

MAYOR JOSEPH A. CURTATONE,
SOMERVILLE HEALTH AND HUMAN SERVICES DEPARTMENT &
SOMERVILLE OFFICE OF PREVENTION
PRESENT

GOT PREVENTION

June 2017



POLICE • COMMUNITY PARTNERSHIPS

On August 1, 2017 Somerville Cares About Prevention (SCAP) will partner with the City of Somerville, Somerville Police Department, the National Association of Town Watch, and Target, Inc. to host National Night Out, “America’s Night Out Against Crime”. The event will begin at 5:00 PM at

Foss Park and include Police and Fire Department demonstrations, speeches from Mayor Curtatone along with other city officials, live performances, prizes, activities for all ages, and displays from over 30 local city organizations. National Night Out is a great to unite the community in an effort to improve the safety of neighborhoods and heighten drug and crime prevention. Join us on August 1st to build spirit within the community, improve partnerships between neighborhoods and police, and to send a message to criminals that neighborhoods are organized and fighting back. For more information about this event please visit <http://www.natw.org>.

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NATIONAL NIGHT OUT
AUGUST 1st, 2017
5PM-8PM

ONE CALL to CITY HALL
3 1 1
SOMERVILLE



Somerville Positive Forces Update

In May, the Somerville Positive Youth Forces SPF 100 (high school) members worked on practicing for their upcoming Shoulder Tap Surveys. In this campaign, youth will work with undercover police and stand in front of liquor stores to ask ongoing, nearby people the following: "I'm too young. If I gave you some money, would you buy me some beer?" If whomever they ask responds with "no" they will receive a card thanking them for being responsible members of their community. However, if whomever they ask responds with "yes" they will receive a card informing them of the potential consequences of their actions such as "Arrest," "A fine up to \$2000 and or/," "Imprisonment up to six months."

SPF is also wrapping up their *Most Don't* campaign at Somerville High School this month. Over the last few months, SPF leaders engaged hundreds of SHS students in their campaign and shared their message with hundreds more. The main message of this initiative made to spread amongst the students at Somerville High School is that MOST SHS students DON'T drink alcohol (81% Don't) and DON'T use marijuana (86% Don't). Student Health Survey data shows this campaign has made significant gains to correct student misperceptions of peer substance use. In turn, we see drops in both youth alcohol and marijuana use!!!

Additionally, SPF100 members partnered with the Cambridge Prevention Coalition to assist them in their first SAPC Regional "Sticker Shock" campaign visiting "Supreme Liquors" and "Tavern in the Square Central Square." The purpose of this campaign is to remind adults to not provide alcohol to anybody under the age of 21; otherwise, they would have to face fines and/or imprisonment. SPF leaders placed stickers on hundreds of cases of beer stating the previously mentioned message. SPF member Nephtalie reports: "It was really fun, yet at the same time, an educational experience. I really felt like I was making a difference."

Together we can make a difference!

SPF Jr. Youth Leaders worked hard to prepare a special presentation for the Somerville Health and Human Services Department staff. Their presentation highlighted their various prevention projects and accomplishments this year, including: *Sticker Shock*, *Boston vs. Bullies*, *Kick Butts Campaign*, *Photo Voice Exhibit*, *Media Advocacy*, *SCAP Annual Meeting* and *We Matter Stories*. Additionally, they engaged over 50 staff in their *We R Somerville* campaign, which works to build positive identify and community connections. After their presentation, they joined tables with staff to chat with them about their work and share their ideas and experiences. Youth Leaders reported that they felt extremely proud to share their important work, and that they felt truly valued by the staff that really listened and asked great questions.

Furthermore, the youth leaders in SPF wrapped up their *We Matter* campaign by placing final edits on their videos, audio recordings, and written recollections of their group members' stories. The purpose of this campaign was to express the concept that everyone has a unique story waiting to be told as a method to promote positive self-identity amongst the youth in Somerville.

Sadly, both SPF Jr. and SPF100 Youth Leaders said good bye to our amazing intern, Jamie Erdheim, who graduated with a Master's Degree from the Harvard Graduate School of Education this month! We are so grateful for all of her important self-identity work with us this year and very proud of all her accomplishments!

*** SPF program update provided by Ishivita Bali, SPF Youth Leader and Lovelee Heller-Bottari.

SPF Mission is to support social change that would empower youth to make healthier decisions regarding the use of alcohol, tobacco and other drugs.

SPF Vision is to create a community where youth are seen as assets and have access to a number of opportunities and experiences that foster human potential and leadership.

For more information about Somerville Positive Forces and/or Somerville Cares About Prevention or to volunteer, please contact: Lovelee Heller-Bottari, SCAP Program Director, at 617-625- 6600 x4322 or lheller@somervillema.gov.



Depression & Quitting: 5 Important Things Every Women Should Know

Mood changes are common after quitting smoking. You might be irritable, restless, or feel down or blue. Changes in mood from quitting smoking (often caused by withdrawal from smoking) usually get better in 1 or 2 weeks, and they are not as serious. But, if you find yourself feeling very down for more than 2 weeks, it could be depression.

1. Depression is Common In Smokers

Nobody knows for sure why smokers are more likely to have depression than non-smokers, but there are some ideas. People who have depression might smoke to feel better. Or smokers might get depression more easily because they smoke. More research is needed to find out for sure.

2. Keep an Eye Out for These Symptoms

People with depression usually feel down, blue, or sad. They also have other symptoms like not wanting to do things that used to be fun; feeling grumpy, easily frustrated, or restless; changes in sleep (trouble falling asleep or staying asleep, waking up too early, or sleeping too much); eating more or less than they used to; trouble thinking; feeling tired, even after sleeping well; feeling worthless; and thinking about dying or hurting themselves.

3. Don't Start Smoking Again If You Feel Depressed

You should look for ways to get help for your depression. Smoking does not treat depression. Remember that smoking is linked to many serious health problems for both the smokers and the people around them. Finding ways to get help for your depression and quit smoking is the best way to go.

4. Get Treatment for Your Depression

Many people benefit from treatment for depression, even if the symptoms are not serious. So you don't need to have a lot of symptoms of depression before talking to your doctor or a qualified mental health professional.

5. You Have Options

Treatment usually means getting therapy/counseling, taking medications, or doing both. Your doctor or a qualified mental health professional can help you figure out what treatment is best for you.

If you would like to get more information please go to:

<http://women.smokefree.gov/depression-quitting-5-important-things-every-women-should-know.aspx>



Effects of Marijuana Use

What are the short-term effects of marijuana use?

Short-term effects of marijuana include problems with memory and learning, distorted perception (sights, sounds, time, touch), trouble with thinking and problem solving, loss of motor coordination, increased heart rate and anxiety. These effects are even greater when other drugs are taken mixed with weed.

What are the potential long-term effects of marijuana use?

- 1) Difficulty working through emotions (chronic marijuana use stunts the emotional coping process)
- 2) Can increase risk of chronic cough, bronchitis, and schizophrenia in vulnerable individuals.
- 3) May increase risk of anxiety, depression, attitude, and personality changes.
- 4) Poor performance in school, eating and sleeping problems.
- 5) Can lead to addiction (just like another other drug) and the likelihood of addiction increases for those who start young.

Marijuana and the teen brain

The parts of the adolescent brain which develop first are those that control physical coordination, emotion and motivation. However, the part of the brain which controls reasoning and impulses — known as the prefrontal cortex. This part of the brain does not fully mature until the age of 25. It's as if, while the other parts of the teen brain are shouting, the prefrontal cortex is not quite ready to play referee. This can have noticeable effects on teen behavior, such as:

- Difficulty holding back or controlling emotions a preference for high-excitement and low-effort activities

- Poor planning and judgment (rarely thinking of negative consequences)

- More risky, impulsive behaviors, including experimenting with drugs and alcohol.

So during the adolescent years, your teen is especially susceptible to the negative effects of any and all drug use, including marijuana. Scientific evidence shows that marijuana use during the teen years could potentially lower a person's IQ and interfere with other aspects of functioning and well-being.iii Even occasional use of pot can cause teens to engage in risky behavior, be taken advantage of, find themselves in vulnerable situations and make bad choices while under the influence — like combining weed and alcohol, driving while high or engaging in unsafe sex.

Marijuana and alcohol

While some teens may argue that weed is safer than alcohol, research shows that teens don't typically use alcohol OR weed; they use both, often at the same time — a dangerous combination. The biggest impact of mixing marijuana and alcohol is the significant increase in impairment in judgment. The level of intoxication and secondary effects experienced can be unpredictable. Some people may be more prone to episodes of lightheadedness and fatigue. Also, because marijuana is an anti-emetic (used to treat nausea and vomiting in medical situations), it may be easier to drink alcohol until dangerously high blood alcohol levels are reached, as the normal body defense of vomiting when drunk may be muted by the marijuana.

If you would like to know more please go to:

http://www.drugfree.org/wpcontent/uploads/2015/03/Marijuana_Talk_Kit.pdf?utm_source=landpage&utm_medium=download&utm_campaign=marijuana_talk_kit



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VOLUNTEER OPPORTUNITIES

Writer

Do you have a literary knack? Help SCAP write articles, interest pieces, or editorials for the SCAP newsletter or local newspapers. Time commitment varies depending on length of writing sample.

Youth In Action Project Participant

Adult volunteers are partnered with youth and law enforcement in efforts to promote zero tolerance enforcement, legislative advocacy and eliminate the current retail and social availability of alcohol for minors via the various YIA programs. Current volunteer opportunities are available with the Compliance Checks, Shoulder Tap Surveys and the Sticker Shock Campaign.



Please go the **Somerville Cares About Prevention** website if you would like to find out about other volunteer opportunities.

www.somervillema.gov/SCAP

SCAP Community Activist

Friendly, outgoing volunteers are needed to reach out to residents, storekeepers, non-profit groups, community groups, etc. to promote the SCAP mission and to encourage involvement. Duties may include distributing informational or upcoming event fliers, and making phone calls to various businesses and residents. Variable hours are available.