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#### **THANK YOU!**

##### **Elton Blemaster**

For conducting the February coalition meeting.

##### **Justin Pederson**

For the Presentation at the Feb. meeting **“Synthetic Drugs and The Dangers Behind Them”**

##### **Patrick Callahan**

For taping Justin’s presentation.

#### **Did You Know**

Students who indicated personal disapproval of drug use on the Pierre/Ft. Pierre Pride Survey from 2011:

- 73.8%** alcohol use
- 80.4%** smoking
- 84.6%** marijuana use
- 95.4%** other/illegal drug use

#### **Next Coalition Meeting**

Parents Matter Coalition of Pierre/Fort Pierre  
Wednesday, March 14, 2012 -  
Noon—5th Floor Conference  
Room- St. Mary’s Healthcare  
Center- Pierre, SD 57501  
Lunch provided.  
[parentsmatter@pie.midco.net](mailto:parentsmatter@pie.midco.net)  
[parentsmattercsd.com](http://parentsmattercsd.com)  
Everyone is WELCOME call for a  
reservation: Ruby or Elaine 224-  
3189 (necessary for Food  
Preparation)



## **Parents Matter News Letter XVI**

**March, 2012**

### **Teen Safety Driving Task Force reported by Larry Weiss**

The Task Force was created by the 2011 Legislature. It consists of members from disciplines as follows: four Legislators, Law Enforcement, Dept of Public Safety, Insurance, Media, SDDOT, Voices for Children, Judicial System.

They were charged with the following: Examining data on teen driving, Reviewing current laws, Examining data on Driver Education, Review National Best Practices and Review policies or practices that hinder efforts to improve teen-driving safety.

Their organizational meeting was December 9, 2011 at which the following specific areas of focus were discussed: 1) Effect of Driver’s Ed 2) Distracted driving, including texting and number of passengers 3) Alcohol and underage drinking 4) Rural vs urban driving 5) Current SD laws regarding teen driving & licensure.

Larry attended the Teen Driving Safety Task Force meeting January 27, 2012 as an observer and he was allowed input.

Cindy Gerber briefed the Task Force regarding the ages, restrictions and laws concerning Instruction Permits and Restricted Permits.

Dr. Richard Braunstein, USD & Government Research Bureau presented the Driver’s Education Study sponsored by SDDOT. This study was composed of 250,000 incidents over the past 10 years consisting of Driver’s Ed completers and non-completers.

The findings were mixed regarding value of Driver’s Ed in SD, however the fact that there is no standard curriculum and the instructor is certified to teach for life with nine hours of training may have bearing on the value.

Other states with a standardized curriculum, best practices, objectives, instructor training, exams, and assessments were found to have a positive effect on crash ratings. SD is 47th, in the nation with 50 being the worst.

Surrounding states have more regulations & restrictions for minors resulting in fewer accidents.

You may read the full report by going to the following website:

**[http://dps.sd.gov/enforcement/highway\\_safety/teen\\_driving\\_taskforce.aspx](http://dps.sd.gov/enforcement/highway_safety/teen_driving_taskforce.aspx)**

*“I don’t think anybody can be a truly successful parent without a commitment to an established religion”*

Corrie Lynn Player

## *Things To Remember*

Strengthening Families  
 Strengthening Families Program  
 For parents & Youth 10-14  
 Facilitator Training  
 When: March 27, 28, 29, 2012

Where: Chamberlain, SD AmericInn, 1981 E. King St.

Who: Energetic Professionals and community who are good with youth and want to help families.

Cost: Free  
 To register email: [jesica.kirkham@sstate.edu](mailto:jesica.kirkham@sstate.edu)

**\*Upcoming—A Town Hall meeting—**”Start Talking Before They Start Drinking” watch for more information coming in April.

**\*SD Dept of Public Safety Teen Driving Safety Task Force**  
[http://dps.sd/enforcement/highway\\_safety/teen\\_driving\\_taskforce.aspx](http://dps.sd/enforcement/highway_safety/teen_driving_taskforce.aspx)

**\*March 9, 2012—**For professionals—Lunch & Learn— 11:00—1:00 pm both days. **“National Women & Girls HIV Awareness Day”** - Come here Shana tell her story of living with HIV—Sponsored by SD Urban Indian Health

**March 10, 2012** for community members, parents, and students, everyone welcome. For information contact Janice Johnson, CCDCII SDUIH—605-224-8841 Ext.118

**\*April—**Alcohol Awareness Month

### **Guidelines For Adolescent Preventive Services “Messengers In Denim” by Parnell Donahue, M. D. Summarized from a document by the American Medical Association**

In attempt to improve medical care for adolescents, the American Medical Association released Guidelines for Adolescent Preventive Services (GAPS) in 1992. A synopsis of GAPS is contained in this article. These guidelines should be reviewed with every teen as part of their annual physical. On page 3 is a list of questions GAPS asks each teen to assure American Medical Association (AMA's) guidelines are heeded.

1. Recommendations for delivery of health services
  - a. All adolescents ages 11-21 should have an annual health visit.
  - b. Preventative services should be age and developmental appropriate.
  - c. Policies regarding confidential adolescent care should be clear to adolescents and their parents.
2. Recommendations for health guidance
  - a. Parents should receive health guidance at least once during early adolescence, once during middle adolescents and once during late adolescents.
  - b. All adolescents should receive health guidance annually to

- promote:
- an understanding of growth and development and become actively involved in decisions regarding their care.
  - reduction of injuries.
  - good dietary habits to achieve a healthy diet and safe weight management.
  - regular exercise.
  - responsible sexual behavior, including abstinence.
  - avoidance of tobacco, alcohol, and substance abuse.
3. Recommendations for screening
    - a. All adolescents should be screened for:
      - hypertension.
      - use of tobacco, including cigarettes and smokeless tobacco.
      - eating disorders and obesity as determined by weight and stature.
      - use of alcohol and other substances of abuse.
      - depression and risk of suicide.
      - history of emotional, physical or sexual abuse.
      - learning disorders or other school problems.
      - sexual behaviors, including sexual orientation, use of

- condoms and contraception, number of partners, history of STDs or pregnancy.
- b. Selected adolescents should be asked about and screened as follows:
    - Those with family history of hyperlipidemia should be screened for cholesterol.
    - Sexually active adolescents for sexually transmitted diseases: especially those at risk for HIV including teens with more than one sexual partner in the past six months, who trade sex for drugs, who use intravenous drugs, who have had other STDs, who have a sexual partner at risk for HIV, and males who have had sex with other males.
    - females should be screened for pregnancy and cervical cancer.
  4. Recommendations for immunizations
    - a. All adolescents should receive prophylactic immunizations as recommended by the federally convened Advisory Committee on Immunization Practices.
    - b. Selected adolescents should receive a tuberculin skin test if they have been exposed, are homeless or living in a shelter, have been incarcerated, or are currently working in a health care facility. Go to <http://www.aap.org/immunization>

## Questions to discuss with adolescents

1. Do you play any sports?
2. How many hours of homework do you do each day?
3. What is your GPA?
4. Do you have a job?
5. How many hours do you work each week during the school year?
6. How many hours of TV or video games do you watch/play each day?
7. Do you have a TV or computer in your room?
8. How many brothers and sisters do you have?
9. How strict are your parents?
10. How many servings of fruit and or vegetables do you eat in the average day?
11. How many nights each week you have dinner with your family?
12. How often do you: wear a seatbelt? Smoke cigarettes? Chew Tobacco? Drink alcohol? Use drugs? Carry a gun? Ride in a car when the driver has been drinking? Drive after drinking?
13. Have you ever been: Emotionally or psychologically abused? Physically abused? Sexually abused?
14. How often do you get sad enough to be depressed for a day or more?
15. How often do you get depressed enough to think about suicide?
16. Have you ever attempted suicide?
17. How often do you get angry?
18. How often do you get in a fight?
19. Have you ever been in trouble with the law?

Please check the website for more questions and more information:  
[www.ama-assn.org/ama/pub/category/1980.html](http://www.ama-assn.org/ama/pub/category/1980.html)

### Thank You!

On behalf of our partners for a very successful **“Conversations: It’s What’s For Dinner.**

### Thanks To Our Partners

**SD Dept of Education and Health through a grant to Volunteers of America, Dakotas; Capital Area United Way of Pierre/Ft. Pierre; Parents Matter Coalition of Pierre/Ft. Pierre; Growing-Up Together; Pierre Public School, Stanley County Public School SD Dept of Social Services, Community Behavioral Health. Thanks To: Office of Attorney General, CBM Food Service for the nice place to meet and the wonderful meal.**

### Special Thanks to The Youth That Participated and Served!!

**Sarah Polak, Shelbi Maskovich, Brittany Beck, Karissa Buchholtz, Anna Maher, Lara Williams, Samatha Paul, Samatha Tinneer, Marie Zander, Cassidy Fosheim, Jasmin Fosheim, Joshua Hauck, Megan Feller, Jeanne Kelley, Joel Jochim, Michaela Stroup, Caleb McKinley**

## *What’s Happening*

### **Senate Bill 23 Synthetic Drugs Outlawed by SD Legislature**

That would ban synthetic substances people use to get high, passed the House 2/15/12. The bill contains more than 50 substances that would be banned. It also has an “emergency clause,” which means if the Governor signs it will take effect immediately. It is already illegal to ingest fake pot but the law would go one step further, sending anyone even holding the drug to jail because it would be considered a felony. And if it is

passed, Attorney General Marty Jackley says Law enforcement will take action.

### **National Geographic Channel 152 (on Midco Cable System)**

Aired a documentary on Synthetic and Designer Drugs on February 12, 2012. You may want to take a look.

**SD Urban Indian Health**—it the only place testing for: Spice K2 at this time.



### **Know the Law:**

- As a parent, you cannot give alcohol to your teen’s friends under the age of 21 under any circumstance, even in your own home or on your property
- You cannot allow a person under 21, other than your own child, to remain in your home or on your property while consuming or possessing alcohol
- Others can sue you if you give alcohol to anyone under age 21, and they, in turn, hurt someone or damage property

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Hughes County Sheriff  
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Rocky & Skyla Nicholas



**LYNN'S DAKOTAMART OF PIERRE**



4-H Youth Development  
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*Walgreens of Pierre*

