

# Conway/Perry County Coalitions

Volume 1, Issue 1

October 2009

Conway County ATOD meeting will be 11/20/09 from 10:30-noon and lunch will follow. Meeting location not yet determined.

Perry County HHAT meeting will be 10/21/09 from 10 a.m.-Noon and lunch will follow. Meeting location is at the DHS office in Perryville. Please bring a pot of soup to share.

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## HELP NEEDED!

Morrilton Child Development is needing office space.

Please contact **Zelda Beard** at:  
**501-354-5221** for specific needs.

## 2 New Prevention Specialists to work in Perry and Conway Counties

*Dianne Holland* is a University of Central Arkansas graduate with a major in Health Education and minor in Special Education. Dianne is currently a returning Prevention Specialist with Community Service, Inc., serving Conway and Perry counties. She is a native of Morrilton with three children and ten grandchildren. Ms. Holland has 20 years experience in Health Education, ATOD Prevention and Community Volunteerism.

*Alicia Simmons* graduated from the University of Central Arkansas in 2009 with a degree in Health Education. Alicia worked as an intern in the Community Service, Inc. Prevention

Resource Center during the spring of 2009, where she assisted with programming, policy development, and general awareness campaigns. She is from Conway, Arkansas, and is a graduate of Mt. Saint Mary's High School. Alicia will be conducting prevention activities mainly in Perry County while working primarily to meet the goals of the Coordinated School Health Grant at East End Bigelow School District.

Christy Campbell currently works with the Perry county HHAT Coalition. She has worked in prevention since 2005 as SIG and SPF coordinator, call her at 501-889-5105.

*We make a living by what we get, but we make a life by what we give.*

~Winston Churchill

## YOUTH Activities

### Upward Bound Basketball

The Conway County Community Center is hosting this Christian based activity for all area youth. Early registration started October 1-31 sign up early for the early-bird discount. November 14 is the last day to register. Volunteer coaches, referee's and devotional leaders are needed. Please contact C-4 at 354-4122 for more

## Conway County ATOD Prevention Coalition is now recruiting new members

Jim Taylor: Out-going chair

Marilyn Perkins: Treasurer  
Melinda Neeley: Secretary

The members of the Conway County ATOD Prevention Coalition issues an open invitation to the com-

munity for new members. We are dedicated to supporting the youth and community at-large with our Alcohol, Tobacco and Other Drugs prevention efforts.

Contact Dianne if you would like more information at 501-354-4589.

*When ordinary people decide to do extraordinary things they transform their lives and the lives of others around them.*

~ Oprah Winfrey

## How can you help reduce Underage Drinking and Driving?

In 2007, the ATOD Prevention Coalition hosted a **Town Hall** Meeting on Underage Drinking and explored ways to reduce the root causes of underage drinking, such as easy access to alcohol, supporting law enforcement, and changing community norms that support underage drinking.

If you drink, secure your liquor supply...the easiest place for kids to get beer is the refrigerator at home.

Set clear rules...don't condone underage drinking.

Don't host underage drinking parties

(knowingly or unknowingly)...This is against the law. **The Social Host Liability Law ACT 976-makes it illegal for anyone to host underage drinking parties on private property!** Youth who are allowed to drink at home, drink on the road.

### Underage drinking tips:

Know where your children are socializing...call the parents of your child's friends to ensure that they are going

to a home that does not allow underage drinking.

Make sure that your child always wears his/her seatbelt and limits travel after 10:00 p.m. on weekend nights.

Let your kids know that you love them...make them feel valuable so they will value themselves.

*Teenagers whose parents talk to them regularly about the dangers of drugs are 42% less likely to use drugs than those teens whose parents don't, yet only 1 in 4 teens report having these conversations.*  
([www.drugfree.org](http://www.drugfree.org))

## 1-800-QUIT-NOW

### TOP TEN REASONS TO QUIT

10. Cyanide: One of the chemicals in cigarette smoke.

9. The \$1,000 or more a year a pack-a-day smoker spends.

8. Ammonia: Used to clean toilets. Also found in cigarettes.

7. The seven years longer you'll live than those who smoke.

6. Smoking causes shortness of breath.

5. The breath you do have is not very pleasant.

4. We almost forgot the formaldehyde in cigarettes.

3. Secondhand smoke kills thousands of non-smokers a year.

2. Vanity: Smoking leads to wrinkles

and tooth loss.

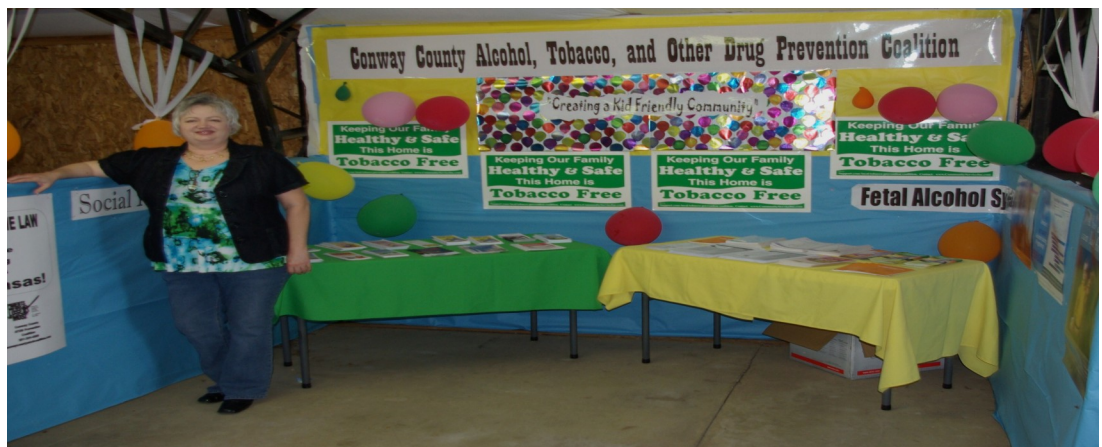
1. 100 Arkansans die each week from a tobacco-related illness.



## Fair Days

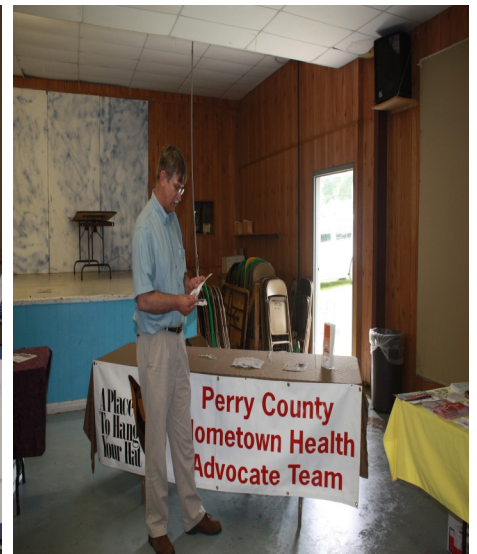
The Conway County ATOD Prevention Coalition had a booth at the 2009 Conway County Fair. Over 1500 pieces of ATOD information was distributed from September 8-12 during the 4-day event in Morrilton. The booths were not judged this year.

Photo by: Jim Taylor



## Perry County's Providers fair

Perry County's Providers Fair was September 9th from 6-8 p.m. at the fairgrounds in Perryville. Eighteen area providers were on hand to give out information on their services and products. Forty fair visitors enrolled in the "Tobacco-Free Home and Car Campaign" and 600 pieces of tobacco information were distributed over the two-hour event.



## Upcoming training

### Smoke-Free Cars-It's the Law!

#### LAW

Smokers in Arkansas can be fined up to \$25.00 for smoking any cigarette, pipe, or cigar in a moving or parked vehicle while any youth younger than the age of 6 are present. A law enforcement officer may stop a vehicle for a smoking violation alone.

#### RISK

There is no safe level of exposure to secondhand smoke (U.S. Department of Health and Human Services, (DHHS), 2006) Secondhand smoke causes health problems in youth who do not smoke. (DHHS, 2006) The level of toxic air in a vehicle when someone is smoking is up to ten times greater than the level in which the

United States Environmental Protection Agency considers hazardous. (Ott, W., 2007)

#### BENEFITS

Fresh air. Healthier kids and passengers. Cleaner cars and higher resale value.

**Watch for training date**

## HHAT Hometown Health Advocate Team

The Perry County Hometown Health Advocacy Team (HHAT) provides a place for representatives of the local, state and federal agencies, local service providers, businesses, schools, nonprofit organizations, and interested citizens to meet together to better coordinate and manage seeking funds from grant sources, as well as manage the funds and services to the citizens of the county. This system

encourages coalition building and cooperation of the members and the services provided to those in Perry County.

We believe in providing a HAND-UP not a HAND-OUT. Interested in joining our team? Contact Christy Campbell at 501-889-5105 or email:

[christy@qualityoflifecouncil.org](mailto:christy@qualityoflifecouncil.org)



**Prevention works!**

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[www.conwaycountyatodpreventioncoalition.com](http://www.conwaycountyatodpreventioncoalition.com)

Committed to helping Conway  
and Perry County residents  
breathe a little easier.



**Become an Ex**

[www.becomeanex.org](http://www.becomeanex.org)

## OCTOBER: LOOKING AHEAD

- 21- Perry County Hometown Health Advocate Team Coalition meeting 10a-12n Bring your favorite soups to share at lunch after the meeting
- 22-Flu Shots at Perryville High
- 23-Flu Shots at Perryville Elementary
- 27-Flu Shots at Bigelow High
- 28-Flu Shots at Bigelow Elementary
- 30-Conway/Perry County Mass Flu Dissemination/Communitywide Red Ribbon Celebration

## The Conway and Perry County Coalitions want you to know...

The tobacco industry spends \$1 million a week in Arkansas on marketing that attracts our youth to its deadly products (\$13 million a day nationally).

Secondhand smoke contains over 4,000 chemicals and 40 carcinogens including: Formaldehyde, cyanide, arsenic, carbon monoxide, methane, & benzene.

You are passively smoking when you breathe secondhand smoke.

### How can you help?

- Get involved with the coalition. Join one of the coalition's committees.
- Be a Friend of the Coalition by endorsing efforts and offering signatures of support.

- Encourage partnerships where you work or with community groups that you belong to.
- Talk to your legislator about your concerns regarding tobacco use and the hazards of secondhand smoke.
- Educate your friends and loved ones about the hazards of tobacco use

Perry County HHAT has launched their web site: Visit [www.perrycountyhhhat.com](http://www.perrycountyhhhat.com) and become a fan on Facebook of the Perry County Hometown Health Advocate Team (HHAT).

In 2007, [www.conwaycountyatodpreventioncoalition.com](http://www.conwaycountyatodpreventioncoalition.com) was created to educate community members about Coalition activities.

According to 2008 Arkansas Prevention Needs Assessment data, Perry County schools have lowered their 30 day use of alcohol, and 30 day use of cigarettes. Binge drinking and laws and norms favoring drug use data in the county have also lowered.

The Conway County schools 8th and 12th graders 30 day use of alcohol have increased. The 12th graders exceeded the state percentage by over 10%. There was a decrease in the numbers for 6th and 10th graders. According to data, location of alcohol use was in "someone else's home".

These are some signs of prevention working in our county. Please visit [www.arkansas.privesurvey.com](http://www.arkansas.privesurvey.com) to compare county and state data.

Ready to quit? ASPIRE a smoking prevention interaction experience.

<http://www.mdanderson.org/aspire/>