MAYOR JOSEPH A. CURTATONE,
SOMERVILLE HEALTH AND HUMAN SERVICES DEPARTMENT &
SOMERVILLE OFFICE OF PREVENTION
PRESENT

GOT PREVENTION

July 2016

2016 National Night Out

On August 2, 2016 Somerville Cares About Prevention (SCAP) will partner with the City of Somerville, Somerville Police Department, the National Association of Town Watch, and Target, Inc. to host National Night Out, "America's Night Out Against Crime". The event will begin at 5:00 PM at Foss Park and include Police and Fire Department demonstrations, speeches from Mayor Curtatone along with other city officials, live performances, prizes, activities for all ages, and displays from over 30 local city organizations. National Night Out is a great to unite the community in an effort to improve the safety of neighborhoods and heighten drug and crime prevention. Join us on August 2nd to build spirit within the community, improve partnerships between neighborhoods and police, and to send a message to criminals that neighborhoods are organized and fighting back. For more information about this event please visit http:/www.natw.org.

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NATIONAL NIGHT OUT
AUGUST 2nd, 2016
5PM-8PM

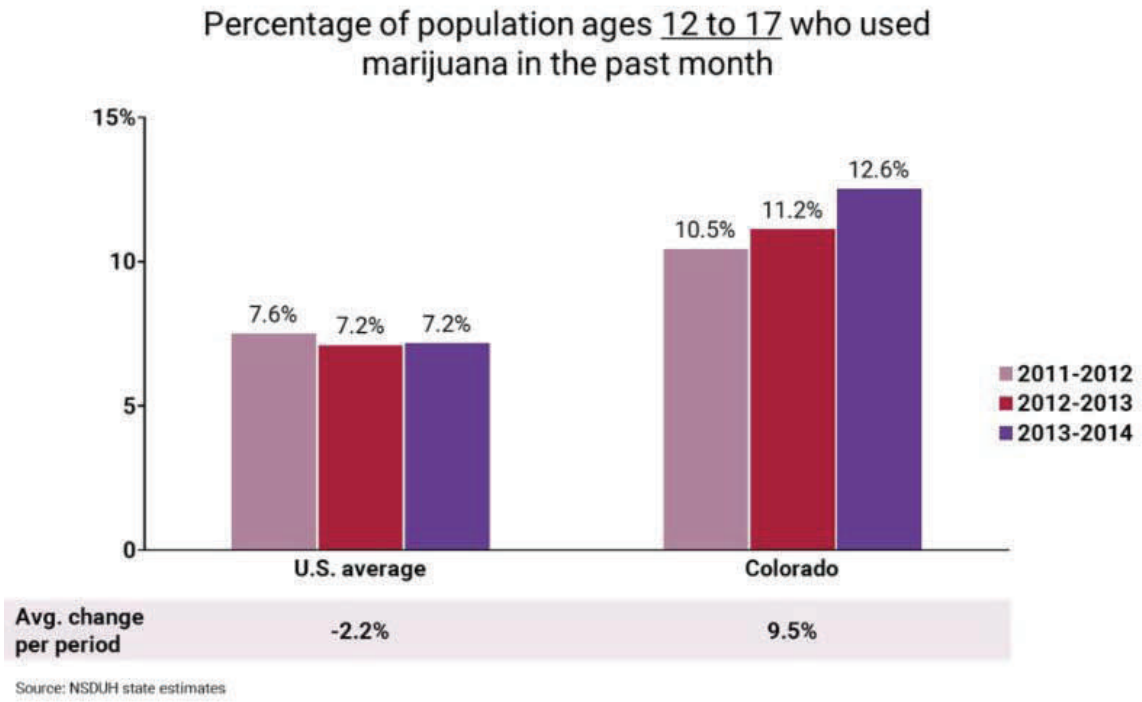
ONE CALL to CITY HALL
3 1 1
SOMERVILLE

New Data Shows Colorado Youth Marijuana Use on the Rise Since Legalization

A new state-funded report out of Colorado today found that marijuana use among high school students is on the rise in Colorado since legalization, while youth cigarette use has declined. This rise is a result of particularly pronounced increases among juniors and seniors, whose last-month pot use rose from 22.1 to 26.3 percent (juniors) and from 24.3 to 27.8 percent (seniors).

The Healthy Kids Colorado Survey (HKCS) found that though marijuana use rose among high school students, cigarette use fell. Since 2013, monthly cigarette consumption among that demographic fell just over two percentage points, from 10.7 to 8.6 percent, while monthly pot use rose almost as many percentage points in the same timeframe -- from 19.7 to 21.2 percent -- reversing a four-year decline that ended after Colorado legalized the drug in late 2012.

While the HKCS also found Colorado high school youth rates were on par with national rates from the CDC's Youth Risk Behavioral Study (YRBS), a more comprehensive National Survey on Drug Use and Health shows that Colorado ranks first in the nation for marijuana use by 12-17 year-olds, well above the national average:



"A powerful marijuana industry lobby has emerged that sued Colorado to stop restrictions on advertising to protect children, and is now pushing back against municipal regulations to keep pot stores away from schools and day care facilities in other states," said Kevin Sabet, president of Smart Approaches to Marijuana (SAM). "Now that Colorado has legalized and widely commercialized marijuana, unfortunately their children use marijuana more than children in any other state."

Jo McGuire, co-chair of SAM's Colorado affiliate and president & CEO of 5 Minutes of Courage, a Colorado advocacy group for drug-free communities, workplaces, and youth, also commented, "It's not surprising that youth use has increased in our state since legalization. We have made pot use more socially acceptable for kids without setting up any serious, organized educational campaign on the harms of getting high. This will really hurt our state in the long run."

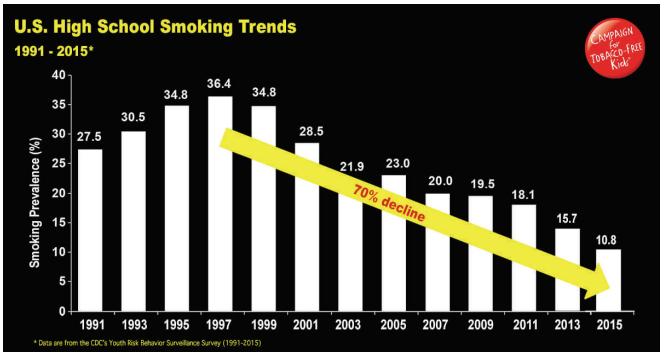
For more information about marijuana policy, please visit http://www.learnaboutsam.org.

About SAM

Smart Approaches to Marijuana (SAM) is a nonpartisan, non-profit alliance of physicians, policy makers, prevention workers, treatment and recovery professionals, scientists, and other concerned citizens who oppose marijuana legalization and want health and scientific evidence to guide marijuana policies. Learn more at www.learnaboutsam.org.

Historic Decline in Youth Smoking, but High Rate of E-Cigarette Use

The historic decline in youth cigarette smoking reported today by the Centers for Disease Control and Prevention (CDC) will save millions of lives in the years to come. According to the CDC's 2015 Youth Risk Behavior Survey (YRBS), the smoking rate among high school students fell to a record-low 10.8 percent in 2015, down from 15.7 percent in 2013. The high school smoking rate has declined by 31 percent in just two years and by 70 percent since peaking at 36.4 percent in 1997.



The dramatic decline in youth smoking is a public health success story of extraordinary importance because cigarette smoking is the leading cause of preventable death in our country and kills nearly half a million Americans every year. However, this survey also raises fresh concerns that other tobacco products, especially electronic cigarettes and cigars, are undermining overall efforts to reduce youth tobacco use and could be luring a new generation of kids into nicotine addiction. Specific survey findings include:

- **E-cigarettes (called electronic vapor products in the survey)**: A shocking 24.1 percent of high school students were current (past-month) users of e-cigarettes in 2015, the highest rate in any government survey to date (2015 is the first year the YRBS asked about e-cigarette use, but other surveys have shown that youth e-cigarette use has skyrocketed in recent years).

- **Cigars**: High school boys now smoke cigars at a higher rate than cigarettes – 14 percent for cigars and 11.8 percent for cigarettes. Altogether, 16 percent of high school students, including 19 percent of high school boys, reported smoking cigarettes or cigars.

Any tobacco use: 31.4 percent of high school students reported using some form of tobacco in the past month, including cigarettes, smokeless tobacco, cigars or e-cigarettes. It is unacceptable that nearly a third of high school students use some form of tobacco, showing that we must step up efforts to prevent youth use of all tobacco products.

These results show why the Food and Drug Administration (FDA) must effectively enforce and strengthen the new rules for e-cigarettes and cigars it announced in May – and why Congress must reject the two industry-motivated efforts to weaken the FDA's authority.

The House appropriations bill that funds the FDA contains two provisions that would dramatically weaken the FDA's authority to protect our kids. One provision exempts so-called "large and premium cigars," but defines such cigars so broadly that it could also exempt some cheap, machine-made, flavored cigars that are widely used by children. The second provision limits FDA oversight of e-cigarettes and cigars already on the market, including the many candy-flavored products introduced in recent years. These proposals would make it easier for tobacco companies to keep targeting our children, which is the last thing we need in light of today's survey results.

It is also critical that the FDA quickly issue follow-up regulations prohibiting the use of flavors – including candy, fruit and menthol flavors – in e-cigarettes and cigars. E-cigarettes and cigars are sold in an array of kid-friendly flavors such as gummy bear, cotton candy and fruit punch, and the FDA's own research shows these flavors play a key role in the popularity of these products among kids. The FDA proposed removing such flavored products from the market in the rule it submitted to the White House Office of Management and Budget for review, but OMB deleted this provision from the final rule issued on May 5, as revealed by recently released government documents. This inexplicable action must be reversed.

States and localities have increased tobacco taxes, enacted smoke-free air laws and, in some cases, funded effective tobacco prevention and cessation programs, including mass media campaigns. California, Hawaii and over 145 cities and counties have raised the tobacco sale age to 21 (California's law takes effect today).

Despite our progress, we cannot let up because tobacco use still kills more than 480,000 Americans and costs us about $170 billion a year in health care bills. It is within our reach to win this fight and make the next generation tobacco-free, but only if we have the political will to finish the job.

For more information about marijuana policy, please visit http://www.tobaccofreekids.org/press_releases/post/2016_06_09_youthrates.

SOMERVILLE CARES ABOUT PREVENTION
Together we can make a difference

SOMERVILLE POSITIVE FORCES UPDATE

In June, **Somerville Positive Forces Youth Programs** – SPF100 (high school), and SPFJr. (middle school) groups met up for some fun, promoted the minimum drinking age, created 2 prevention public service announcements, reviewed the Life Skills Curriculum, and launched their *SPF Photo Story* Exhibits.

SPFJr. Youth Leaders came together for their group trip to *Richard's Farm* for an exciting round mini golf, yummy ice cream, visits to the animals, and board games. Our SPF end year trip is a time for our group to build caring youth and adult relationships, nurture positive group dynamics, and celebrate all our work this year. We all had a wonderful time on our trip and end the day with a riddles and giggles.

The next day, four of our SPFJr. leaders joined with our Cambridge SAPC partners to conduct their Sticker Shock campaign at the *Sav Mor* liquor store in Fresh Pond. Youth demonstrated how to conduct this project for our Cambridge partner while placing over 700 stickers on multi-packs of beer and on paper bags that promote the minimum drinking age of 21, in nine different languages.

Six SPF 100 Alumni Youth Leaders worked with our SCATV partners to create two public services announcements to educate peers and adults. We talked about issues related to youth mental health wellness, then identified barriers to seeking supports as one of the biggest problems for youth struggling. SPF teens decided to focus on breaking down stigma and highlighting real local youth supports to reduce the stress of the unknown. Youth interviewed folks in various programs offering support for youth which featured the COHR Program, SHS School Nurses, the Mental Health Ambassadors, Samaritans, and SCAP. The second PSA features street interviews related to marijuana and works to present facts to help clear up common misperceptions among youth and adults.

Additionally, three SPF100 Alumni Youth Leaders worked this month and last to review the *Life Skills* evidence-based substance abuse prevention curriculum for Somerville high school students. Youth then shared their feedback through a rubric and a series of team meetings with various community stakeholders (parents, health teachers, and community leaders). SCAP and SPF leaders shared many considerations for the successful implementation of this program. This was a very important next step in their ongoing efforts in advocating for an evidence-based substance abuse curriculum for their SHS peers. We are very grateful for the support of our partners, Patty Contente, and the MA Opioid Abuse Prevention Collaborative (MOAPC) funding to move this important coalition effort forward. **Together we DO make a difference!**

**** SPF program updates are provided by Lovelee Heller-Bottari and SPF Youth Leaders.*
SPF Mission is to support social change that would empower youth to make healthier decisions regarding the use of alcohol, tobacco and other drugs.
SPF Vision is to create a community where youth are seen as assets and have access to a number of opportunities and experiences that foster human potential and leadership.

For more information about Somerville Positive Forces and/or Somerville Cares About Prevention or to volunteer, please contact: Lovelee Heller-Bottari, SCAP Program Director, at 617-625-6600 x4322 or lheller@somervillema.gov

Recovery Coach Academy
40hr Certificate Program

Friday and Saturday July 29 & 30th 8:30-6:00
Monday, Tuesday &Thursday Evenings August 1st, 2nd & 4th 5:00-9:00
Friday August 5th 8:30-6:00
220 Washington St., Somerville MA

Recovery coaching is someone who works on promoting recovery by removing barriers and obstacles to recovery and serving as a personal guide and mentor for people seeking or already in recovery.

This is a program of City of Somerville Police Department Community Outreach and Harm Reduction (COHR) Program. The program is free, however donations are greatly appreciated, suggested donation is $50. For further information please contact Cheryl Delafano 617-625-6600 ext. 7345.

Space is limited-registration required- Deadline July 25th 2016

To register send the below information to Caroline Koty, COHR Intern at ckoty@somervillema.gov

Name:_____Phone:_____
Address:_____
Email:_____
Please tell us about your interest:_____
_____
_____

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Six City Tobacco Initiative
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VOLUNTEER OPPORTUNITIES

Writer
Do you have a literary knack? Help SCAP write articles, interest pieces, or editorials for the SCAP newsletter or local newspapers. Time commitment varies depending on length of writing sample.

Youth In Action Project Participant
Adult volunteers are partnered with youth and law enforcement in efforts to promote zero tolerance enforcement, legislative advocacy and eliminate the current retail and social availability of alcohol for minors via the various YIA programs. Current volunteer opportunities are available with the Compliance Checks, Shoulder Tap Surveys and the Sticker Shock Campaign.

Please go the **Somerville Cares About Prevention** website if you would like to find out about other volunteer opportunities.

www.somervillema.gov/SCAP

SCAP Community Activist
Friendly, outgoing volunteers are needed to reach out to residents, storekeepers, non-profit groups, community groups, etc. to promote the SCAP mission and to encourage involvement. Duties may include distributing informational or upcoming event fliers, and making phone calls to various businesses and residents. Variable hours are available.