



The Indian Valley Character Counts! Coalition Newsletter



September, 2020 - Quarterly

Helping to keep the youth in our community "Healthy, Safe and Drug-Free"

Talk They Hear You

Is a Prevention Campaign that aims to reduce underage drinking and substance use among youth under the age of 21. It provides parents and caregivers with the resources they need to address the issue of alcohol and other drug use with their children under the age of 21. Please check out the mobile app, online resources, and look for the signs in our community.

www.samhsa.gov/underage-drinking/mobile-application



SAMHSA
Substance Abuse and Mental Health
Services Administration



Montgomery County
Department of
Health and Human Services
Office of Drug & Alcohol

talk
they hear you®

5 Action Steps for Helping Someone in Emotional Pain



ASK

"Are you thinking about killing yourself?"



KEEP THEM SAFE

Reduce access to lethal items or places.



BE THERE

Listen carefully and acknowledge their feelings.



HELP THEM CONNECT

Save the National Suicide Prevention Lifeline number 1-800-273-8255.



STAY CONNECTED

Follow up and stay in touch after a crisis.



NIH National Institute of Mental Health

www.nimh.nih.gov/suicideprevention

1. **ASK:** "Are you thinking about killing yourself?" It's not an easy question, but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.
2. **KEEP THEM SAFE:** Reducing a suicidal person's access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.
3. **BE THERE:** Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may reduce rather than increase suicidal thoughts.
4. **HELP THEM CONNECT:** Save the National Suicide Prevention Lifeline's **(1-800-273-TALK (8255))** and the Crisis Text Line's number **(741741)** in your phone, so it's there when you need it. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.
5. **STAY CONNECTED:** Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

Data found at www.nimh.nih.gov

Facts about Substance Abuse

- 14% of high school students reported having ever used select illicit or injection drugs (i.e. cocaine, inhalants, heroin, methamphetamines, hallucinogens, or ecstasy).
- 14% of students reported the non-prescription use of opioids.
- Injection drug use places youth at direct risk for HIV, and drug use broadly places youth at risk of overdose.
- Youth opioid use is directly linked to sexual risk behaviors.
- Students who report ever using prescription drugs without a doctor's prescription are more likely than other students to have been the victim of physical or sexual dating violence.
- Drug use is associated with sexual risk behavior, experience of violence, and mental health and suicide risks.

Risk Factors for Youth High-Risk Substance Use

- Family history of substance use
- Favorable parental attitudes towards the behavior
- Poor parental monitoring
- Parental substance use
- Family rejection of sexual orientation or gender identity
- Association with delinquent or substance using peers
- Lack of school connectedness
- Low academic achievement
- Childhood sexual abuse
- Mental health issues

High-Risk Substance Use Prevention

Research has improved our understanding of factors that help buffer youth from a variety of risky behaviors, including substance use. These are known as protective factors. Some protective factors for high risk substance use include:

- Parent or family engagement
- Family support
- Parental disapproval of substance use
- Parental monitoring
- School Connectedness

Character Counts! Make it Your Cause for Celebration and Wear the Character Counts! Colors October 19-23, 2020. Character Counts! Week is the largest celebration of character worldwide. The program provides our youth a framework for positive living and making the right choices. Join the coalition as we celebrate the character of our entire community during the week of October 19-23. Show us your character by posting photos of yourself wearing the colors that represent the pillars of character on social media.

Twitter: @ivccounts

Facebook: IndianValley Character Counts! Coalition

Monday is Citizenship Day – Purple
Tuesday is Responsibility Day – Green
Wednesday is Respect Day – Gold
Thursday is Honesty Day – Blue
Friday is Caring Day - Red



EMPTY YOUR HOUSE OF RX DRUGS!

The Franconia Township Police and the Indian Valley Character Counts! Coalition will be holding a Prescription Drug Take Back event in participation with the Montgomery County District's Attorney's Office and Police Chiefs Association of Montgomery County. This is your chance to get unused/unwanted prescription medications out of your home and safely disposed of. Help keep our community a safer place for our youth!

Drive thru at FRANCONIA ELEMENTARY SCHOOL
366 Harleysville Pike, Souderton on Saturday, October 24th
10am to 2pm

GENERAL MEETINGS

Please join us on the second Thursday of each month at 12:00pm for our general membership meetings held at Souderton Area School District Office at 760 Lower Rd, Souderton.

Visit our website: www.ivccc.org

Find us on Facebook: Indian Valley Character Counts! Coalition

ABOUT US

As an initiative of the North Penn YMCA, the mission of the Indian Valley Character Coalition is to promote positive youth development by providing information, supporting programs and strengthening community relationships that promote the principles of Character Counts! and that build assets to help youth stay healthy, safe and drug-free.