

COUNTY LINES

NEWSLETTER ON ALCOHOL, TOBACCO, AND OTHER DRUG ISSUES
Coordinated by the Ozaukee County ATOD Prevention Consortium - FALL 2012



BACK-TO-SCHOOL HOMEWORK ASSIGNMENT FOR PARENTS

Going back to school signifies a time of new beginnings – new schools, classes, and friends. It can also be a time of new challenges for many young people when it comes to drugs. As a parent, doing your homework and being a positive role model can impact your teen's decision to not use drugs. Parents can get smart about the risks associated with teens going back to school and make the grade in keeping their kids drug-free by completing the "homework assignments" below.

There are some simple steps you can take to keep track of your child's activities. Of course, your kids might not like you keeping tabs on where they are and what they're doing. It won't be a democracy, and it shouldn't be, according to many parenting experts. In the end, it's not pestering, it's parenting.

Be aware of challenges facing your teen as they enter high school. Teen acceptance of marijuana use and perceptions of normalcy increase dramatically during the transition from middle to high school, corresponding with an increase in use. Nationwide data indicates that the most dramatic increases in drug use occur between 7th and 8th grades and continues to climb significantly between 10th and 11th grades.

Get to know your teen's friends and where they hang out. Research shows that the majority of teens (ages 12-17) who smoked marijuana report getting it from their friends and usually received it inside a home, apartment, or dorm. Hanging around users of marijuana often means exposure



"Take a Stand For a Drug-Free Land"

The 2012 Ozaukee Red Ribbon Campaign is being held from October 14-21. This year's theme is "Take a Stand for a Drug-Free Land." Congratulations to the students whose theme and poster designs were chosen for the 2012 campaign. Selected from suggestions from students at elementary and middle schools through Ozaukee County, this year's theme was provided by Erika Stielow (left) of John Long Middle School in Grafton, WI. The poster was designed by Katie Knott (right), also of John Long Middle School and was selected from close to 100 entries. Dairy Queen of Grafton has generously donated gift certificates to the 2012 theme and poster winners.

not only to other illegal drugs, but also to a lifestyle that can include trouble in school, engaging in sexual activity while young, unintended pregnancy, difficulties with the law, and other problems.

Help your teen reject peer pressure. Young people who learn a lot about the risks of drugs at home are up to 50 percent less likely to try drugs than their peers who don't get drug information from their parents. In fact, two-thirds of young people said that losing the respect of family and friends is one of the main reasons they don't smoke marijuana or use other drugs.

Continued next page...



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PLEASE VISIT OUR WEBSITE
www.startingpointoz.org



Schedule time with your teen to discuss your family's "no drug use" policy – set and enforce rules with clear consequences for breaking them. Make your position clear when it comes to dangerous substances like alcohol, tobacco, and other drugs. Don't assume that your children know where you stand. Although virtually all parents in America (98 percent) say they've talked with their children about drugs, only 27 percent of teens – roughly one in four – say they're learning a lot at home about the risks of drugs.

Eat meals together as often as you can. Meals are a great opportunity to talk about the day's events, to unwind, and to bond with each other. Studies show that kids whose families eat together at least 5 times a week are less likely to be involved with drugs or alcohol.

Involve your teen in supervised activities. Approximately 91 percent of youths nationwide participated in one or more school-based, community-based, church- or faith-based, or other activities (e.g., karate lessons) during the past year. And, teens involved in after school activities or programs were less likely to have used cigarettes, alcohol, or illicit drugs in the past month than youths who did not participate in supervised activities during the past year.

Check in with your teen after school. The danger zone for drug use is between 3:00 and 6:00 p.m. If you can, try to arrange flex time at work so you can be home during those hours. Or, you can get your teen into a routine of calling you when they get home from school to check in and let you know where they are. If your child will be with friends, make sure there is adult supervision – not just an older sibling.

Watch for a decline in your teen's school performance. Students with a "D" average were five times more likely to have used illicit drugs in the past month than students with an "A" average. Also, teens with particularly negative attitudes about school were two and a half times more likely to have used marijuana in the past year than youth with positive attitudes towards school.

Know the warning signs of drug use. Changes to take notice of are: acting distant from family or friends, hanging out with a different crowd, changes in moods or attitudes, lack of interest in personal appearance, changes in clothing, and dramatic changes in eating or sleeping habits.

Be a better listener. Ask questions – and encourage your teen to ask questions of you. Paraphrase what your child says to you. Ask for their input about family decisions. Showing your willingness to listen will make your child feel more comfortable about opening up to you.

Stay involved in your teen's life. Help your teen with homework assignments and projects, limit time spent watching TV and using the Internet, limit the amount of time spent with friends on school nights, give him or her responsibilities around the house, and remember to recognize successes and good behavior.

PARENT'S BILL OF RIGHTS

WE, as parents, have a right to be treated with respect. **WE** have the right to say no and not feel guilty. **WE** have the right to know where our kids are, who their friends are, and who they are with at any time. **WE** have the right to demonstrate we care by occasionally verifying or spot checking our children's whereabouts. We may, for example, call host parents on parties or overnight stays. **WE** have the right to set a curfew and enforce it with restrictions and loss of privileges. **WE** have the right to not condone any alcohol or drug usage and to say no to attendance at activities where alcohol or drug usage may occur. **WE** have the right to make mistakes and/or change our minds. **WE** have the right to ask questions and expect answers about all things which may affect our children. **WE** have the right to monitor all school related activities: academic, behavioral and social. **WE** have the right to know and consult with adults who influence our children's lives, i.e., coaches, employers, teachers, youth group leaders, ministers, and counselors. **WE** have the right to know what is happening within our own home, to set "house rules," and know the identity of guests who come into our home. **WE** have the right to assign our children chores and other family responsibilities appropriate to their ages. **WE** have a right to promote time together as a family, which may include meals, outings study time and other planned activities. **WE** have a right to be authoritative when logical explanation and reason have not succeeded. **WE** have a right to have family rules and consistently enforce them with appropriate consequences.





10

Things to Consider Before You Let Your Child Quit a TEAM

We should live lives of perseverance and teach our children to do the same. Quitting should not be an option except in rare circumstances. Here are 10 things to consider before you let your child quit.

1. Listening to your child.

Have your child explain to you why they want to quit. Really listen to what they are saying, gently ask questions, and empathize with how they are feeling.

2. Understanding the entire story

One source of information is never enough. Sure, you need to listen to your child with an understanding ear. It's also necessary to listen to their teacher, coach, or whoever you need to in order to make sure you have all the facts.

3. The significance of commitment

We want to teach our children to always keep their commitments. It's important for our children to understand the importance of following through with everything they say they'll do.

4. Persistence: a key to success in work/life

Thomas Edison famously "failed" 10,000 times on his way to inventing the light bulb. What if he had simply quit along the way?

5. Perseverance must be taught now

If children don't learn to follow through now, when they have our support, will they do it when they're on their own?

6. Quitting on impulse is rarely the right choice

Encourage your child to be patient. Help them to understand that spending a bit more time reflecting on things usually results in a better decision that they won't regret in the long run.

7. Children often quit for the wrong reason

Try to get at the bottom of why your child wants to quit. Read between the lines. "It's not fun anymore." may be code for, "Kids make fun of me."

8. Challenging experiences can build strength

Going through the fire can refine and mold your child's character. Patience and perseverance are two virtues that your child can use throughout their life.

9. Precedence is important

The more children quit before completing a task, the less likely they are to finish the next one. Quitting can quickly become habit forming.

10. Making the tough choice

In rare cases, your child may need to make the difficult decision to walk away. Maybe an instructor or coach is having a negative influence on your child with their tirades, condescending attitude or foul language. Maybe your child has been asked to compromise the values you've taught them. If that's the case, your child needs your support and your help to make a gracious exit.



Grafton Champions 2011-12

SELF-HELP RECOVERY GROUPS ADDRESSING ALCOHOL & OTHER DRUG ADDICTIONS

These sites have current information on meeting days and times for Alcoholics Anonymous (AA), Al-Anon (for family and friends), and Narcotics Anonymous (NA).

NEW DAY CLUB

11936 N. Port Washington Road,
Mequon, WI 53092
Phone: (262) 241-4673
Website: www.newdayclub.org

24 HOUR CLUB

153 Green Bay Road,
Thiensville, WI 53092
Phone: (262) 242-9999
Website: www.24hourclub.org

AA

24 Hour Hotline
1(414) 771-9119
Website: www.aa.org

AL-ANON FAMILY GROUPS

National:
1(888) 425-2666
SE Wisconsin
(includes Ozaukee Co.):
1(414) 257-2415
Websites:
www.al-aon-alateen.org and/or
www.alanon-wi.org

FAMILIES ANONYMOUS

(Ozaukee County)
Phone: (414) 378-5815
Website:
www.familiesanonymous.org

NA

National /World Service:
1(818) 773-9999
Greater Milwaukee Area:
1(866) 913-3837
WI Regional Office:
1(920) 232-9615 or
1(800) 240-0276
Website: www.na.org or
www.wisconsinna.org

OTHER AA WEBSITES

www.aagrapevine.org
www.area75.org
www.aamilwaukee.com
www.onedayatatime.org

OTHER HELPFUL WEBSITES AND PHONE NUMBERS

Cope: 377-COPE (2673)
www.copeservices.org

National Suicide
Prevention Lifeline:
1-800-273-TALK (8255) www.suicidepreventionlifeline.org



PARENTS:

“Hands-On” vs. “Hands-Off”

For the past six years the Center on Addiction and Substance Abuse at Columbia University (CASA) has conducted a major survey of public opinion on substance abuse, seeking answers to this question: *“Why do some teenagers succumb to the use of illegal substances while others do not?”* This survey continues an analysis aimed at revealing the factors which contribute to teen substance abuse risk. The risk of substance abuse can be attributed to identifiable characteristics of teenagers, their household, their parents and their school environment. By identifying factors which contribute to a teenager’s apparent risk of substance abuse, we discover targets for prevention and intervention.

For the past four years, CASA has identified parents as the key to keeping kids drug-free. Our 2000 survey makes an even stronger case. The extent to which the household culture is “hands-on”—the more parents establish appropriate rules and standards of behavior and monitor their teens—the lower the teen’s risk of substance abuse. This year, for the first time, CASA correlated each teen’s risk of substance abuse with a series of 12 possible actions the teen attributed to his or her parents. We then categorized parents in three categories—“hands-on,” “half-hearted” or “hands-off.”

5. expect to be and are told the truth by their teens about where they really are going;
6. are “very aware” of their teen’s academic performance;
7. impose a curfew;
8. make clear they would be “extremely upset” if their teen used pot;
9. eat dinner with their teens six or seven times per week;
10. turn off the TV during dinner;
11. assign their teen regular chores;
12. have an adult present when the teen returns from school.

The survey found:

- Only one in four teens (27 percent) lives with “hands-on” parents. Teens with “hands-on” parents are at one-fourth the risk of teens living with “hands-off” parents.
- Nearly one in five teens (18 percent) lives with “hands-off” parents—parents who fail to consistently set down rules and expectations—and are at four times the risk of substance abuse of teens with “hands-on” parents. “Hands-off” parents consistently fail to set rules and monitor their teen’s behavior (they take five or less of the previously described 12 actions).

Teens living in “hands-on” households have parents who consistently take 10 or more of these 12 actions:

1. monitor what their teens watch on TV;
2. monitor what they do on the Internet;
3. put restrictions on the music CDs they buy;
4. know where their teens are after school and on weekends;

Here are some examples of how a teen’s risk increases when parents fail to:

1. monitor their teen’s television and Internet viewing, and restrict the music CDs they purchase. These teens are at twice the risk of those teens whose parents monitor these activities.
2. know where their teen is after school and on weekends or expect their teen to tell them where they are going at night or on weekends. Teens whose parents do not keep track of their whereabouts are at twice the risk of teens whose parents do.

3. impose a curfew. Teens without a curfew are at one and a half times the risk of teens who have one.

4. have dinner with their teens six or seven times per week. Teens who do not regularly eat dinner with their families are at one and a half times the risk of teens who have dinner with their parents nearly every night.

5. closely monitor their teen's academic performance. Teens whose parents are "very unaware" of how their teen is doing at school are at nearly three times the risk of teens whose parents are "very aware" of their teen's schooling.

6. give their teen a clear message about marijuana use. Teens whose parents would "not be too upset" about their teen's pot use have teens at more than triple the risk of teens whose parents would be "extremely upset." Despite the conventional wisdom that many teens do not want their parents to establish rules and expectations, the survey found that teens with "hands-on" parents are much more likely to have an excellent relationship with their parents than teens with "hands-off" parents:



**Homestead Champions
2011-12**

10 TOP TEN TEEN TRICKS

1. A teen insists on going to a friend's house for the night when his/her parents are going out for the evening. Then, when the parents are gone, the teen returns to the unsupervised house with a group of friends. (This happens most often on holidays, anniversaries, and other special occasions.)

2. When attending a school dance the teen leaves early and goes to an unsupervised party. Many couples take their pictures at the dance to prove that they attended it, and then go to a friend's house or secluded area to party.

3. Community festivals may not be highly patrolled activities and teens find it easy to leave the premises to use substances in nearby woods, parking lots, or behind nearby buildings. Teens may also be taken to parties by older students who can drive. (It might sound unusual for older students to take an interest in younger teens, and it may be a sign of drug use.)

4. After school, when many parents are still at work, teens may congregate at an unsupervised house and use alcohol or drugs. The hours after school have the highest incidence of delinquent behavior.

5. When walking to a friend's house, teens may meet in deserted, secluded areas (such as the woods) and use substances or engage in sexual activity.

6. At school functions or just when staying after school, teens can easily sneak away to go use substances in the unsupervised or hidden areas (i.e. between buildings or parked cars).

7. Although the parents may be home at a sleepover, teens may sneak out of the house late at night and either walk somewhere or be picked up in a car down the street. High school sleepovers need to be monitored at all hours. It is not unusual for teens to drink alcohol or use drugs at sleepovers because the effects of the drugs will have worn off by the next morning. Confirm sleepover plans with the host's parents. Overall, there is no reason for someone that age to have a sleepover; rarely does anything positive come from that experience.

8. An adolescent may steal alcohol from his/her parent's liquor supply and make up the difference in the bottle's volume by adding water. Soda and sports water bottles are often used as containers for alcohol. Garage refrigerators are targeted by teens seeking alcohol. Teens may also steal medication from the medicine cabinet of family or friends.

9. Although many parents are pleased when their teen goes to a friend's house to do homework, this might not actually be what the teen plans to do.

10. Teens may say that they are going to a friend's house to spend the night, and then "change plans" at the last minute, allowing the parents no time to check up on them.

Many of these situations may seem rather strange and even ridiculous, but when a child is addicted to drugs or wishes to engage in risky behavior, he/she will do anything to continue his abuse, including lying, stealing, and plotting.

Taste 4 Seasons

The Board of Directors and staff at Starting Point of Ozaukee would like to express gratitude to all of the supporters who attended and shared in making a difference through our annual fundraiser, **Taste 4 Seasons**.



We would also like to recognize a number of businesses, organizations, and individuals who have given so generously of their time and talents to support our efforts to raise funds to assist youth in Ozaukee County. We wish to express our appreciation to:

OUR SPONSORS: Cedarburg PPI; Mequon-Thiensville PPI; Concordia University; Ozaukee County Deputy Sheriff's Association; Kapco, Inc; O.F. Enterprises; A&W Iron & Metal, Inc; Anonymous; Port Washington State Bank; Walgreens # 3448; Maletzke's Resort; Kurt R. Kwiatkowski, DDS; Mueller Funeral Homes of Ozaukee County; Harris Bank; Columbia – St. Mary's Behavioral Health Services; Thrivent of Ozaukee and Pick N Save – Grafton.

OUR VENDORS: Bistro 333; Café 1505; Fiddlehead's; Larry's Brown Deer Market; Out & Out Custard and Sandwiches; Prime Minister Family Restaurant & Catering; Sprecher Brewery; Sweetheart Cakes; Tello's Grille & Café; The Chancery; and The nines at River Club of Mequon.

RAFFLE/SILENT AUCTION: The many generous businesses and people who donated to and participated in our raffle and silent auction.

VOLUNTEERS: Marni Wiggins for her time and talent as our pianist; Deb Mortl's Cedarburg High School Graphic Design Class - the selected invitation was designed by artist Juliana Kolis-Bowler; the Maletzke Family for the beautiful floral centerpieces; and all of our LEAD volunteers this evening!

Thank you again to everyone who was a part of **Taste 4 Seasons**.

With sincere appreciation and gratitude,

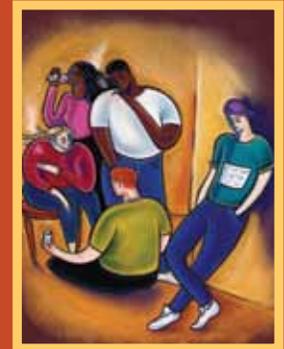
Starting Point of Ozaukee

Watch for our Save the Date for next year's Taste 4 Seasons!



LEAD students at Banquet, top; and Leadership Day, bottom

24/7 PARTY ALERT



Call Starting Point of Ozaukee if you learn that a party is about to happen where underage use of alcohol or any illegal substances is likely to occur and/or there is not going to be an appropriate chaperone.

Your call will be kept in confidence... you may make it anonymously if you choose.

A Starting Point of Ozaukee staff member will contact the homeowner, the party host and/or the appropriate authorities (without identifying the original caller) with the intent of curtailing the plans and keeping our youth safe.

If you become aware of a party in progress local law enforcement needs to be alerted. Any non-supervised or inadequately supervised youth party has the potential for disaster in the form of overdose, physical and/or sexual assault, and inexperienced youth drivers on the road that are under the influence of a mind altering substance.

This line is staffed 24 hours per day, 7 days per week.

**To use the Alert please call:
Starting Point of Ozaukee at
(262) 375-1110**

Know These Warning Signs for Self-Harm

BEHAVIOR, SELF ESTEEM OR MOOD

- depression or hopelessness
- loneliness or isolation • perfectionism
- impulsivity • impaired family communication • anxiety • self-blaming or low self-esteem • hypercritical parents
- awareness of self-harm by peers

Self-harm is the non-fatal intentional harm or injury to a person's body that results in actual physical damage to tissue, illness or unintentional death. It can be used as a way to cope or express overwhelming emotions.

WHAT YOU MAY SEE...

- burns, cuts, bruises, scratches, hitting or banging • long shirts or pants to cover up evidence

WHY DO TEENS SELF-HARM?

- to stop bad feelings • to feel something • to avoid doing something unpleasant • fear of abandonment • to cover up feeling of failure or not meeting expectations • for comfort or punishment

WHAT PARENTS CAN DO

- don't react with criticism or horror • remain non-judgmental; let the teen know you care • understand the behavior is a coping mechanism • validate the emotion that triggered the behavior, not the behavior • get professional help that will provide your teen with greater insight into their emotional state and replace this behavior with effective coping skills • interview your therapist: Ask if they've previously treated adolescents with these symptoms. Ask about their theoretical orientation to self-harm. Ask how parents are involved? Ask if they tend to recommend medication for these teens. • show you care and tell them you love them • document your concerns; keep a record of changes for future reference

VISIT US AT: www.startingpointoz.org or find us on FACEBOOK!

Networking/ Support

A parent network is available in many Ozaukee County School Districts. They address increasing Developmental Assets for children and youth and reducing risk behaviors. New members are welcome and meetings are scheduled at:

Mequon/Thiensville Positive Parent Involvement

Third Tuesday of each month - September thru June

Cedarburg Positive Parent Involvement

Second Tuesday of each month - September thru May

Grafton Positive Parent Involvement

Second Monday of each month - September thru May

Please call Starting Point of Ozaukee for more information on the meeting times, locations and activities that are available through these volunteer groups. Metro families may call 262-375-1110 and northern county residents may call 262-284-3144.

Starting Point of Ozaukee, Inc. is a non-profit agency specializing in education, prevention, intervention, and referral resources for alcohol, tobacco, and other drug related issues for Ozaukee County residents.

I would like to support the efforts of Starting Point of Ozaukee, Inc. with my tax-deductible contribution of: \$ _____

Name: _____

Address: _____

Please send to: Starting Point of Ozaukee, Inc.
101 Falls Road, Ste. 402, Grafton, WI 53024
Phone: (262) 375-1110 or (262) 284-3144

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What A Generous Gift Can Do for Starting Point of Ozaukee

- \$25 will provide educational literature to 50 5th graders distributed by our drug-free LEAD high school students.
- \$50 will provide 500 "Lock-up Your Meds" brochures to educate and warn the community about a growing issue.
- \$75 will help provide materials for one of our middle and high school risk reduction groups through the SAIL Program for 8 at-risk students.
- \$100 will support the education and skill training of 30 middle school students through the Aware Program.
- \$125 will assist in providing informational materials to over 50 Positive Parent Involvement (PPI) volunteers for a year.
- \$250 will provide two intervention sessions for a middle school or high school student participating in Systematic Alcohol, Tobacco, and Other Drug Intervention Linkage (SAIL) Program.
- \$300 will provide 20 to 30 LEAD members attendance at an alternative drug-free activity
- \$400 will provide the opportunity for 20 students to develop leadership skills by serving on the countywide student advisory board and allow them to purchase needed materials for training and community projects.
- \$500 will provide the opportunity for 5 low income at-risk youth to receive an alcohol and drug assessment in hopes to interrupt their use and give them the assistance and support.
- \$750 will provide dissemination of information through brochures, ads, flyers, and newsletters regarding the underage drinking campaign "Parents Who Host Lose the Most."
- \$2,500 will provide a national trainer for over 100 Leading Exceptional Alcohol and Drug-free lives (LEAD) teens for their leadership conference.
- \$5,000 will provide a two-day leadership training conference for over 100 Leading Exceptional Alcohol and Drug-free lives (LEAD) teens.

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