



Monthly Newsletter

August 2014



*Protecting Children from Substance Abuse!*

[Board of Directors](#)

## Back-to-School Preparations Require More than Supplies. Communication is Key!

Whether you've planned well in advance or waited until the last minute to get your child's school supplies, your back-to-school checklist should include time to talk.



Parents who spend at least 15 minutes a day talking with their child are building the foundation for a strong relationship. This time well-spent can help your child with important strategies to avoid substance abuse, help with decision-making and also prevent bullying. Family meals are the perfect time to catch-up in today's busy world. Take a few minutes to check-in and find out what's happening in their lives.

### The Juvenile Struggle



Dr. Joann Hendelman, Johanna Kandel and Sharon Glynn from The Alliance for Eating Disorders Awareness join Drug Free Collier's Exec. Director, Melanie Black at this week's community awareness presentation..

### Experts Talk About Today's Struggles Over Body Image

In a culture where some believe it's socially acceptable to be drunk, but it's not OK to be fat, teens may turn to risky behaviors such as substance abuse, bingeing, purging or other obsessive behaviors.

To help raise awareness, Drug Free Collier partnered with The Alliance for Eating Disorders Awareness to provide valuable information to our local school

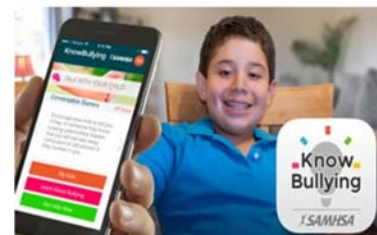
We also want to share a new resource to help parents prevent bullying. **KnowBullying** is a new app with valuable tools for parents and educators. It includes warning signs, conversation starters and tips. For a flyer on how to download the FREE app, click [HERE](#). We hope you'll start the conversation today.

To help make the most of this new school, please take a moment to read through the valuable information in this month's newsletter and join us in protecting our children.

**Download the KnowBullying App**

We wish our local students, parents and teachers a successful & safe year of learning!

Sincerely,  
*Your Friends at Drug Free Collier*



## Did You Know Students Can Take An Active Role in Keeping Our Schools Safe & Could Earn A Reward?



Student Crime Stoppers is a safe and easy way to report a crime. With reward money of up to 1,000 dollars,

counselors, nurses, and mental health professionals.

While there are similarities between substance use and eating disorders, treatment requires different approaches, said Dr. Joann Hendelman, Clinical Director of The Alliance.

"It's like caging a tiger," she said. The substance abuser must abstain from the drug; while the individual with an eating disorder requires nutrition and cannot physically abstain from their "substance" or food.

To help illustrate this, Dr. Hendelman said that in treatment, individuals with a substance use disorder are asked to "cage" the "tiger" and leave it there. However, in treating people with eating disorders, the individual is asked to "cage the tiger," and go into that cage every day to put a leash on it and take it out for a walk, she added.

Studies estimate that 617,350 Floridians currently battle eating disorders. We are the 4th highest in the U.S., said Johanna Kandel, Founder of The Alliance.

Among adolescents, 50% of girls and 33% of boys admit to unhealthy methods to control weight, Kandel added. These methods often include smoking, fasting, vomiting and taking laxatives.

In females, 50% of individuals who battle with an eating disorder are also abusing drugs and/or alcohol.

Adolescents often turn to drugs, alcohol and deny food or purge for many of the same reasons: to numb feelings, to escape and cope with uncontrolled anxiety.

**HELP KEEP YOUR SCHOOL DRUG FREE**

Text now if you know someone selling or using drugs or drinking alcohol at school?

Tell someone and help keep your school drug free.

Text Crimestoppers at:

**CRIMES (274637) Keyword: REWARD**

**1-800-780-TIPS**

To Text: **CRIMES (274637) Keyword: REWARD**

*It's anonymous and you could be eligible for a cash reward.*

A partnership between Drug Free Collier, Southwest Florida Crime Stoppers, Collier County Sheriff's Office and Collier County Public Schools.

**DRUG FREE** **CRIME STOPPERS**

To receive information and be eligible for a reward call 1-800-780-TIPS (6477)

students across Southwest Florida are making our schools a safer place to learn by keeping drugs out and alerting authorities about other crimes both on and off campus. The anonymous TIPS line is available 24 hours and can be reached via text or by dialing:

## Alcohol Prevention With Students in Mind Check Out These Resources!

### Underage Drinking

When it comes to underage drinking, most youth deserve an **A+** *Prevention Works!*

**MOST YOUNG PEOPLE DON'T USE ALCOHOL.** Less than one fourth of 18- to 20-year-olds reported drinking alcohol in the past month.

**MORE YOUTH ARE RECOGNIZING THE RISK OF BINGE DRINKING.** More high school students understand that binge drinking carries great risk of physical or social harm and most disapprove of weekend binge drinking.

**YOUTH ARE WAITING LONGER TO START DRINKING.** In 2012, the average age of first alcohol use among those younger than age 21 was 15.5 years. In 2012, the average age was 14 years.

**54%** Fewer youth are drinking and then driving.

The number of teens ages 16 and older who drove while impaired has dropped by more than half - 54% - since 1991.

Visit <https://www.stateofalab.org> for more information on underage drinking prevention.

**SAMHSA**

### College Drinking

**Consequences of High-risk College Drinking**

UNIVERSITY

DEATHS: 1,825  
SEXUAL ASSAULTS: 97,000  
INJURIES: 599,000  
ASSAULTS: 696,000

Source: Hingson, R., Zha, W., & Weitzman, E. (2009). Magnitude of and trends in alcohol-related mortality and morbidity among U.S. college students ages 18-24, 1998-2005. *Journal of Studies on Alcohol and Drugs*, Issue 16: 12-20.

[MADD - Back to School Conversation Starters](#)

[Fall Semester - Time for Parents to Discuss College Drinking](#)

[Informed Families - Safe Homes Smart Parties](#)

[What Parents Need to Know About College Drinking](#)

### NEWS FROM OUR STATE

**Former Gov. Jeb Bush & Florida Chamber of Commerce join coalition.**  
Read more [here](#).

**Florida Medical Association Opposes Medical Marijuana**

Win an iPad mini!

**DON'T LET FLORIDA GO TO POT**

For more information on eating disorders, click [HERE](#).

Thanks to the generous support from the *Oliver-Pyatt Centers*, *The Renfrew Center* and *The Ranch* for making this valuable program possible.



**Special thanks to our good friend Tom Brady for helping us coordinate this important program!**



Read About the Street Smart Presentation offered at the CCPS's Summer Driver's Education Program. Check out this month's Life In Naples article [here](#).



Click [here](#) for a list of permanent locations to safely dispose of unwanted household medication.  
*It's a Prescription for Safe Kids & A Clean Environment!*

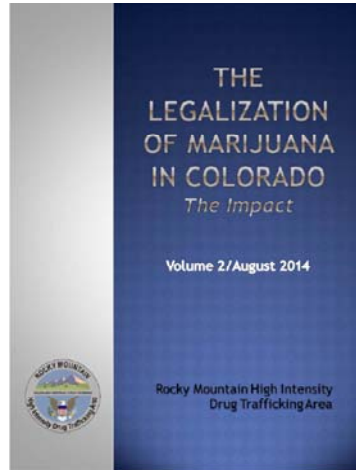
Contact Us...

**Drug Free Collier**  
P.O. Box 770759  
Naples, FL 34107

"Don't Roll Up" Poster Contest. Click [here](#) for all the details.

## Check Out These New Resources:

[But What About the Children?](#) - Protecting Kids if Marijuana is legalized  
[Don't be a lab rat](#) - State of Colorado Anti Marijuana Campaign  
[Infographic](#) - This is America on Drugs  
[Grass Is Not Greener](#) - A Project SAM initiative



Rocky Mountain High Intensity Drug Trafficking Area Report. Click [here](#) to see the impact of legalization in Colorado.

Learning Opportunity - Wednesday, September 17, 2014

## The Hidden Epidemic for Boomers and Older Adults: Substance Use, Misuse and Abuse.

**September 17, 2014 from 11:30 to 2 p.m.**  
**Moorings Park Center for Healthy Living**  
**132 Moorings Park Drive, Naples**

To RSVP, call Mary Cambell at (239) 659-2351  
Or email: [marycampbell@hazelden.org](mailto:marycampbell@hazelden.org)



239-377-0535

[info@drugfreecollier.org](mailto:info@drugfreecollier.org)  
[www.DrugFreeCollier.org](http://www.DrugFreeCollier.org)

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FREE LUNCHEON AND CONTINUING EDUCATION EVENT

The Hidden Epidemic for Boomers and Older Adults: Substance Use, Misuse, and Abuse



Brenda Iliiff

Please join Brenda Iliiff, executive director of Hazelden in Naples, Florida, and Denise Kitson, Director of Clinical Services at Park Royal Hospital in Ft. Myers, Florida, for an informative presentation exploring the unique addiction issues that baby boomers and older adults face and how professionals can effectively address these issues in treatment. More than ever, baby boomers and older adults are at risk of developing addiction.



Denise Kitson

Unprecedented access to powerful prescription medications along with a natural decline in the ability to metabolize alcohol and other drugs make adults over age 50 particularly vulnerable to addiction. Presentations will focus on special issues and sensitivities specific to the boomer and older adult population.

Wednesday, September 17, 2014

11:30 a.m. Registration  
noon-2:00 p.m. Lunch and event

Lunch will be provided by Park Royal Hospital.

This event will be held at  
**Mornings Park Center  
for Healthy Living**  
132 Mornings Park Dr.  
Naples, FL 34105



To assist in planning for this educational event please RSVP to Mary Campbell at **239-659-2351** or [marycampbell@hazelden.org](mailto:marycampbell@hazelden.org).

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[hazelden.org](http://hazelden.org)  
877-429-5093



[parkroyalhospital.com](http://parkroyalhospital.com)  
239-985-2760

**DRUG  
collier  
FREE**

[drugfreecollier.org](http://drugfreecollier.org)  
239-377-0535

Forward this email



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Try it FREE today.

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