

REGION #5 PREVENTION NEWSLETTER

INFORMATION, UPDATES, and COMMUNITY NEWS

A SPECIAL MESSAGE

The last few months have been filled with festivities, friends and the ones we love. The Prevention Resource Center would like to take the opportunity to express our gratitude to all those who touch our lives.

Thank you to all the community folks who welcome us and give so much of themselves freely, as well as so many others that are deeply valued. We would like to wish you and yours a beautiful, peaceful New Year filled with health, happiness and serenity.



More and more these days, it is coming to the attention of prevention and addiction specialists that Problem Gambling is something that needs to be publicly addressed. If you or someone you know has a gambling problem, there is help available. Please call the Problem Gambling Helpline: 1-800-522-4700. Another free resource available is the National Council on Problem Gambling: <http://www.ncpgambling.org/>



Fetal Alcohol Syndrome Disorder Training

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Capitol Hill Day in Little Rock

UPCOMING EVENTS

Fetal Alcohol Syndrome Disorder Training

On January 18th, there will be two free Fetal Alcohol Syndrome Disorder Trainings in Fort Smith. The presenter will be Suzette Branscum, DON, of Vista Health. FASD is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. For more information, please call 479.783.1916, as seats are limited.

"Stop and think. If you're pregnant, don't drink."

Capitol Hill Day in Little Rock

In Little Rock, Arkansas on December 20th, the 88th General Assembly – Regular Session 2011 – will also be a big day for prevention. The Strategic Prevention Framework (SPF) Coalitions – *formed to combat underage drinking and car crashes* - from around the state will be celebrating 2011 Legislative Day at the Capitol. There will be a 1:15 press conference, during which the SPF Coalitions, APNet (Arkansas Prevention Network), and the Arkansas Prevention Certification Board (APCB) will have information tables set up in the Capitol Rotunda. At the end of the press conference, all participants are encouraged to sit in on Legislative Committee Meetings, observe the House and the Senate from their galleries, and meet with their legislators. Please come and learn more about current issues in prevention.

MidSOUTH Prevention Institute Trainings

Gang Awareness

- February 11, 2011
- Fort Smith, Arkansas
- Presenter is Sgt. Richard Davies
- 6 continuing education hours are available

Texts & Tweets: New Tools for Prevention

- May 9, 2011
- Fort Smith, Arkansas
- Presenter is Chris Becnel
- 6 continuing education hours are available

The MidSOUTH Prevention Institute provides continuing education, resource development and technical assistance to professionals and volunteers working toward prevention of alcohol, tobacco and other drug abuse, violence and other high-risk behaviors in Arkansas. Our primary mission is to support programs offering direct prevention services to the public through the provision of information, materials and training on evidence-based prevention programs and strategies that will enhance their efforts. Services of the MidSOUTH Prevention Institute include training, technical assistance and a resource library. For more information, please call (501) 569-3079 or email pi@midsouth.ualr.edu.

This course is designed to provide participants with a better understanding of what a gang is and does. Using multi-media and static displays, the class will investigate some of the weapons, graffiti, clothing, hand signs, tattoos, logos, lifestyles, rituals and some methods of recruitment that are enticing to young people. This course will also provide knowledge on how to identify students who may already be members of a gang, or are at risk of becoming involved with gangs and the criminal activity that accompanies them.

This workshop will assist prevention professionals in using the Internet and cell phones to employ social marketing. In this workshop, the participants will become more acquainted with social networking; the benefits and risks of Facebook, Twitter, and MySpace; techniques to educate parents about social networking; and how to use social networking as a prevention tool.

*For more information on how
to register for these trainings,
go to www.midsouth.ualr.edu.*



Community Trials - A Program on the Horizon

Community Trials Intervention to Reduce High-Risk Drinking is a multi-component, community-based program developed to alter the alcohol use patterns and related problems of people of all ages. The program incorporates a set of environmental interventions that assist communities in (1) using zoning and municipal regulations to restrict alcohol access through alcohol outlet density control; (2) enhancing responsible beverage service by training, testing, and assisting beverage servers and retailers in the development of policies and procedures to reduce intoxication and driving after drinking; (3) increasing law enforcement and sobriety checkpoints to raise actual and perceived risk of arrest for driving after drinking; (4) reducing youth access to alcohol by training alcohol retailers to avoid selling to minors and those who provide alcohol to minors; and (5) forming the coalitions needed to implement and support the interventions that address each of these prevention components. The program aims to help communities reduce alcohol-related accidents and incidents of violence and the injuries that result from them.

The Region #5 Prevention Resource Center covers six counties within our catchment area: Crawford; Franklin; Logan; Polk; Scott and Sebastian. There are community coalitions in each county that either focus on substance abuse prevention or have a substance abuse prevention component. They are made up of people from all sectors: social services; health; judicial; parents and families; youth; and others, as well. If you would be interested in becoming involved in a coalition near you, please feel free to call for more information: 479.783.1916. These coalitions are voluntary with no costs involved. Take a moment and consider being part of a group striving to make positive changes in your community.



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United Way
of Fort Smith Area