Upcoming Schedule of Events

Wednesday, **November 12** -- **3:00pm** -- **Coalition Meeting**
United Way: 1701 Tamiami Trail W (14th St W), Bradenton

Thursday, **November 13** -- **9:00am** -- **Alcohol Task Force**
3rd Floor Conference Room, Manatee Government Center
1112 Manatee Ave W, Bradenton

Tuesday, **November 18** -- **10:00am** -- **VetCorps**
1112 Manatee Ave W, Bradenton -- 3rd floor

Wednesday, **December 3** -- **2:00pm** -- **Board of Trustees**
3rd Floor Conference Room, Manatee Government Center

Wednesday, **December 10** -- **3:00pm** -- **Coalition Meeting**
Another Successful Red Ribbon Breakfast... 
Marijuana: Be an Informed Voter

The 12th annual Red Ribbon event held on Tuesday, Oct. 21st at Pirate City, Bradenton was well attended this year. MCSAC, along with the Manatee County Youth Commission (MCYC) hosted the event. It focused on educating the citizens of Manatee about the pending marijuana constitutional amendment. The attendees were greeted by MCSAC’s incoming Chair, Palmetto Police Chief Rick Wells, who presented outgoing Chair, Steve Rinder (School District DOP/Student Intervention Coordinator) with the 2014 Leadership Award.

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A Message from the Board Chair by Steve Rinder

Working with at-risk teens and families for over 20 years, a member of our Coalition for 10 years, and on the Executive Committee and Board for the last 5 years, has afforded me a proud perspective and an observation of a community in action, partnerships (personal and professional) created, and individuals and organizations rallied in support of a shared mission. MCSAC continues to grow in stature and inclusion, reaching prevention goals locally, regionally, and nationally. Survey notes 60% community name recognition. Recent prevention outreach projects include DCF Prevention License, Manatee County Youth Commission leadership development, Red Ribbon "Legislative" forum, VetCorps action initiative, and "Let’s Talk" generational conversations. Our membership has increased 30%. Our significant current programming expansion faces us with ever-demanding funding challenges, succession planning, and sustainability awareness. Our community relationships are strong. Our administrative team is highly respected. Our mission is clear. Thank you for your continuing partnership. I have appreciated
The annual Breakfast is part of a national prevention campaign honoring the memory of DEA Agent Enrique Camarena, who was killed in the line of duty. It included a ceremonal presentation of the Colors by the Bradenton Police Department Honor Guard and the Pledge of Allegiance was led by MCYC Chair, Ella Biggins. The invocation by Pastor Larry Johnson, United Community Centers, was inspirational.

your best thinking and best efforts. As we move forward with confidence in each other and our new chair, Chief Rick Wells, I am hopeful and grateful.

Peace, Friendship, Respect,
Steve Rinder

MCSAC Board of Directors 2014

VetCorps Update by Patti Durham

**September:** Instead of our regular meeting format, the
Manatee County Youth Commission (MCYC) members asked an expert panel compelling questions regarding Amendment 2, which was the move to add marijuana for medical use into the FL Constitution. It failed however, to gain the 60% majority from Florida voters in the General Election.

The panel, facilitated by State Attorney Ed Brodsky, included Manatee County Sheriff Brad Steube; Chair of the Manatee Medical Society, Dr. Fabian Ramos; Director of Emergency Services at Manatee Memorial Hospital, Dr. Teresa Rawe; Amy Ronshausen, Deputy Director of the Foundation for Drug Free America; and Dr. Jessica Spencer, Statewide Coalition Director for the 'Vote No On 2' campaign.

September VetCorps meeting involved a "packing party" to prepare for the November 1st Veteran Stand Down. VetCorps partners filled over 200 goody bags with edible treats and toiletries for homeless veterans. The November stand down will also offer many free services to veterans such as showers, haircuts and health screenings donated by community businesses and agencies.

October:
VetCorps partners attended the Red Ribbon Breakfast on October 21st hosted by the Manatee County Substance Abuse Coalition and Manatee County Youth Commission. VetCorps members received education on key points of Amendment 2, which if passed, would have affected Veterans and their family members.

November:
Upcoming November events include Prevention Coordinator Patti Durham providing a Veteran's Day presentation, via webinar, to an internal national SAMHSA audience. She will be sharing her experiences working with veterans and military families. Additionally, VetCorps partners will be volunteering at ABC Channel 7's Veterans Phone Bank on Thursday, November 13th to answer viewer questions and provide referral information during the 5:00pm and 6:00pm newscasts.

NOTE: The next VetCorps meeting will be held on Tuesday, November 18th, at 10 a.m. at the Manatee County Administrative Building, 3rd floor. This meeting is open to the public and all are encouraged and welcome to attend!

On this Veterans Day, November 10th...
Thank you for serving our country and protecting our freedoms!
Attendance for the Red Ribbon event was overwhelming, and even required the use of an overflow parking lot. Representatives from all sectors in the community attended, including Manatee County government, law enforcement officials, faith-based organizations, business executives, educators, behavioral health specialists and veterans.

The information was well-received and comments from the audience were positive. For example, Luis Goff, a representative from Shining Light Church in Palmetto, said that he wished more people would have attended to hear the message. Because of the valuable information received at the Breakfast, Mr. Goff requested that MCSAC provide a speaker (MCSAC Board Member Javier Cordova) for a Red Ribbon event at Shining Light Church the following Saturday.

MCSAC wishes to thank METV for recording and televising the event, the Pittsburgh Pirates/Marauders organization for use of the venue, the Bradenton Police Department's Color Guard, our expert panelists and the MCYC students for their support of this outstanding event.

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**Manatee County Youth Commission Update**

by Ella Biggins

The Manatee County Youth Commission is as strong as ever. The 2014-15 term is off to a great start with a new Executive Committee comprised of Clarissa Palmer (treasurer), Valerie Arias (secretary), and Lacey Sanchez (vice-chair). We are excited to lead such a dedicated, passionate group of Manatee County Youth.

Our first project was the Red Ribbon Breakfast educating voters on Medical Marijuana legalization. Not only was the breakfast an informative forum for voters, the Youth Commissioners gained great knowledge on legislative processes and drug use in Manatee County. We enjoyed having the opportunity to ask questions to the panelists.
Alcohol Task Force Update
by Jennifer Venuto

The following article, authored by Origins Behavioral Healthcare CEO Andrew Rothermel (West Palm Beach) in collaboration with myself and Jan Cairnes, BBA, CPP, (lead for Hanley Center’s Substance Abuse Program [SAP] Team), illuminates the issues we face in trying to change youth behaviors around alcohol and other drugs.

Finding the Positive in Peer Pressure
A foursome of teenagers is on the back nine of a local golf club. As they approach a secluded tee box, one pulls a blunt from a pocket and gestures to his friends. “What do you think?” he asks. Not missing a beat, one of the teens looks directly at him and says, "I think it’s stupid. I have zero interest.” The marijuana cigarette quickly disappears.

Peer pressure is a constant in the lives of adolescents, but it doesn’t always have to be negative. One confident teen taking a bold, positive step can have a profound influence on his or her peers.

In our work to promote healthy lifestyles and prevent adolescent alcohol, tobacco, and other drug use, we find that peer-led prevention - or creating positive peer pressure - is the most effective prevention strategy we can use. In a study published in the journal "Addiction," researcher Thomas Valente, Ph.D., and colleagues tracked the outcomes of two youth groups enrolled in a positive peer pressure prevention program. One was led by an educator; the other was led by peers. The research concluded that peer-led prevention efforts aimed at reducing adolescent alcohol

Get Social with MCSAC!

MCSAC at the Lakewood Ranch Health Expo

Next, we will be working on committee projects for our Education, Teen Pregnancy Prevention, and Substance Abuse Committee initiatives. As always, thank you for your continued support!
and other drug use are about 15 percent more effective than other programs.

Parents, as you regularly re-negotiate your relationship with growing children, it’s critical to remember you are not your children’s only influence, but you do want to be their biggest. Focus on mutual respect and participation with your teen. Parents must give respect to get it; demanding respect because you’re “the adult” rarely works. Even when things are difficult, look for opportunities to be your child’s biggest (and most authentic) supporter. The world may yell, scream, post and tweet all kinds of negatives to your son or daughter. Be in their corner, remind them of that every day and keep communication open. They will remember who cares, even if they don’t always show it.

Respecting your teen encourages them to respect themselves, which influences them to be better decision makers. It can help to think about how you would react to a trusted co-worker if they made a mistake or bad decision. Now translate that professional workplace behavior to your home environment. When talking to your teen about a mistake or bad decision, remember how you interacted with your co-worker. Show your teen at least that same level of respect.

Dr. Michael Popkin, founder of Active Parenting, says, "Democracy doesn't mean you always get your way; it means you always get your say." While your children still need to hear from you what is absolutely ok, and what is absolutely not, look for ways to give them a voice in family decisions. That builds their self-esteem and provides a sense of belonging and security. Given the persistent headwinds of negative peer pressure most adolescents will face today, it is a confident teen that can stand his/her ground and say smoking pot is stupid. The mutual respect you build with your teens will help them gain the confidence they need to stand up to their peers for what they feel is right, and know exactly what to do when that wind pushes hardest against them.

Over 1,200 people attended the Lakewood Ranch Health Expo on Saturday, September 27. Sadie Palmer (MCSAC) and Nayma Moya-Romano (LECOM) were busy dispensing pencils, candy and cups. People of all ages enjoyed spinning the colorful wheel which posed a substance abuse question. Many were stumped and surprised by the correct answers. After spinning the wheel, attendees entered the raffle in hopes of winning a $25 gift card or a Medicine Safety Locking Cap. It was a busy and successful 3-hour event for MCSAC to educate the community through conversation and handouts.
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