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CAMPBELL COUNTY, TN ANTI-DRUG COALITION

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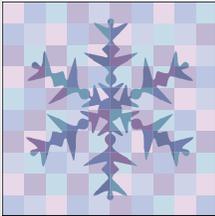
**SPECIAL POINTS
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IN PREGNANCY CAN
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**FOR MORE
INFORMATION:**

*[If You Are in Im-
mediate Danger
Call 911]*

Family Services
Center:
423-562-8325

County Sheriff:
423-562-7446

LaFollette Police:
423-562-8331

Jacksboro Police:
423-562-9312

Caryville Police:
423-562-9478

Jellico Police:
423-784-6123

JANUARY IS NATIONAL STALKING AWARENESS MONTH



January is National Stalking Awareness Month, a time to focus on a crime that affected 6.6 million victims in one year. The theme - **“Stalking: Know It. Name It. Stop It.”** - challenges the nation to fight this dangerous crime by learning more about it.

Stalking is a crime in all 50 states, the U. S. Territories and the District of Columbia, yet many victims and criminal justice professionals underestimate its seriousness and impact. In one of five cases, stalkers use weapons to harm or threaten victims, and stalking is one of the significant risk factors for homicide of women in abusive relationships. Victims suffer anxiety, social dysfunction, and severe depression at much higher rates than the general populations, and many lose time from work or have to move as a result of their victimization.

Stalking is difficult to recognize, investigate, and

prosecute. Unlike other crimes, staling is not a single, easily identifiable crime, but a series of acts, a course of conduct directed at a specific person that would cause that person fear. Stalking may take many forms, such as assaults, threats, vandalism, burglar, or animal abuse, as well as un-



wanted calls, gifts, or visits. One in four victims reports that the stalker uses technology, such as computers, global positioning system devices, or hidden cameras, to track the victim's daily activities. Stalkers fit no standard psychological profile, and many stalkers follow their victims from one jurisdiction to another, making it difficult for authorities to investigate and prosecute their

crimes.

Communities that understand stalking, however, can support victims and combat the crime. “If more people learn to recognize staling,” said Campbell County Sheriff Robbie Goins, “we have a better chance to protect victims and prevent tragedies.”

The Campbell County, TN Anti-Drug Coalition, Sheriff's Department, and local Family Services Center staff will be available to promote awareness and public education about stalking during the Awareness Month. For more information, contact your local law enforcement office, the County Sheriff's office or Rebecca Brandenburg-Herrell, Chief Operating Officer for the Community Heath Family Services Center, our local Domestic Violence Services Provider for Campbell and the surrounding counties. For more information, visit: <http://stalkingawarenessmonth.org>. and www.usdoj.gov.

STALKING: KNOW IT. NAME IT. STOP IT.





DID YOU KNOW?

On any given night, the VA estimates that there are more than 300,000 homeless veterans living on the streets, across our country.



POINT IN TIME COUNT

FOR AREA HOMELESSNESS - TVCEH



Tuesday, January 28th will be the National Point in Time Count, mandated by HUD (Housing and Urban Development). Beginning at 12:01 a.m., up until midnight, teams of volunteers will be collecting data, regarding the housing situations of area individuals and families, who are without safe, affordable housing. This effort will once again be coordinated by the Tennessee Valley Coalition to End Homelessness, which is located in Knoxville. The TVCEH is the official, approved Continuum of Care organization, recognized by the Tennessee Housing Development Agency as the state ap-

proved HUD point of contact.

This Point in Time Count has resulted in our county to be eligible for thousands of dollars, to assist families and individuals who need help and meet eligibility guidelines - over the past four years. Campbell County has successfully participated in this area effort, due to the leadership of the county mayor's office staff, and the assistance with all area law enforcement agencies. We will again need volunteers to work on teams assigned to cover different regions of the county, along with law enforcement.

We also count on area churches, and other

providers, to let us know of families who were placed in motels - who were homeless and needed shelter paid for by the church or agency, provided that day. We continue to work closely with school officials, in getting the numbers of students who are homeless, and with utility companies, postal workers and others, in locating families living in unfit conditions - especially at this time of year.

Would you be willing to help? If so, please contact Debi Mikesell, County Mayor's office at 562-2425, or Phyllis Clingner, Community Health of East Tennessee, Inc., at 563-1035 for a training session

DISCIPLINE ISN'T A DIRTY WORD

Discipline isn't a dirty word. In fact, assertive discipline helps children understand that their behavior always has consequences and that those consequences are carried out in a predictable, loving environment. This means your child will feel safe and secure and will know what to expect.

For parents, as-

sertive discipline means you are prepared. You set clear ground rules and tell your child what to do rather than what not to do. You give clear, calm instructions and are consistent from one day to the next. Your child will soon learn that you always follow through. They know that you mean what you say. But you also

don't have to jump on every minor problem. Ignore misbehavior you think is an attempt to get attention. Don't make a fuss and it may go away. Discipline helps children learn: Accept necessary rules and limits; Develop self-control; Consider others; Take responsibility for their actions; Express feelings, and respect others.



JANUARY IS NATIONAL BLOOD DONOR MONTH

[Consider giving this to this vital need in our community]

Jan. 1st - New Year's Day

Jan. 6th - Anti-Drug Coalition Meeting Day at Roane State Community College at 5 p.m.; students return to classrooms following winter break; Epithany

Jan. 8th - Community Advisory Board Meeting at Cumberland Hope Church at 10:30 a.m.

Jan. 12th - National Pharmacist Day - let them know we appreciate their guidance and services

Jan. 20th - Martin Luther King Day

Jan. 24th - Tennessee Valley Coalition to End Homelessness meeting in Knoxville at 10 a.m.

Jan. 27th - Coalition Addressing Juvenile Issues (CAJI) meeting at 5:00 at the Juvenile Justice Annex Building

Jan. 28th - Point In Time Count Day, beginning at 12:01 a.m. until 12 midnight



EARLY SIGNS THAT MAY PREDICT LATER DRUG USE

FROM 'INFORMED FAMILIES'

What are the early signs of risk that may predict later drug use? According to the **National Institute on Drug Abuse**, some signs of risk can be seen as early as infancy or early childhood, such as **aggressive behavior, lack of self-control, or difficult temperament**. As the child gets older, interactions with family, at school, and within the community can affect that child's risk for later drug abuse.

Children's earliest interactions occur in the family; sometimes family situations

heighten a child's risk for later drug abuse, for example, when there is:

- A lack of attachment and nurturing by parents or caregivers;
- Ineffective parenting; and
- A caregiver who abuses drugs

But families can provide protection from later drug abuse when there is:

- A strong bond between children and parents
- Parental involvement in the child's life; and
- Clear limits and consistent enforcement of discipline

Interactions outside the

family can involve risks for both children and adolescents, such as:

- Poor classroom behavior or social skills;
- Academic failure; and
- Association with drug-abusing peers

Association with drug-abusing peers is often the most immediate risk for exposing adolescents to drug abuse and delinquent behavior. Other factors - such as drug availability, trafficking patterns, and beliefs that drug abuse is generally tolerated - are risks that can influence young people to start abusing drugs.



DID YOU KNOW?

According to the National Survey on Drug Use and Health (NADUH), an estimated 20 million Americans aged 12 or older used an illegal drug in the past 30 days. This estimate represents 8% of the population aged 12 years old or older. Additionally, the nonmedical use or abuse of prescription drugs - including painkillers, sedatives, and stimulants - is growing, with an estimated 48 million people ages 12 and older using prescription drugs for nonmedical reasons. This represents approximately 20 percent of the U.S. population

DID YOU KNOW?

Alcohol is the most commonly used addictive substance in the U.S. 17.6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence along with several million more who engage in risky drinking patterns that could lead to alcohol problems. More than half of all adults have a family history of alcoholism or problem drinking, and more than seven million children live in a household where at least one parent is dependent or has abused alcohol.

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)



TOBACCO, DRUG USE IN PREGNANCY CAN DOUBLE RISK OF STILLBIRTH



Smoking tobacco, or marijuana, taking prescription painkillers, or using illegal drugs during pregnancy is associated with double or even triple the risk of stillbirth, according to research funded by the National Institutes of Health.

Researchers based their findings on measurements of the chemical byproducts of nicotine in maternal blood samples; and cannabis, prescription painkillers and other drugs in umbilical cords. Taking direct measurements provided more precise information than did previous studies of stillbirth and substance use that relied only on women's self-reporting. The study findings appear in the journal of *Obstetrics & Gynecology*.

"Smoking is a known risk factor for stillbirth, but this analysis gives us a much clearer picture of the risks than before," said senior author Uma M. Reddy, M.D., MPH, of the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD), the NIH institute that supported the study "Additionally, results from the latest findings also showed that likely exposure to secondhand smoke can elevate the risk of stillbirth."

Dr. Reddy added, "With the legalization of marijuana in some states, it is especially important for pregnant women and health care providers to be aware that cannabis use can increase stillbirth risk."

The study enrolled women between March 2006 and September 2010 in five geographically defined areas delivering at 59 hospitals participating in the Stillbirth Collaborative Research Network. Women who experienced a stillbirth and those who gave birth to a live infant participated in the study. The researchers tested blood samples at delivery from the two groups of women and the umbilical cords from their deliveries to measure the exposure to the fetus. They also asked participants to self-report smoking and drug use during pregnancy.

Dr. Reddy collaborated with first author Michael W. Varner, M.D., of the University of Utah School of Medicine, in Salt Lake City, and network researchers from Emory University, in Atlanta, GA; RTI International, in Research Triangle Park, NC; the University of Texas Medical Branch at Galveston; the University of Texas Health Science Center at San Antonio; Brown University, in Providence, RI, and the NICHD, in Bethesda, MD.

Based on the blood test results and women's own responses, the researchers calculated the increased risk of stillbirth for each of the substances they examined:

- Tobacco use - 1.8 to 2.8 times greater risk of stillbirth, with the highest risk found among the heaviest smokers
- Marijuana use - 2.3 times greater risk of stillbirth
- Evidence of any stimulant, marijuana, or prescription painkiller use - 2.2 times greater risk of stillbirth
- Passive exposure to tobacco - 2.1 times greater risk of stillbirth

More on the study is available at: <http://www.nih.gov/news/health/dec2013/nichd-11.htm>

