

# Hawai'i Regional Alcohol & Drug Awareness Resource Network Newsletter



September 2008  
Volume 6, Issue 1

Distributed by The Coalition for a Drug-Free Hawaii, Prevention Resource Center

## WHAT'S NEW!

The Prevention Resource Center's Lending Library has an extensive collection of books, videos and research dealing with substance abuse prevention, treatment, recovery and other related issues. This is accompanied by a clearinghouse of free information brochures and other handouts.

### Intervention Activities for At-Risk Youth

Book: By Norma Stumbo, 1999  
"The chapters and activity sections are intended both for those facilities that do and do not employ professional therapeutic recreation staff. The activities and goals are written in a format that a variety of staff, from volunteers to childcare workers to activity staff to professional therapeutic recreation specialists, can utilize in implementing intervention activities for at-risk youth."

### Preventing Drug Use & Helping Young People Say No to Alcohol

These brochures give helpful hints to caregivers and other adults about how to speak to youth about not using alcohol or drugs. Suggestions include "listen when kids talk; make it easy to talk; be a role model."



### Let's Get Real

DVD: *The Respect for All Project*  
Name calling and bullying have reached epidemic proportions in schools today. From youth that are targeted, to the students who pick on them, to those who find the courage to intervene, *Let's Get Real* examines bullying from a wide range of perspectives.

### Exposed Series

DVD: *HRM: grades 5-9*

This five video drug education series covers some of the most abused and easily obtained drugs children are faced with. They show students a hard-hitting view of the realities and dangers of their use. In this series, students will learn the hard truth about Alcohol, Inhalants, Marijuana, Smoking and Spit Tobacco. (From website)



## IN OCTOBER LOOK, LISTEN & WATCH FOR THE USE & LOSE LAW

**HAWAII'S USE AND LOSE LAW - YOU DON'T EVEN HAVE TO BE DRIVING!**



If you are under 21, you can lose your license for drinking, buying, or holding alcohol, and you DON'T have to be driving.

For more information visit [useandlose.info](http://useandlose.info) or call MADD Hawaii at 808-523-6232.

FUNDED IN PART BY THE HAWAII STATE DEPARTMENT OF HUMAN SERVICES



## LOOK FOR IT ON THE BUS!

## LISTEN FOR IT ON THE RADIO!

### Introducing "Use & Lose" Radio Shout Outs!

We asked for your vote, and you listened!

Your 2 favorite Shout Outs have been recorded, and will be aired throughout the month of October on:



Tune in, get informed.

Brought to you by: TeenLine Hawaii  
In partnership with: HPPUD (Hawaii Partnership to Prevent Underage Drinking), Coalition for a Drug-Free Hawaii and Clear Channel Hawaii  
Funded in part by: Hawaii State Department of Human Services

**TeenLine Hawaii**

[www.teenlinehawaii.org](http://www.teenlinehawaii.org)

Answers to the questions. Know Yourself.

## WATCH IT ON TV!

Myron B. Thompson Academy produced an animated PSA for the "Use & Lose" law.

Look for it on Oceanic Time Warner Cable!

## Need a Refresher?

Act 203, also known as the "use and lose" law will suspend the driving privileges of any person under 21 who illegally purchases, possesses, or consumes alcohol. The violator's driver license will be suspended for at least 180 days; if unlicensed eligibility for a license will be postponed either 180 days or until age 17. All violators will be required to perform 75 hours of community service and participate in 8-12 hours of alcohol education and counseling.

Information from Honolulu Liquor Commission.

Contact the Prevention Resource Center  
545-3228 x34  
1-800-845-1946 x34  
[prc@drugfreehawaii.org](mailto:prc@drugfreehawaii.org)  
Resources are free!

The Coalition for a Drug-Free Hawaii is a non-profit organization that provides innovative programs & services to help keep Hawai'i children & families healthy, strong & resilient.



## PROJECT 7TH GRADE

Project 7th Grade works nationally with school districts, law enforcement representatives, community organizations and the media to bring this drug prevention program to parents & communities across the country. This includes a presentation to parents of middle school students to inform them about today's drug-related issues, and to provide guidance about how to use a drug test kit as a drug prevention tool. At the conclusion of the presentation each family is given a complimentary drug test kit (the project partners with First Check Diagnostics LLC to provide the free drug testing kits).

For local presentations and more information please contact SSG Brent Oto, 808-478-8722.

[www.project7thgrade.org](http://www.project7thgrade.org)





# Alu Like YAPP, Kauai

The ALU LIKE, Inc. mission is to kokua Hawaiian Natives who are committed to achieving their potential for themselves, their families and communities. The Youth Alcohol, Tobacco and Other Drugs Prevention Project is a program that assists all youth to live drug and violence free lives. It is open to all youth aged 11-17.



Through the use of both best practice and culturally sensitive curricula, we assist youth in developing the skills necessary to make healthy choices for themselves. We strive to help youth develop self-esteem, responsibility, and respect for self and others. Through participation in the program, youth discover their individual path to being PONO. We also sponsor drug free activities such as free movies in the park, youth retreats, camping trips, and Ohana craft and resource nights.

This June, we took youth to the Discovery Center in Kokee for three days and two nights. Speakers were invited to do presentations on teen dating violence prevention, drug prevention and other important issues with the youth. Cultural activities



included hula and ukulele lessons. Participants also went on a hike with a conservation group that presented information on indigenous and introduced plant life.

# WEB LINKS

## [www.family.samhsa.gov](http://www.family.samhsa.gov)

A Family Guide To Keeping Youth Mentally Healthy & Drug Free is a public education web site developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) to communicate to parents and other caring adults about how they can help promote their child's mental health and reduce his or her risk for becoming involved with alcohol, tobacco, and illegal drugs.

## [www.jointogether.org](http://www.jointogether.org)

*Join Together* is a program of the Boston University School of Public Health. Since 1991 it has provided information, strategic planning assistance, and leadership development for community-based efforts to advance effective alcohol and drug policy, prevention, and treatment. *Join Together* believes problems associated with alcohol and drugs can be best addressed at the community level. *Join Together* helps community leaders understand and use the most current scientifically valid prevention and treatment approaches.

## [nrepp.samhsa.gov](http://nrepp.samhsa.gov)

The National Registry of Evidence-based Programs and Practices (NREPP) is a searchable online registry of mental health and substance abuse interventions that have been reviewed and rated by independent reviewers. The purpose of this registry is to assist the public in identifying approaches to preventing and treating mental and/or substance use disorders that have been scientifically tested and that can be readily disseminated to the field. NREPP is a voluntary, self-nominating system in which intervention developers elect to participate.

## Combat Stress & PTSD: Working with Veterans & Their Families

**Presenter:** Dr. Joe Law, Ed.D.

**Date & Time:** October 13, 2008; 8:00-4:00

**Location:** Hyatt Regency Waikiki

**Cost:** \$184; 6.25 CEU's available

**For more information:**

[www.pesi.com](http://www.pesi.com)

1-800-844-8260

## Ethics & Ethical Thinking For CSACs

(meets the CSAC requirement for ethics education)

October 16, 2008 & November 13, 2008; 8:30-4:00  
601 Kamokila Blvd, Kapolei; Cost \$15; 6 CEU's available  
For more information call Lilia Calivo, 692-7522

**For information on trainings offered or approved by the  
State Alcohol and Drug Abuse Division please call:  
(808) 692-7506**

[hawaii.gov/health/substance-abuse/training/index.html](http://hawaii.gov/health/substance-abuse/training/index.html)

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