

County Passes Drug Disposal Ordinance

On July 3, 2018, Tehama County became the first rural county in the nation to pass an ordinance requiring drug manufacturers to develop, implement, and pay for a drug take-back program. The vote passed the Tehama County Board of Supervisors by a vote of 4-1.

The ordinance was several years in the making and represents a major victory for supporters concerned about the rise in prescription drug abuse, the environmental impact of improper disposal of needles and medications, and the rising costs of sharps disposal. Supporters include the Tehama County Solid Waste Management Agency, the Tehama County Health Services Agency, the Tehama County Sheriff's Office, the Tehama County Drug-Free Community Coalition, and many local pharmacies.



On October 1, 2018, then California Governor Jerry Brown signed Senate Bill 212, which created the state's first producer-funded take-back program. It is also the first in the nation to include both needles and prescription drugs.

Although the new state law will preempt the local ordinance and delay roll-out of the new system, the local ordinance was an important step in creating momentum for the statewide legislation, according to Rachel Ross, chief architect of the local ordinance and Manager of the Tehama County Waste Management Agency.

For more information about SB212, visit www.calpsc.org.

JOIN US

Join us at our next meeting!

We meet the first Monday of each month at 3:30 pm at Tehama County Health Services Agency-Substance Use Recovery Services
1850 Walnut St., Bldg. G
Antelope Creek Room
Red Bluff, CA 96080



New Partners Welcome!

For more information, contact Ulanda Hinkston at (530) 528-7356 or uhinkston@tehamaschools.org.

Upcoming Events

- **The Truth About Drugs – Community Drug Awareness Class**
6–8 pm, April 10
Tehama County
Department of Education
- **Youth Leaders Training**
8:30 am–3:30 pm, April 19
Tehama County
Department of Education
- **DEA Rx Drug Take-Back Day**
10 am–2 pm, April 27
Red Bluff Walmart, Los Molinos Veterans Hall, and Corning Police Department
- **Cinco de Mayo Celebration**
10 am - 4 pm, May 4
Corning Community Park & Skate Park
- **The Truth About Drugs – Community Drug Awareness Class**
6–8 pm, May 8
Corning High School (Library)
- **Athlete Committed Conference**
June 12-13
Richardson Springs, Chico

Members' Corner

Name: Dave Greer

Occupation: Retired Lieutenant with the Tehama County Sheriff's Office

Hobbies: Traveling, camping, woodworking

Length of service: 9 years

Why he enjoys working with the Coalition: He likes the broad array of people that come to the table. It's not just one agency or one mindset, but a broad range of individuals with diverse experiences and values.



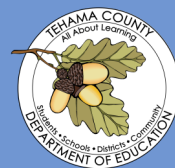
Tehama County Drug-Free Community Coalition



tc_dfcc

Tehama County Drug-Free Community Coalition

Spring 2019



Brief Intervention Training Comes to Tehama County

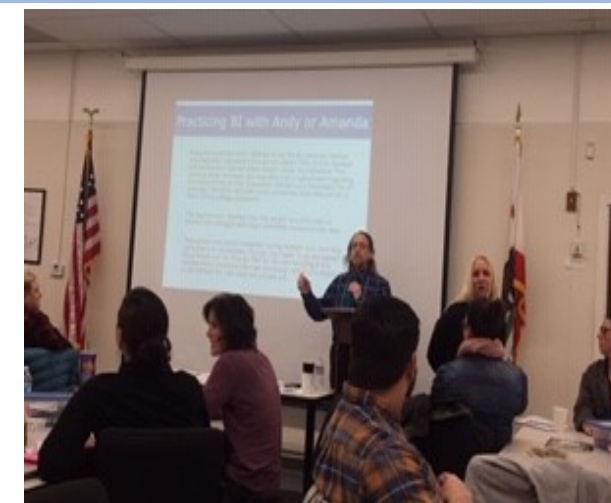
On February 27, almost 50 school counselors, nurses, school resource officers, youth pastors and others from Tehama and Butte counties took part in a day-long training in Brief Intervention or BI. BI is a short-term counseling program that is designed to support teens with a short history of drug and/or alcohol use and who are not heavy users.

Based on Teen Intervene, an evidence-based program designed by Dr. Ken Winters of the University of Minnesota, BI consists of two or three short one-on-one

sessions with an optional session with the parents/guardians. The purpose of the program is to help students examine the reasons behind their substance use and to develop a plan to stop or modify it.

Described by participants as "informative" and "engaging," the training was led by Ira Sachnoff, a consultant with the California Prevention Initiative and owner of Peer Resource Training in San Francisco.

The event was co-hosted



Ira Sachnoff addresses participants at BI training.

by the Tehama County Department of Education and the Tehama County Drug-Free Coalition. "The event is the first of many that the Coalition hopes to bring to the community to increase the community's capacity to support substance-using adolescents," said Ulanda Hinkston, Project Coordinator for the Coalition.

Thank you, Survey Participants!



The Coalition wishes to thank the over 200 community members who took part in our December survey to help determine adult attitudes toward youth substance abuse in the county. The survey was part of a larger community assessment that included youth focus groups, results of the 2017-18 California Healthy Kids Survey, and a review of county and statewide data related to drug use and consequences. The assessment will form part of a new five-year strategic plan currently being developed by the Tehama County Health Services Agency—Substance Use Recovery Services.

In this Issue

- E-Cig Use Among Youth Declared an Epidemic
- New Youth Coalition Forming
- National Take Back Day—New Locations
- County Passes Drug Disposal Ordinance
- Upcoming Events
- Join Us

E-Cigarette Use Among Youth Declared An Epidemic

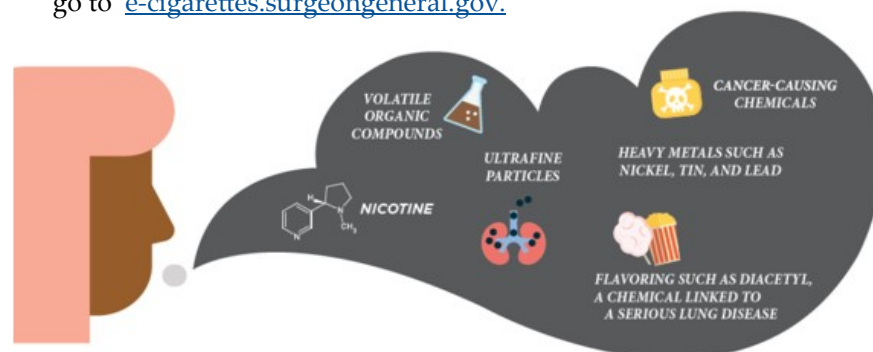
Vaping among youth has reached epidemic levels according to an advisory issued by U.S. Surgeon General, Dr. Jerome Adams, in December 2018. Currently, more than 3.6 million youth, including 1 in 5 high school students and 1 in 20 middle school students, use e-cigarettes. While rates declined during 2015-17, current e-cigarette use among high school students increased dramatically from 2017-18 — from 11.7% in 2017 to 20.8% in 2018, a 78% increase. Among middle school students, the rate increased 48%, from 3.3% to 4.9%.

E-cigarettes are battery-operated devices that heat a liquid, often called e-juice or e-liquid, that produces a vapor or aerosol that is then inhaled. Often referred to as “e-cigs,” “mods,” “vapes” or “hookahs,” e-cigarettes come in a variety of shapes and flavors. The most popular ones are JUULs, which resemble a USB flash drive and can be recharged in a USB port. One JUUL pod contains as much nicotine as a pack of cigarettes.



While the long-term effects of vaping are still unknown because the products are so new, there is general agreement that e-cigarette use poses significant health risks for youth, whose brains are still developing until their mid 20's. Most e-cigarettes contain nicotine, which impacts learning, memory, and attention. Early exposure to nicotine also increases the risk of addiction to not only nicotine, but also other substances. In addition, the aerosol produced by e-cigarettes contains toxic chemicals known to cause cancer and other respiratory diseases. Other risks include injuries from exploding batteries and poisoning from exposure to e-liquids.

The advisory urges aggressive action “to protect our children from these highly potent products that risk exposing a new generation of young people to nicotine.” For a copy of the advisory, go to [e-cigarettes.surgeongeneral.gov](https://www.surgeongeneral.gov/e-cigarettes).



THE WAY FORWARD >>

PARENTS AND EDUCATORS CAN:

- Set a positive example by not using tobacco products themselves.
- Learn about different types and risks of tobacco products, including e-cigarettes.

HEALTHCARE PROVIDERS CAN:

- Ask specifically about e-cigarettes when screening for tobacco product use.
- Warn youth about the risks of all tobacco product use, including e-cigarettes.

SCHOOLS CAN:

- Adopt and enforce tobacco-free campus policies that include e-cigarettes.
- Reject tobacco industry-sponsored prevention programs, which are proven not to work.

STATES AND COMMUNITIES CAN:

- Prohibit smoking and e-cigarette use inside workplaces and public places.
- Prohibit the sale of flavored tobacco products.

Source: CDC Vital Signs: Feb. 2019 “Tobacco Use by Youth Is Rising,” Centers for Disease Control and Prevention.

National Drug Take-Back Day—New Locations

On Saturday, April 27, community members are invited to participate in the Drug Enforcement Administration’s (DEA) 17th Annual Drug Take-Back Day. Coordinated by over 4,300 state and local law enforcement partners, the event gives citizens the opportunity to safely dispose of unused or expired prescription drugs. There will be three drop-off sites in Tehama County:

- Red Bluff - Walmart, 608 Luther Road
- Corning - Corning Police Department, 774 Third Street
- Los Molinos - Veterans Memorial Hall, 7980 Sherwood Blvd.

Both of the sites in Red Bluff and Los Molinos are new this year. Formerly at the Red Bluff Community Center, the Red Bluff site is being moved to Walmart at the request of the retailer’s corporate office. Walmart has been a strong proponent of safe drug disposal, installing kiosks in hundreds of pharmacies nationwide and offering opioid patients free packets of DisposeRx, an opioid disposal solution. The Sheriff’s Office is moving their site from their office on Antelope to Los Molinos to make it easier for South County residents to participate.

Residents are asked to remove pills from the original containers and place them in ziplock bags. Liquids and creams can remain their original containers. Drop-off is free, and no questions are asked.

Disposal sites are available year round at the Corning Police Department and the Tehama County Sheriff’s Office.



Did you know:

70%

of Americans misusing prescription painkillers get them for free from friends and family, and that the home medicine cabinet is a major source?

New Youth Coalition Forming

All county youth between the ages of 12 and 18 are invited to be part of a new countywide coalition to address youth substance abuse. The group will meet regularly at different locations throughout the county to plan prevention activities, such as social media campaigns, alcohol compliance checks, peer-to-peer education, and drug-free social events.

The group has had several planning meetings and is seeking more members. “The whole idea behind the group is for it to be youth-led,” said Tina Robertson, Health Educator for the Tehama County Health Services Agency and Coordinator of the county’s Tobacco Coalition. “Adults will provide guidance and support, but it will be up to the youth to decide on the projects.”

“Nothing about us without us.”

The youth coalition will be working alongside three existing adult coalitions — the Tehama County Drug-Free Community Coalition, the Tobacco Coalition, and Si Se Puede, a coalition working on tobacco policy in Corning.

In addition to developing valuable leadership skills and earning community service hours, students involved in the coalition will have the opportunity to participate in local and regional trainings. The first will be a workshop on April 19 at the Tehama County Department of Education. The workshop is open to all middle and high school students. For more information, contact, Ulanda Hinkston at 528-7356 or Tina Robertson at 527-6824.