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# CAMPBELL COUNTY, TN ANTI-DRUG COALITION

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## ALCOHOL IS STILL THE DRUG OF CHOICE AMONG TEENS

This is why alcohol kills more young people than all other drugs combined and who we remain focused on stopping alcohol use under the age of 21

## PARENTS OF TEENS: STEPS TO TAKE AT HOME ABOUT UNDERAGE DRINKING

Help your son or daughter steer clear of the dangers of underage drinking with these five steps:

### Step 1: Think of your self as a coach

Your role in preventing underage drinking is similar to coaching. You can help your teen by:

- Sharing information
- Discussing choices and monitoring behavior
- Helping your teen anticipate and handle challenging situations
- Cheering your teen on to make smart, safe choices

### Step 2: Get busy communicating

Begin a series of conversations with your child - proactively, before they get caught drinking - about how:

- Alcohol is a drug with serious sedative effects
- Drinking has health dan-

gers and other risks for young people

- It is illegal to drink before the age of 21
- You want your teen to be safe and respect the law
- Your teen can plan ways to resist peer pressure to drink

### Step 3: Keep track of your teen

You need to know what your teen does after school at night, and on weekends - and with whom

- Agree on rules, limits, and consequences
- Monitor all in-person and online activities
- Know your teen's schedule
- Make sure he or she has your permission for activities
- Talk to parent so kids with whom your teen spends time

- Enforce consequences consistently

### Step 4: Show respect and caring

Your teen will respond better when you:

- Listen respectfully to his or her ideas and concerns
- Explain that rules, limits and consequences are meant to protect them
- Help your teen think logically and make smart choices
- Remind your teen how much you love and care about them

### Step 5: Be a positive role model

Your teen will be most receptive to your guidance if you lead by example and act responsibly.

- Drive carefully and abide by the rules of the road

**FOR TEENS, ALCOHOL IS AN ILLEGAL AND DANGEROUS DRUG. THAT'S WHY PARENTS NEED TO ENFORCE ZERO TOLERANCE.**

*[Info From Parents Do Matter by MADD]*

Sign up to receive the MADD's research based teen booklet: Learn the best way to take a stand against underage drinking



**62+% of High School Seniors report alcohol use during the past year**

## CADCA BOOK CLUB

### “As Sick As Our Secrets” - A Doctor’s Story of Recovery



In his latest book, “As Sick as Our Secrets,” Dr. Steven Farber details his descent into addiction and his ascent back to life. The doctor reflects on his disease with the hope that the reader will take the steps to find their own recovery and healing.

The truth is most addicts and alcoholics aren’t morally bankrupt individuals, although their behavior often makes them appear that way when it comes to light. Many of them are your next door neighbors, your lawyers and doctors, and even your community leaders. In other words, alcoholics and addicts are often the people you profoundly respect and often rely on, sometimes to save your life.

Dr. Farber specialized in the diagnosis and treatment of cardiovascular diseases for more than 25 years in the Houston area. He founded the “Heart of Montgomery County,” a non-profit organization whose mission was to improve access to affordable healthcare for the community’s indigent and uninsured population.

He spent his adult life taking care of other’s hearts while attempting to mend his one broken one through drug and alcohol use. While working by day as a doctor, at night Dr. Farber turned to cocaine and Xanax.

Writing as if he were speaking to a friend, in vivid and oftentimes uncomfortable detail, Dr. Farber addresses his past while reflecting on his future

“As Sick as our Secrets” takes the Band-Aid off and exposes his wounds.

“Writing my story in this way is the only way I could do it. If my book can help a few people, then it has served its purpose.” he said. “I want somebody to read the book and have it hit them in the gut. I didn’t want them to read it. I wanted them to feel it.”

Dr. Farber writes in the same way he practiced medicine in the operating room at the hospital and in private practice, giving it his all. He gave so much to his patients, he said, that ironically, he didn’t give himself a chance to recover. In his book, he chronicles his marriages, raising four children, coping with the loss of his youngest child, his double lives.

“This is truly a catharsis. I was true to everyone else but me and didn’t take care of myself,” Dr. Farber said.

Sober for more than five years, part of Dr. Farber’s life-long recovery is his “emotional sobriety.”

I can’t go back to my old behavior. I must continue to go to AA meetings on a regular basis and help others. Going to meetings and hearing others “share” (and sharing my own experiences and feelings) reinforces my spiritual fitness. This is crucial to my sobriety.

When his drug use made Texas headlines in 2007,

Farber was left without his medical practice, his license suspended. It forced him to get help and save his own life, finding an effective rehab program and hoping to raise awareness about the national prescription drug abuse epidemic. He also wants to be active in a coalition to see how he can help.

Through his book, Farber accepts responsibility for his actions and comes clean to the public, but, more importantly, to himself. He was recently diagnosed with ADD and is being properly treated for his depression. He said “As Sick as Our Secrets” is as helpful to other addicts as it is for doctors.

“Doctors need to be better equipped for noticing the signs of addiction and trauma in their patients. Doctors prescribe a pill for a quick fix without oftentimes having enough time to look at the whole person,” Dr. Farber said.

Farber may have spent more than two decades healing others’ bodies but these days, he is looking at ways to heal peoples’ minds, spirits and bodies, removing stigma, and spending time integrating Western and Eastern medicine. This book is available on Amazon.com.



**IMPORTANT DATES AND ACTIVITIES IN THE MONTH OF FEBRUARY**  
**FEBRUARY IS AMERICAN HEART MONTH AND BLACK HISTORY MONTH**

Feb 1st - National Freedom Day 

Feb 2nd - SUPER BOWL SUNDAY; Ground Hog Day  

Feb 3rd - Campbell County Anti-Drug Coalition meeting at RSCC at 5 p.m.

Feb 7th - Opening of the Olympics

Feb 8th - Boy Scout Day

Feb 12th - Community Advisory Board meeting at Cumberland Hope Church at 10:30 a.m.

Feb 14th - Happy Valentine's Day; National Organ Donor Day 

Feb 17th - President's Day 

Feb 23rd - Olympics end today

Feb 24th - CAJI meeting at the Juvenile Services Building at 5 p.m.

Feb 28th - Tennessee Valley Coalition to End Homelessness meeting at 10 a.m. in Knoxville



**CALENDAR YEAR 2013 ACTIVITY REPORT FOR THE  
 CAMPBELL COUNTY SHERIFF'S DEPARTMENT**



**CALLS FOR SERVICE - PARTIAL LISTING**

Escorts - 967	Drunk/Drugged Driving - 93	Prowler - 143
Civil Process - 210	Armed Robbery - 4	Welfare check - 342
Child Custody - 114	Attempted Suicide - 41	Public Drunk - 47
Shootings - 28	Suicide - 7	Fight Calls - 58
Runaway Juveniles - 24	Harassment/Threats - 337	Dead Body - 46
Missing Persons - 72	Trespassing - 61	Mental Person - 39
Alarms - 800	B&E Residence - 295	Property Check - 117
Stolen Vehicles - 115	Fire - 134	Assault - 111
Property Damage Crashes - 501	Stolen/Lost Property - 617	Child Abuse - 9
Juvenile Problem - 87	Officer Assistance Calls - 110	Indecent Exposure - 4
Traffic Stops - 2,033	Drug Traffic - 165	Sick/Injured Person - 303
Domestic Dispute - 463	Disturbance - 386	Suspicious Person/ Vehicle - 1,232

**THEY RESPONDED TO 13,273 CALLS FOR SERVICE IN 2013**



**The Issue.**

**22 million** Americans have a substance dependence or abuse problem.

**11 million** are between the ages of 12 and 29.

Addiction is a disease rooted in adolescence. It's a public health issue that is both common and costly. It can cause or worsen medical problems. It can devastate families, communities, schools and lives.

**ONLY 10 PERCENT** of those struggling with substance abuse issues ARE GETTING THE HELP THEY NEED.

Preventing and getting help for adolescent substance abuse issues can have a huge and lasting impact, not only on the lives of kids and their families, but also on the cost of health care and the strength and productivity of the whole country.

Parents, teachers and other community stakeholders are among the most effective people in helping to prevent and reduce teen substance abuse and addiction.

*Drug and alcohol abuse is a preventable behavior.*

**THE CAMPBELL COUNTY, TN ANTI-DRUG COALITION IS SUPPORTED BY:**

William Baird, Campbell County Mayor  
Chris Stanley, Caryville Mayor  
Jack Cannon, Jacksboro Mayor  
Les Stiers, Jellico Mayor  
Mike Stanfield, LaFollette Mayor



**EXECUTIVE COMMITTEE MEMBERS:**

Rebecca Brandenburg-Herrell, Chairperson (Community Health of East Tennessee)  
Duane Mills, Vice Chairperson (Pastor, First Baptist Church of LaFollette)  
Phyllis Clingner, Secretary (Community Health of East Tennessee)  
Aaron Evans, Treasurer (Chief Deputy, Campbell County Sheriff's Department)

**OTHER EXECUTIVE BOARD MEMBERS:**

Eunice Reynolds, Director of Campbell County Schools Special Programs  
Robbie Goins, Campbell County Sheriff  
Jimmy Jeffers, LaFollette City Police Chief  
Linda Price, Eighth Judicial District Attorney General's Representative  
Lori Phillips-Jones, Eighth Judicial District Attorney General  
Wycliffe Jangdharrie, SFC, TNARNG Counterdrug Task Force (Liaison, Ad Hoc)



**SUPERBOWL XLVIII - FEBRUARY 2, 2014 DRUNK DRIVING PREVENTION CAMPAIGN**

The National Football League (NFL) and Techniques for Effective Alcohol Management (TEAM) Coalition, have joined forces with local highway safety and law enforcement officials to spread the message about designating a sober driver on Super Bowl Sunday, because - Fans Don't Let Fans Drive Drunk.

If you're hosting a Super Bowl party:

- Make sure all of your guests designate their sober drivers in advance, or help arrange ride-sharing with sober drivers.
- Serve plenty of food and non-alcoholic beverages at the party.
- If you plan to stay sober, offer to drive guests home.
- Encourage guests to pace themselves.
- Host your party like they do at the stadium. Stop serving alcohol at the end of the third quarter of the game. The fourth quarter is perfect for serving coffee and dessert.
- Keep the phone numbers of local cab companies on hand and take the keys away from anyone who is thinking of driving drunk.
- Remember, you can be held liable and prosecuted if someone you served ends up in a drunk-driving crash.
- If an underage person drinks and drives, the parent may be legally liable for any damage, injury or death caused by the underage driver. If the parents host a party where alcohol is available to those under 21, could face jail time.



**FEBRUARY IS AMERICAN HEART MONTH**

Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable. Every journey begins with one step, whether it's climbing a mountain or preventing heart disease. This American Heart Month, the CDC is offering weekly tips for better heart health. Take your first step on the road to a healthy heart with us. Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 die from heart disease in the United States each year - that's 1 out of 4 deaths. Heart disease is the leading cause of death for men and women. The five major symptoms of a heart attack are: Pain or discomfort in the jaw, neck, or back; Feeling weak, light-headed, or faint; Chest pain or discomfort; Pain or discomfort in arms or shoulder; Shortness of breath; If you think that you or someone you know is having a heart attack, call 9-1-1 immediately. To prevent an attack: Eat a healthy diet; Maintain a healthy weight; Exercise regularly; Monitor your blood pressure; Don't smoke; Limit alcohol use; Have your cholesterol checked; Manage your diabetes; Take your medicine. For more information, see Million Hearts™, which is a national initiative to prevent 1 million heart attacks and strokes in the United States by 2017. Together, we can prevent heart disease, one step at a time...