



PREVENTION NEWS

Alcohol Abuse Awareness Month



ALCOHOL ABUSE AWARENESS MONTH

April is Alcohol Abuse Awareness Month. This month begins Prom season as well as Fiesta (San Antonio), two events that increase the use of alcohol and drugs. In 1987, the National Council on Alcohol and Drug Dependence (NCADD) established National Alcohol Awareness Month to increase public awareness and understanding and encourage local communities to focus on alcoholism and alcohol-related issues. Within this newsletter, you will find data on underage drinking, updates about happenings in the field, information on Mental Health First Aid Training, and events and training within the Prevention Resource Center.

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UPCOMING TRAININGS AND EVENTS:

*3/24/2022- A.D.A.P.Ting to
Change During COVID from
12:30p-2pm CST. Click [here](#) to
Register*

*4/1/2022- First Fridays (Speaker
TBD)*



DATA CORNER

Danielle Johnson, Data Coordinator

With special occasions and celebrations, some of us look forward to the food and beverages. Whether it is a simple toast or a few drinks, we have to be mindful when it becomes dangerous, especially among youth. Alcohol is the substance of choice for most youth, so when middle and high school students were asked, on the 2020 Texas School Survey (TSS), “Thinking of parties you attended this school year, how often was alcohol used? **8.7% of students** across the state have used alcohol at a party, and within the Region, **9% of students** have used alcohol at a party, which is a **decrease from 2018 TSS of 23.9%.**

Among Texan underage college students, **70% of students got alcohol from a friend over the age of 21. In comparison, 49% obtained alcohol from a parent or relative, and 35% received alcohol from a friend under the age of 21.**

Underage drinking costs the citizens of Texas \$2.1 billion per year, which involves medical care, work loss, and pain and suffering associated with underage drinking and driving and fatal car crashes. This translates to about **\$2.00 per drink consumed by an underage person.**

For more information or data needs contact Danielle Johnson at djohnson@sacada.org

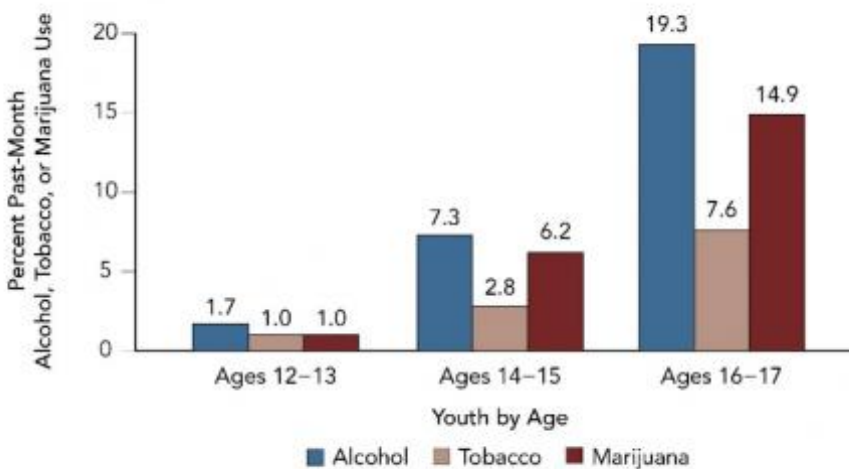
TIPS TO PREVENT UNDERAGE DRINKING DURING CELEBRATIONS

1. FOSTER REGULAR, HONEST AND POSITIVE COMMUNICATION
2. ADDRESS ISSUES CALMLY AND DIRECTLY
3. SHARE EXPECTATIONS
4. HELP YOUR CHILD AVOID AND MANAGE SITUATIONS WHERE THERE MAY BE ALCOHOL

For More Tips Check out the Alcohol Guide for families by Partnership to End Addiction [Here](#)

For data requests go to <https://prcregion8.org/data/data-request/>

More adolescents use alcohol than tobacco or marijuana



SOURCE: 2019 National Survey on Drug Use and Health. Tables 2.6B, 2.2B, and 1.7B. Accessed 10/15/20.

Source: 2021 Regional Needs Assessment

OUT IN THE FIELD

Julian Villanueva, Tobacco Coordinator

In July 1922, Congress enacted the Alcohol, Drug Abuse, and Mental Health Administration Reorganization Act, which includes an amendment aimed at decreasing youth access to tobacco. This amendment, Synar amendment, named from its sponsor Congressman Mike Synar of Oklahoma, required all states to enact and enforce laws prohibiting the sale or distribution of tobacco products of individuals under the age of 18. This amendment allows SACADA the opportunity to conduct voluntary checks of retailers within the 28 counties in South Central Texas. The Tobacco Coordinator maps out stores and performs physical checks of the stores to ensure laws are being followed. Violations may consist of tobacco products not being secured/locked and behind the register; out

of data/ invalid tobacco permit and ensuring the store is not located within 1,000ft of a school or church and "Under 21" signs are properly displayed. Safety precautions must be taken while in the field. Knowing where you are, awareness of your surroundings, adhering to COVID-19 protocols and making sure there is no threat are key before exiting the vehicle and entering retail tobacco stores. We still continue to provide services for people in need.

For questions on Tobacco Checks and its impact contact Julian Villanueva at jvillanueva@sacada.org

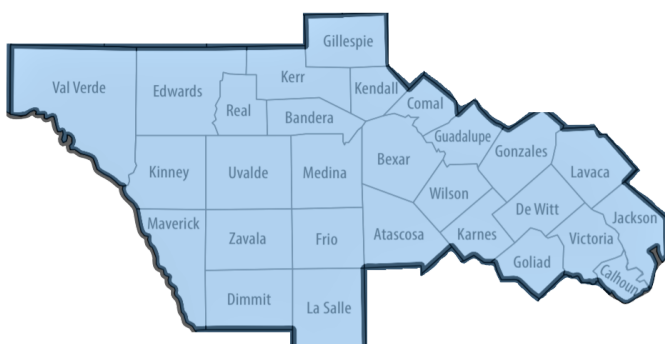


MENTAL HEALTH MOMENTS

Jennifer M. Reyna, Mental Health Education Coordinator

SACADA provides Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA) training to school personnel, emergency first responders, law enforcement, and other community members who can refer to mental health services. Our population of focus for which the training is intended to help is school-age youth, adults with severe mental illness/disturbance.

SACADA serves explicitly the entirety of region 8 of Texas Department of State Health Services, which include the following counties:



A message to our current and future community partners:

Data is required to bridge gaps in mental health awareness and preparedness. We aim to create a thorough resource directory accessible for all of Region 8. If trained, we ask for your collaboration by sharing information on referrals you have made. Simply visit our page at sacada.org to view our resource directory for services in your area!

Contact Jennifer Reyna at jreyna@sacada.org for more information.



WHAT'S HAPPENING IN THE PRC?

Marcus Kavanaugh, Public Relations Coordinator

The PRC Region 8 provides service to the 28 counties in South Central Texas. Region 8 counties include Atascosa, Bandera, Bexar, Calhoun, Comal, DeWitt, Dimmit, Edwards, Frio, Gillespie, Goliad, Gonzales, Guadalupe, Jackson, Karnes, Kendall, Kerr, Kinney, La Salle, Lavaca, Maverick, Medina, Real, Uvalde, Val Verde, Victoria, Wilson, Zavala. The Prevention Resource Centers are dedicated to creating healthier communities by increasing the capacity of the statewide substance use and misuse prevention resources. Check out the events and Training that are happening in the PRC:

-Annual Prevention Providers Meeting Updates

- Summer Annual Prevention Providers Meeting - June 21-24, 2022
- Theme: Prevention Redefined
- Venue: 100% Virtual

Call for Presentations- [Click Here](#) (speaker and individual link)

Speaker recommendation form - [Click Here](#)

-Texas Institute will be hosted in early August. Be on the lookout for more information.

-Regional Learning Collaborative

Since we will not be able to come together in person for APPM, TPT and HHSC would like to shift funds from the APPM budget to planning an in-person Regional Learning Collaborative. If you are already planning an event in the region, TPT and HHSC can provide additional support for those events or help plan other events.

The PRC would love your feedback on what might work best for our Region 8 Learning Collaborative. Examples include:

- Data sharing day (PRC)
- Training on the following topics:
 - Cultural diversity and addressing cultural needs
 - Program leadership
 - Social media
 - What does Behavioral Health Promotion mean?

Send your ideas and suggestions to mkavanaugh@sacada.org.

REGION 8 TRAINING CORNER

For the latest training opportunities visit- www.prcregion8.org/training.

For additional statewide training visit - [Texas Prevention Training](#).

Need some additional training go to <https://prcregion8.org/training/#Request>

Follow us on our Social Media!

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