



THE SUBSTANCE ABUSE *Continuum*

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This Edition

The Whatcom County Health Department is proud to provide the twenty-eighth edition of *The Substance Abuse Continuum*. We hope the information provided in this newsletter helps you in some way, either personally or professionally.

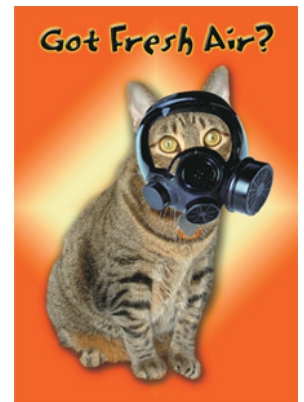


QUIT SMOKING For Fido???

Research shows secondhand smoke is harmful to pets, specifically domestic cats and dogs. There are over 4,000 chemicals in secondhand tobacco smoke, and they are not just harmful to people.

How secondhand smoke exposure can affect your pets:

- ◆ Dogs are three times more likely to develop lung or nasal cancer.
- ◆ Dogs can have allergic reactions. Scratching, biting, and chewing their skin might not be from fleas or food allergies.
- ◆ Cigarette butts are lethal. Two tobacco butts eaten by a puppy can be deadly.
- ◆ Cats have higher rates of feline lymphoma, a deadly form of cancer, and squamous cell oral cancer.
- ◆ Cats can develop breathing problems, inflamed lungs, and asthma.



As a result the Whatcom County Health Department, as a collaborative member of the Northwest Tobacco-Free Partnership, is conducting an educational campaign with local veterinary offices. The campaign will provide resources to pet owners on protecting their pets from secondhand smoke, and promote tobacco cessation among pet owners. For campaign materials or questions call Alyssa Pavitt at 360-676-6724.

Start Talking
Before They Start Drinking
StartTalkingNow.org

Underage Drinking Campaign Launched

In March a new statewide campaign was launched by the Washington State Coalition to Reduce Underage Drinking (RUAD). The campaign, which will come primarily in the form of television ads and print media, targets parents of middle school aged youth and encourages them to "Start Talking Before They Start Drinking."

Although illicit drugs may receive a lot of publicity, **"alcohol is used more than any other drug by children and teens, and some are drinking heavily.** One in every four 12th graders (26%) and one in every five 10th graders (20%) reported binge drinking (having five or more drinks in a row in the last two weeks) (2004 State Survey Data). This is also important when you consider that **alcohol kills more kids than all other drugs combined** (Substance Abuse and Mental Health Services Administration-SAMHSA).

The good news is that parents are the #1 influence in a kids life. Getting and staying involved, modeling healthy behaviors, setting clear rules, and talking to kids about the consequences of drinking are a few of the things that can make a difference.

For more information about the campaign, consequences of underage drinking, and tips on how to talk with children about alcohol, check out www.stopalcoholabuse.gov or www.StartTalkingNow.org.

The Alcohol/Drug Helpline is also available for free, confidential information and referrals: 1-800-562-1240.

PUBLIC HEALTH ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON



Did you know...

Nations with a .05 Blood Alcohol Concentration (BAC) limit include Australia, Austria, Belgium, Bulgaria, Croatia, Denmark, Finland, France, Germany, Greece, Israel, Italy, the Netherlands, Portugal, South Africa, Spain and Turkey. Norway and Sweden have a .02 BAC limit.

Source: JoinTogether



1-800-QUIT-NOW · QUITLINE.COM

Smoking when pregnant and after a baby is born is harmful to both mother and baby. Quitting smoking is one of the most important choices pregnant mothers can make. For mothers in Washington interested in quitting smoking, free help is now available! The Washington State Tobacco Quit Line offers free ser-

For free help, call the Tobacco Quit Line at 1-800-QUIT-NOW (784-8669) or in Spanish 1-877-2NO-FUME (266-3863).

vices to pregnant mothers and can double chances of success.

Over 8,000 babies are born each year in Washington to

mothers who smoked during pregnancy. It's never too late to quit smoking during pregnancy. Quitting smoking is both beneficial to mother and baby. Quitting lowers the mother's risk of lung cancer and heart disease, helps mothers feel good about what they are doing for themselves and their baby, and saves money that can be spent on other more important things. Benefits for the baby include reducing the risk of Sudden Infant Death Syndrome (SIDS), increasing the chances the baby and mother will come home

from the hospital together, and decreasing the baby's risk of colds and ear infections.

For more information on the Quit for Two program or for free promotional materials, contact Alyssa Pavitt at 360-676-6724.



I am meth

This was written by a young girl who was in jail for drug charges, and was addicted to meth. She wrote this while in jail. As you will soon read, she fully grasped the horrors of the drug, as she tells in this simple, yet profound poem. She was released from jail, but, true to her story, the drug owned her. They found her dead not long after, with the needle still in her arm.

I destroy homes, I tear families apart,
I take your children, and that's just the start.

I'm more costly than diamonds, more precious than gold,
The sorrow I bring is a sight to behold.

If you need me, remember I'm easily found,
I live all around you – in schools and in town.

I live with the rich, I live with the poor,
I live down the street, and maybe next door.

I'm made in a lab, but not like you think,
I can be made under the kitchen sink.

In your child's closet, and even in the woods,
If this scares you to death, well it certainly should.

I have many names, but there's one you know best,
I'm sure you've heard of me, my name is crystal meth.

My power is awesome, try me you'll see,
But if you do, you may never break free.

Just try to me once and I might let you go,
But try me twice, and I'll own your soul.

When I possess you, you'll steal and you'll lie,
You do what you have to – just to get high.

The crimes you'll commit for my narcotic charms
Will be worth the pleasure you'll feel in your arms.

You'll lie to your mother, you'll steal from your dad,
When you see their tears, you should feel sad.

But you'll forget your morals and how you were raised,
I'll be your conscience, I'll teach you my ways.

I take kids from parents, and parents from kids,
I turn people from God, and separate friends.

I'll take everything from you, your looks and your pride,
I'll be with you always – right by your side.

You'll give up everything – your family, your home,
Your friends, your money, then you'll be alone.

I'll take and take, till you have nothing more to give,
When I'm finished with you, you'll be lucky to live.

If you try me be warned – this is no game,
If given the chance, I'll drive you insane.

I'll ravish your body, I'll control your mind,
I'll own you completely, your soul will be mine.

The nightmares I'll give you while lying in bed,
The voices you'll hear, from inside your head.

The sweats, the shakes, the visions you'll see,
I want you to know, these are all gifts from me.

But then it's too late, and you'll know in your heart,
That you are mine, and we shall not part.

You'll regret that you tried me, they always do,
But you challenged my power, and chose to be bold.

You could have said no, and just walked away,
If you could live that day over, now what would you say?

I'll be your master, you will be my slave,
I'll even go with you, when you go to your grave.

Now that you have met me, what will you do?
Will you try me or not? It's all up to you.

I can bring you more misery than words can tell,
Come take my hand, let me lead you to hell.

Judy West

Kick Butts Day



On March 28, 2007, Students of Whatcom Against Tobacco (SWAT) participated in Kick Butts Day. SWAT members placed flowers in public areas to remember those who have died from a tobacco related illness. Four roses, representing four loved ones lost per week in Whatcom County from a tobacco-related illness,

were placed in front of the Bellingham Library, City Hall, County Courthouse and on the corner of Holly & Railroad. Each bouquet was accompanied with Washington State Quitline information.

Kick Butts Day is a nationwide effort coordinated by the Campaign for Tobacco-Free Kids and the Washington State Department of Health Tobacco Prevention and Control Program. Kick Butts Day brings together youth leaders across the country in the battle to end tobacco use. SWAT youth joined thousands of kids across the country that participated in events for Kick Butts Day.

More than 3,000 young people begin smoking each day in the U.S., and about 45 begin in Washington every day. Roughly one-third of these young smokers will die prematurely due to tobacco-related diseases.



Students of Whatcom

SWAT

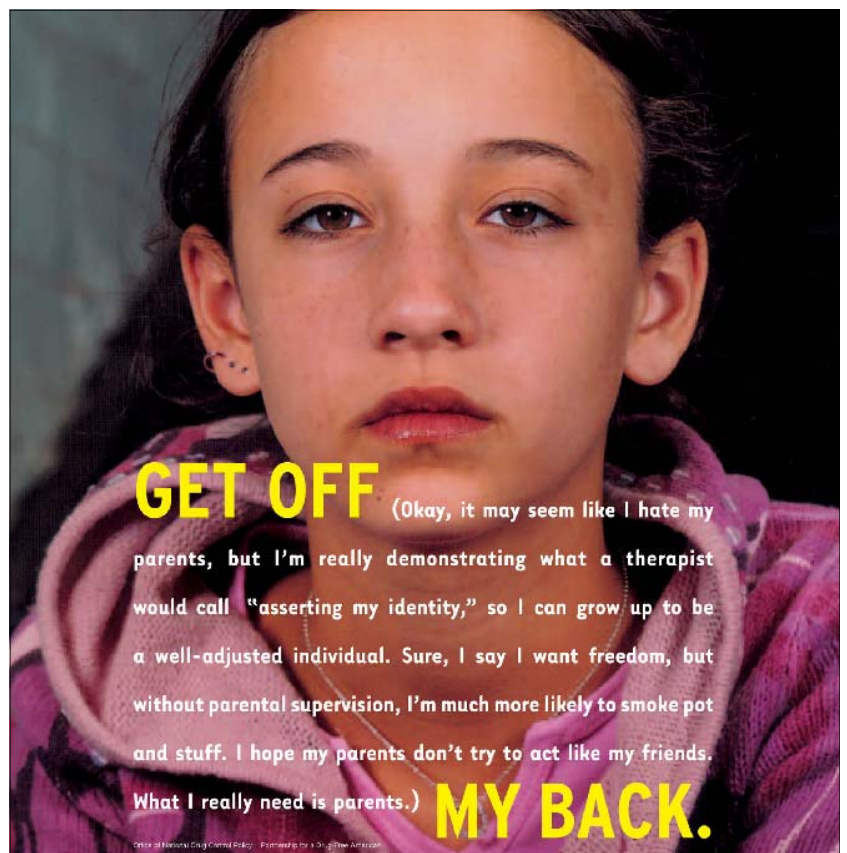
Against Tobacco

SWAT is Seeking New Leaders!!

The Tobacco Prevention Program is currently seeking recommendations for the SWAT Leadership Board. Students must be 14-18 and full of energy! This is a great opportunity for students to gain valuable leadership skills and volunteer hours, while spreading the message of tobacco prevention.

If you have a student that you think might be interested, please contact Nicole Willis, SWAT Advisor at 360-676-6724 x50844 or

NWillis@whatcomcounty.us



TALK. KNOW. ASK. PARENTS. THE ANTI-DRUG.

For information contact us at 1-800-788-2800 or www.theantidrug.com



Prevention Funding Saving Millions in Whatcom County

Prevention funding from the Division of Alcohol & Substance Abuse not only saves the state millions, but is hard at work in Whatcom County.

Between the period of July 1, 2005 and February 28, 2007, Best-Practice programs in Whatcom County saved a total of \$1,158,769.

According to DASA, "Money spent on

Best-Practice programs in Whatcom County saved a total of \$1,158,769.

services is a sound investment in reducing taxpayer burden in future years.

Research conducted by the Washington State Institute for Public Policy (WSIPP) in 2004 provided a cost-benefit comparison of prevention programs. By and large prevention programs save money through reduced costs associated with drug addiction, criminal justice and health care. These cost savings are realized over the life of the participant."

Best practice programs are strategies that have been researched and



evaluated and shown to effectively prevent substance abuse. In Whatcom County, several programs help to create this savings.

Although this cost-savings represents Best-Practice prevention programs, other innovative programs are hard at work in Whatcom County, not only saving the community money, but creating a healthier community.

Thanks to DASA and all the local providers that create positive change!

Copies of the WSIPP report are available at <http://www.wsipp.wa.gov/>



Over 60 middle school youth from Whatcom County joined youth from Island, San Juan, Skagit, and Snohomish counties on March 16th for the Untold 6 youth summit. At the event, held in LaConner, teens were trained about the dangers of tobacco use, and creative methods to get messages out about tobacco prevention. Approximately 180 youth united to learn skills to become tobacco prevention advocates in their own schools and communities.

Summit activities included:

- ◆ "Organ Ladies" presentation on effects of tobacco and other drugs using real organs
- ◆ Workshops on writing, performing arts, and media literacy
- ◆ Team building/Youth Empowerment activities lead by Kenya Masala

Youth were split into teams for the day and led by local Western Washington University Community Health Major students, paired with high school leaders involved in each county's tobacco prevention efforts. Attendance numbers were the largest in the event's six year history.

The summit was provided to participants as a collaboration of Whatcom County Health Department, Lummi Tribe, Nooksack Tribe, Swinomish Tribe, United General Hospital, Northwest Educational Service District 189, American Cancer Society, American Lung Association of Washington, Snohomish Health District, Island County Health Department, Upper Skagit Indian Tribe, and San Juan County Health Department.

This Newsletter

This newsletter is made possible through support from the Department of Social & Health Services (Division of Alcohol and Substance Abuse), the Washington State Department of Health, and the Whatcom County Health Department.

Last Words

We hope you enjoyed this edition of *The Substance Abuse Continuum*. Please contact any one of the program coordinators if you have comments or questions about this newsletter.

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- **Jackie Mitchell - Substance Abuse Program Specialist**
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Next in the Continuum...

- ◆ Upcoming Events
- ◆ Health Youth Survey 2006
- ◆ Plus More!

Treating Tobacco Use & Dependence Training Opportunity

The Tobacco Prevention Program is hosting a training titled "Treating Tobacco Use & Dependence." Participants will learn how to talk to clients about quitting tobacco through motivational interviewing, receive useful tools to help clients kick the habit and find out about new programs offered by the Washington State Quitline.

Title: Treating Tobacco Use & Dependence

Date: June 15th, 2007

Time: 8am-12pm

Location: St. Luke's Community Health Education Center

To register contact: Nicole Willis, 360-676-6724 x50844 or NWillis@whatcomcounty.us



Calendar of Events

Trainings, Conferences, & Community Meetings

May

3rd Personal & Professional Development (Professional Ethics & Confidentiality) Training—Olympia, WA

Contact: Debbie Lee at (360) 464-6870 or

<http://www1.dshs.wa.gov/pdf/hrsa/dasa/Pers&ProfDev07.pdf>

8th The Science of the Positive: Applying the Social Norms Model.

Free Training—Mount Vernon, WA www.tobaccoprc.org

14th The Science of Nicotine Dependence & Treatment.

Free Training—Mount Vernon, WA www.tobaccoprc.org

14-20th Alcohol and Other Drug Related Birth Defects Awareness Week

18th Eighteenth Annual Saying it Out Loud Conference—Shoreline, WA
Contact: Jeanette Demianew at (206) 272-2156 or demiajm@dshs.wa.gov

18th Motivational Interviewing Training—Kennewick, WA

Contact: Barb Layman at (509) 225-7403 or laymabr1@dshs.wa.gov

24th Spit Tobacco: A Comprehensive Approach to Prevention.

Free Training—Mount Vernon, WA www.tobaccoprc.org

31st WORLD NO TOBACCO DAY

June

7th Personal & Professional Development (Professional Ethics & Confidentiality) Training—Olympia, WA

Contact: (see May 3rd for details)

15th Integrating Nicotine Treatment into Adult Chemical Dependency Treatment Planning Training—Yakima, WA

Contact: Michael Towey at mtowey@tacomacc.edu

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HEALTHIER COMMUNITY
www.whatcomcounty.us/health

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