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# CAMPBELL COUNTY, TN ANTI-DRUG COALITION

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## OUR DRUG FIGHT IS “AN AMERICAN ISSUE”

Representatives from both the U. S. House and Senate addressed nearly 1,400 attendees of the fourth National Rx Drug Abuse Summit Wednesday, April 8th, to discuss current and planned legislation addressing what has become a national crisis. “This is an American issue,” stated U.S. Senator Joe Manchin of West Virginia. “When you see Democrats and Republicans come together on an issue like this, I think that should give you some hope.” Effective policy change is not always easy, but not impossible to achieve, Manchin said, noting the U.S. Food and Drug Administration’s decision to reschedule Hydrocodone combination drugs in 2014.

U.S. Representative Harold “Hal” Rogers (KY-5th)

touched on two related priorities: implementation of mandatory prescriber education and continuing to improve state-run prescription drug monitoring programs (PDMPs). “Every state - except Missouri, I might add - currently has a PDMP that provides physicians with a critical glimpse at their patients’ prescription history,” Rogers said. “Over half of these states are sharing data with one another, thanks in large part to the leadership of the National Association of Boards of Pharmacy, and we are making impressive strides to more seamlessly integrate PDMP data into the doctor workflow.” “We still have a way to go but in the next few years PDMPs should absolutely become part of the standard of care for

anyone prescribing a prescription painkiller,” Rogers said.

As the only pharmacist in Congress, U.S. Representative Earl Carter (GA - 1st), said he brings a unique perspective to the arena. “I’ve seen how Rx pill addiction



ruins families and ruins careers.” Carter wants to see PDMPs across the country to be able to share information in real time and work seamlessly across state borders. “You don’t want government in your medicine cabinet, but the problem that we have is far greater than the intrusion,” he stated.



**40**  
PEOPLE A DAY DIE  
from narcotic prescription overdose

Enough prescription painkillers were prescribed in 2010 to  
**MEDICATE EVERY AMERICAN  
ADULT AROUND-THE-CLOCK  
FOR A MONTH**

Recovery Connection®

To see how Tennessee monitors our state, review:  
Prescription Monitoring Program State Profiles - Tennessee



# FAMILY CHECKUP

## POSITIVE PARENTING PREVENTS DRUG ABUSE



Families strive to find the best ways to raise their children to live happy, healthy and productive lives. Parents are often concerned about whether their children will start or are already using drugs; such as, tobacco, alcohol, marijuana, and others, including the abuse of prescription drugs. Research supported by the National Institute on Drug Abuse (NIDA) has shown the important role that parents play in preventing their children from starting to use drugs.

The Child and Family Center at the University of Oregon highlights parenting skills that are important in preventing the initiation and progression of drug use among youth. This Family Checkup contains five key questions.

**QUESTION 1: COMMUNICATION** Are you able to communicate calmly and clearly with your teenager regarding relationship problems, such as jealousy or need for attention?

Good communication between parents and children is the foundation of strong family relationships. Developing good communication

skills helps parents catch problems early, support positive behavior, and stay aware of what is happening in their children's lives.

**QUESTION 2: ENCOURAGEMENT** Do you encourage positive behavior habits in your teenager on a daily basis?

Encouragement is key to building confidence and a strong sense of self. Consistent encouragement helps youth feel good about themselves and gives them confidence to try: new activities, develop new friendships, explore their creativity, and tackle difficult tasks. It also helps parents promote cooperation and reduce conflict.

**QUESTION 3: NEGOTIATION** Are you able to negotiate emotional conflicts with your teenager and work toward a solution?

Negotiating solutions offers parents a way to work together to solve problems, make changes, promote and improve cooperation, and teach youth how to: focus on solutions rather than problems, think through possible outcomes of behavior, and develop communication skills.

**QUESTION 4: SETTING LIMITS** Are you able to calmly set limits when your teenager is defiant or disrespectful? Are you able to set limits on more serious problem behavior such as drug use, if or when it occurs?

Setting limits helps parents teach self-control and responsibility, show caring, and provide safe boundaries. It also provides youth with guidelines and teaches them that following rules is important for their success in life.

**QUESTION 5: SUPERVISION** Do you monitor your teenager to assure that s/he does not spend too much unsupervised time with peers?

Childhood is a period of major growth and change. Youth tend to be uncertain about themselves and how they "fit in," and at times they can feel overwhelmed by a need to please and impress their friends. These feelings can leave children open to peer pressure. Knowing your child's friends/peers helps parents improve communication, reduce conflict, and teach responsibility.

How is your family checkup?

**ALERT!!!! ALERT!!!!** A NEW REPORT BY THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA) SHOWS THAT FROM 2003 TO 2013, LEVELS OF PAST MONTH UNDERAGE CIGARETTE SMOKING AMONG THOSE AGED 12 TO 17 HAVE DROPPED SIGNIFICANTLY IN 49 OUT OF 50 STATES AND IN D.C. INCREASES IN E-CIGARETTE AND HOOKAH USE SHOW THAT AMONG HIGH SCHOOL STUDENTS, IT HAS INCREASED FROM 4.5 PERCENT IN 2013 TO 13.4 PERCENT IN 2014.

National Survey:  
**Youth E-Cigarette Use Triples While Cigarette Smoking Falls**

## JUNE HOLIDAYS AND SPECIAL OBSERVANCES

### MENS HEALTH EDUCATION AND AWARENESS MONTH AND NATIONAL SAFETY MONTH

- June 3rd - Campbell County Anti Drug Coalition Meeting at Roane State Community College at noon— Brown Bag Lunch on your own
- June 4th - Summer Health Celebration and Youth Event at the Dewey Hunter Center, LaFollette Housing Authority - 6 - 8 p.m.
- June 6th - D Day
- June 8th - United Way Emergency Food and Shelter Program meeting at LaFollette Utilities at 1 p.m.
- June 11th - Community Advisory Board Meeting at Cumberland Hope Church - 10:30 a.m.
- June 14th - Flag Day
- June 15th - 21st - Men's Health Week to emphasize proactive health practices for boys and men
- June 17th - Campbell County Health Council meeting
- June 18th - Anti-Drug Coalition Executive Board Planning session at 11 a.m. - Web Call In meeting
- June 21st - Father's Day and First Day of Summer
- June 23rd - Public Service Day
- June 27th - Great American Backyard Campout Day (Fourth Saturday)



# JUNE IS MEN'S HEALTH MONTH

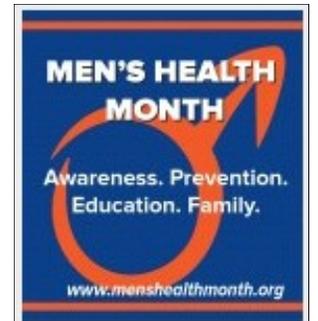
The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. Most men know by now that good lifestyle choices - such as exercising regularly, eating a

healthy diet, not smoking and drinking in moderation - make a big difference in staying healthy. Men may too often ignore these sensible recommendations but it's not because they're not aware of them.

What many don't realize is that environmental exposures also contribute to major diseases and health concerns that primarily affect men. There has been significant research in recent decades showing that chronic conditions such as heart disease, pro-

tate cancer infertility may be linked to everyday exposures to chemicals in water, consumer products and food.

Additionally, many men don't know that they're at higher risk for developing skin cancer and dying from its most fatal form, melanoma. There's not much you can do about your genetics, but there are lots of ways to reduce exposure to potential harmful chemicals and risk factors. Men should be more proactive in reducing risk factors.



# HOME AND RECREATIONAL SAFETY

According to the National Safety Council *Injury Facts 2015*, in 2013, an estimated 93,200 unintentional-injury related deaths occurred in the home and community. Families need to be aware of the dangers related to homes and recreation and take the proper safety precautions to prevent unintentional

injuries and deaths. The following are the top causes:

- Motor vehicles
- Poisoning
- Falls
- Choking
- Drowning
- Fires and Burns
- Weather Related Emergencies

## Home Safety

Home safety is a daily responsibility. Fortunately, there are plenty of products and resources available to help you and your family maintain safe and comfortable living.



**SUPPORTED BY:**

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- CHRIS STANLEY, Caryville City Mayor**
- JACK CANNON, Jacksboro City Mayor**
- FORRESTER BAIRD, Jellico City Mayor**
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# GOOD SAMARITAN IN TENNESSEE

Drug overdoses are a major cause of preventable death in Tennessee. Increasingly, this includes prescription opioids. In fact, Tennesseans 18 - 25 years of age are using prescription opioids at a 30 percent higher rate than the national average. Deaths caused by opioids are often preventable; however, often times medical assistance is not sought by those in need or their companions for fear of being arrested for use, possession, or other drug-related crimes. Tennessee has enacted the Good Samaritan Law in an effort to reduce the number of overdose-related deaths by encouraging people to seek help.

Under this new Tennessee bill, any person who in good faith seeks medical assistance for a person experiencing or believed to be experiencing a drug overdose, the

person for whom such medical assistance is requested or any person experiencing a drug overdose who in good faith seeks medical assistance will not be subject to the following if related to the seeking of medical assistance:

1. Arrest, charge or prosecution for simple possession and casual exchange or possession of drug paraphernalia, if the evidence for such arrest, charge, or prosecution resulted from seeking such medical assistance;
2. Penalties for a violation of a condition of pretrial release, condition of probation, or condition of parole based on a drug violation.

It does not:

1. Limit the admissibility of any evidence in connection with

the investigation of a crime with regard to a defendant who does not qualify for the above protections or with regard to other crimes committed by a person who otherwise qualifies for the above protections;

2. Limit any seizure of evidence or contraband otherwise permitted; or
3. Limit or abridge the authority of a law enforcement officer to detain or take into custody a person in the course of any investigation or to effectuate an arrest for any offense except as provided above.

**Note: An amendment was added on to the bill which limits immunity to overdose victims to a person's first overdose.**

