

# The Exchange

Spring  
2009

A Publication of the  
Chester County  
Department of  
Drug and Alcohol  
Services

Kim P. Bowman

MESSAGE FROM THE DIRECTOR

## Message from the Director

### Celebrating Our Youth

Too often we focus on the negative things that the youth today are involved in; violence, teen pregnancy, bullying, gangs, gambling, alcohol and drug use to name a few. I believe we lose sight of the countless positive things youth are doing, many of which are happening right under our nose. Our youth are involved in volunteer activities and service learning projects; they are peer leaders to one another and mentors to the next generation, they are boy scouts and girl scouts. Everyday our youth demonstrate positive behaviors which are often overlooked and unrecognized. An example of this was recently brought to my attention ~ a group of Coatesville area youth were seen helping several elderly women cross busy highways and median strips at the inauguration of Barack Obama. Isn't this the type of behavior that, when exhibited by our youth, should be applauded and recognized?

**Can it be that simple?** In the world of drug and alcohol prevention - the types of positive activities described above fall under the umbrella of protective factors. This month instead of focusing on what places our children at risk, I would like to focus on what protects them from developing unhealthy behaviors.

One important area is opportunities for pro-social involvement and recognition for this involvement. By giving youth the opportunity to be involved in a variety of positive activities such as sports, the arts, etc. we are actually teaching them the skills they need to be successful. The challenge here

is to provide meaningful

opportunities that will help children feel responsible and significant (Washington State Department of Social and Health Services). By engaging in positive activities youth are developing strong, healthy bonds – a feeling of connectedness to their family, school, community and peers. Youth must be recognized and rewarded for their involvement in positive activities. With this reinforcement we are building self-esteem and adding another protective factor. Research shows that youth who feel recognized and rewarded by their communities, families and schools are less likely to engage in negative behaviors.

Our 2007 Chester County Youth Survey notes that one of the most effective ways to buffer children against the risk factors for substance use is to strengthen family attachment. Family members who embody healthy beliefs and clear standards create strong bonds with their children. Studies indicate that if children feel attached to their parents and want to please them, they will be less likely to threaten that connection by doing things that their parents will strongly disapprove of.

The remaining two (2) protective factors that buffer youth against negative behavior are *Religiosity* and *Belief in the Moral Order*. Studies found that religious institutions can help youth develop pro-social beliefs likewise, youth who have developed a positive belief system and have a clear sense of right and wrong (Belief in the Moral Order) add another protective factor against negative behavior.

**Prevention Planning:** Knowing and understanding our community's protective factors helps us select effective prevention programming. Data on both risk and protective factors can be found in our bi-annual Chester County Youth Survey. In the 2007/2008 survey year, the top two (2) protective factors, as reported by our youth, were Community Opportunities for Pro-social Involvement and Belief in the Moral Order. These represent strengths we can build on. The two (2) lowest

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scoring protective factors were Religiosity and Community Rewards for Pro-social Involvement – focusing prevention efforts on these two areas is beneficial for our youth since we know that the more protective factors someone has in their lives, the less likely they are to engage in negative behaviors.

developed annually and are based on our county’s specific needs. If you are interested in learning more about prevention services in the county please feel free to contact us at 610-344-6620.



Our current prevention plan includes programs and activities that build on our strengths (protective factors) and identified areas of concern (risk factors). Prevention activities range from parent education programs to peer leadership to community awareness campaigns, from after school programs to social and recreational opportunities. We support programs and activities for pre-school age children to senior citizens. Our prevention plans are

*Kim P. Bowman*

*Director, Chester County  
Department of Drug and Alcohol Services*

## Protective Factors

*Characteristics that are known to decrease the likelihood that a youth will engage in problem behaviors. Higher scores are better and the goal is to exceed national average of 50.*

### 2007 Chester County Youth Survey 2007 PA Youth Survey

	Overall Score	
	Chester County	PA
<b><u>Community Domain</u></b>		
Community Opportunities for Pro-social Involvement	63	60
Community Rewards for Pro-social Involvement	54	52
<b><u>Family Domain</u></b>		
Family Attachment	57	54
Family Opportunities for Pro-social Involvement	56	53
Family Rewards for Pro-social Involvement	57	54
<b><u>School Domain</u></b>		
School Opportunities for Pro-social Involvement	57	56
School Rewards for Pro-social Involvement	55	54
<b><u>Peer and Individual Domain</u></b>		
Religiosity	46	49
Belief in the Moral Order	63	64

**CYWA's Teen Prevention Program**  
*Goes to Washington, DC for the*  
**Inauguration of**  
**President Barack Obama !!!**

*Submitted by: or Written by: Adapted from Teen Blast/CYWA Teen Prevention Department*

On January 20, 2009 the CYWA Teen Prevention Staff (Ms. Sandy and Mr. Tony) chaperoned 12 teens to Washington, DC to witness the inauguration of President Barack Obama. The teens, part of a prevention program supported in part by the Chester County Department of Drug and Alcohol Services, were thrilled to experience this historic moment. Here's what the teens, staff and family members had to say:

"Seeing everyone of different races joined together made me feel grateful to be a U.S. citizen". SWJ

"My children, two boys ages 15 and 17, are very proud that they were able to be part of this historical event. They both report that it was emotional and "awesome". Something they will always remember...." E-L Family

"His speech was so nice... I will remember (it) all my life. I hope that this world will turn out better than it is now. I loved it". DC

"This event changes everything that people might have thought before, like it now knocks down all false barriers – No one can ever say again that I can't or you can't do anything because of my or your faith, because there is an African-American who is President of the Unites States". TC

"I was there and witnessed the First African American, Barack Obama, become President. I know I could not miss this for the world! To become part of history and be there in the same place with millions of people and feel the excitement up close". RT

"We were all surrounded by unfamiliar faces, but that day it didn't matter whether you were black, white, brown or purple, we were all there for the same reason..." LM

*And from the staff...*

"It was election time and could you believe it, we had the teens talking politics. They questioned things and shared concerns... The thought of a black president not only meant that society was changing but that anything was possible... Before (the trip), I would ask a young black man, "Who is your role model?" and I would get a "Rapper" or a "Superstar", now I can say the teens respond with "My black president".

**CYWA**  
**423 East Lincoln Highway**  
**Coatesville, PA 19320**  
**Phone: 610-384-9591**

***Who Are We? And What Do We Do?***

The Community, Youth and Women's Alliance (CYWA) has served the residents of the city of Coatesville and beyond for over 30 years. The agency hosts a variety of programs and services ranging from day care to emergency shelter to drug and alcohol treatment services. The agency generally provides services to women and children. In 2007, over 3,000 individuals utilized services within the facility.

Drug and alcohol services include a women and children's residential treatment program where addicted women and their children can reside for up to 6 months. The women receive intensive clinical services for their addiction and learn parenting skills while their children engage in age appropriate alcohol, tobacco and other drug (ATOD) prevention programming.

Youth programming includes a Drop-In Center for teens where they enjoy recreational, social and academic opportunities. The Center provides a safe place for youth to spend time together, eat right – at the Teen Café – play basketball, dance, get help with homework, and be encouraged by positive adult role models.

For more information on the services available at the CYWA please contact Joyce Bunnel, Director of Drug and Alcohol Programs at: 610-384-9591.

# Mark Your Calendar



## **TRAINING OPPORTUNITIES:**

The Chester County Department of Drug and Alcohol Services in conjunction with the Pennsylvania Department of Health, Bureau of Drug and Alcohol Programs and The Coad Group are sponsoring a unique training opportunity for clergy and congregation leaders to receive the latest information, resources and strategies on how to educate and offer hope to individuals and families suffering from the impact of addiction and substance abuse.

**TOPIC:** SUPPORTING FAMILIES AND PROMOTING RECOVERY  
Opportunities and Tools for the Faith Community

**FACILITATED BY:** Douglas Ronsheim, Executive Director  
American Association of Pastoral Counselors  
  
Steve Hornberger, Faith Initiative Program Consultant  
National Association for Children Of Alcoholics

**AUDIENCE:** CLERGY and CONGREGATION LEADERS

**DATE:** **MAY 28, 2009**  
**8:30 a.m. – 4:00 p.m.**

**WHERE:** THE INN AT CHESTER SPRINGS  
815 Pottstown Pike  
Exton, PA 19341

**REGISTRATION:** Contact: Robert Burhannan, Bureau of Drug and Alcohol Programs at 717-787-2606  
OR  
The Coad Group, Community Prevention Department at 610-363-6164

*There is no cost for this training.*

## **Substance Abuse Treatment Facility Locator**

<http://findtreatment.samhsa.gov/about.htm>

The Substance Abuse and Mental Health Services Administration (SAMHSA) provides an on-line resource for locating drug and alcohol abuse treatment programs: <http://findtreatment.samhsa.gov/about.htm> The Substance Abuse Treatment Facility Locator lists:

- ✦ Private and public facilities that are licensed, certified, or otherwise approved for inclusion by their State substance abuse agency.
- ✦ Treatment facilities administered by the Department of Veterans Affairs, the Indian Health Service and the Department of Defense.
- ✦ Physician(s) and treatment program(s) authorized to treat opioid addiction with buprenorphine.

To find facilities on the locator simply log onto the web site, click on the appropriate state then enter your city or zip code.

To learn more about the county funded treatment system call our 24 hour/7 day a week, confidential and toll free Drug and Alcohol Information and Referral Line at: 1-866-3767.

## FAMILY CORNER

### New Resource to Help Parents Confront Youth Drug Use

[www.jointogether.org](http://www.jointogether.org) February 10, 2009

Parents who feel helpless when they see (or think they see) signs of drug or alcohol use in their kids have a new place to turn, thanks to Time to Act, a science-based multi-media resource offering compassionate, but actionable tips for parents trying to comprehend or "do something" when things don't look right to them.

Available now at the web site of the Partnership for a Drug Free America, "**Time to Act**" <http://timetoact.drugfree.org/> brings to life scientific knowledge for parents who suspect or know something is wrong, but don't know where to turn or what to do.

Using multi-media and other user-friendly techniques, the innovative resource employs "branching" strategies that build upon parents' own state of awareness about their child's situation, with specific suggested actions for them to follow. The recommendations are straightforward, science-based, and delivered by experts as well as other parents who've seen, heard and experienced it all.

"Time to Act embodies the view that parents can be one of the most effective agents of response to youth drug and alcohol use, provided you give them the tools to do the job they are inherently equipped to do," said A. Thomas McLellan, Ph.D., Chief Executive of the Treatment Research Institute (TRI). With research and survey findings suggesting that parents remain extremely influential in an adolescent's life, Time to Act channels parents' own instincts toward effective action, he said.

"Most important, Time to Act never insults parents' intelligence. A mother or father may not know where to go with their instincts, but rarely are they wrong when they suspect their child is either experimenting or in real trouble with drugs or alcohol," McLellan said.

Amelia Arria, Ph.D. and Ken Winters, Ph.D., also part of the TRI science team during development, stressed the parent focus of the resource. "Decades of research have shown that effective parenting is key to reducing the risk of substance use and related problems in adolescents," Arria said.

"Parenting is a 24 hour, seven day-a-week job," Winters added. "Time to Act provides a science-based guide for how parents can be an effective and efficient change agent in the home."

"The discovery that a teen is experimenting with or regularly using alcohol or drugs is a very difficult time for parents, yet it's a situation millions of families face each year," said Steve Pasierb, President of the Partnership. "Many parents struggle with what to do next -- how to confront their teen, set boundaries, and get help if their teen needs treatment -- but the sooner parents take action, the better. Time to Act gives parents what they're seeking in this situation - the useful knowledge and clear action steps necessary to help their family."

Time to Act is the second in a series of parent resources released by the Partnership with science guidance from the Treatment Research Institute.

Its predecessor, **A Parent's Guide to the Teen Brain**, <http://www.drugfree.org/TeenBrain/> released June 2008, is a building block tool providing essential knowledge parents need to establish the "talking" connection to help teens navigate any problem of adolescence, drugs and alcohol included. In December 2008, A Parent's Guide to the Teen Brain was named one of the top ten resources of the year by the influential educational group Join Together.

For more information on how to talk to you children about substance use or abuse issues, please contact the Community Prevention Department at The Coad Group: 610-363-6164 or 1-800-914-1117.



The Exchange is sponsored by: The Chester County Department of Drug and Alcohol Services, P.O. Box 2747, 601 Westtown Road Suite 325, West Chester, PA 19380-0990.

For more information or to be on the mailing list for this newsletter, contact the Community Prevention staff at: The Coad Group, 930 East Lancaster Avenue, Exton, PA 19341, 610.363.6164 or 1.800.917.1117

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*The Department of Health and Chester County Commissioners specifically disclaim responsibility for any analyses, interpretations, or conclusions herein.*

The Chester County  
Department of Drug and Alcohol Services  
P.O. Box 2747  
601 Westtown Road, Suite 325  
West Chester, PA 19380-0990

*The Exchange Spring 2009*



**Resources**

*Looking for Help in Chester County?*

AA Web Site

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

Al-Anon/Ala-Teen

1-888-4AL-ANON

Al-Anon/Ala-Teen Web Site

[www.al-anon-alateen.org](http://www.al-anon-alateen.org)

Alcohol and Drug Information

- Personal & Confidential

1-866-286-3767

Alcoholics Anonymous (AA)

215-923-7900

Crisis Intervention

1-877-918-2100

Domestic Violence

1-888-711-6270

Health and Human Service Agencies

[www.referweb.net/chesco](http://www.referweb.net/chesco)

Narcotics Anonymous (NA)

215-629-6757

NA Web Site

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

Welfare Office

610-466-1000

You can view or print this newsletter by visiting Chester County's Website: [www.chesco.org](http://www.chesco.org) and following the links for Human Services to Drug & Alcohol Services.