

Los Angeles County



national prevention week
A Series of Virtual Celebrations

#NPW2020 @LACountyPP

MAY 10-16
2020
www.LACPP.org

Los Angeles County Prevention Providers would like to invite you to join us for a virtual celebration of National Prevention Week!

Hosted by Sarah Blanch and Marianna Hernandez

Mother's Day Press Kick Off! Featuring tributes to some special moms

Sunday, May 10th 3:00 - 3:30 Press Event: bit.ly/proudmommapressevent

Los Angeles County Supervisor, District 3, Sheila Kuehl

Dr. Deborah Allen, Deputy Director, Los Angeles County Department of Public Health

Bertha Segura, mom of Ulises Gutierrez

Ulises Gutierrez, Board Member, Social Model Recovery Systems

Teresa Montes-Montalvo, Licensed Marriage and Family Therapist

Maria Isabel Rutledge, Member, Community Coalition's Nuisance Abatement Campaign

Donna Jackson Houston, City of Pomona Community Life Commissioner

#NPW2020 Virtual Celebrations!

Monday - Friday 11:30 -12:00 NPW Virtual Celebrations Link: bit.ly/npw2020

Monday, May 11th - Preventing Prescription Drug and Opioid Misuse

Marina Dykhne, PharmD, BCACP, APH, Professor West Coast University

Jacki Jing, On-camera Host/Producer, Family Affected by Opioids

Dr. Elizabeth J. D'Amico, Senior Behavioral Scientist, RAND Corporation

Tuesday, May 12th - Preventing Underage Drinking and Alcohol Misuse

Mintzita Fernandez, Member, Community Coalition's Nuisance Abatement Campaign

Koral Ballado, Avalon Carver Community Center Youth Advocate

Estrella Barcenas, Day One Project Sticker Shock Youth Coalition Member

Melissa Castellanos, Day One Project Sticker Shock Youth Coalition Member

Melissa Estelle, MADD

Wednesday, May 13th - Preventing Illicit Drug Use and Youth Marijuana Use

Antoine Jimenez, Latino Prevention Project - CHCADA Youth Advocate

Melissa McCracken, Prevention & Recovery Advocate

Lily Larsen, Youth Advocate & Candidate for City Council

Belinda Ordaz, Rethinking Access to Marijuana (RAM)

Thursday, May 14th - Preventing Youth Tobacco Use

Nadera Powell, Community Coalition Youth Leader

Dr. Monica Sanchez, Councilmember, City of Pico Rivera

Myron Quon, Vice Chair of the County Tobacco Coalition

Friday, May 15th - Preventing Suicide by Building Resilience

Dr. Chris Donaghue, Host of LoveLine

Jennifer Vallejo, Mental Health Deputy Office of Supervisor Hilda Solis

LACPP PRESENTS

#NPW2020

National Prevention Week



What better way to celebrate mom but to promise her that you plan to stay alcohol and drug free.

Join us for a special press conference from 3:00-3:30 via zoom

bit.ly/proudmommapressevent

Post a photo of yourself and tag

#PROUDMOMMA



Ready for a some Virtual Celebrations!

Grab your lunch and join our special speakers for a week of inspiring and connecting Zoom chats. 5/11-5/15 from 11:30-12:00

ZOOM: bit.ly/npw2020

#NPW2020



#DODetox is a month-long challenge that strengthens your immune system, provides a supportive environment for connection, while decreasing use of alcohol, smoking, and sugar.

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#DODETOX

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INSPIRE ACTION CHANGE LIVES #NPW2020



PREVENT YOUTH TOBACCO USE #NPW2020

SET A GOOD EXAMPLE

Teen smoking is more common among teens whose parents smoke. If you smoke, quit. The earlier you stop smoking, the less likely your teen is to become a smoker.

TALK ABOUT IT

Ask your teen how he or she feels about smoking and if any of your teen's friends smoke. Applaud your teen's good choices, and talk about the consequences of bad choices.

SAY NO TO TEEN SMOKING

You might feel as if your teen doesn't hear a word you say, but say it anyway. Tell your teen that smoking isn't allowed. Your disapproval will have more impact than you think.



PREVENT UNDERAGE DRINKING AND ALCOHOL MISUSE #NPW2020

TALK IT OUT

- Ask your teen's views.
- Find out what your teen thinks about alcohol.
- Debunk myths. Teens often think that drinking makes them popular or happy.
- Discuss reasons not to drink. Explain the risks of alcohol, and appeal to your teen's self-respect. If you have a family history of alcoholism or drinking problems, be honest.
- Explain that your teen might be more vulnerable to developing a drinking problem.
- Plan ways to handle peer pressure.
- Brainstorm with your teen about how to respond to offers of alcohol. It might be as simple as saying, "No thanks" or "Do you have any soda?"
- Be prepared for questions. Your teen might ask if you drink alcohol when you were underage. If you chose to drink, share an example of a negative consequence of your drinking.



PREVENT ILLICIT DRUG USE AND YOUTH MARIJUANA USE #NPW2020

TEEN TIPS

- Know your teen's activities.
- Pay attention to your teen's whereabouts.
- Encourage him or her to get involved.
- Establish rules and consequences.
- Explain your family rules.
- Know your teen's friends.
- Take an inventory of all prescription and over-the-counter medications in your home.
- Provide support.
- Offer praise and encouragement when your teen succeeds.
- A strong bond between you and your teen can prevent your teen from using drugs.
- Set a good example. If you drink, do so in moderation. Use prescription drugs as directed. Don't use illicit drugs.



PREVENT PRESCRIPTION AND OPIOID DRUG MISUSE #NPW2020

TALK IT OUT

Ask your teen's views.

Avoid lectures. Instead, listen to your teen's opinions and questions about drugs. Assure your teen that he or she can be honest with you.

Discuss reasons not to use drugs. Avoid scare tactics. Emphasize how drug use can affect the things that are important to your teen — such as sports, driving, health and appearance.

Consider media messages. Social media, television programs, movies and songs can glamorize or trivialize drug use. Talk about what your teen sees and hears.

Discuss ways to resist peer pressure. Brainstorm with your teen about how to turn down offers of drugs.



PREVENT SUICIDE #NPW2020

ASK

the person directly if he or she (1) is having suicidal thoughts/ideas, (2) has a plan to do so, and (3) has access to lethal means.
"Are you thinking about killing yourself?"
"Have you thought of ways that you might hurt yourself?"
"Do you have pills/weapons in the house?"

LISTEN

and look for red flags for suicidal behavior, indicated by the mnemonic: **IS THE PATH WARM**

IS PATH WARM?

Ideation—Thoughts/communicated
Substance abuse—Excessive/increased
Purposeless—No reasons for living
Anxiety—Agitation/irritability
Trapped—Feeling there is no way out
Hopelessness
Withdrawing—From friends/family
Anger—Rage, seeking revenge
Recklessness—Risky acts, outbursts
Mood changes (depressive)

ACT

If you think the person might harm him- or herself, do not leave the person alone. Say, "I'm going to get you some help."

*Call the National Suicide Prevention Lifeline, 1-800-273-TALK.

Go to SAMHSA's Mental Health Services Locator (www.mentalhealth.samhsa.gov/databases/) or Substance Abuse Treatment Facility Locator (<http://dhs33.samhsa.gov/>).

