



386 Stanley Street
Fall River, MA 02720

Building Our Lives Drug-Free



What's Happening?

A Halloween Party At CD REC



October 31, 2009

6:00pm - 8:00pm

Location: CD Rec

Building

72 Bank Street



**Co-Sponsored by Seth Hockert-
Lotz's Dominoes Pizza**
**Join CD Rec for an evening
of safe, free, FUN!**

**Enjoy entertainment, refresh-
ments, candy, games, and pizza.**





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B.O.L.D. Hosts Mayoral Coffee Hour



SSTAR was the setting for Fall River's two mayoral candidates to gather valuable information on the mission, goals and programs of SSTAR and BOLD. Wednesday afternoon, October 14, Nancy Paull, CEO of SSTAR, presented a brief history of the organization. The candidates then spoke outlining their views of how their administrations could assist B.O.L.D. in achieving its mission to prevent and reduce alcohol and drug abuse among youth, and how they could assist BOLD in providing treatment to those in need. Ms. Paull, Mike Aguiar and Jasiel Correia gave the candidates a tour of SSTAR facilities and its many programs. "This was a great opportunity to hear directly from the candidates' their positions regarding substance abuse prevention and treatment in our community and their position on treatment and prevention," commented BOLD Coalition Director Karen Fischer.



It was also an opportunity for BOLD members and SSTAR staff to individually speak to the candidates about their views on what is needed.



**Election Day in Fall River
Nov. 3, 2009**



BOLD Receives Tobacco Grant

Health Resources in Action awarded a \$6200 grant to BOLD for "The 84 Movement" Mini Grant to conduct research on tobacco products. The focus of the grant will be to train six high school youth to survey the stores in Fall River for the tobacco products. The information collected from BOLD and other grantees will be used to identify emerging tobacco products and trends. The results will help facilitate development of anti-tobacco strategies and campaigns as well as help with initiation of any needed policy or law changes. The students will participate in a statewide training in Marlboro in November and also at a March "Kick Butts Day" rally at the State House in Boston. Lance Tehan will be the youth supervisor. For more information, please contact Karen Fischer - kfischer@sstar.org.

BOLD Receives Women's Union Grant

Thank you to the Fall River Women's Union for their grant of \$1,000 to assist BOLD in our "risk and harm" campaigns on alcohol and marijuana. In BOLD's assessment survey given last spring, we found that youth's perceptions of risk and harm from use of these two drugs was lower than it needs to be in order to reduce use. Our goal is to increase perceptions that use is risky and harmful to 90% or more of middle and high school youth. BOLD's campaign will include public service announcements in all media, posters of brain images showing both healthy and drug affected brain scans, and programs throughout the community. **Contact kfischer@sstar.org**

Those who stay away from the election think that one vote will do no good. But it is one step more to think one vote will do no harm.

Ralph Waldo Emerson

Starter Tips for Green Living

You may ask, "What does "green living" have to do with preventing youth substance use?" Youth engaged in positive activities are less likely to use substances to feel better. Encouraging the community's youth to get involved in the green living movement is one of many positive things youth can do to create a healthy Greater Fall River. The article below contains many ideas you can discuss as a family, in your neighborhoods and schools.

What you can do at home

Recycle. Find out what your city's recycling program is and make sure that you have a container. Donate gently used items rather than throwing them away. Check with the city or town hall and find out how to dispose of items such as batteries, paint and cell phones in your area.



Ride a bicycle. Saving gas, reducing emissions and getting a little exercise are all positives. If biking isn't practical or it is too cold out, see if you can start a carpool to work or advocate for improved public transportation.

Reduce junk mail Check this website for a few ways that you can do that.

<http://www.obviously.com/junkmail/> Pay your bills online and get paperless billing.

Bring a canvas or cloth bag to the grocery store instead of using their bags.

Alternatives to chemical cleaners

Many cleaning products contain toxic substances. Making an effort to use more environmentally friendly products can help reduce the negative impact on the earth and make your home a safer place as well. Using less toxic products can contribute to better indoor air quality, as well as help prevent harsh chemicals from entering the water supply. Take a close look at the cleaning products you use and see if you can make some changes.



Baking soda can be used to deodorize and scour.

White vinegar is good for cutting grease and getting rid of mildew.

Lemon can be used to get rid of strong odors that tend to linger in the sink, such as fish or onion.

Unscented soap is a great all-purpose cleaner.

Be more eco-conscious about food and water

Check out a farmer's market in the area. You will be supporting local farmers and getting fresh food at the same time.

Eat local. When eating out, opt for closer restaurants and try to choose ones that are privately owned rather than big chains. This will cut down on gas usage and also help support merchants in the community.

Choose seasonal fruits and vegetables at the grocery store.

Buy organic and fair trade goods whenever possible.

Get involved in a **community garden program**.

Buy foods that have **less packaging** and recycle what you can.

Water

Take shorter showers and install a low-flow shower head to save water.

Turn the faucet off when brushing your teeth or shaving instead of letting the water run.

Use a shorter wash cycle for clothing whenever possible.

Defrost food in the refrigerator rather than under running water



There are many little things you can do that will result in energy savings and support the environment. View the slideshow of green solutions.

<http://www.thedailygreen.com/green-homes/latest/7-green-lost-household-hints>

Send your email address to **BOLD** to replace your paper copy of the newsletter.
mbrisson@sstar.org

Sources for this article

: The Daily Green <http://www.thedailygreen.com/green-homes/latest/7-green-lost-household-hints#ixzz0TBPW3pUQ>

Green Living in the Household <http://www.forrent.com/apartment-tips/Green-Living-in-Household.php>

2009 Teen Survey

Data from the 2009 Teen Survey from The National Center on Addiction and Substance Abuse at Columbia University shows that

Compared to teens who have never tried alcohol, teens who get drunk monthly are:

- 18 times likelier to have tried marijuana;
- Four times likelier to be able to get marijuana in an hour;
- Almost four times likelier to know someone their age who abuses prescription drugs;

The survey also showed that marijuana availability is up

• Between 2007 and 2009 there was a 37 percent increase in the percentage of 12- to 17-year olds who say marijuana is easier to buy than cigarettes, beer or prescription drugs (19 percent to 26 percent).

• Forty percent of teens (10 million) can get marijuana within a day; nearly one-quarter of teens (5.7 million) can get it in an hour.

• Teens who say that the decision to use marijuana by someone their age is “not a big deal” are four times more likely to use it compared to teens who say this decision is a big deal.

• Teens whose parents believe the decision to use marijuana is “not a big deal “ are almost twice as likely to use the drug, compared to teens whose parents say this decision is a big deal.

• Most teens who smoke cigarettes (56 percent) say the decision to use marijuana is “not a big deal.”

The study offers some advice for parents.

*“Parents are the key to raising drug-free kids and they have the power to do it if they send their children the clear message to choose not to use and demand that the schools their children attend be drug free,” noted Joseph Califano whose book *How to Raise a Drug Free Kid: The Straight Dope for Parents*, was published this month by Simon & Schuster’s Touchstone/Fireside Division.*

“Some Moms’ and Dads’ behavior and attitudes make them parent enablers—parents who send their 12- to 17-year olds a message that it’s okay to smoke, drink, get drunk and use illegal drugs like marijuana,” said Mr. Califano. “Teens’ behavior is strongly associated with their parents’ behavior and expectations, so parents who expect their children to drink and use drugs will have children who drink and use drugs.”

Set the Rule. No Use.

The BOLD Coalition will be donating four copies of the book, *How to Raise a Drug Free Kid: The Straight Dope for Parents*, to the Fall River Public Library.

Reclaiming Futures: A Chance for Troubled Youth

Reclaiming Futures is a pilot program that began in 2001 with \$21 million from the Robert Wood Johnson foundation. This project is a six step model designed to help youth caught in the cycle of drugs, alcohol, and crime. The program assists them in getting the proper treatment needed. Reclaiming Futures serves as a diversion to treatment in hopes that the program will assist the youth in problematic areas while serving as an alternative to receiving a criminal record.

Less than a year ago, members from BOLD and SSTAR teamed up and created a small committee which meets twice a month with Juvenile Judge Spanelli and Magistrate Sheryl Blackburn at the Fall River Juvenile Court. Every Thursday, for mental health and substance use issues Maryann Sullivan and Intern Amanda Donovan sit in at the magistrates level and screen the youth. Once the youth is screened, they are referred to a treatment agency that would best suit them. SSTAR has collaborated with a number of treatment agencies including Arbor, Fall River Family Services, the May Institute, Solid Ground Psychology, and Stepping Stone. Out of the 7 youth that have been referred to the program at SSTAR, there has been a 50% success rate. With Reclaiming Futures unique approach of more treatment, better treatment and beyond treatment, committee members are optimistic that the success rates will increase over time.

Reported by Amanda Donovan