



PREVENTION SUMMIT ACTION LIST

Visit www.crowdproject.org for more ideas on how to get involved in prevention efforts in Stanislaus County.

COMMUNITY MEMBER

- Join the Stanislaus County Prevention Partnership that has a community-wide strategy to identify problems and solutions related to drug and alcohol use in your community.
- Get to know your neighbors.
- Write a letter to the editor of your local paper on an issue you feel is important.
- Donate some of your time and professional expertise to help a local coalition or task force accomplish a goal. For example, if you work in a public relations firm, donate some time to help develop an effective advertising campaign.

HEALTH CARE PROVIDERS

- Incorporate screenings and brief interventions into your routine practice.
- No matter what health care field you are in (primary care, emergency or hospital, mental health, dental, etc.), become familiar with local treatment agencies so you can make referrals if needed.
- Become aware of the health issues that may be exacerbated by or indicative of substance use problems.

CLERGY/FAITH LEADER

The Rush Center at the Johnson Institute suggests the following action steps for faith-based providers:

- Use multiple opportunities for awareness, education, and recovery support within congregational life.
- Deliver accurate information and guidance for all life choices, especially those involving alcohol and other drugs.
- Teach each other to see and respond to early symptoms of harmful behavior.
- Define addiction as a family illness, responding to all those affected.
- Honor people in recovery, valuing their spiritual journey as a congregational strength.
- Link congregational help to prevention or treatment resources within the community and neighborhood.
- Advocate for a society that responds equally and with compassion to all chronic illness.

CRIMINAL JUSTICE / LAW ENFORCEMENT

- Work with the Stanislaus County Prevention Partnership to assess problems such as underage drinking in your community and become part of the community wide strategy to reduce alcohol and drug use.
- Contribute data on alcohol or drug related arrests to help community coalitions, task forces, or local government monitor the progress of community efforts to reduce these problems.
- Enforce laws that currently exist to prevent or reduce harmful alcohol and substance use.
- Know the range of options and interventions being used within the criminal justice system in your community, such as drug courts, family interventions, jail and prison treatment, and post-release case management.
- Become familiar with local treatment agencies so you can readily refer someone to treatment if needed.
- Learn about and help implement projects where offenders are screened for potential alcohol and drug problems so they can get counseling, treatment or join mutual support groups while incarcerated.
- Work with community groups on re-entry programs, half-way houses, etc. so those leaving prison can start or maintain recovery and positive life changes.

PARENTS

- Join the Stanislaus County Prevention Partnership that has a community-wide strategy to identify problems and solutions related to drug and alcohol use in your community.
- Know where your child is at all times. Make an agreement with your child that you will always call the home of the friend he or she is going to visit.
- Encourage your child to invite their friends to your home so you can get to know them.
- Engage your child in an open and mutual dialogue about the dangers of substance use and promote healthy decision making.
- Pledge that you will always be available to give your child a ride if none of his or her friends are sober and able to drive. You can find more information about this idea at the www.crowdproject.org
- Get involved in the parent-teacher organization. Encourage discussions with other parents and pledge to agree that no parent will purchase alcohol for or allow underage teens to drink in their home.
- Ask your child's physician to screen for alcohol use during annual check ups. Ask your own physician if he or she screens all patients.
- Get involved in a community coalition.

TEACHER

- Take a national alcohol and drug education survey. Join Together is conducting an online survey of teachers to learn what is actually happening at the classroom level in alcohol and drug prevention education.
- Make yourself available to your students as a positive adult influence.
- Work within your school system or university community to review current programs that address drug and alcohol prevention and advocate for research based programs.
- Research has shown that students who are involved in extracurricular activities are less likely to experiment with drugs and alcohol. Work with your school system to provide beneficial extracurricular activities.
- Learn what treatment resources are available in your community. You can help identify students that may need treatment and refer them and their parents to help when appropriate.
- Represent the schools in a local community coalition.

YOUNG PERSON

- Be a role model for your peers by making healthy lifestyle decisions about drug and alcohol use.
- Help your school to organize after school activities.
- Voice your concern to friends if you think they are having a problem with alcohol or drugs.
- Get involved in the Stanislaus County Prevention Partnership. It is important that the youth in the community have a voice.
- Volunteer your time at a local family shelter or treatment center.
- Get involved with Friday Night Live

If interested in more information, please call Stanislaus County Behavioral Health and Recovery Services Education and Prevention Services at (209) 525-6201, or visit our website at www.crowdproject.org