any illicit drug except marijuana. To refocus the national spotlight on the dangers of

prescription drug abuse, ONDCP's National Youth Anti-Drug Media Campaign will run TV and print ads across the country this Spring and Summer.

The statistics on prescription drug abuse are startling: every day, more than 2,000 kids age 12 to 17 try a painkiller non-medically for the first time**, and 71 percent of persons age 12 and older who abuse these drugs say they get them from a relative or friend***. Perhaps most troubling is that many teens don't realize these drugs can be just as dangerous as street drugs, so kids who would never try street drugs might feel safe abusing prescription drugs. Click here for more resources and media campaign materials:

<http://www.lcad.org/resources/ENews24/openletter.pdf>

Take the tour and see where the danger spots are:

http://www.theantidrug.com/drug_info/prescription_dangerZones.asp

What can YOU do?

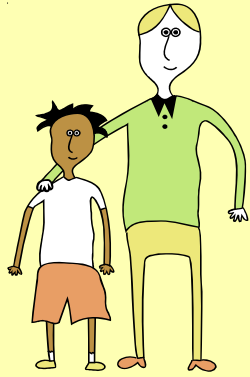
http://www.theantidrug.com/drug_info/prescription_what_can_you_do.asp



Story ideas? Parenting tips?
Successes?
We'd love to hear from you!
email tvosicky@lcad.org

SAAC

Parenting for Prevention: Should I Make My Kids Apologize?



Often reconciliation requires that an offender come back to try to make things right. How do we teach children to handle these situations? Saying “I’m sorry” is a reflection of an emotion that one feels inside. If a child truly feels sorrow for doing the wrong thing, then saying, “I’m sorry” is certainly appropriate.

<http://www.lcad.org/resources/ENews24/apologize.pdf>



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East High Student Council Steps Up



The East Community Group would like to say thank you to the East High School Student Council! The student council members put together several tobacco free kits and gave them to the school nurse and the counselor, to share with any student who expresses the desire to quit smoking or chewing tobacco. The kits contain play-doh, a sucker, some gum, toothpaste and floss, as well as the number for the Nebraska Tobacco Quit Line. Thanks to the East High School Student Council for being a part of the solution!

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Slang Term of the Month Do You Know What It Is?

“A-Minus”

Last month’s street drug term was “Hippie Crack” a street term for inhalants..



What Are Developmental Assets?

Building Blocks for Raising Healthy Children and Youth

Since its creation in 1990, Search Institute's framework of Developmental Assets has become the most widely used approach to positive youth development in the United States.

Background—Grounded in extensive research in youth development, resiliency, and prevention, the Developmental Assets represent the relationships, opportunities, and personal qualities that young people need to avoid risks and to thrive.

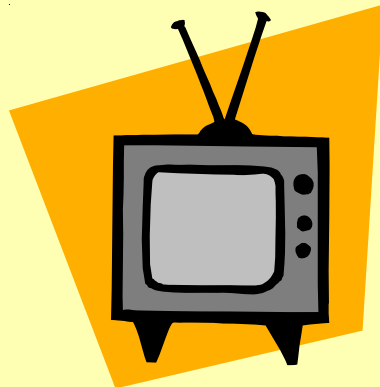


The Power of Assets—Studies of more than 2.2 million young people in the United States consistently show that the more assets young people have, the less likely they are to engage in a wide range of high-risk behaviors and the more likely they are to thrive.

<http://www.lcad.org/resources/ENews24/assets.pdf>



MEDIA FOCUS: **'E.R.' Producer Bases Series Finale on Family Tragedy**



John Wells, executive producer of the long-running television drama "E.R." incorporated the alcohol-poisoning death of his 17-year-old niece into the series finale, Fox News reported April 2.

In the final episode, "And in the End, Part 1&2," which aired April 2, 2009, a doctor treats a young teenager admitted for alcohol poisoning after playing drinking games with friends.

<http://www.lcad.org/resources/ENews24/er.pdf>

FreeFest
 May 15, 4-7 pm.
 Antelope Park Bandshell

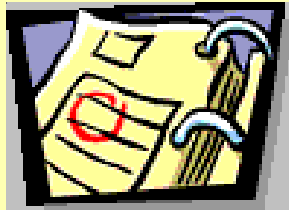
D.E.A.D.
 Drugs End All Dreams
 What do you Dream?

Giant Rubber Shark
 The Escape Clause
 Exit 48
 stay classy

More Giveaways
 Than Ever Before!

PEPSI 106.3KFRX LINCOLN'S HIT MUSIC
 Lincoln Council on Alcoholism and Drugs, Inc.

www.lcad.org for more info or call 475-2694
 Sponsored by LCAD's Drug-Free Youth Board



UPCOMING COMMUNITY GROUP MEETING DATES

May

- 3rd: LCAD Drug Free Youth Board
- 4th: Raymond Central
- 7th: Norris C.A.R.E.S.
- 11th: Lincoln Northeast
- 11th: Lincoln East
- 11th: Lincoln High
- 13th: Malcolm Action Coalition
- 21st: Dist. 145 Prevention Coalition
- 26th: Lincoln Southeast
- 26th: Lincoln Southwest

Time/Location

- 1 p.m./LCAD
- 4:30 p.m./Raymond Central Media Center
- 7:30 p.m./Middle School Media Center
- 7 p.m./LNE Media Center
- 7 p.m./LEHS Media Center
- 5 p.m./Vicki's House
- 6:30 p.m./Malcolm High School Media Center
- 12 p.m./Waverly HS Conference Room
- 7 p.m./Lincoln Southeast Media Center
- 7 p.m./Lincoln Southwest Media Center