



Communities and schools working together to provide education and guidance for those in need

Special Interest Articles

Underage drinking must stop as parents, lawmakers team-up.

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## CAPA Hosts Responsible Alcohol Server Trainings

In collaboration with the Chemical Abuse Prevention Association (C.A.P.A.), the Ohio Department of Public Safety Investigative Unit will be providing the Alcohol Server Knowledge (ASK) program. Agents will provide instruction on laws pertaining to the sale and/or consumption of alcohol and tobacco and cover topics such as false identification, employment of minors, along with penalties for those found in violation.

Vice Chairpersons, Pam Coletta and Kelly McNeill worked in cooperation with the cities of Brecksville and Broadview Heights who will each be hosting one of two responsible alcohol server trainings. We believe that helping you to avoid law violations, such as selling alcohol to underage people, will help us to avoid the problems that come with underage drinking.



**The training dates are:**

Thursday, February 19<sup>th</sup>  
7 - 9 pm  
Broadview Heights  
Community Center  
9543 Broadview Road  
Broadview Heights, Ohio  
Elm Room

Tuesday, April 28<sup>th</sup>  
7 - 9 pm  
Brecksville  
Community Center  
2 Community Dr.  
Brecksville, Ohio

The trainings are free and open to you and all of your employees who sell alcohol in establishments in Brecksville and Broadview Heights.

After each of the trainings, Brecksville and Broadview Heights Police will conduct alcohol compliance checks using young adults who will go to local businesses to try to buy alcoholic beverages.

## C.A.P.A. in Washington D.C

Last week, C.A.P.A. Coordinator Kelly Lazar and C.A.P.A. Prevention Specialist Kim Mulcahy attended a New Project Director's meeting in Washington, D.C. for guidance and instruction

in order to increase the success of C.A.P.A.'s Grant to Reduce Alcohol Abuse. The conference provided an excellent learning opportunity and chance to network with other grant recipients.



## Underage drinking must stop as parents, lawmakers team up

*Parents, lawmakers must team up to fight underage drinking*

February 01, 2009

Tom Jackson

Ending underage drinking is critically important, even to those of us who sell alcohol for a living. As a resident of Ohio, the president and CEO of the Ohio Grocers Association, a former owner of a retail store, a parent and a grandparent, this issue is imperative to me.

With the New Year in full swing, some of the resolutions we made to improve ourselves are still being adhered to, while others have probably already fallen by the wayside. As adults and parents, however, one resolution we must keep is being more proactive in educating our children about responsibility and alcohol. We can do a lot to help them make smart choices, especially when it comes to drinking alcohol. Over and over, kids list their parents among the top influences in whether or not they choose to drink.

When it comes to underage drinking trends, there is good news, and there is bad news. The good news is that underage drinking is on the decline in the United States. The University of Michigan's recently released annual Monitoring the Future survey on underage drinking shows that teen drinking has dropped considerably since reaching

peak use in the mid-1990s, and underage drinking is at its lowest level since 1975. The bad news is that in Ohio underage drinking is on the rise. The decline we saw in children age 12 to 20 from 2002 to 2005 has been reversed since 2006, according to the Substance and Mental Health Services Administration. This troubling news should serve as a call to action for Ohioans and our legislators. What is the best way to address this problem in our society? For retailers, we have worked hard to provide as much information as possible to our members about the ways they can stop underage sales while also training clerks about the actions they can take to prevent sales to minors. Our members are also actively involved in Ohio's "Parents Who Host Lose the Most" program, which educates parents about the dangers and legal consequences associated with hosting parties and providing alcohol to minors. The program also offers guidance on how to responsibly host a party and ensure that minors do not gain access to alcohol. As parents, we have an important role in combating underage drinking. Not only in the nearly 70 percent of minors who drink do not purchase the alcohol themselves. That is why the

key to keeping alcohol away from kids is targeting their number one source: adults. With the Ohio legislature back in session, we will be encouraging the introduction of a bill that would penalize adults who knowingly give alcohol to minors.

Our legislators should pass this bill, because tougher laws in Ohio that restrict kids' access to alcohol would go a long way toward combating drunken driving and underage drinking. But legislation is just one way to combat these complex, multifaceted problems. If we have any chance of ending drunken driving and underage drinking - and I believe we do - we all need to work together toward a solution-oriented approach that makes us, as adults, more accountable. Let's focus on the real issue: taking responsibility for keeping alcohol out of the hands of our kids.

Jackson is the president and CEO of the Ohio Grocers Association and the Ohio Grocers Foundation. For more information on how to prevent underage drinking, please visit [www.DrinkIQ.com](http://www.DrinkIQ.com).

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“A recent study found that nearly 70 percent of minors who drink do not purchase the alcohol themselves. That is why the key to keeping alcohol away from kids is targeting their number one source: adults.”

## Helping Us Develop Dedication Leadership and Enthusiasm (H.U.D.D.L.E.)

Our high school HUDDLE members have been keeping very busy both in and out of the classroom. Not only have these 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> graders continued to do an excellent job teaching alcohol, drug and tobacco prevention lessons to 6<sup>th</sup> and 8<sup>th</sup> graders, but they have also begun a number of community and school based initiatives.

HUDDLE members are looking forward to the Senior-Senior Prom on April 23<sup>rd</sup>, which is a collaboration between C.A.P.A. and cities of Brecksville and Broadview Heights. The event will involve an evening of dinner and dancing as an opportunity for high school students and senior citizens to interact and spend time

together.

Additionally, many these students will be participating in reading the book From Binge To Blackout and engaging in focus groups to discuss the lessons learned in the book in preparation for the upcoming arrival of the authors, Chris and Toren Volkmann on April 1<sup>st</sup>.



### PREscript: *Prevent, Recognize and Educate about the use of prescription medication*

HUDDLE students applied for and received a Drug Free Action Alliance grant to conduct a prescription drug abuse awareness campaign. In order to raise awareness regarding the dangers of abusing prescription medications, HUDDLE members will be working with C.A.P.A. board member, pharmacist Angie Ortenzi, to educate individuals in the schools and community.

### HUDDLE Jr. Update

HUDDLE Jr. is well underway, as members of our 8<sup>th</sup> grade group have been engaged in a variety of community service projects and activities within the middle school. During the holiday season, these students were

busy making placemats for senior citizens to enjoy during their Thanksgiving meals and writing holiday cards to children at Parmadale. Additionally, these 8<sup>th</sup> graders have joined our high school HUDDLE members in the 6<sup>th</sup>

grade classrooms, helping to teach the Project Northland curriculum, an alcohol prevention program that uses a comic-strip theme to engage 6<sup>th</sup> graders in discussions with their families about alcohol-related issues.



## Respect

- 
- *1 in 3 high school relationships involve physical or sexual abuse.*
  - *13% of girls admit to being physically hit or hurt.*

C.A.P.A. is very excited to announce the launch of a new student leadership group called Respect for current 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> graders. Respect is a program offered through Akron Children's Hospital as an initiative to prevent dating violence and to train high school students to serve as ambassadors who will then help connect other students who are facing

difficult issues with guidance counselors and other resources.

Members of this group will be attending a full day training led by Respect Program Director Melissa McClain on February 21<sup>st</sup>.

Additionally, McClain will be presenting valuable information to parents regarding how to help promote safe and

healthy relationships for their children and keep them safe from dating violence. The event is free and open to members of the community and will take place on Wednesday, February 18<sup>th</sup> from 6:30-7:30pm in the Brecksville-Broadview Heights High School Large Group Instruction Room.

## Parents Who Host Lose the Most Grant

C.A.P.A. was awarded a \$1000 grant from the Drug Free Action Alliance to implement the Parents Who Host

Lose the Most awareness program. The grant will assist in the purchase of program materials that will be

given out and displayed throughout both cities beginning Spring Break and all throughout the prom season.



*"While it is important for our children to learn the internet we must always be aware of the potential dangers lurking for them."*

Bill Mason, Cuyahoga County Prosecutor

## C.A.P.A. Sponsors Internet Safety Night

On Monday, January 26<sup>th</sup>, the Chemical Abuse Prevention Association (C.A.P.A.) sponsored an Internet Safety presentation for parents and children in the community at the Brecksville Community Center. The presentation was led by Rocky River Police Officer Mike Barnhardt from the Cuyahoga County Prosecutor's Office Internet Crimes Against Children Task Force.

Officer Barnhardt presented valuable information regarding the dangers of predators on the internet to the fifty-some person audience. Parents were also able to get all of their questions answered regarding how to keep their children safe when online. Thanks to the Cuyahoga County Prosecutor's Office, C.A.P.A. was able to distribute free copies of Computer Cop, a

parental internet monitoring software, to all parents who attended. If you would like to receive a copy of the Computer Cop software, or if you would like to be added onto the C.A.P.A. email list to receive more information about upcoming events like this one, please visit the C.A.P.A. website at [www.bbhcapa.org](http://www.bbhcapa.org) or contact the C.A.P.A. office at 440-740-4750.

## Binge to Blackout in the classroom

In preparation for the visit by Chris and Toren Volkman, authors of the book, From Binge to Blackout, Mrs. Carole Poulson, English teacher and department head at Brecksville-Broadview Heights High school had her Modern Novel class read the memoir and participate in dialogue about the students' impression of the book. The lesson culminated with the students' completing a number of creative assignments using a variety of mediums.

Student, Andrew Bacik, wrote a children's book, Binge to Blackout for Kidz.

Other projects included a board game, a play, and a creative sculpture. Also, one student used a recipe format to creatively express the impact the book had on them.

## Senior Wellness Day

On October 29<sup>th</sup>, C.A.P.A. was pleased to host, in conjunction with the city of Broadview Heights, the 11<sup>th</sup> annual Senior Wellness Day. The event kicked off with C.A.P.A. Coordinator Kelly Lazar who spoke to the 100 senior citizens in attendance about the importance of exercising safety when mixing alcohol with their prescription medications. The keynote speaker was Fred Griffith, co-host of

### Recipe for Disaster

Ingredients:

1 All American Boy  
1 Ignorant Family  
1 Triceptatrough  
Countless nights of bingeing  
Sprinkle in drugs and infractions with the law

For the topping add in a mother's countless complaints and statistics

Take the all-American boy and mix him with his family. Add in the Triceptatrough and countless nights of bingeing. The mixture should then include drugs and infractions with the law. Bake for 24 years in a small suburban town and you will have a memoir garnished with a mother's complaints and statistics.

### Recipe for Recovery

Ingredients:

1 Part realization of your problem  
1 part self acceptance  
1 helping counselor  
1 supportive family  
A pinch of motivation

Begin with realization of the problem. Then gradually include self-acceptance. Once the realization and self-acceptance are thoroughly mixed, add the helping counselor and the supportive family. Include some motivation and bake for three years. The end product is the Peace Corps in Paraguay.

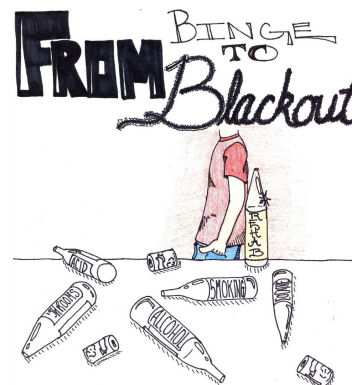


Illustration by Victoria Hustack

Victoria Hustack ©

Discarded Bottles  
By: Victoria Hustack

Good Company, who shared with attendees his experiences growing up and achieving success in the media and food worlds. Other events included break-out speakers pharmacist Angie Ortenzi who spoke about the importance of safe disposal and care of medications and Dr. Kimberly Chen who spoke about anxiety and depression. Ongoing wellness activities also took place, such as mini

chair massages by Lisa Cooper, LMT and wellness craft making which included creating wellness wraps and bath salts. A special thanks in particular to C.A.P.A. Coalition members Dr. Tom Diringer, Pastor Bob Springer, Dr. Carla Calevich, Angie Ortenzi, Al Siebert and Paula Shega for making this event such a success.



Speaker, Fred Griffith delights the audience with his witty humor.

## Chemical Abuse Prevention Association

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We're on the Web!

See us at:  
[www.bbhcapa.org](http://www.bbhcapa.org)

## Upcoming Events

**February 18<sup>th</sup>:** 6:30-7:30pm at BBHS Large Group Instruction Room, Melissa McClain, Respect Program Coordinator will talk to parents about issues regarding dating violence  
**March 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>:** 7:00pm, at the Brecksville Public Library, Book club meetings for parents to discuss From Binge To Blackout  
**April 1<sup>st</sup>:** 7:00-8:30pm at Cuyahoga Valley Career Center, authors Chris and Toren Volkmann will speak about their book From Binge To Blackout  
**April 7<sup>th</sup>:** 7:00-8:00pm, at Brecksville United Methodist, Agent Kevin Piazza from the Ohio Investigative Unit (OIU) will speak to parents about the Parents Who Host Lose the Most campaign.  
**April 21<sup>st</sup>:** 7:00-8:00pm, location TBA, Lee Ann DiBiase from Cleveland Center for Eating Disorders will speak to parents about promoting a healthy body image for their children  
**May 5<sup>th</sup>:** 7:00-8:00pm, at St. Basil's Church, Agent Kevin Piazza from the OIU will speak to parents about the Parents Who Host Lose the Most campaign.  
**May 12<sup>th</sup>:** Location TBA, Officer Pat Willis will speak at this town hall meeting regarding the dangers and signs of drug use.

## C.A.P.A. Reapplies for Drug Free Communities Grant

The Office of National Drug Control Policy (ONDCP), and the Substance Abuse and Mental Health Services Administration (SAMHSA) released the FY2009 Drug Free Communities (DFC) Request for Applications.

Approximately \$17 million for 130 FY 2009 DFC grants will be awarded through this RFA.

DFC grants will be available to eligible coalitions in amounts of up to \$125,000 per year over a five-year period, known as a "funding cycle."

Although we were not awarded this funding last year, we received valuable feedback that will assist us in re-writing the proposal.

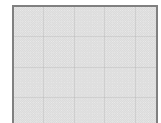
C.A.P.A. Coordinator, Kelly Lazar is going to attend an application workshop in Washington D.C. on February 13, 2009.

### ***About Our Organization...***

C.A.P.A. was founded in 1989, a unique collaboration between the cities of Brecksville and Broadview Heights, the Brecksville-Broadview Heights 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.**

6380 Mill Road  
Broadview Hts. OH., 44147



**COMPANY NAME  
STREET ADDRESS  
CITY, ST 22134**