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
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 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

#Proudmomma

#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.

www.LACPP.org

#DOdetox
#NPW2020

### INSPIRE ACTION

**CHANGE LIVES**

**#NPW2020**

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### 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; take prescription drugs as directed. Don’t share illicit drugs.

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### PREVENT YOUTH TOBACCO USE

**#NPW2020**

**SET A GOOD EXAMPLE**

Teen smoking is more common among teens whose parents smoke. If you smoke, cut the number you smoke, and try to encourage your teen to become a non-smoker.

**TALK ABOUT IT**

Ask your teen how he or she feels about smoking and if any of your teen’s friends smoke. Ask your teen about his or her 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 argument will have more impact than you think.

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### 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. Ask your teen if 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. Brainwash your teen about how to turn down offers of drugs.

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### PREVENT UNDERAGE DRINKING AND ALCOHOL MISUSE

**#NPW2020**

**TALK IT OUT**

- Ask your teen’s views.
- Avoid lectures. Instead, listen to your teen’s opinions about alcohol.
- Tell your teen the truth about what alcohol does. Teenagers 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.
- Brainwash your teen about how he must 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 drank alcohol when you were underage. If you choose to drink, show an example of a negative consequence of your drinking.

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### PREVENT SUICIDE

**#NPW2020**

**IS PATH WARM?**

- Matters—These are common mental illnesses.
- Substance abuse—Excessive use of substances.
- Persecution—No reason for being.
- Anger—Unexplained anger.
- Trapped—Feeling there’s no way out.
- Impetuousness—Hastens.
- Aggression—Fights, swearing, revenge.
- Risk-taking—Risky acts, unrealistic mood changes (dramatic).

**ASK**

- 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 plans or weapons in the house?

**LISTEN**

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

**ACT**

- If you think the person might hurt 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/page/locator)
- or Substance Abuse Treatment Facility Locator (http://datafs3.samhsa.gov).

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