

Project STOMP

Action Steps

March 2020
Newsletter



In this issue:

- ◆ **Upcoming Learning Opportunities & Events**
- ◆ **Corrine's Corner: Understanding Teen Alcohol Trends**
- ◆ **Featured Prevention Events: NDAFW & Prescription Drug Take Back Day**
- ◆ **Training Opportunity: SFP 10-14 Facilitators**
- ◆ **OGL's (Opportunities for Getting Involved)**

Upcoming Learning Opportunities & Events

Mark your calendars for the following Project STOMP featured events!

March

- March 23rd Don't miss this month's information-packed [Lunch & Share on Monday, March 23rd at noon](#)! This month we'll hear a speaker from the Central Iowa Chapter of the National Alliance on Mental Illness (NAMI), and feature community activities and events in Lyon, Dickinson, Sioux and Osceola counties. We'll also share ideas for virtualizing your NDAFW activities and introduce new opportunities to get involved with Mental Health Month and Prevention Week.
- March 30th [National Drug and Alcohol Facts Week \(through April 4th\)](#)

April

- April 25th [National Prescription Drug Take Back Day](#)
- April 27th Project STOMP Lunch & Share Zoom Meeting (noon)

May

- May [Mental Health Month](#)
- May 7th [National Children's Mental Health Awareness Day](#)
- May 10th [National Prevention Week \(through May 16th\)](#)
- May 27-29 SFP 10-14 Facilitator Training Opportunity in Atlantic, Iowa.

August

- August (TBD) Project STOMP In-Person Learning Community

Ongoing

- Various Dates [Youth Mental Health First Aid Trainings](#)

Corrine's Corner:

Why is Alcohol Use in Teens Declining?

Would it surprise you to hear that teen alcohol use is the lowest it has been in the last 10 years? The Monitoring the Future (MTF) Survey is a national survey that has been conducted every year since 1975. In 2009, the MTF results indicated that roughly 64% of 12th graders consumed alcohol in the last year, but the 2019 survey shows that only 52% of 12th graders reported drinking alcohol during the last year. There was a similar pattern of decline for 8th and 10th graders.

We know that early onset of drinking and heavy drinking in adolescents is linked to developmental problems and problematic drinking later in life (Bonomo, 2004). In order to make our prevention efforts as effective as possible, we need to understand as much as we can about what is driving the decrease in teen alcohol use. Given this, researchers are starting to consider the factors that might have contributed to the reported decline in drinking. A few of the possible reasons that have been suggested include changes in parenting, increased use of digital technology, and changing social norms (Battacharya, 2016).

Next, we'll explore how each of these may relate to the decline in teen drinking.

- 1) Changes in parenting:** Research tells us that when parents hold permissive attitudes towards underage drinking, their children are more likely to start drinking early and drink more heavily. Prevention programs, especially evidence-based programs that focus on teaching parents strategies that are known to delay substance initiation, are being utilized more frequently. These programs are often designed to help parents understand the potential consequences of teen substance misuse, and the importance of sharing their expectations related to drug and alcohol use with their children. It is possible that parental views on alcohol use have been shifting as a result of prevention efforts and that as their views around teen alcohol use become less permissive, teens are less likely to

Corrine's Corner:

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2) Increased use of digital technology: A teenager's smartphone is their portal to Instagram, twitter, and the newest trend – Tik Tok. These social media sharing platforms give teens unlimited opportunity to see what their peers are doing and share their own lives online. Researchers have a

theory that more technology use may actually be linked to less alcohol use because it decreases the amount of time teens are spending with their peers. Less time with peers could mean reductions in peer pressure and availability of alcohol. Teens may also perceive technology-related activities to be more enjoyable than drinking, deterring them from drinking even more. However, it is important to note that alcohol marketing is still prevalent, and teens may see others drinking or partying on social media sharing platforms.

3) Changing social norms: Studies have found that teens today are more likely to disapprove of binge drinking compared to teens from the 1970's to 2000's (Keyes, Schulenberg, et al. 2012). If teens hold more negative views on binge drinking, or if it is not socially desirable, they may choose not to binge drink because of the potential negative social consequences.

While there is still much to learn about the reasons and the likely connections among them, we can feel good about the fact that alcohol use is on the decline.

Featured Prevention Events

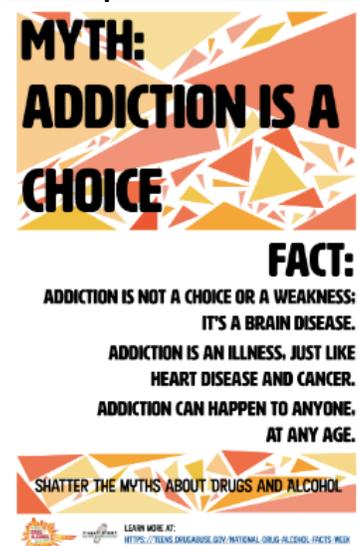
National Drug and Alcohol Facts Week (NDAFW)

March 30th – April 4th

National Drug and Alcohol Facts Week is just 2 weeks away and the Project STOMP Team is finishing up more resources for you to use as you educate others and raise awareness in your community. You can find the following materials in the Project STOMP Cybox:

- ◆ Posters
- ◆ Bulletin Board Kit
- ◆ Social Media Posts
- ◆ NDAFW Bingo Activity

Example Poster



Featured Prevention Events Cont.

Project STOMP also has trivia questions, a press release, and sample daily school announcements that can be used in your partnering school. It's not too late to plan a simple activity or event in your community. For activity and event ideas, technical assistance, and/or funding opportunities, please contact [Shelly Bernholtz](#). And don't forget to register your event on the official NDAFW website and represent Iowa in this effort! It only takes a few minutes to [register](#) and if you need extra help, check out the "Put Project STOMP on the Map Guide for Registering Your Event" in the Cybox.

Prescription Drug Take Back Day (April 24th)

The first National Prescription Drug Take Back Day of 2020 is April 24th from 10 am to 2 pm. According to the Drug Enforcement Administration (DEA) website, "the National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications." To find out where your local take-back location is, contact your local law enforcement agency. And remember, there are drug disposal boxes in every Iowa county. [Click here](#) to find yours.

Consider promoting National Prescription Drug Take Back Day to your friends, family, and co-workers. Posters are available and this information can be posted on social media to get the word out. For those who are unable to participate in the event on April 24th, but are interested in disposing of their unused prescriptions, Project STOMP has drug disposal kits available to distribute in your community. You'll hear more about them during this month's Lunch & Share on Monday, March 23rd at noon.

National Prevention Week (May 10th – 16th)

National Prevention week is an annual culmination of year-round prevention efforts developed by the Substance Abuse and Mental Health Services Administration (SAMHSA). According to the National Prevention Week website, SAMHSA "provides ideas, capacity building, tools and resources to individuals and communities that make substance use prevention happen every day."

While we think it's always a good time to get involved in prevention efforts, you can use this week as an opportunity to reach out to your partnering schools, agencies, and the community to raise awareness for and hold educational events related to substance misuse. Stay tuned for new 2020 materials.

Featured Prevention Events

Mental Health Month (May)

The National Alliance on Mental Illness (NAMI) has declared the month of May, Mental Health Month. NAMI dedicates this month to fighting stigma, providing support, educating the public and advocating for policies that support people with mental illness and their families. Project STOMP will once again be promoting tools and resources that you can use to help with this important cause. More info coming soon!

» Training Opportunity «

The Strengthening Families Program: for Parents and Youth 10-14 (SFP 10-14) team at ISU is offering a facilitator training May 27th – 29th in Atlantic, Iowa. There are currently 10 seats being offered to Project STOMP Affiliates for training new facilitators of existing implementations of SFP 10-14, or for counties that want to start implementing this evidence-based program in their area.

SFP 10-14 is a scientifically tested curriculum shown to help parents/caregivers support and guide their children, while helping them develop a healthy future orientation and skills for dealing with stress and peer pressure. For more details about SFP 10-14, [click here](#). Contact [Shelly Bernholtz](#) for more information about the training, or to learn more about funding opportunities for implementing SFP 10-14 in your community.

New Resources!

Community Anti-Drug Coalitions of America (CADCA) Releases Rural Youth Engagement Tool Kit

A new tool kit for engaging rural youth in substance misuse prevention efforts was released by CADCA. The “Rural Youth Engagement Tool Kit,” was created to address substance misuse in rural communities through the meaningful engagement and involvement of rural youth. Much of this content was developed and refined by CADCA through three decades of experience in building capacity and creating change through community coalitions from all 50 U.S. states. You can check it out here: <https://www.cadca.org/resources/rural-youth-engagement-toolkit> to get some good ideas for getting youth involved in prevention activities and helping their voices be heard.

New Resources Cont.

Through a donation of drug disposal packets from the Dispose Rx Community Outreach effort, the Project STOMP Team is able to offer Affiliates FREE drug disposal packets to use in your community in time for National Prescription Drug take back day (4/24). Along with the packets, Project STOMP is also providing a brief guide with ideas for places and partners to help distribute the free packets.

To learn more about the packets, visit <https://disposerx.com>. To request drug disposal packets for an event or activity in your area, contact [Shelly Bernholtz](#).

OGI (Opportunities for Getting Involved)

Showcase Your Substance Misuse Prevention Activities as a Lunch and Share Community Spotlight Presenter!

The Project STOMP Team is always looking for Affiliates to share what is going on in your communities in the “Community Spotlight” feature of the monthly virtual Lunch & Share meetings. This is a 5 to 10 minute segment where you can talk about successes and challenges of the substance misuse prevention activities you are holding in your community. When you are ready to share your Project STOMP activities, or with any questions, please contact [Shelly Bernholtz](#).

Remember to “like” the Project STOMP Facebook page!

The Project STOMP Facebook page is available for you to get shareable social media posts, information about events, and reliable information about substance related issues. As an example, a post shared earlier this month from the National Institute on Drug Abuse (NIDA) site for Teens site included a 1-minute video on the truth about vaping called [“Is Vaping Liquid Safe?”](#) featuring a NIDA scientist presenting the information. Feel free to check this out on the Project STOMP Facebook page. You are also welcome to share your events and Project STOMP pictures and stories with us so that they can be featured.



Project STOMP

Steps Toward Opioid Misuse Prevention

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SAMHSA
Substance Abuse and Mental Health
Services Administration