November 2014

Pasco County
Alliance for Substance Abuse Prevention

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Contact Monica Rousseau for more information on the ASAP Coalition at mrousseau@pascoasap.com
or 727-597-2284

Check us out online at
www.PascoASAP.com

Check us out on Facebook at:
http://www.facebook.com/pages/Pasco-County-Alliance-for-Substance-Abuse-Prevention-ASAP/108740345811062

Check us out on Twitter at:
@ASAP_Pasco

ASAP Mission:
"To develop, motivate, and encourage strategic relationships that reduce county risk factors and decrease substance abuse rates among youth and adults."

HEADLINE:

A Letter from the New ASAP Coordinator

Dear ASAP Members, Supporters, and Friends,

Wow- time flies! It's hard to believe that I have already been serving as the ASAP Coordinator for almost four weeks. These last few weeks have been a whirlwind of excitement and learning. I want to take this opportunity to slow down and say a few things:
First of all, I'd like to express to all of you how EXCITED I am to serve in this leadership position with the coalition! My interest in tackling substance abuse largely stems from my passions in coalition and advocacy work. I, like all of you, am driven to make a positive change in my community and I am honored to work alongside all of you to do so in Pasco. I have always loved working with ASAP and I am thrilled to be able to able to dedicate all of my working time to address community needs and advance community initiatives.

Although I have worked with ASAP as a community partner for the last 2 years, I realize I only know a handful of you very well. That being said, please consider attending the 6th Annual ASAP Brunch on December 4, 2014 from 10:00 AM – 11:30 AM at Spartan Manor in New Port Richey (more details within the newsletter). It will be a great opportunity to mingle while celebrating all of the success we've achieved in the last year.

Last but not least- I want to thank you for the warm welcome and well wishes! As probably all of you agree, I have massive shoes to fill. I therefore greatly appreciate all of you who have already reached out to me to offer support and advice.

Again, I greatly look forward to working with all of you and seeing you all on December 4! Until then- Happy Thanksgiving everyone!

Monica Rousseau,
ASAP Coordinator
MRousseau@PascoASAP.com

COMMUNITY CORNER

6th Annual ASAP Meeting and Holiday Brunch

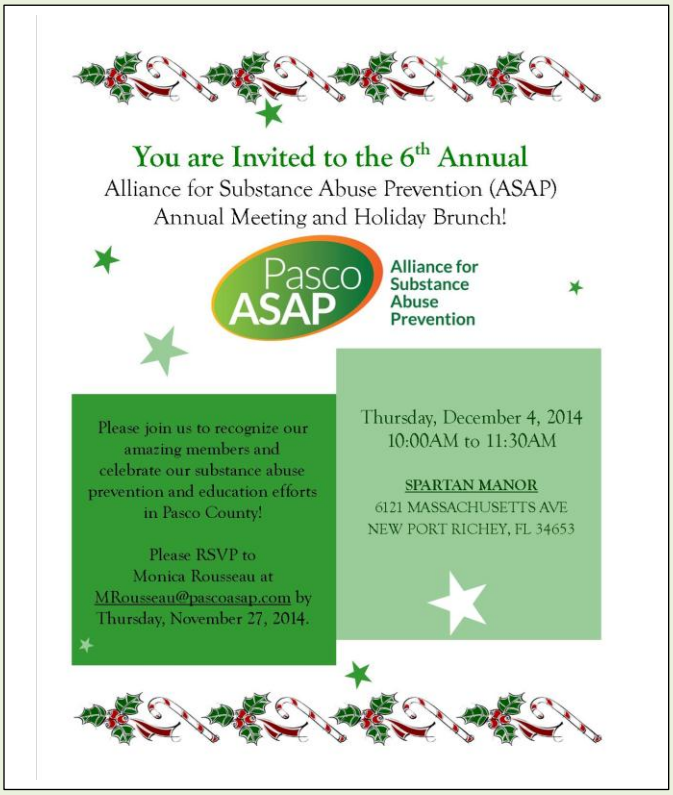
You are Invited to the 6th ASAP Annual Meeting and Holiday Brunch!

When:
Thursday, December 4, 2014
10:00AM to 11:30AM

Where:
Spartan Manor
6121 Massachusetts Avenue
New Port Richey, FL 34653

Why:
To join us to recognize our amazing members and celebrate our substance abuse prevention and education efforts in Pasco!

Please RSVP to Monica Rousseau at MRousseau@pascoasap.com by Thursday, November 27, 2014.



The Affordable Care Act and You

What does it mean? How can it help you? Want to learn what options are available through the new Health Reform Law? Get Answers. Plan to attend a Q and A Session!

Locations and Times:

Tuesday November 18th 10:30am- 1pm
Centennial Library
5740 Moog Rd, Holiday

Tuesday November 18th 4:30pm- 6pm
High Embry Library
14215 Fourth St, Dade City

Wednesday, November 19th 3:30pm-6:00pm
Hudson Regional Library
8012 Library Rd, Hudson

Wednesday, November 19th 6: pm-8:00pm
South Holiday Library
4649 Mile Stretch Drive, Holiday

Thursday, November 20th 300pm-6:00pm
Regency Park Branch Library
9701 Little Road, New Port Richey

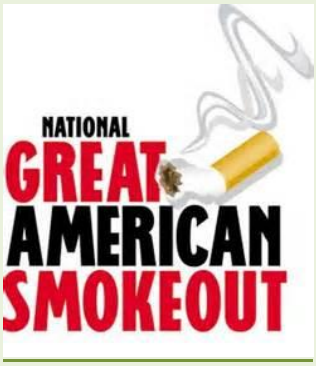
Certified application counselors will be onside to provide FREE one-on-one assistance. For more information, contact: 352-518-2000 Ext. 9228 or 5015 pchgeligibility@hcnetwork.org www.premierhc.org. Hablamos Espanol.

The Great Escape Race



The Great Escape Obstacle Run will be held at the Land O'Lakes Detention Center on US 41 on December 6, 2014 beginning at 8:00AM. The Great Escape is a 12 obstacle course run with all proceeds benefitting Pasco Sheriff's Office. If anyone is interesting in having a team for their organization, please contact Heather O'Dell at Heather.O'Dell@BayCare.org. Register now at www.pascosheriffcharities.com
Runners receive T-Shirt, finishing medal, and mugshot photo taken after the race!

Great American Smokeout



The Great American Smokeout, sponsored by the American Cancer Society, is an annual event that encourages smokers to make a plan to quit, or to plan in advance and quit smoking on that day, in an effort to stop permanently (*1*). The 39th annual Great American Smokeout will be held on November 20, 2014.

In the 50 years since the first Surgeon General's report on smoking and health, cigarette smoking among U.S. adults has been reduced by half. However, more than 20 million persons have died because of smoking, the leading preventable cause of disease, disability, and death in the United States (*2*).

Nearly two out of three adult smokers want to quit smoking, and more than half had made a quit attempt in the preceding year (*2*). However, almost one out of five U.S. adults regularly uses one or more combustible tobacco products, such as cigarettes, cigars, pipes, and hookahs (3). Quitting smoking is beneficial to health at any age and has immediate and long-term benefits. Cutting back rather than quitting completely does not produce significant health benefits. Getting proven, effective help through counseling and medications can increase the chances of quitting successfully two- to three-fold (*4*).

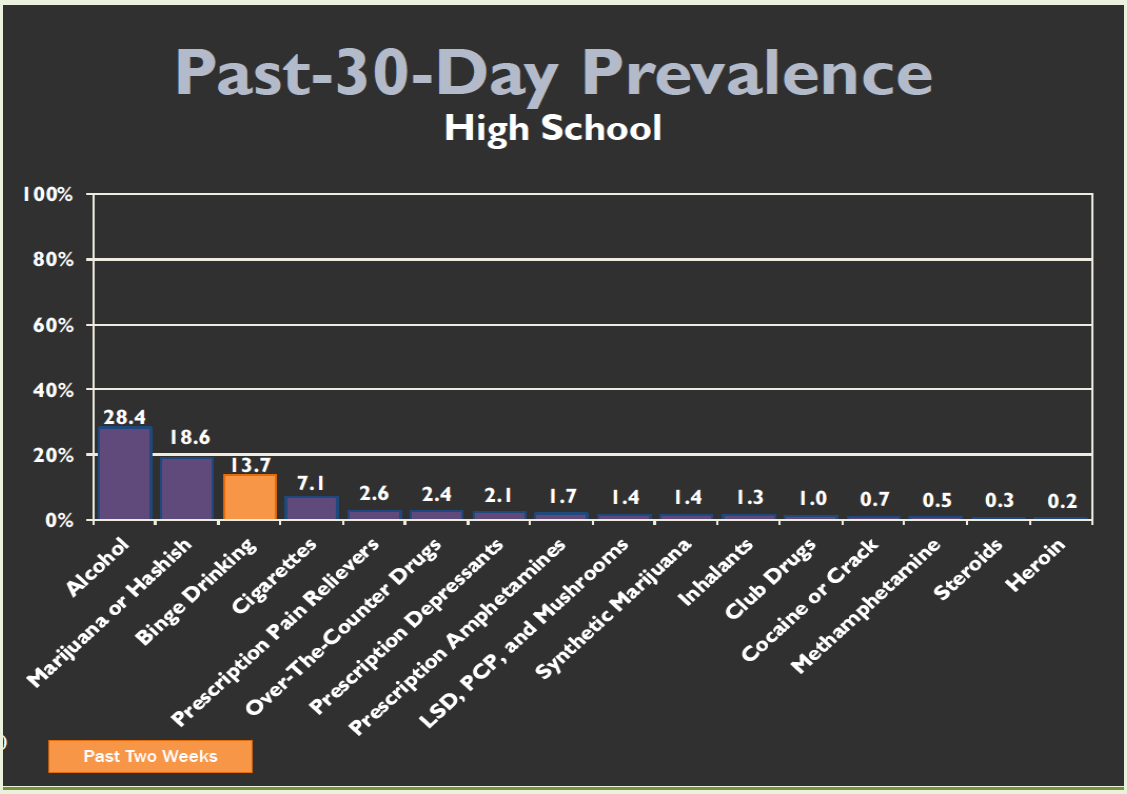
Additional information and support for quitting is available by telephone (800-QUIT-NOW [800-784-8669]). CDC's Tips from Former Smokers campaign features real persons living with the consequences of smoking-related diseases and offers additional quit resources at http://www.cdc.gov/tips.

References

- American Cancer Society. Great American Smokeout. Atlanta, GA: American Cancer Society; 2014.
- US Department of Health and Human Services. The health consequences of smoking—50 years of progress: a report of the Surgeon General. Atlanta, GA: US Department of Health and Human Services, CDC; 2014.
- Agaku IT, King BA, Husten CG, et al. Tobacco product use among adults—United States, 2012–2013. MMWR Morb Mortal Wkly Rep 2014;63:542–7.
- Fiore MC, Jaen CR, Baker TB, et al. Treating tobacco use and dependence: 2008 update. Clinical practice guideline. Rockville, MD: US Department of Health and Human Services, Public Health Service; 2008.

RESEARCH

2014 Florida Youth Substance Abuse Survey Statewide Past 30-Day Use Rate for High School Students



SPOTLIGHT

Amendment 2 Defeated

Although many polls over the last year indicated that Amendment 2 would pass, the last few weeks and days saw a great shift in popular opinion. Collectively, coalitions and citizens all over the state demonstrated the power of prevention when the amendment was halted a little less than 58% of popular vote. Congrats to all of you who championed this issue!

Prescription Pill Drop a Success!



Thank you to Heritage Pines, an active living 55+ neighborhood, for conducting a pill drop before the holidays! Over 140 pounds of medications were disposed of with the Pasco Sheriff's Office!