



PRAIRIE RIDGE

PREVENTION SERVICES

"CLEAN MIND; CLEAN BODY; CLEAN SPIRIT; DRUG FREE"

Newsletter

**Vol. 6 Issue 10
October 2011**

Raising Awareness during Red Ribbon Week- October 24-29, 2011

Red Ribbon Week is the oldest and largest drug prevention campaign in the country, taking place this year on the October 24th-29th. The Red Ribbon Campaign was started as a response to the brutal murder of DEA agent Enrique "Kiki" Camarena, by drug traffickers in Mexico City. Four and a half years, Kiki remained on the trail of one of the country's biggest marijuana and cocaine traffickers. By 1985, Kiki was extremely close to busting the multi-billion dollar pipeline. Right before he was able to bust the case wide open and expose the drug traffickers to the public, he was kidnapped and killed at 37 years old.

Soon after his death, people everywhere started wearing red ribbons as a public display of their commitment to stand against drugs. This action took on national significance when President Ronald Reagan created the campaign in 1988. First Lady Nancy Reagan served as honorary chairperson to continue the tradition of displaying red ribbons as a symbol of intolerance towards the use of drugs.

Red Ribbon Week (RRW) is an ideal time to collaborate with and get to know various family-oriented organizations in your community. It is an opportunity to join parents, students and officials together. The idea is to raise awareness and have everyone work together toward the common goal of taking a stand against drug abuse in your community. If you would like additional information or ideas to celebrate Red Ribbon Week in your community, contact Prairie Ridge Prevention Services.

Contents:

Red Ribbon Week 2011

Training Opportunities!!

*North Iowa Drug Disposal
Stations*

*When You Drink Alcohol, So
Does Your Baby*

Upcoming Events



***National Red Ribbon Week
October 24-29, 2011***

***National Breast Cancer
Awareness Month***

***Talk About Prescriptions
Month***

Prevention Team:

Kelly Grunhvd
Prevention Manager

Melissa Deckard
Prevention Specialist

Amy Markham
Prevention Specialist

Jay Pedelty
Prevention Specialist

**Prairie Ridge
Prevention Services
320 North Eisenhower Ave.
P.O. Box 1338
Mason City, IA 50402
641-424-2391**

TRAINING OPPORTUNITIES

*Approximately
150,000 Iowa
citizens are
pathological or
problem
gamblers.*

*Know the
signs... Know
the help*

**Staff is available for
educational presentations or
trainings for groups of any size,
free of charge.**

Contact: Amy Markham

Prairie Ridge Gambling Prevention

641.424.2391 x234

amarkham@prairieridge.net

*Newsletter is funded through the:
Iowa Department of Public Health*





Prairie Ridge Prevention Services, North Iowa Substance Abuse Coalitions, and Law Enforcement are working together to allow citizens to safely dispose of unused or expired prescription and over-the-counter medications.

You can turn in unused or expired medication for safe disposal at the following secure Drug Disposal Stations:

Cerro Gordo County Sheriff's Office 8am-4:30pm
17262 Lark Ave, Mason City
641-421-3000

Floyd County Sheriff's Dept. and the Charles City Police
8:30-4pm on the 4th floor of the Floyd County Courthouse or
7:30am-4pm at Police Dept office at 105 Milwaukee Mall
Sheriff's office at 641-228-1821
Charles City Police 641-228-3366

Franklin County Law Enforcement Center 8am-4:00pm
105 5th St SW, Hampton
641-456-2731

Hancock County Sheriff's Office available 24 hours a day
875 State Street, Garner
641-923-2621

Mitchell County Sheriff's Office- Drug Disposals can be taken
at the window 8am-4:30pm
211 S 6th St, Osage
828-688-3982

Winnebago Sheriff's Department and the Lake Mills Police
24 hrs at 216 S Clark St, Forest City or by appointment at
304 S Mill St, Lake Mills
Sheriff's office at 641-585-2828
Lake Mills Police Dept. 641-592-2188

Worth County Sherriff's Office
8am-4:00pm
1000 Central Avenue, Northwood
641-324-2481

When You Drink Alcohol, So Does Your Baby...

by Melissa Deckard, CPS

Alcohol consumption in any amount by pregnant women is not considered safe for the fetus. However, it is estimated more than 10 percent of women choose to continue drinking during pregnancy. When you consume alcohol, so does your baby. An unborn baby is nourished through the mother's placenta. When the mother drinks, alcohol passes freely through the placenta to the unborn baby, or fetus. When alcohol is consumed, it is absorbed into the bloodstream through the digestive tract. When the mother has alcohol in her bloodstream, there is alcohol in the baby's bloodstream too.

Once alcohol has entered the bloodstream, it remains in the body until it is processed. About 90-98 percent of alcohol that a person drinks is broken down in the liver. The other 2-10 percent of alcohol is removed in the urine, breathed out through the lungs or excreted in sweat. The average person will take about an hour to process 10 grams of alcohol, which is the amount of alcohol in a standard drink.

As the fetus's liver is still developing, it does not work as quickly as the mother's liver in breaking down the alcohol. Therefore, alcohol stays in the unborn baby's body longer. Both alcohol and its major breakdown product, acetaldehyde, cross the placenta and can damage the developing fetus. This can result in irreversible, harmful affects to a baby's development. Drinking alcohol during pregnancy also increases the chance that a baby will be born affected by a Fetal Alcohol Spectrum Disorder (FASD).

Research also clearly states that alcohol makes its way into breast milk and can pass on to the baby. When a mother drinks alcohol, it passes into the breast milk at concentrations similar to those found in the bloodstream. Therefore, the American Academy of Pediatrics (AAP) recommends avoiding regular consumption of alcohol while breastfeeding.

Having an occasional drink is okay as long as it is limited to a standard drink: 12 ounces of beer, 4 ounces of wine, and one ounce of 100 proof distilled spirits and a person waits **at least two hours** after drinking to resume breastfeeding. Everybody processes alcohol differently. How one metabolizes alcohol depends on body weight, food intake, and the type of alcohol consumed.

Heavy drinking can impair breast milk let-down and cause baby to be sleepy or sluggish. The AAP advises that alcohol consumption can also contribute to slow breathing and abnormal weight gain in an infant.

Upcoming Events

November 5, 2011 Youth Diversion Program at Prairie Ridge, Mason City. *The program will be from 8:30-5:30 p.m. Saturday.*

For more information please contact the Prairie Ridge Mason City Office 1-866-429-2391.

November 5 & 7th, 2011 Adolescent Prime for Life at Prairie Ridge, Mason City. *The program will be from 8:30-5:30 p.m. Saturday & Monday 4:00-8:00 p.m.*

For more information please contact the Prairie Ridge, Mason City Office 641-424-2391.