



386 Stanley Street
Fall River, MA 02720

Building Our Lives Drug-Free



Websites of Interest for Rainy Summer Days



◆ **For Young Surfers**

- Funbrain.com <http://www.funbrain.com/>
Arcade style games that will make you smarter
- Storyline <http://www.storylineonline.net/>
Stories read by real actors
- Game Goo
<http://www.earobics.com/gamegoo/goeey.html>
Learning that sticks

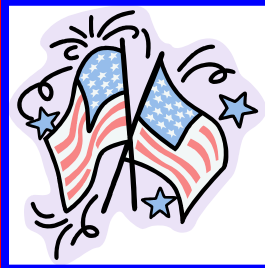
◆ **For Teens**

- Reality Check <http://www.thecoolspot.gov/>
Teens place for info on resisting teen pressure
- Help End World Hunger <http://www.freerice.com/>
For each word you get right the UN World Food program donates 20 grams of rice

◆ **For Parents**

- Parents: The Anti-Drug <http://www.theantidrug.com/>
Tips, news, advice and resources for parents
- Understanding our Brains <http://www.brainplace.com/bp/>
Research supported articles and information
- Images of Alcohol and Drug Abuse on the Brain
<http://www.brainplace.com/bp/atlas/ch15.php>

Further suggestions for websites email mbrisson@sstar.org



Building Our Lives Drug-Free

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BOLD Receives Major Grant



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“Talk to your children on a daily basis. Find out what is going on in their lives and most importantly listen to them.”

- A Parent

The BOLD Coalition was recently rewarded a grant from the Bureau of Substance Abuse Services (BSAS) with a focus on underage drinking. The project will focus on policy development, enforcement and community mobilization around the problem of youth drinking. We are using a research based, effective model, “Communities Mobilizing for Change.” BOLD will work in partnership with many city organizations and services to achieve the following projected outcomes.

- * Work with city officials to review city ordinances related to alcohol and underage drinking. Together we will compare Fall River ordinances to national “best practices.”
- * Improve awareness of the problem of underage drinking and enlist retailers to cooperate voluntarily to prevent underage sales and be more aware of alcohol laws and consequences for not following them.
- * Increase parents’ awareness of their family values regarding alcohol use in the home and increase the number of families who support a drug-free home environment for youth.

Fall River’s data indicates a *rise* in youth use of alcohol from the baseline 2003 Youth Risk Behavior Survey while tobacco use declined by 13%. A SAMHSA (Substance Abuse and Mental Health Services Administration) report released on June 26 indicates that many youth who use alcohol get it from adults. “Asked about the source of alcohol, 40 percent they got it from an adult for free over the past month, the survey said. Of those, about one in four said they got it from an unrelated adult, one in 16 got it from a parent or guardian and one in 12 got it from another adult family member.” <http://www.samhsa.gov/>

Mike Aguiar is the Project Director. If you are interested in working on this project, please contact Mike at 508-324-3598 or [sstaryp@aol.com](mailto:ssstaryp@aol.com).



BOLD at MassForum



Forum for Creating Healthier Communities

The BOLD Coalition has once again participated in the 2007-2008 Massachusetts Healthy Communities Partnership designed to help gain further insights on how a specific community can work together more effectively to build support for community health initiatives. This year’s participants Karin Wood, Kim Rodrigues and Maureen Brisson (pictured on left with Forum leader Peter Lee) attended monthly training sessions on topics as varied as leadership, developing coalitions, communication skills building, diversity, and using data to assess a community’s health. Mass Forum V provided a place to disseminate best practices and build an electronic communication support via the web.



Graduation was held on June 18th with David Weed (*Coordinator of Healthy City Fall River*) as the keynote speaker. David shared Fall River’s experiences in what has worked toward our goal to expand resources and services to better meet the needs of all residents in the Greater Fall River area and ultimately build a healthier community. More information available for Mass Forum VI [www.http://www.masspartnership.org/ma_forum.html](http://www.masspartnership.org/ma_forum.html)





Inhalants What you should know!



They're all over your house. They're in your child's school. In fact, you probably picked some up the last time you went to the grocery store. Educate yourself. Find out about inhalants before your children do.

An annual average of 593,000 adolescents ages 12 to 17 use inhalants for the first time each year, according to combined data from the 2002 to 2006 National Household Survey on Drug Use and Health. The most frequently mentioned inhalants are from household products that are readily available in your home glue, shoe polish, paint thinners, industrial solvents, gasoline, lighter fluid and spray paints. But there are over a 1000 products that are very dangerous when inhaled. A complete listing can be found at <http://www.inhalants.org/about.htm>. Children are finding the products are inexpensive to obtain, easy to hide and the easiest way to get high. The practice is called huffing or sniffing (the intentional inhaling of gas or vapors with the purpose of reaching a high) and the consequences of use can be tragic.

Warning Signs

Unless you know what to look for, the signs of sniffing are almost invisible. But here are some signs which may be evident

- Slurred or disoriented speech
- Red or runny eyes and nose
- Spots and/or sores around the mouth
- Unusual breath odor or chemical odor on clothing
- Painting fingernails with magic markers or correction fluid
- Sitting with a pen or marker by the nose
- Constantly smelling clothing sleeves
- Showing paint or stain marks on face, fingers or clothing
- Having numerous butane lighters and refills in room, backpack or locker
- Hiding rags, clothes or empty containers of the potentially abused products in closets, under the bed, in garage
- Nausea and/or loss of appetite

**Parents make time this summer to talk
with your children about substance
abuse.**

**It will be the most important parenting
decision that you make.**

What to do? Keep the person calm and in a well-ventilated space. Call 911 if unconscious or not breathing. Look for evidence of the substance. Talk with the child, be honest but do not accuse.

For more information

<http://www.inhalants.org/index.htm> -National Inhalant Prevention Coalition— 800-269-4237



special Thanks



The parents and businesses who supported the **Durfee After Prom Night!** This event was co-chaired by Michelle McDonald and Debra Berube. The commitment to the students made this night a success!

BCC students who participated in the **Alcohol Research Project**

Jenn Barbero

David Correia

Angela Beck

Kyle Royce

Sheyla Aguiar

Melanie Medeiros

**BOLD really appreciates everyone's efforts to make Fall River
a healthier community.**

Amanda Donovan, Jade Niewenheusen, Jenna Daum, Kim Rodrigues and Susan Wolfson for attending the **Massachusetts Alcohol & Drug Advocacy Leadership Institute at Stonehill College.**

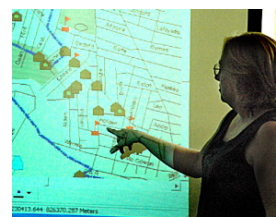
BOLD Always Welcomes Volunteers

If interested please call 508-324-7775 or email mbrisson@sstar.org, swolfson@sstar.org

Check our website for more information www.boldcoalition.org

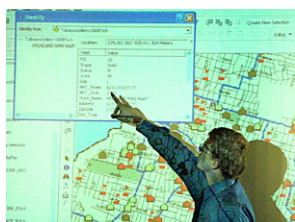
BCC Collaborates with BOLD

Staff and members of the B.O.L.D. (Building Our Lives Drug-free) Coalition, Partners for Clean Air and the Fall River Tobacco Control program met with Bristol Community College Professor Robert Rak and three of his students who are studying GIS technology. Geographic Information System mapping is a technology that allows data to be displayed as symbols on a map that can be overlaid with other data points creating a visible pattern. Professor Rak's students have been working with data supplied by the Massachusetts Tobacco Control program



on retail tobacco sales. Included in this data is information about stores that have been cited for sales of tobacco to minors as well as stores that sell blunt wraps, glass tubes and other items considered by Fall River police to constitute drug paraphernalia.

The BOLD Coalition plans to continue the work with Dr. Rak and the GIS mapping tools to demonstrate through dramatic visual displays the proximity of these stores to our schools and park areas, places where children pass by daily. "This database will enable us to demonstrate the pervasive availability of tobacco and other products within the City of Fall River, too much of which ends up in the hands of our youth," stated BOLD Coalition director Karen Fischer.



BOLD is currently supporting a proposed ordinance before the Fall River City Council that would prohibit the sales of blunt wraps.

Very special thanks to Professor Rak with his students Constance Soares, Shawn Crawford and John Coelho for their work on this project.



Photographs by Dr. David Weed

Looking for Summer Fun!

Catch the Reading Bug at the Fall River Public Library Summer Reading Program!

Children can sign up for the 6 week reading club and receive official summer reading logs, the rules to this year's program, and the schedule for all the official summer programs.

The exciting kick-off is July 7 with entertainment by Mickey Maestro's Musical Extravaganza

Contact David Mello for details 508-324-2700 dmello@sailsinc.org



Save Money at the Library? YES!

All local public libraries offer passes to residents for reduced entrance rates at a variety of area attractions. Listed below is a small selection. Call the FR Public Library @ 508-324-2700 or <http://www.sailsinc.org/museum.htm> for more information

Buttonwood Park Zoo—admits 4 people free

Roger William's Zoo—admits 4 people at a reduced rate

Fall River Historical Society each pass admits one person free

Whaling Museum of New Bedford—each pass admits 2 people free



Don't wait! Visit the FR Public Library!

CD REC Summer Lunch and Park Programs

Programs run daily through Aug. 29, beginning at 10 a.m. and running until 2 p.m. at Griffin Park, Abbot Court, Kennedy Park, Lafayette Park, Maplewood Park, North Park, Pulaski Park, Ruggles Park and Father Diaferio Housing Development. All programs include a free nutritious lunch and children can participate in a summer-long Olympic-style competition at each park. Children from around Fall River will be invited to face-off at in a city-wide competition at the end of the summer for prizes and recognition.

For more information, call CD-REC at 508-679-0922 or go to www.cdrec.org.



Have a Healthy and Safe Summer
Next issue August/September

