

A LETTER FROM THE COALITION

The first DAET Coalition Newsletter was published in October 2014. Decisions at Every Turn had just begun its second year of Drug-Free Communities (DFC) funding and launched the newsletter to keep the community informed about collaborative efforts to reduce & prevent youth substance use in Ashland. Going back through previous issues was like going back in time. For eight years this newsletter has provided evidence-based prevention information, tools, and resources; highlighted the many wonderful prevention programs we brought to Ashland; and encouraged parents, caregivers, and other caring adults to have meaningful family conversations about healthy decision-making. In addition, DAET staff, community members, and coalition stakeholders have written articles, shared photos, and taken the helm as authors of “A Letter from the Coalition”. I have appreciated each and every contribution.

I am especially grateful for the passion and energy that DAET’s Project Coordinator Talia Seavey has brought to Ashland. She has worked tirelessly to bring the youth voice into prevention. Her commitment to creating a youth coalition and to address youth perceptions about substance use and norms through the STAND campaign have been invaluable. And we’ve seen our social media presence bloom under her direction! I’m sad to share that Talia has decided to take a different health-related position with another organization. Please join me in wishing her well in her new endeavor. We will ensure that DAET will continue to directly support Ashland youth and hope to share those plans soon.

As I look ahead to this October and the beginning of Year 10 of the DFC grant, we have new opportunities before us. While Year 10 signals the final year for this funding stream, this will not be the end of DAET or the end of prevention in Ashland. In contrast, this creates an invitation for conversations and action around sustainability. There are many ways that communities can support and actively engage in prevention efforts and I hope that you will all be a part of that effort. We hope to return to an in-person hosting of our DAET Annual Retreat in the fall. If you have never attended, but would be interested in doing so, please reach out to me. And if you would like to travel back in time, you can visit our newsletter archive here:

<https://ashlanddecisions.org/resources/newsletters/>

~ kristin

Director of Prevention Outreach/Director DAET



FAMILY- FRIENDLY IDEAS TO ENJOY THE SUMMER SAFELY AND SUBSTANCE-FREE

Safe Summer Celebration!

DAET is happy to launch the long-anticipated summer with a safety campaign! DAET’s **Safe Summer Celebration** is an education & activity campaign of family-friendly ideas for enjoying the summer safely and substance-free. Watch your email and follow us on social media for safe summer resources, activity ideas, and other planned events.

Look for us this summer!

Catch us at the Ashland Farmer’s Market Community Tent on August 6th!

Other dates TBD.

Stay with us through August! Highlights to watch for on social media ...

- ~ Summer Safety Tips
- ~ Summer activity ideas for youth & families
- ~ Prevention Talk Week
- ~ National Marijuana Facts Week

Don’t miss out! See the back page for our social media accounts for staying connected.



DAET COALITION NEWSLETTER

A community resource to help prevent youth substance use in Ashland

MENTAL HEALTH AWARENESS MONTH RECAP

Throughout the month of May, community partners across Ashland observed Mental Health Awareness Month (MHAM) through programs, education, and events that sought to reduce the stigma around mental health and promote opportunities to celebrate health and wellness. DAET would like to recognize these amazing partners who helped to make this year's awareness month a success.

Ashland Board of Health
Ashland Community Center
Ashland Health Department
Ashland Human Services
Ashland Nutrition
Ashland Public Library

Ashland REIKI & Wellness Center
Ashland Senior Center
Blush Bouquets
Mindfulfilled Meditation
Town of Ashland
UpperKuts Boxing Club

At the time of writing this issue, the MHAM webpage was viewed over 200 times and we were only partway through our month of events, but here are a few of those highlights!

Flowers for Friends promotion

Crystal Energy & Meditation workshop

Mental Health Resources & Exhibits



Mindfulness & Meditation programs

Fundamentals of Boxing classes

Youth substance use/mental health workshop

Caregiver workshops to support youth

Specialty Refreshers

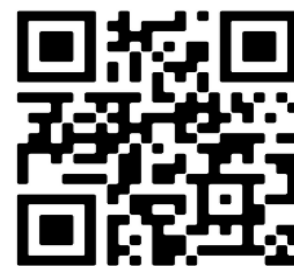
Health Fair/Open House

In 1949, Mental Health Awareness Month was established to increase awareness of the importance of mental health and wellness in Americans' lives.



May

~~WAS~~ IS MENTAL HEALTH AWARENESS MONTH



... but you can still access all of the resources and read up-to-date recaps - scan here!

YOUTH UPDATE * YOUTH UPDATE * YOUTH UPDATE * YOUTH UPDATE



THE ASHLAND YOUTH JUSTICE COALITION

Community is what we care about

The Ashland Youth Justice Coalition (YC) is a youth-led and adult-guided group of students who want to create positive change in the Ashland Community. The goal of the YC is to provide a greater opportunity for the youth voice to shape and impact our prevention work in Ashland.

Do you know a middle or high school student who may be interested?

Reach out to Kristin French at

kristin.french@AshlandDecisions.org



A picture from our March "Paint Night" youth program in collaboration with Ashland Nutrition! Eight students came out to enjoy an evening of painting and refreshers! This was a great way for youth to connect and relax through art. The event was planned and put on with the help of volunteers from AHS.

WHAT DOES PREVENTION LOOK LIKE FOR PRE-SCHOOL & ELEMENTARY AGED CHILDREN?

While most people think of substance use prevention as a teen concern, preventing youth use, or any risky behavior, starts from birth. There are many ways that parents, caregivers, and other adults can lay the foundation for a lifetime of healthy decision-making. Early prevention strategies include:

- Talking with children about the importance of taking care of our bodies
- Reinforcing and recognizing good decision-making
- Creating opportunities - such as movie night - to foster family connectedness
- Playing family games to strengthen bonds and model listening & collaborative skills
- Enhancing positive adult/youth relationships

When these connections and positive relationships exist, youth are more likely to thrive, be resilient, and practice positive decision-making.

Building Communication for a Healthy Lifestyle

Parents are the #1 influence on their kids' decisions to drink—or not drink—alcohol. Open lines of communication are important as kids get older and may have more questions. Our brain characters are here to offer suggestions on how you can break the ice with your kids to keep conversations flowing.

- Make them the expert.**
 - Ask about something your kids are passionate about: baseball, music, art, food, or videogames.
- Relax during your quality time.**
 - Cheer on your favorite sports team.
 - Cook dinner together or try a meal service.
 - Complete a home project together.
- Teach them to say YES to a healthy lifestyle and NO to underage drinking.**
- Have a silent conversation.**
 - For kids who may find it hard to open up face-to-face, use text messages or email to exchange sentiments and feelings.
- Keep it authentic.**
- Ask thoughtful questions with open-ended answers.**
 - What was the best part of being a little kid?
 - When you are a parent, what will you do differently?
 - What do you think adults do all day?
 - If you could start your own business, what would it be?
- Stay Positive.**
- Plan out a weekend vacation or staycation.**
 - Conversations flow while you're having fun at a bowling alley, on a hike, at the beach, or during a picnic.
- These conversations should be easy and a regular part of your relationship with your kids. Build strong bonds and help your kids say "YES" to a healthy lifestyle and "NO" to underage drinking.**
- Pull out old photos or videos from when they (or you) were young.**



FOUNDATION FOR ADVANCING ALCOHOL RESPONSIBILITY

@AskListenLearn /AskListenLearn

Ask, Listen, Learn ask_listen_learn

AskListenLearn.org

GREAT JOB ASHLAND PARENTS & CAREGIVERS! Results from the 2022 DAET Parent & Caregiver Survey (96 respondents), designed to assess adult perspectives on youth substance use in Ashland, showed that MOST practice and/or hold beliefs that demonstrate strong family protective factors. You can view the full summary presentation at: <https://eadn-wc01-3361090.nxedge.io/wp-content/uploads/2022/04/2022-DAET-Parent-Caregiver-Survey-Summary.pdf>



2022 DAET Parent & Caregiver Survey

FAMILY PROTECTIVE FACTORS

MOST adults feel that it is appropriate to **start talking** with children about alcohol and other substance use **by age 7**

In the past 12 months, **MOST** adults have discussed **expectations/rules** surrounding youth alcohol other substance use between 1-6 times

MOST adults have developed with their child effective **strategies to protect themselves** if found in an unsafe situation

MOST adults regularly **check in on their child/children** when they are spending time with friends in their own home or in the community

MOST adults have discussed **strategies for refusing/avoiding** alcohol or other substances use with their child/children

MOST adults **NEVER** knowingly allow their child to attend parties where underage use occurs (this holds for alcohol, e-cigs, marijuana)

MOST adults strongly agree or somewhat agree that their child is equipped with **strong decision-making skills**

MOST families engage in a **family activity** (eating together, family movie, meaningful conversations) nearly every night

DAET 2022 CALENDAR

Social Media Campaigns

Summer Safety Tips
June 8-10



Prevention Talk Week
June 13-17



Summer activity ideas for youth & families
June 20



National Marijuana Facts Week
July 4-10



Community Events

Ashland Farmers Market
Community Tent
August 6



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