



March is going to be a very busy month. There's a Middle School Night (just in time to celebrate the beginning of spring), two parenting presentations (if you miss it at Yorktown High on the 19th, try to get to it at Lakeland High on the 24th), Youth Court trainings (with Commencement coming up on April 1st), and Rachel's Challenge. While there are some difficult themes in this month's newsletter – a program that came out of the Columbine shootings, as well as news of increases in heroin use in our area – we're also including information about ways to protect our children. There's a Partnership for a Drug-Free America piece on preventing drug use among young teens, as well as a series of Teen Nights planned for the summer. So read on, and please join us whenever and wherever you can.

If you have an event or other item you'd like to see in future newsletters, or have questions about any programs listed here, please let Cathy know at (914) 736-1450 or cadlerask@yahoo.com.

Tricy Cushner, President Cathryn Adler, Director

Calendar

Youth Court Trainings

Wednesdays throughout March
7 PM, Yorktown Town Court

Wednesday, March 18th

7 PM "Rachel's Challenge"
Copper Beech Middle School

Thursday, March 19th

7:30 PM Ellen Morehouse
"Parenting in Stressful Times"
Yorktown High School Library

Friday, March 20th

6:30 – 9:30 PM, Middle School Night
at the Boys & Girls Club, Yorktown
Community and Cultural Center

Tuesday, March 24th

7:30 PM Ellen Morehouse
"Parenting in Stressful Times"
Lakeland High School Library

Wednesday, March 25th:

4 PM: ASK coalition meeting,
John C. Hart Library, Shrub Oak

Wednesday, April 1st:

7:30 PM: Youth Court Commencement
Yorktown Town Court

"Parenting in Stressful Times"

- *Setting limits & providing consequences*
- *Improving communication*
- *Setting limits and providing consequences*
- *Managing social pressures & conflicts*
- *Teaching teen coping skills*
- *Preventing alcohol and other drug abuse*

On Thursday, March 19th and again on Tuesday, March 24th, Ellen Morehouse, LSCW, CASAC, CPP, will be discussing these issues and more at Yorktown and Lakeland High Schools. Ms. Morehouse was part of the ASK-sponsored panel discussion, Parents, Teens, Alcohol/Other Drugs and the Law, which addressed a standing room only crowd in Yorktown this past October.

Ms. Morehouse is the executive director of Student Assistance Services Corp., a non-profit substance abuse prevention corporation in Tarrytown, NY. She has presented programs to parents and professional groups in 43 states and taught at Fordham University Graduate School of Social Work. She has published several articles in professional journals, and been interviewed on several national television and radio programs and in national magazines.

On March 19th the event will be held in the Yorktown High School Library, and on the 24th in the Lakeland High School Library. Both evenings will begin at 7:30 PM.

The Alliance for Safe Kids, Inc., is a not-for profit 501(c)(3) corporation dedicated to keeping our kids out of harm's way. For further information, please email the Alliance at Alliance4SafeKids@yahoo.com, or write to PO Box 106, Yorktown Heights, NY 10598. Please visit our website, www.AllianceForSafeKids.org

You May Just Start a Chain Reaction

“I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same.” R.J. Scott

April 20, 1999. Rachel Scott was the first person killed on that awful morning at Columbine High School. Out of that day has come a program working with students and the community to recognize and stop the behavior that can lead to such horrible events.

“Rachel’s Challenge” was developed by her family and has been presented to more than a thousand schools with assemblies, workshops and outreach programs. While the program covers the events that took place at the high school, the focus is on Rachel’s drawings and writings, and on her desire for a campaign to quell school violence, bullying and teen suicide.

Rachel’s Challenge is coming to Copper Beech Middle School, with presentations to 7th graders and training sessions for selected students to become “Friends of Rachel” (FOR), who will continue the program into the future.

On Wednesday, March 18th at 7 PM, Rachel’s Challenge will be presented to parents, community leaders, business owners and faculty at Copper Beech Middle School. All are welcome.

“I am sure that my code of life may be different from yours, but how do you know that trust, compassion, and beauty will not make this world a better place to be in and this life a better one to live? My codes may seem like a fantasy that can never be reached, but test them for yourselves and see what kind of effect they have in the lives of people around you. You may just start a chain reaction.”

-Rachel Joy Scott

Heroin Makes Big Comeback in Mid-Hudson

By Meghan E. Murphy, Times Herald-Record, February 16, 2009

www.recordonline.com

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Two in Walden, two in Montgomery in the past seven months. Two or three in Newburgh since the beginning of the year.

The suspected fatal heroin overdoses in the Hudson Valley add up from police agency to police agency.

There's more if you call Poughkeepsie in Dutchess County or as far as the City of Hornell in Steuben County.

For years, heroin addiction has increasingly gripped more New York residents, especially young adults. Lately, it's become more deadly.

"What we've been seeing recently in suburban areas are more overdose doses," said Erin Mulvey, a Drug Enforcement Agency spokeswoman. "The price of heroin is extremely low and the purity is extremely high."

According to local police, a deck of heroin — or one dose — now costs between \$15 and \$20. ...[It] can be snorted, making it easier to use than by injection.

According to local police, a deck of heroin — or one dose — now costs between \$15 and \$20. The supply for heroin locally is driven by the increased demand.

"We're seeing a resurgence of heroin. There's a lot more of it out on the street than there was," Poughkeepsie police Capt. Tom Pape said.

Admissions for heroin addiction to Hudson Valley rehabilitation centers increased 7 percent from 2003 to 2007, according to statistics from the state Office of Alcoholism and Substance Abuse Services.

In the past three months, several agencies have made significant drug seizures. On Dec. 4, 10 Middletown men were charged with crack and heroin sales. A ring of five distributors was broken Jan. 21 by the Sullivan County Sheriff's Office. Newburgh nabbed two men with more than 100 grams on Feb. 5. Poughkeepsie police had two busts of suspected distributors with more than 100 bags of heroin each in the past month.

Death isn't the only side effect of heroin hitting the Hudson Valley, Town of Montgomery police Chief Butch Amthor said. Young adults are also committing burglaries locally to support addictions.

Heroin use has become increasingly popular for two reasons, Mulvey said. First, the drug can be snorted, making it easier to use than by injection. Second, the increase in youth abuse of opiate-based prescription drugs — such as OxyContin and hydrocodone — is leading to heroin use as pharmacies and doctor's offices tighten access and police take down illegal online sources.

Youths also seem to have a skewed perception of heroin as a "clean" drug. Public education campaigns have focused on the dangers of other drugs. "I don't think we stressed enough how dangerous heroin is," Pape said.

Neighborhood Watch

If you don't have a local Watch, but are interested in starting one, the Alliance for Safe Kids and Yorktown Police Department can help. Just give Detective Lewis a call at (914) 962-4141

Youth Court

If you know a teen who is interested in serving on next year's Youth Court, you can reserve a space on the waiting list by contacting Youth Court Director Art Lander at (914) 736-1450.

Your Child: Preventing Drug Use Among Teens in Grades 7-9

From Partnership for a Drug-Free America

http://www.drugfree.org/Parent/YourChild/Articles/Grades_7-9.aspx#

For parents, this is a pivotal time in helping kids make positive choices when faced with drugs and alcohol. The average age kids try drugs for the first time is 13. If your child is 13, says Amelia Arria, senior scientist with Treatment Research Institute, you should assume that he or she has been offered drugs or alcohol. But you can help your teen stay healthy and drug-free — and beat the negative statistics about drug use among teens. Kids who learn about the risks of drugs from their parents are up to 50 percent less likely to use (2007 Partnership Attitude Tracking Study). So, most importantly, stay involved. Young teens may say they don't need your guidance, but they're much more open to it than they'll ever let on. Make sure you talk to them about their choices of friends — drug use in teens starts as a social behavior.

Here are 5 tips to help you help your teen live a healthy, drug-free life:

- 1. Make sure your teen knows your rules and the consequences for breaking those rules -- and, most importantly, that you really will enforce those consequences if the rules are broken.** This applies to no-use rules about tobacco, alcohol and other drugs, as well as curfews and homework. Research shows that kids are less likely to use tobacco, alcohol and other drugs if their parents have established a pattern of setting clear rules and consequences for breaking those rules. (Guo, Hawkins, Hill, and Abbott, 2001) And kids who are not regularly monitored by their parents are four times more likely to use drugs (Metzler, Rusby & Biglan, 1999).
- 2. Let your teen in on all the things you find wonderful about him.** He needs to hear a lot of positive comments about his life and who he is as an individual — and not just when he makes the basketball team. Positive reinforcement can go a long way in preventing drug use among teens.
- 3. Show interest — and discuss — your child's daily ups and downs.** You'll earn your child's trust, learn how to talk to each other, and won't take your child by surprise when you voice a strong point of view about drugs.
- 4. Tell your teen about the negative effect alcohol, tobacco, and other drugs have on physical appearance.** Teens are extremely concerned with their physical appearance. Tell them about a time you saw a friend or acquaintance get sick from alcohol — reinforce how completely disgusting it was.
- 5. Don't just leave your child's anti-drug education up to her school.** Ask your teen what she's learned about drugs in school and then continue with that topic or introduce new topics. A few to consider: the long-term effects that tobacco, alcohol, and other drugs have on the human body; how and why chemical dependence occurs — including the unpredictable nature of dependency and how it varies from person to person; the impact of drug use on society — societal costs of impaired health and loss of productivity; maintaining a healthy lifestyle; positive approaches to stress reduction; or setting realistic short- and long-term goals.

Substances in your seventh to ninth grader's world can include:

Tobacco, Alcohol, prescription drugs such as Ritalin or adderall, Inhalants, and illicit drugs such as Marijuana, Ecstasy, Herbal Ecstasy, Cocaine/Crack, GHB, Heroin, Rohypnol, Ketamine, LSD, Mushrooms

Lakeside at Osceola

In Cooperation with The Alliance for Safe Kids

TEEN NITE

*Come & join
friends in a
SAFE,
FUN,
SUPERVISED
atmosphere!*

Friday Nights 7-10 PM, May 15th – June 26th (except June 5th)

and

Tuesday Nights 7-10 PM, July 7 – August 28th (except Aug. 4th)

Rain or Shine

Teens 12-15 yrs \$8 per person

Music and Dancing

Basketball

Snack Bar

Game Arcade

Ping Pong

volleyball

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