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CAMPBELL COUNTY, TN ANTI-DRUG COALITION

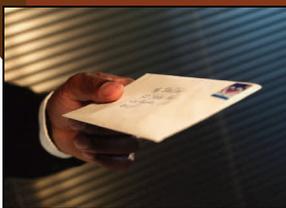
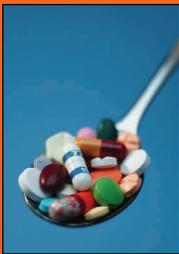
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OCTOBER IS NATIONAL MEDICINE ABUSE AWARENESS MONTH

SPECIAL
POINTS OF
INTEREST:



Did you know

that more than 6 million people ages 12 or older have abused a prescription drug and one in 10 youth ages 12 through 17, or 2,400,000 children, reports having intentionally abused cough medicine to get high? We want to help raise awareness about the dangers of prescription (Rx) drug abuse and over-the-counter (OTC) cough medicine abuse by taking part in National Medicine Abuse Awareness Month, observed annually in October.



National Medicine Abuse Awareness Month urges communities to educate parents and youth of the potential dangers associated with prescription and OTC medicine abuse and to hold educational events throughout the month of October to spur discussions in the community.

According to the 2009 National Survey on Drug Use and Health, considered the preeminent national study on teen substance abuse, since 2002 prescription drug abuse has jumped **20 percent among**

those ages 12 and older. Among those **ages 12-17, prescription drug abuse increased 17 percent,** jumping from 2.3 percent of youth in 2008 to 2.7 percent in 2009. In addition, the 2009 Monitoring the Future Survey showed that **5 percent of teens have abused an over-the-counter cough medicine to get high** over the past year.

National Medicine Abuse Awareness Month is an ideal launching pad for any medicine abuse prevention efforts for us to use.

LET OUR NATIONAL LEGISLATORS HEAR FROM US!!!!!!

We want to encourage our communities to take part in helping to raise awareness about over-the-counter cough (OTC) medicine abuse. Unfortunately, it is an issue that often flies under parent's radar. However, the fact is that roughly one out of three teenagers knows some-

one who has abused OTC cough medicine to get high.

Please consider submitting a letter urging our legislators to co-sponsor the PACT Act! U.S. Senators Bob Casey (D-PA) and Lisa Murkowski (R-AK) reintroduced the bi-partisan legislation to prohibit the sale of

OTC cough medicines containing dextromethorphan (DXM) to anyone under the age of 18.

Don't forget to share with your friends and family and encourage them to do the same! Your support can positively impact your legislators' involvement on this important issue.

CRIME PREVENTION IS ENHANCED WITH THE HELP OF NEIGHBORHOOD WATCH PROGRAMS



WARNING!!!

Since we all use the applications on our smartphones to enter personal data, we need to be self-aware of the dangers. Here is a brief list of steps to remain victim free.

1. Use Anti-spyware, anti-virus, anti-spoofing, and anti-adware on all your devices
2. Only enter personal data on secure, trusted and verified sites or applications
3. If selling an old device ensure the data is erased by a professional
4. Never open a link or attachment from someone you do not know



attachment from someone you do not know

CRIME PREVENTION MONTH!!

Article provided by the Campbell County Sheriff's Department

Unfortunately, you can become a victim of a crime any day, any time and any place and it doesn't factor in what your occupation is or even the community that you call your home. You can become a victim. Crime has been rising in large cities in the United States and the rural areas are more prevalent in crimes being committed. The Campbell County Sheriff's Office is firmly committed in maintaining the Charge of protecting its citizen's safety but we cannot do it alone. Criminals look for the easiest targets and actions that cause the least possible chance of getting caught. Your job, whether protecting yourself or your property, is to make the crime more difficult and risky for the perpetrator.

The best and proven tool in combating crime is self-awareness in three important areas; personal security, home security, and cyber security. Sheriff Robbie Goins is a proponent of self-awareness as a deterrent and prevention of crimes against citizens.

Personal safety is a task requiring constant evaluations and modifications as you change your location from the time you awake until you turn in for the evening. Therefore, you must be prepared at all times. Here is a list of a few steps for personal security.

1. Take a self-defense training course from a reputable source
2. Take the NRA's "Refuse to be

- a Victim" course
3. Train yourself in being confident
4. Always be constantly aware of your surroundings and adjust to maintain safety

The detailed list of crime prevention in personal safety is vast and cannot possibly be listed all in this article. When one learns the basics of personal safety all the details for all situations fall into place.

The next important crime prevention is in the home. Our homes are the safety and security in our lives. When one becomes a victim of a residence crime, it makes some people feel violated even though they might not have been home as the crime happened. Therefore, it is imperative to secure our homes. Here is a basic list to prevent crimes to our homes.

1. Install a home security system; not just a burglar alarm
 - A. Install cameras inside and out preferably interfacing with the alarm
 - B. Smartphones can view the cameras from where ever you are
2. Remove the foliage around the immediate area of your home
 - A. Criminals use the foliage to conceal themselves from view
3. Light up the exterior with timers
4. Install dead bolt locks
5. Remove large objects from around the home to prevent

them thrown into windows. It becomes a point of entry for the criminal.

6. **Do NOT** use social media to advertise you are going on vacation or leaving for a period of time

7. Use a floor bolted safe for guns and other high valuables

When you recall the year 1995 it does not include the term "cyber security." Today, if you do not implement security on the internet, you are going to be a victim of theft and or identity theft. We depend on a stable, safe, and resilient cyberspace. Our daily life, economic vitality, and national security functions depend on it. Our life will forever more be available online, so diligence in crime prevention and awareness is paramount.

You are the first and foremost important aspect in crime prevention. You must be self-aware in order see the dangers and have the knowledge to act upon it. Sheriff Robbie Goins understands that his office cannot be everywhere at all times to prevent crimes that will occur. It takes a correlated effort of self-awareness by the citizens, knowledge by them to act and a Sheriff that understands the criminal mind set. Sheriff Goins does understand and fights back with the power of knowledge and education for our citizens.

IMPORTANT DATES AND EVENTS DURING OCTOBER:

DOMESTIC VIOLENCE AWARENESS MONTH

NATIONAL CRIME PREVENTION MONTH

NATIONAL BULLYING PREVENTION AWARENESS MONTH

BREAST CANCER AWARENESS MONTH



- October 5th - 5 K Run Fundraiser for the Domestic Violence Shelter at Cover Lake State Park, registration at 7:30 a.m.
- October 7th - Anti-Drug Coalition meeting at Roane State 5 p.m.; World Day of Bullying Prevention; Child Health Day
- October 9th - Community Advisory Board Meeting at Cumberland Hope Church 10:30 a.m.
- October 10th - S.A.V.E.(Stop America's Violence Everywhere Day; World Mental Health Day
- October 11th - Community Advisory Board Resource Training Day at New Life Ministry Center at 8:30 a.m. - 4:00 p.m.
- October 13th - Clergy Appreciation Day
- October 14th - Columbus Day 
- October 16th - Boss's Day
- October 17th - International Day for the Eradication of Poverty 
- October 19th - Sweetest Day
- October 24th - United National Day; Executive Committee Planning Session for the November Anti-Drug Coalition mtg.
- October 25th - Community Health Family Services Center Chili Cook-Off; Campbell County Foster Care Review Board Training at Cove Lake State Park 8:30a.m. - 4:00p.m.
- October 28th - Coalition Addressing Juvenile Issues Meeting at CHET Administrative Offices at 5 p.m. 
- October 31st - **HALLOWEEN** 

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Most people believe that domestic violence occurs only when someone is physically harmed - this is not true. Domestic violence occurs when a perpetrator, or abuser, uses Power and Control tactics against their partner to force them to do something. Some of those tactics include: using intimidation; using emotional abuse; using isolation; minimizing, denying, and blaming; using children; using male privilege; using economic abuse; and using coercion and threats.



OCTOBER IS BULLYING PREVENTION AWARENESS MONTH

Bullying is defined as a conscious, willful, deliberate and repeated hostile activity perpetrated by an abuser who possesses more physical and/or social power and dominance than the victim - and intimidates them in some way. Although bullying is generally thought of as a childhood problem, it takes many forms across the lifespan: sexual harassment, gang attacks, dating violence, assault, domestic violence, child abuse, harassment in the workplace, and elder abuse. We must join forces to fight bullying behaviors at all age levels!



DID YOU KNOW?

In a U. S. government survey of teen drinkers, 69% said they got alcohol without having to pay for it? 79% of Americans reject the push to lower the drinking age.

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 (Director of Campbell County Health Department)

OTHER EXECUTIVE BOARD MEMBERS:

- Eunice Reynolds, Director of Campbell County Schools Special Programs
- Robbie Goins, Campbell County Sheriff
- Aaron Evans, Chief Deputy, Campbell County Sheriff's Department
- 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)



SNAPSHOT: GRANDPARENTS RAISING GRANDCHILDREN



GRANDPARENTS PLAY AN IMPORTANT ROLE IN PREVENTING THEIR GRANDCHILDREN FROM DRINKING AND USING DRUGS

Overall, today, grandparent caregivers are relatively young - more than two-thirds (67%) are younger than age 60 with 13% younger than age 45. This likely reflects the fact that younger grandparents are still physically able to take on the needs of grandchildren.

Some 62% of grandparent caregivers are women, and 38% are men. Two-thirds of grandparent caregivers are married, while 34% are not.

The majority of grandparents who care for their grandchildren have been doing so for quite a long time. More than half (54%) report that they have been the primary caregiver to at least one grandchild for three years or more, and 23% have been the primary caregiver to a grandchild for between one and two years.

In his book, The Grandparent Guide: The Definitive Guide to Coping with the Challenges of Modern Grandparenting, Dr. Kornhaber, MD has identified the following grandparental roles:

ANCESTOR - you function as an ambassador to the past, a powerful figure in the present, and a role model for the future.

HISTORIAN - Sharing your own life experiences as well as those of your ancestors will give your grandchild a sense of continuity and belonging

MENTOR - You are a cheerleader firing his/her imagination, inspiring their dreams, nurturing their spirit, and encouraging their intellectual growth while giving them a sense of self-worth.

ROLE MODEL - Your actions show your children and grandchild-

dren how they should behave as grandparents of the future.

SPIRITUAL GUIDE - Acting as a spiritual guide involves teaching your grandchild to harvest such fruits of the spirit as love, tolerance, compassion, reverence, joy, peace, gentleness, faith, and kindness.

STUDENT - Just as you teach and inspire your grandchild with your knowledge, he/she can teach and inspire you with her knowledge of contemporary times across generations and motivate you to jumpstart your capacity to grow. And change.

WIZARD - Activate your own wizardry and be your grandchild's companion in the preternatural world of make-believe and illusion, of dreams and surprises. Fly together on the wings of fancy!

