

from the *Heart*



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The Need:



After-school programs create a strategy to help children and teens avoid drugs and alcohol

Reducing Youth Substance Abuse

In 2000, the first year the state implemented the Florida Youth Substance Abuse Survey (an anonymous survey of middle and high school students), nearly 60% of high school students in Martin County admitted to drinking alcohol in the last 30 days, and more than 38% admitted to smoking marijuana in the last 30 days. This identified the significant problem of youth substance abuse in our community, and it's been an issue we're working to

address. As one of the Children's Services Council's funding priorities, youth substance abuse is addressed in a collaborative effort with the school district. After-school programs, mentoring programs and mental health initiatives, along with others, help our youth make smart decisions to stay sober, focus on school and find success in life.

After-School Programs:

YMCA • Boys & Girls Clubs • Martin County Parks & Recreation • City of Stuart

After-school programs that target middle and high school students provide healthy, sober recreational opportunities while also offering programs that educate our older youth about ways to make smart decisions when offered drugs and alcohol. What's more, after-school programs connect pre-teens and teens with positive adult mentors to create an environment of positive peer pressure, which makes it clear that drugs and alcohol aren't "cool." Since many children have two working parents or come from a single-parent household, it's vital to have positive out-of-school time that's supervised and filled with healthy activities. The Council funds after-school programs in many Martin County neighborhoods to accomplish this task.



GREAT FUTURES START HERE.



The Children's Services Council of Martin County is an independent district, approved by voters by referendum in 1988, to enhance the lives of the children of Martin County and to enable them to attain their full potential by supporting 34 impactful programs for youth in our community. Learn more about your agency at: www.cscmc.org and www.facebook.com/cscmc.

The Response:

Positive development initiatives

Mental Health Programs:

Tykes & Teens • Project LIFT



The Council-funded mental health programs have a direct connection with reducing substance abuse in Martin County's younger population. Tykes and Teens' Project Northland program takes the lead on Red Ribbon Week every year. This is the nation's oldest drug prevention campaign, which encourages middle and high school students to stay sober and focus on a healthy life path. In Martin County, Red Ribbon Week is celebrated by giving every middle school a "Gold Card," which offers discounts to local businesses as a reminder that sobriety pays dividends in life. Tykes & Teens' Adolescent Substance Abuse Program is also focused on getting to the root of problems that lead pre-teens and teens to drugs and alcohol so they can become stronger, sober individuals. This is also a priority of Project LIFT. With this after-school program, which targets teens who often already have experiences with drugs and alcohol, participants must pass drug tests in order to continue involvement with the program. Coupled with mentoring, group therapy and new occupational skills to fill the void, this model makes a measurable impact on reducing teenage drug and alcohol use.

Collaboration:

Shared Services Network of Martin County



Established in 2000 to directly address the teenage drug and alcohol problem plaguing Martin County, the Shared Services Network is comprised of chief executive officers of local governments, educational, health and non-profit organizations, as well as law enforcement officials, judicial entities and local businesses. Together, these agencies collaborate to facilitate substance abuse prevention locally. Their current effort is "Be The Influence," which encourages all residents to take responsibility for the influence they have on our youth. Learn more about this exciting outreach effort at www.betheinfluence.info.



Support:

School
Nurses

Not to be overlooked, the Martin County School District plays a major role in identifying and reducing substance abuse by students. They work collaboratively with the Martin County Health Department, which along with the Children's Services Council and the district funds the school nurse program. While the district analyzes truancy data to determine potential problems, the school nurses play an important role as support to students and administrators alike.



Big Brothers Big Sisters
of Palm Beach and Martin Counties, Inc.

Mentoring:

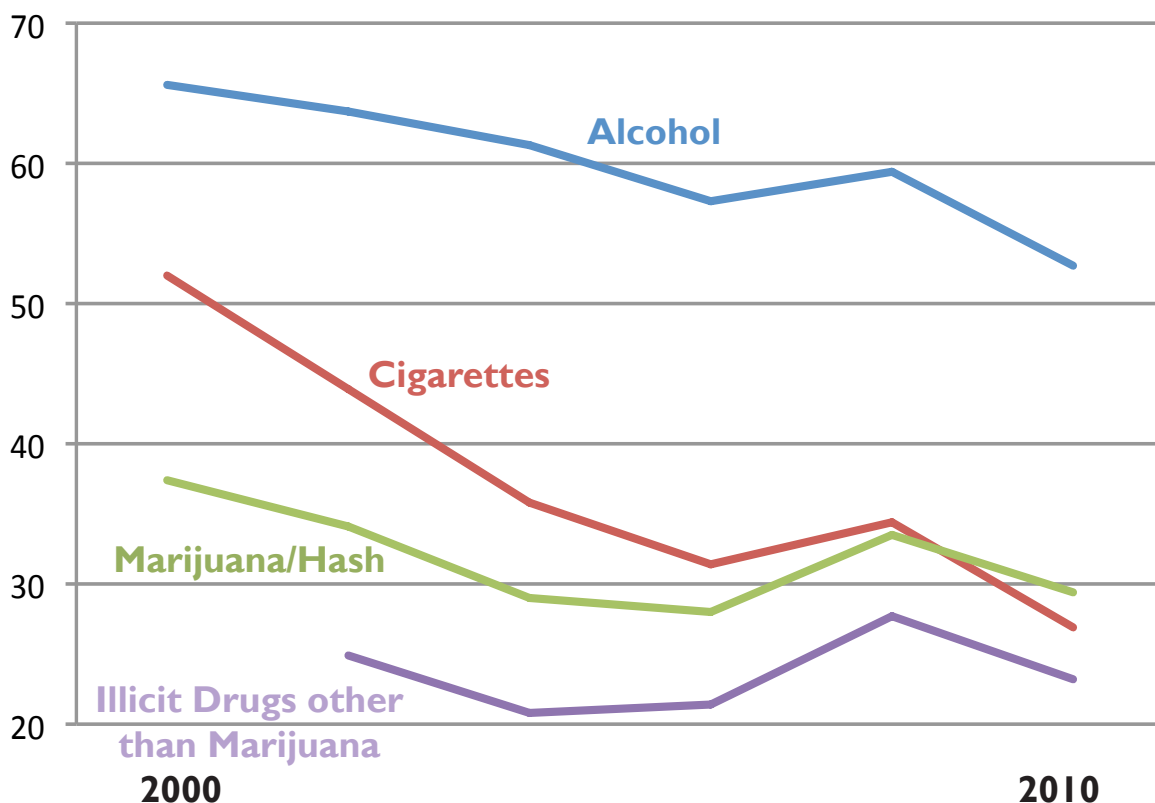
Start Something

Like the other after-school programs, Big Brothers Big Sisters offers mentoring to help keep kids on a positive path. But "Bigs" are matched one-on-one with "Littles," providing individualized help for at least one year. This agency is always looking for volunteers. Call (772) 283-8373 or log on to www.mentorbig.org to learn more.

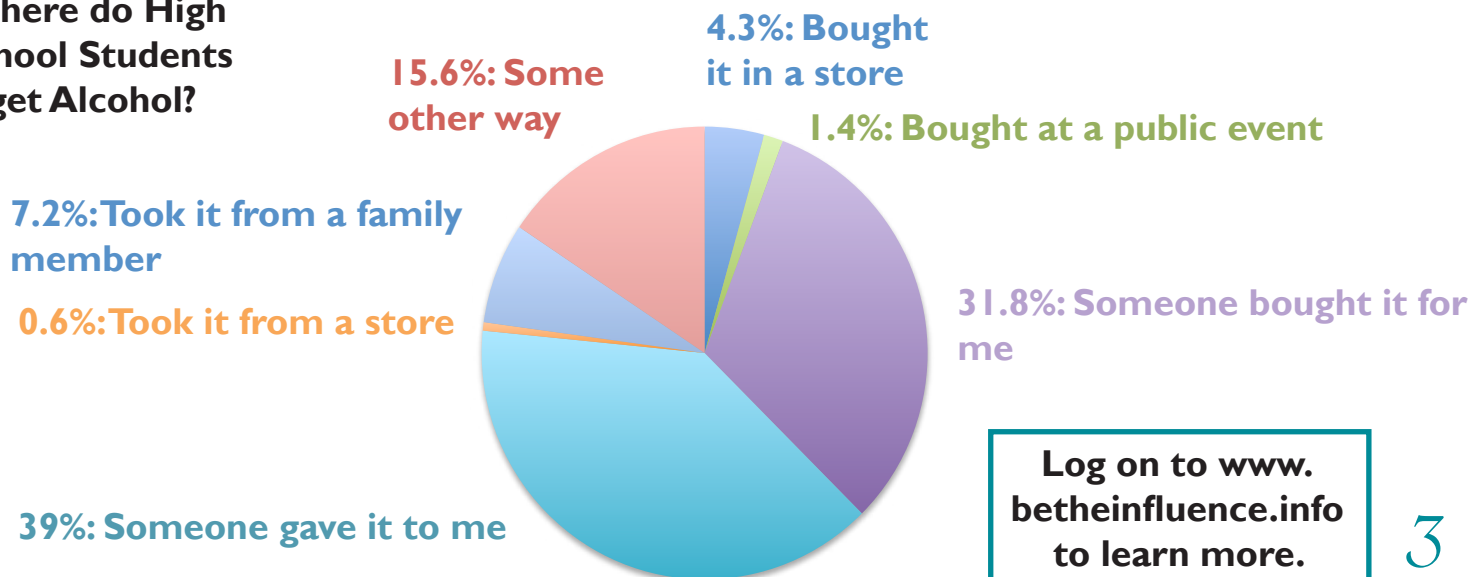
The Impact:

Sober, successful students

Percent of Middle and High School Students in Martin County Who Admit to Abusing Drugs and Alcohol in Their Lifetime



Where do High School Students get Alcohol?



Log on to www.betheinfluence.info to learn more.

Success Story

Dr. Anita Cocoves, Martin County's Health & Human Services Manager and member of the Shared Services Network, is working to outlaw Spice and similar drugs in Martin County.

Spice may be labeled by some as 'synthetic marijuana,' but it is really a cocktail of chemicals and sometimes poisons that have been marketed by a multimillion-dollar industry meant to message this as a safe alternative. It is not. In many cases it is far more potent and dangerous than marijuana and is also known to produce the following side effects, which may be severe: headaches, agitation, nausea and vomiting, dangerous hallucinations, loss of consciousness, elevated blood pressure, seizures, paranoid behavior, anxiety, increased heart rate and even death in some cases.

On March 23, 2012, the Florida's Governor signed House Bill 1175, which added 142 chemical designations containing hallucinogenic substances to Schedule I drugs for which the possession, sale and/or designation can result in felony arrest. The problem is that the chemical compounds in synthetic cannabinoids are easy to change, allowing new substances to be created to circumvent state and federal laws. This becomes a game of Whac-A-Mole.

Typically, this drug is marketed to juveniles and young adults in shiny packages with cartoon-type characters on them and with catchy names meant to impart the idea that use of the product will result in a mimicked effect of illegal drug use. Giving teens access to these herbal incense products at the gas station or local convenience store should give our community concern. Therefore, we can make a difference by educating the community on the dangers and encouraging those who are distributing to cease.

Events & Meetings

Oct. 6: Lights On Afterschool at the Treasure Coast Square mall, 10 a.m. to noon (outside Old Navy)

Oct. 20-26: Red Ribbon Week

Oct. 22 : Monthly Council meeting at Council office, 10 a.m.

Nov. 12: Veteran's Day (Council offices are closed.)

Want to get rid of old prescription drugs in a safe way? There is a receptacle in the main lobby of the Martin County Sheriff's Office, 800 S.E. Monterey Rd. in Stuart, Monday through Friday, 8 a.m. to 5 p.m. Be sure to remove all labels. This is not for disposal of biohazardous materials like needles or liquids.

Want to schedule a free Lunch and Learn for your club or homeowners' association? Contact Suzanne Wentley at swentley@cscmc.org!

Council News

In September, the Children's Services Council of Martin County approved additional funding to complete the grant allocations for the 2012-2013 funding year. These partnership grants, which total \$45,800, are in addition to the \$4.6 million allocated to local programs in June. In total, this funding will allow Martin County non-profit agencies to leverage an additional \$3.5 million in federal and state grants from October 2012 to September 2013.

The agencies that received funding in September are: 2-1-1 Palm Beach/Treasure Coast, Martin County Healthy Start Coalition's Father & Child Resource Center, Project LIFT and the Shared Services Network of Martin County. The other agencies that are funded during the 2012-2013 funding year are: the ARC of Martin County, Big Brothers Big Sisters, Boys & Girls Clubs of Martin County, City of Stuart, Dunbar Center, Early Learning Coalition, Easter Seals Florida, CASTLE, Helping People Succeed, Martin County, Martin County Health Department, the Martin County Healthy Start Coalition, Tykes & Teens, the Whole Child Connection and the YMCA.

Contact Us

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