

BOLD

In Print

Contact List

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Welcome Coalition Members

It is very exciting to be able to reach all the coalition and community members through our new newsletter. So many people have worked so hard to get the newsletter completed. A lot of hard work has gone into meeting deadlines, arranging the format, and getting the stories together. The newsletter will serve as a tool to let the members as well as the community know what we have been up to. It is a valuable link between sub-committees and members and I hope everyone takes advantage of it.

The sub-committees have been working on a range of activities from planning fashion shows to the exploration of passing a city ordinance.

Some of the coalition members including myself recently returned from Washington D.C. where we met with representatives from Senator Kerry's and Senator Kennedy's office. We took the opportunity to update both senators on the amazing work that everyone has done. They were pleased to here that so many people cared about their community. We told them just how much time and energy it took from the volunteers to put together a successful political debate as well as build a float for the Fall River Celebrates America parade.

The B.O.L.D. Coalition depends on the hard work of the volunteers involved. Because of this we recognized many of you at the holiday/award



Our Mission is to reduce youth substance abuse by using multiple strategies in multiple settings.

meeting. We appreciate all of the time that volunteers put in, from the folks who donate a little of their time to those who donate a lot. It all is important and necessary as we work toward preventing substance abuse in our community.

I look forward to seeing all of you at our next meeting March 29th at 4:00. I welcome any comments or suggestions that anyone feels will be helpful. Once again thank you for your hard work and dedication to the coalition and your community.

Mike Ramos, BOLD Coalition Chairperson

Mission & Vision of the B.O.L.D. Coalition

The Mission of our coalition is to reduce youth substance abuse by using multiple strategies in multiple settings. The Vision is to build a partnership of Fall River Area citizens interested and committed to making the Fall River Area a healthy place for youth to grow up. The Mission-Vision Committee has been very busy preparing for a breakout meeting where all the 12 sectors of the community will be represented and will participate in devising a plan for the next four years. This plan will act as a blueprint

to focus the energies of the coalition on specific goals and objectives. Do we want to have Alateen-type groups in all the secondary schools? This will focus the coalition's attention on a high risk segment of the population. The decisions concerning focus will be made by our membership rather than our staff. Since the members themselves have created the Plan, they will be invested in seeing that it is carried out. By formulating a strategic plan with the advice and consent of our community, we will have a direction and purpose.

Fashion Show:

The Event Planning Committee was formerly known as the Fashion Show Planning Committee. This committee is responsible for planning and implementing events sponsored by BOLD. One of the events that this committee is working on is a Fashion Show. The Fashion Show is tentatively scheduled for June 2006. The final details are currently being worked out, and then subcommittees will form to work on printing, ticket sales, ad books, raffle donations, and more. Youth are strongly encouraged to participate.

If you have ideas for events, connections within the Greater Fall River Area, and/or a desire to assist with the many tasks associated with events, we'd love for you to join. This committee is a vital part of BOLD because events give us the opportunity to show the community what we are all about! Contact Amy Curry for more information or to sign up.



BOLD Print:

A small, but dedicated, group of people have been meeting to discuss printing, advertising, and marketing ideas for BOLD. We have been brainstorming ways to get the word out about the BOLD Coalition. A website, stickers, and brochures are all in the works. We are also developing a letter to send to local businesses to introduce them to the coalition and ask them to get involved. Our sub-committee is also trying to get BOLD noticed in the local newspapers, school papers, radio stations, etc. If you have ideas, skills you'd like to share, or connections to local businesses, please join us at our meetings or call Amy @ (508) 324-3566.



TADA!

Teens against Drug Abuse is continuing its work in the community to try to reduce youth substance abuse and make the Fall River Area a healthy place for youth to grow up. The group now meets once a month in the Durfee High School Student Service Center. The next meeting is Monday, March 6th, at 3:30 pm.

TADA has also been working hard on their grant proposal to eliminate smoking in public parks and playgrounds, especially during youth sporting events. TADA believes that this proposal would reduce the amount of second-hand smoke that our



TADA! Members: Sasha, Meredith, & Jasiel prepare for the Coalition Sponsored, Mayoral Debate.

youth are exposed to. This project will end in May and the students are already looking toward a summer program or project of some type.

Many of the students involved with TADA have been with us since the coalition was in the very early planning stages. They are all very energetic and really want to make a difference within the community. If you have any questions or would like to get involved with TADA!, please contact Nic Charest @ 508-235-7032 or e-mail ncharest@sstar.org.

Effects of Parental Alcoholism Explained by Family Environment:

In a recent research study conducted by the Boston University School of Social Work faculty, it was found that "while parental alcoholism can serve as an indicator of long-term harm to children, contrary to common beliefs it is not a direct cause". Other childhood experiences such as "lack of emotional support, poor family cohesion and communication, and family conflict" all explain the differences found in adults of alcoholic parents. The family environment is a key factor to understanding the long-term effects of

parental alcoholism. "This research presents a more hopeful picture than is commonly perceived, said lead author Margaret Griffin. The study shows that a positive family environment may be able to overcome very negative childhood experiences."

(Boston University Alumni Journal. Fall/Winter 2005.)



Student Group Aims to Ban Smoking in Parks

A local anti-drug and anti-tobacco coalition is hoping to break new ground by getting city officials to ban the use of tobacco at all the city's parks and playgrounds.

Teens Against Drug Abuse has been awarded a \$10,000 state grant for the project, which will focus especially on people who smoke at youth sporting events. The youth group is part of the Building Our Lives Drug-Free coalition, or BOLD, at Stanley Street Treatment and Resources.

Michael Aguiar, youth program coordinator at SSTAR, said 2 other communities in the state that have banned smoking in their parks and playgrounds as yet, and both Fall River and Malden have received grants to try to do just that.

Teens Against Drug Abuse plans to draft an ordinance outlawing smoking in the parks and playgrounds.

"Hopefully, it will be OK'd by the Board of Health and the City Council," Aguiar said.

But he said traditionally the council has been reluctant to pass anti-smoking ordinances.

According to the grant proposal, signs outlawing smoking would be posted in the parks. The youth group will also educate people about the dangers of smoking and secondhand smoke and ask par-

ents of youths involved in athletic leagues to hand them out to people who smoke at sporting events.

"We will approach all different sports leagues. We'll be going to their meetings and trying to get them on board," Aguiar said. "We can't have tobacco police going around all over the city, but we can make it uncomfortable for people to smoke."

"We feel the youth targeted in this proposal have made a commitment to participate in a healthy activity. The presence of secondhand smoke at these events presents a health hazard as well as exhibiting poor role modeling for the children present," it states. Eight high school students from Teens Against Drug Abuse are working on the plan.

Project Coordinator Matt O'Donnell said, "If we can limit young people's exposure to smoking where they play, we hope we will be able to prevent another generation of Fall River young people from becoming addicted to nicotine and suffering the health consequences throughout their lives."

O'Donnell said secondhand smoke has been proven dangerous to health. "And when young people see parents, coaches and other trusted adults smoking near the places where they play, they begin to think smoking is normal, or even glamorous."

(Kathleen Durand, Herald News Staff Reporter 01/23/2006 *The Herald News 2006*)

Teenage Drinking: A Teenage Problem

I know what you are thinking, "What's the big deal about underage drinking? I only drink to have a good time. There's no harm in that, right?" Wrong! Alcohol kills more teenagers than any other drug taken to affect mood and behavior. I mean, that is why you drink, to have a good time, right? Most deaths and injury due to alcohol are caused by the way people behave under its influence. Teens are also the most likely group to have their stomachs pumped after excessive alcohol intake. In the end, "having a good time" isn't such a good idea. After all, alcohol is a toxin.

According to www.apa.org these are the affects that alcohol has on teenagers. Youthful immature organs can be poisoned by alcohol. The liver can be damaged. It takes a few days for it to recover and get back to normal functioning after a session. The heart can beat so irregularly that it can stop, and the body, can lose temperature, causing hypothermia. Breathing can also become so shallow or slow that it can stop. One of the most common ways which teens die from alcohol is by choking on their own vomit.

One of the dangers of alcohol is not knowing when you've had too much to drink. Different drinks have varying alcohol contents, and your body may act differently according to whether or not you have eaten, how thirsty you are, even the time of day. Even when you stop drinking, the level of intoxication may continue to increase.

Some think drinking coffee, taking a cold shower, or eating something will make your alcohol level decrease, but these ideas are false. The only thing that decreases the affects of alcohol is time.

Yes, I know all this stuff seems a little over dramatic and exaggerated, but ask your parents if they ever knew or heard of some-

one being badly affected by alcohol. It is well known that by the time students become seniors, almost all of them have tried alcohol. Many drink on a regular basis, and others drink a substantial amount frequently.

Several studies, according to www.apa.org, released just this year suggest, "teen drinking may cause more neurological damage than was previously thought. Contrary to the thought that the brain is fully developed by age 16 or 17, new studies have found that significant development happens until the age of 21 and heavy drinking by teenagers may inhibit that development."

Underage drinking isn't safe. It's not just illegal, it's also very dangerous and your bodies are just not ready for it yet. Wait until you are 21 or, just don't drink at all.

(LeeAnna Duarte, Class of '07. *Durfee Hilltop Vol. CXXIII, Number 5.*)

The BOLD coalition supports a parenting education program called Parenting Wisely. PW is an interactive CD-Rom program where parents learn user-friendly communication skills to improve their relationships with their children. The skills are also useful with spouses, co-workers, bosses and neighbors too! PW received funding to help defray the cost of operating in 2006 from:

**The Grimshaw-Gudewicz Charitable Foundation,
The United Way's Venture Grant, &
Women's Union**

THANK YOU FOR THIS SUPPORT!

If you would like to view this innovative, fun program please call Susan at 508-324-3537 or Amy on Mondays and Wednesdays at 508-324-3523



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B.O.L.D. COALITION

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MARCH 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 <u>TADA!</u> 3:30 @ Durfee Student Service	7	8 <u>Mission/Vision</u> 3:00 @ Boys & Girls Club.	9	10	11
12	13 <u>Fashion Show</u> <u>Planning:</u> 3:30@ Durfee.	14 <u>Training:</u> Basics of Policy Change.	15	16	17	18
19	20	21	22 <u>BOLD Print:</u> 3:00 @ SSTAR Youth Center.	23	24	25
26	27	28	29	30	31	

