



# Henry County Substance Abuse Coalition Connection

VOLUME 3, ISSUE 3

SEPTEMBER 2011

## INSIDE THIS ISSUE:

**PICTURES FROM 2  
VIGIL FOR LOST  
PROMISE**

**INSUFFICIENT 3  
SLEEP AMONG  
HIGH SCHOOL  
STUDENTS  
ASSOCIATED  
WITH  
DRINKING,  
SMOKING AND  
SMOKING  
MARIJUANA**

**NATIONAL DRUG 4  
FACT WEEK  
SCHEDULED  
OCTOBER 31ST-  
NOVEMBER 6TH,  
2011**



**Jennifer Lehman**  
*Drug Free Communities  
Coordinator*

**Cherry Sandeen**  
*Communications  
Coordinator*

127 North Main  
Mt. Pleasant, IA 52641

**Chris SyWassink**  
*-Chair Person*

**Erin Housh**  
*- Vice Chair Person*

**Cassie Gerst**  
*- Secretary*

## HENRY COUNTY SUBSTANCE ABUSE COALITION HOSTS VIGIL FOR LOST PROMISE

The Henry County Substance Abuse Coalition sponsored the sixth annual Vigil for Lost Promise in the Wright Pavilion at McMillan Park on September 15th from 6:00-8:30 p.m. The evening event was a time for people to remember those who have lost their lives to substance abuse and celebrate those in recovery.

Inspiration was shared throughout the evening through song and stories of recovery, warming hearts on a chilly evening. Tanner Stutzman, Mt. Pleasant Community High School senior, sang two songs. One of the songs he shared was his original composition entitled, "Lord, You're All I Need." Audience members also took turns at the microphone, giving them an opportunity to share their personal experiences with substance abuse and their journey through the recovery process.

On a more somber note, Liz Tobin, Dubuque, Iowa, shared about her son Michael's battle with substance abuse and unsuccessful attempts at recovery. Michael Tobin died from substance abuse February 10, 2010. Through sharing Michael's story, the Tobins hope to prevent others from losing their life to substance abuse. Vigil attendees received a red drink bottle in Michael Tobin's memory, donated by his parents, Pat and Liz Tobin.

The atmosphere grew quiet as everyone lit their candles, symbolizing hope for the future at the culmination of the evening's program. People gathered closely to watch a projection of "Un Angel" an uplifting You Tube video, that left attendees feeling encouraged for brighter days ahead.

### 4 minutes

Every four minutes someone in America is sent to treatment instead of prison through drug courts

(Source: ONDCP)

[www.healthyhenrycounty.org/drugfree.htm](http://www.healthyhenrycounty.org/drugfree.htm)



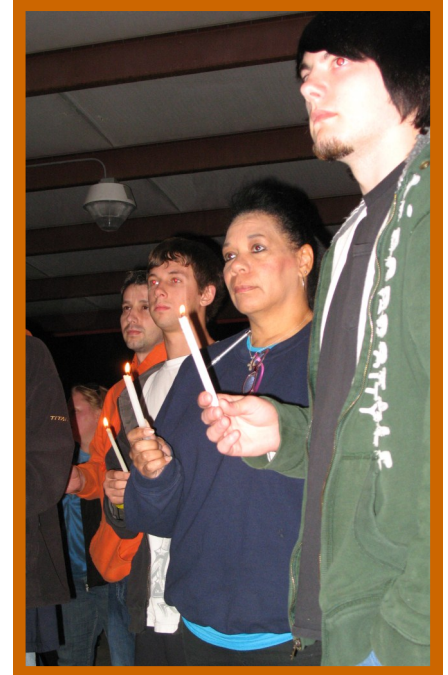
## VIGIL OF LOST PROMISE PICTURES



Jennifer Carroll and Trevor Etleman are writing words of encouragement on the labyrinth to those in recovery.



Liz Tobin shares the story of her son Michael's struggle with substance abuse. He died in 2/10/10.



Vigil participants light candles as a symbol of hope for those in recovery.



Tanner Stutzman sings for the audience at the Vigil for Lost Promise.



There was great attendance for the Vigil.

## INSUFFICIENT SLEEP AMONG HIGH SCHOOL STUDENTS ASSOCIATED WITH DRINKING, SMOKING AND SMOKING MARIJUANA

September 29, 2011 Press Release

About 70 percent of U.S. high school students don't get enough sleep on school nights and this is linked to health-risk behaviors, according to a study conducted by the Centers for Disease Control and Prevention.

They concluded that insufficient sleep is associated with a variety of health-risk behaviors, including: physical inactivity, drinking alcohol, smoking cigarettes, drinking soda, fighting, being sexually active, marijuana use and seriously considering attempting suicide.

High school students participating in the 2007 national Youth Risk Behavior Survey were asked, "On an average school night, how many hours of sleep do you get?" The study, published online by *Preventive Medicine*, said 68.9 percent of adolescent responders reported insufficient sleep on an average school night. Insufficient sleep was considered less than eight hours and sufficient sleep eight or more hours of sleep.

Students who reported insufficient sleep were more likely to engage in the health-risk behavior than students who reported sufficient sleep, researchers said.

"Many adolescents are not getting the recommended hours of sleep they need on school nights. Insufficient sleep is associated with participation in a number of health-risk behaviors including substance use, physical fighting, and serious consideration of suicide attempt," Lela McKnight-Eily of the CDC said in a statement to United Press International.

McKnight-Eily recommended public health intervention, and the consideration of delayed school start times to help students get more shut-eye.

# 10%

The percentage of American  
8th graders reporting using an  
illicit drug in the past month

(Source: *Monitoring the Future*)

**Websites to check out! Stay informed!**

**Help protect our youth!**

<http://www.samhsa.gov/prevention/>

<http://teens.drugabuse.gov/>

<http://alcoholfacts.org/>

<http://www.drugfree.org/>

[www.healthychenrycounty.org/drugfree.htm](http://www.healthychenrycounty.org/drugfree.htm)



twitter



## NATIONAL DRUG FACTS WEEK 2011

### Who created National Drug Facts Week?

National Drug Facts Week was launched by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health. NIDA scientists want to give teens the opportunity to learn what science has taught us about drug abuse and addiction amid the noise and clutter of drug myths they get from the internet, TV, movies, music, or from friends.

### When is National Drug Facts Week?

NDFW will be celebrated from **Monday October 31st through Sunday November 6th, 2011**. NIDA will celebrate National Drug Facts Week by holding its annual Drug Facts Chat Day forum on November 1st from 8 a.m. to 6 p.m. EST.

### What happens during national Drug Facts Week?

National Drug Facts Week is an opportunity for teens to shatter the myths about drugs and drug abuse. In community and school events all over America, teens and experts will come together for an honest conversation about how drugs affect the brain, body and behavior. In school assemblies, after school clubs, athletic events, book clubs and other venues, students will be able to ask scientists questions about drugs, or discuss NIDA materials designed for teens.

### How Can I Get materials for National Drug Facts Week?

Go to the Web site <http://drugfactsweek.drugabuse.gov> and look for links to our teen booklet (*Drugs: Shatter the Myths*) as well as the National Drug IQ Challenge. These tools are free to the public and are excellent centerpieces for National Drug Facts Week events.

### How can I plan an event for National Drug Facts Week?

Check out the National Drug Facts Week Website (below) for more information. NIDA offers an online toolkit with lots of suggestions on how to plan events and how to find scientific experts who can participate. The site also tells you how to register your event, and shows you photos from last year's activities.

### Why Celebrate National Drug Facts Week?

About a third of high school seniors report using an illicit drug sometime in the past year, and more than ten percent report nonmedical use of a narcotic painkiller. More than 20 percent of high school seniors report smoking marijuana in the past month. While drugs can put a teenager's health and life in jeopardy, many teens are not aware of the risks. Even for those teens who do not abuse drugs, many have friends or family who do, and they are often looking for ways to help them. When teens are given the scientific facts about drugs, they can be better prepared to make good decisions for themselves and they can share this information with others.

### Who are NIDA's Partners for National Drug Facts Week?

NIDA has many federal, state and local partners working together to get the facts about drugs to teens in communities all over America. NIDA has a special collaboration with the MusiCares and GRAMMY Foundation who are sponsoring a music contest related to issues about drugs or healthy living. Contest details can be found on the National Drug Facts Week Web site, below.

For more information on National Drug Facts Week, or to become a partner visit the web site

<http://drugfactsweek.drugabuse.gov> or call 301-443-1124