



THE CHAMPION

White House Drug Policy Office Awards \$625,000 to Local Coalition to Prevent Youth Substance Use in Wadena County

Grants Support Administration Efforts to Emphasize Public Health Approaches to Drug Policy, Reduce Demand for Drugs through Education

(Washington D.C.) – Michael Botticelli, Acting Director of the Office National Drug Control Policy (ONDCP), announced 680 Drug-Free Communities (DFC) Support Program grants, totaling \$84 million, to communities across the country. The grants will provide local communities funding to prevent youth substance use and support the Administration’s *National Drug Control Strategy*, which treats our Nation’s drug problem through a balanced public health and safety approach. The Chemical Health Awareness and Multi-Drug Prevention (CHAMP) Coalition of Wadena County was one of the grant recipients and will receive \$625,000 in DFC grant funds to involve and engage their local community to prevent substance use among youth.

“President Obama designated October as National Substance Abuse Prevention Month because we know the best way to reduce youth drug use is to stop it from ever beginning,” said Acting Director Botticelli. “Today, I congratulate prevention advocates for their continuing hard work and dedication to young people many of whom are struggling with peer pressure and other challenges in today’s society.”

“Drug-free coalitions across the nation are mobilizing to mount effective, coordinated prevention programs against substance use, especially among youth,” said Pamela S. Hyde, Administrator of the Substance Abuse and Mental Health Services Administration (SAMHSA) at the Department of Health and Human Services (HHS). “SAMHSA is honored to partner with the White House Office of National Drug Control Policy in building these critically important community coalitions.”

The Drug-Free Communities Support Program is directed by ONDCP in partnership with HHS’s SAMHSA. The DFC Program provides grants of up to \$625,000 over five years to community coalitions that facilitate youth and adult participation at the community level in local youth drug use prevention efforts. Coalitions are comprised of community leaders, parents, youth, teachers, religious and fraternal organizations, health care and business professionals, law enforcement, and media.

The DFC Program was created by the Drug-Free Communities Act of 1997 and reauthorized by Congress in 2001 and 2006. Since 1998, ONDCP has awarded over 2,000 DFC grants to local communities in all 50 states, the District of Columbia, Puerto Rico, Guam, Palau, American Samoa, the U.S. Virgin Islands, and the Federated States of Micronesia.

The rate of overall drug use in the United States has declined by roughly 30 percent since 1979. More recently, the number of current cocaine users has declined by more than a third (36%) from 2006 to 2013, and the number of current meth users has fallen by 19 percent over the same period. To build on this progress and support a balance of public health and safety approaches to drug control outlined in the *Strategy*, in FY 2015 the Obama Administration has requested nearly \$10.9 billion for drug education programs and support for expanding access to drug treatment for people suffering from substance use disorders.

For more information about the Administration efforts to reduce drug use and its consequences, or to learn more about the Drug-Free Communities Support Program, visit:

www.whitehouse.gov/ondcp.

Office of National Drug Control Policy seeks to foster healthy individuals and safe communities by effectively leading the Nation’s effort to reduce drug use and its consequences.

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*Our Vision:
We envision a
county where adults
support positive
youth choices
in order to develop
into healthy,
responsible adults.*

*Our Mission:
To improve and
enhance the health,
safety, and quality
of life for our
children and
community by
reducing substance
use and abuse.*

Twitter:





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Fast Fact

Giving can build asset #27 (equality and social justice), especially when young people choose to give money to charities that work to reduce hunger and poverty or promote human rights. Giving also can build cultural competence (asset # 34) if young people give to groups that promote tolerance, equality, understanding, and cooperation among different cultural, racial, and ethnic groups.

(Search Institute: An Asset Builder's Guide to Youth and Money, pg. 38.)

We're on the web!
www.champforwc.org

What's Coming Up...



Menahga Public Schools Holiday Break: 12/24/14-1/4/15
Sebeka Public Schools Holiday Break: 12/20/14 - 1/4/15
Verndale Public Schools Holiday Break: 12/24/14-1/4/15
Wadena-Deer Creek Public Schools Holiday Break: 12/24/14-1/4/15

Truly Thankful: 5 Tips to Teach Kids Real Gratitude

1. Make Do With Less.
 Pick something to give up for a week or month. For example, take-out or restaurant meals, or shutting off non-essential screens. This might be inconvenient, but everyone will begin to see how good they have it.
2. Develop a 'Silver Lining' mindset.
 Kids need to know that even when they are faced with difficulties, they still have it pretty good. Modeling how to find the silver lining in difficult situations can help kids learn to be grateful. For instance, if the game is rained out, remember you have a warm, dry house to come home to. Don't be preachy, but recognize that most setbacks have some kind of silver lining to be grateful for.
3. Schedule Service.
 Make family service a priority. Establish a family goal of 1 or 2 service projects per month throughout the year. Include kids in the planning and decisions about how and where you share your time and talents. Young people can see how others benefit from their help, and can also find joy from serving others and put their own blessings in perspective.
4. Give thanks-out loud!
 Make a habit of verbally thanking those who have helped you, expressing gratitude for the positive events in your life, including the help for putting the laundry away. When young people see how gratitude works and how nice it is to hear, they are likely to do the same.
5. Be routinely grateful.
 Research shows that people who are grateful are happiest. Take time daily to talk about 3 things that you are thankful for. Older kids can take pictures of things they are grateful for with their cell phones and share them at the dinner. Conversations at the dinner table promote family connectedness as well.

Adapted from article originally published by Amy McCreedy on ParentToolkit.com and TODAY.com . Amy McCreedy is the Founder of PositiveParentingSolutions.com and the author of "If I Have to Tell You One More Time ."

CHAMP is online! Visit www.champforwc.org or find us on Facebook & Twitter.

In every issue!

Something To Try And Talk About

Here are some ideas for conversations at your next family meal or ride in the car.

- What is the first thing you notice about a person?

- Describe the most beautiful thing you have ever seen.
- If you could know one thing about the future, what would it be?
- If your life was made into a movie, who would play you? Why?

The benefits of eating together will last long after your meal ends, especially if you make family mealtimes a regular activity. For more ideas visit : <http://casafamilyday.org/familyday/tools-you-can-use/conv-starters/>