

Chemical Abuse Prevention Association

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Special points of interest:

- Senior Wellness Day
- Speaker: Judy Galbraith, September 24th
- AlcoPro Passive Alcohol Breathalyzers at the High School
- Project Northland

C.A.P.A. Undergoes Changes: New Leadership and Additional Staff on Board

Exciting and positive changes are occurring at C.A.P.A. Though our overall objectives remain the same, we are enhancing our community based efforts. The C.A.P.A. coalition has undergone several changes as we continue to increase our strength with the addition of new members representing a cross section of all aspects of life in our community. Dr. Carla Calevich, Director of Curriculum and Instruction with the Brecksville-Broadview Heights City School District continues to provide guidance and leadership to C.A.P.A. as our new coalition chairperson. In addition, we welcome two new Vice-Chairs to our coalition board, Pam Coletta representing Broadview Heights and Kelly McNeill representing Brecksville.

Pam has been a member of CAPA since 2004 when she moved to Cleveland from Detroit, Michigan. She has a vast amount of experience in the field of education, with degrees in honors arts and special education. She has two sons in the Brecksville-Broadview Heights school system and has served in the P.S.O.

Kelly is a parent of two sons who are in the Brecksville-Broadview Heights school system. She works at the Brecksville Community Center as the Assistant to Recreation Director Tom Tupa. Kelly is also the Special Events Coordinator for the Community Center.

C.A.P.A. has also experienced an increase in its staffing, largely due to a grant from the United States Department of Education: Office of Safe and Drug Free Schools. Prevention Specialist, Kim Mulcahy has a Masters of Education in School Counseling from Cleveland State and she just finished her counseling internship with Rocky River School District in June 2008, where she worked with middle school students.

We didn't have to look far for our new program secretary. Deborah Serraglio has been a fixture in the Brecksville-Broadview Heights school district. Having three sons who attend schools in the district, she is actively involved in the P.S.O.'s and continues to serve on several committees. Debbi has a K-12 teaching certificate from Miami University and has a great deal of experience with design and computer applications.

Both candidates bring with them a vast amount of experience and enthusiasm and are dynamic additions to the Chemical Abuse Prevention Association.

The Chemical Abuse Prevention Association receives funding to Implement Project C.A.S.C.A.D.E.

In May 2008, we received notification from the office of Senator George Voinovich that our request for funding from the U.S. Department of Education, *Grant to Reduce Alcohol Abuse* (G.R.A.A.) was approved. The *Grant to Reduce Alcohol Abuse* funding would provide the Brecksville-Broadview Heights City School District, in collaboration with C.A.P.A., the resources and opportunity to put into practice three *Substance Abuse and Mental Health Services Administration* (S.A.M.H.S.A.) model programs across multiple domains, thereby decreasing risk factors and increasing protective factors associated with the use, abuse and access of alcohol in our schools and community. The proposed evidenced-based programming will have a measurable impact on the youth, family, community and environment of Brecksville-Broadview Heights, thereby enhancing our capability to sustain system level



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Know! Stress is a major contributing factor in teen drug abuse.

By: **Drug-Free Action Alliance**

Youth deal with stress differently. Some find healthy constructive outlets to release built up stress while others make decisions that ultimately prove destructive. Recent survey results indicate the number one reason teens say they would use drugs is to deal with the pressures and stress of school. While 73% of youth cited stress as a major contributing factor, only 7% of parents believed teens might use drugs to relieve stress. (Partnership Attitude Tracking Study, 2007.)



Stress is a natural part of life and can take on many different forms. It's easy to assume a child "shouldn't" be stressed; after all, his/her basic needs are met while you are the one struggling to do it. However, youth feel great pressure to succeed in school, fit in with friends, and meet parental expectations. As parents, it is important to monitor your child's stress level. Is he stressed yet able to handle what is happening or is he so overwhelmed he/she is retreating, changing friends, or starting to engage in destructive behaviors?

Know! How to constructively help your child face school-related stress and develop good life-skill habits.

- Believe in your child. Make sure your child knows he is loved regardless of academic or athletic accomplishments. A simple, yet well-placed, "Great job!" goes a long way in building confidence.
- Talk with your child about ways to manage stress. Talk about a time when you faced a deadline or a lot of pressure and what you did to get through it. Ask your child for suggestions on what else you could have done. Ask what he does when he feels overwhelmed.
- Monitor and participate in homework. Good study habits can help a child feel less overwhelmed by the pressures of school. By being involved, you are showing you appreciate the process of learning, not just the end results (i.e., grades).
- Help your child set limits. If your child has no down time, talk with your child about setting limits. Activities, sports, TV viewing, playing on the computer, and texting friends--what can your child cut back on to help eliminate some stress while maintaining a healthy balance between fun and responsibility?
- Do not negate your child's reaction to stress. If your child gets down or discouraged and needs encouragement, don't be afraid to talk about it. Seek help if his feelings are persistent and unchanging over time.

Know!

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H.U.D.D.L.E. Members develop teambuilding



On August 22nd, 75 of Brecksville-Broadview Heights High School's H.U.D.D.L.E. (Helping Us Develop Dedication, Leadership, and Enthusiasm) members and 7 chaperones attended a team building event at Poplar Ridge

Adventures Ropes Course in Wooster, Ohio. The event was a fun and energizing kickoff to a new school year. The ropes courses were designed to help build relationships and team work between new and old members. They required participants to expand their comfort zones and recognize fears that may block their personal achievements. Members supported and encouraged one another to confront their fears and to push through to complete the courses. At the end of the day,

all members felt a sense of accomplishment and were proud of how they worked together to master the challenging courses.



Project Northland

The Chemical Abuse Prevention Association (C.A.P.A.) is proud to announce that starting this year, *Project Northland*, an alcohol prevention curriculum, will be introduced to all sixth graders at the middle school. The program employs grade-specific tasks, exercises, and activities in a variety of formats, including comic books and posters. In sixth grade, the curriculum presented is titled *Slick Tracy*. This program uses a comic-strip theme to engage youth and their families in discussions

about alcohol-related issues. Students follow the adventures of Slick Tracy and his comic book classmates in this peer-led, four-lesson program. Topics include facts and myths about alcohol use, alcohol advertising, peer pressure, and consequences of use. Lessons will be conducted by the high school Helping Us Develop Dedication, Leadership, and Enthusiasm (H.U.D.D.L.E.) members, a drug and alcohol prevention group made up of tenth through twelfth graders, once a month.



H.U.D.D.L.E. Fundraising Efforts



H.U.D.D.L.E. members debuted their new fundraising effort entitled, "The Best Seat in the House." Raffle tickets were sold prior to each home game and the winner got the opportunity to watch a home varsity football game from "pseudo box seats" on the 10 yard line. Winners also enjoyed food

and drinks throughout the game. Huddle members also just completed the first of two sweatpants fundraising days at the high school raising approximately \$450.00. Funds will be used for supplies, and to supplement activities. Also, H.U.D.D.L.E. members are discussing the



possibility of providing two \$250.00 college scholarships for seniors who are in the H.U.D.D.L.E. program.

Grant Opportunity

The H.U.D.D.L.E. Officers are going to apply for a mini grant through the Drug Free Action Alliance to develop an education program targeting the non-medical use of prescription drugs.

C.A.P.A.

6380 Mill Road
Broadview Heights, Ohio 44147

Kelly J. Lazar, Project Director

lazark@bbhcsd.org
Phone: 440-740-4751
Fax: 440-740-4704

Kim Mulcahy, Prevention Specialist

mulcahyk@bbhcsd.org
Phone: 440-740-4752 (H.S.)
440-740-4451 (Middle)

Debbi Serraglio, Project Secretary

Administrative Assistant
Serragliod@bbhcsd.org
Phone: 440-740-4750



C.A.P.A. was founded in 1989, a unique collaboration between the cities of Brecksville and Broadview Heights, the Brecksville-Broadview Heights City School District and C.A.R.E.

(Chemical Abuse Reduced through Education). The association was formed to prevent and intervene in drug and alcohol abuse in the schools and larger communities.

C.A.P.A. and the Community

C.A.P.A. is collaborating with Amy Washabaugh, Human Services Director of Broadview Heights in planning the **11th Annual Senior Citizen Wellness Day**. The program is going to be held at the City of Broadview Heights Community Building on Wednesday, October 29, from 9:00am - 1:30pm. It will feature keynote speaker **Fred Griffith**, followed up by numerous break-out sessions on health and wellness. Those attending the event will be entertained by the BBHS Men's Choir during lunch, which will be provided free of charge.

**C.A.P.A. Coordinates with Coalitions**

C.A.P.A. Coordinated with the Partnership for a Healthy Community, the Parent 2 Parent Network, Orange City School District, Beechbrook and others in the planning and development of a speaker series aimed at examining the underlying risk and protective factors that influence unhealthy decision making, particularly as it relates to underage drinking.



On September 24th, 2008, Judy Galbraith, founder and president of Free Spirit Publishing, and nationally recognized speaker spoke to an audience of 150 parents about "What Kids Need To Succeed". According to Galbraith, "Kids who succeed have specific assets in their lives—not financial assets, but developmental assets including family support, a caring neighborhood, self-esteem, and resistance skills. The more assets people have, the less likely they are to lose their way and get into trouble." Attendees were asked to complete an evaluation and continuing education credits were provided for professionals by Beechbrook.

C.A.P.A. Updates**H.U.D.D.L.E. Jr.**

H.U.D.D.L.E. Jr. is an eighth grade student leadership group under the guidance of Paula Shega, Middle School Counselor, Kelly Lazar, C.A.P.A. Project Director and Kim Mulcahy, C.A.P.A. Prevention Specialist. They have already exhibited leadership qualities in the Middle School, providing tours of the Middle School for incoming sixth grade students and their families during schedule pick-up day. Throughout the school year they will be working on other school and community service projects and engaging in teambuilding activities.

**Lifeskills**

LifeSkills addresses the reasons why adolescents may start using drugs. The curriculum teaches social skills, communication skills, and coping skills, such as dealing with anger and anxiety. *LifeSkills* will be taught once a month at the Middle School and will be led by a member of C.A.P.A. or one of the guidance counselors from the Middle School.

AlcoPro Testing Units at Homecoming

Students attending the homecoming dance this year got firsthand experience with the district's new AlcoPro passive breathalyzers. After the students checked in at the registration table they lined up single file and gained access only if the testing unit registered negative indicating no detection of alcohol. Five units were used simultaneously, making the process relatively painless and speedy. If a student had tested positive, they would have been asked to step aside and given a regular sobriety test by a police officer.

According to principal Brian Wilch, the testing went very smoothly, there were no instances where alcohol was detected and the students were cooperative. "We were able to check each student when they handed in their tickets, without delay," he said. "Obviously, if kids were going to do that stuff (drink), they didn't come to the dance."

Student surveys were distributed for feedback after the dance and the results are being tabulated.