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June 2014 Newsletter

Prevention Matters

When I began working at JTNN 10 years ago, substance abuse prevention was a foreign concept to me. I'd only heard the words "risk factor" in relation to health issues like heart disease, diabetes or cancer. Since then I've learned risk factors can occur within the family like a chaotic home environment or outside the family such as relationships in schools with peers and teachers. I've had an opportunity to see evidence based prevention programs like Teen Intervene and BASICS in action and applaud the great work conducted by JTNN's subgrant recipients: ACCEPT, The Children's Cabinet, Big Brothers Big Sisters, Boys & Girls Club of Truckee Meadows, Quest Counseling and Consulting, Washoe County School District, and University of Reno's Office of Student Conduct.

Studies indicate children with poor academic performance and inappropriate behavior at ages 7-9 are more likely to abuse alcohol and other drugs by age 14 or 15. The National Institute on Drug Abuse suggests the goal of prevention "is to change the balance between risk and protective factors so that protective factors outweigh risk factors." This can be done through the family and community. The family can offer parental involvement, consistent rules, and discipline, and the community can offer extracurricular activities and bonds with institutions like schools and religious organizations. That's why the programming provided by JTNN and our subgrant recipients is



Donation Thank You

Thank you to Reno Rotary who gave JTNN a \$1,000 donation to help provide prescription drug abuse education to parents and youth.

News and Resources

[Cannabis Lexicon](#)

[College Students and Drugged Driving](#)

[Day in the Life of Young Adults](#)

[E-cigarettes](#)

[Free Prescription Drug Employer Kit](#)

so important. These programs help youth build resiliency, reduce high risk behaviors and improve academic achievement.

Later this summer we'll be releasing a 2014 Comprehensive Community Prevention Plan to help identify current trends and risks in our community. The report will be a blueprint for helping us determine funding areas for the 2015 grant cycle, and we look forward to being able to provide this funding to the community.

Jennifer DeLett-Snyder
Executive Director

Our Door is Always Open

JTNN exists to meet the needs of the community. If you'd like to get involved with an existing committee, let us know. If you'd like to discuss a topic that's important to you, let us know. We're here for you and want you to feel comfortable in contacting us about any topic or concern - 775-324-7557 or jennifer@jtnn.org

Talking With Our Kids



recent article tackles how to tell kids to say no when offered drugs or alcohol. Parents may tell their kids why they shouldn't use drugs, but are they telling them how to say no? Youth need to know how to respond when someone offers or

[Hot Temps Can Make MDMA Fatal](#)

[Is Your Teen Abusing Alcohol?](#)

[Marijuana and Driving](#)

[Marijuana Edibles Made to Look Like Candy Brands](#)

[Marijuana Use is Up](#)

[Opiate Addiction Truths](#)

[Pot Isn't Harmless](#)

[Suburban Heroin Users](#)

[Xanax Abuse](#)

Executive Board Members

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Check out the JTNN Calendar of Events [here](#).

[**Donate Now**](#)

Seeking a Drug and Alcohol Evaluation?

The Northern Nevada Evaluation Center, an arm of JTNN, is a nonprofit certified, court-approved drug and alcohol evaluation center. The

puts them in an awkward situation. To read more, click [here](#).

Rx Round Up and More

More than 1.2 million pills have been collected in Washoe County since the first Prescription Drug Round Up was held in October 2009, and the April 2014 event was the busiest collection day yet.

Click [here](#) to watch our new prescription drug public service announcement created in partnership with Reno Police Department.



Read about the efforts Reno Police Department has made with their prescription drug funding [here](#).

Upcoming Trainings

JTNN is happy to partner with the University of Nevada's School of Medicine for two additional training this summer. Garry Rubinstein will be presenting "The Human Side of Addiction" via webinar on July 31, and Dr. Darryl Inaba will be presenting a live program on August 18 titled "Psychopharmacology and Addiction of Abused Drugs." If you'd like to register for either program, please visit medicine.nevada.edu/cme

center is located next door to JTNN at 505 S. Arlington, Suite 108, and can provide evaluations within 24-48 hours of an inquiry. **Call 775-329-5006 for information.**

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www.jtnn.org
775-324-7557

Sponsored (in part) by SAMHSA and/or the Substance Abuse Prevention and Treatment Agency of Nevada (SAPTA).

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