

### **Tips for Raising Healthy Youth:**

- Spend time together regularly, doing things enjoyed by your youth
- Talk openly & honestly
- Acknowledge positive qualities & behaviors of youth
- Keep consequences supportive, logical and not excessively harsh
- Follow through
- Reinforce positive behavior with rewards and special privileges for following the rules
- Let youth know they will be monitored and what your expectations are
- Check in with teens about spending and where their money is going
- Monitor teens physical & mental health for signs of problems
- Stay informed of trends in youth risk-taking in your community and talk to your child and other adults about the risks
- Be proactive about checking in with other parents when a party or other activity is being planned. Share your plans for supervision and other concerns. Encourage other parents to do the same
- Get to know your neighbors and make sure they know your children and you know theirs. Keep other adults informed about your expectations for your children

#### **For More Information contact::**

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## *Working Together for Positive Change*



***Working together to provide a unified community effort for sharing resources, increasing awareness of substance abuse through education, building relationships, and advocating for people affected by substance abuse.***

## Why Substance Abuse & Why in Linn County?

### The Statistics

Youth substance use/abuse cuts across all ethnic, geographic and socioeconomic lines. Youth experience pressure to use alcohol, tobacco & illegal drugs at increasingly early ages. According to the most recent Surgeon General's Report:

- 39% of Linn County Youth have used marijuana by 11th grade.
- More than 50% of Linn County Youth start drinking before their 14th birthday.
- Kids who begin drinking before age 15 are 4X more likely to develop alcohol dependence than those who wait until age 21.
- Substance Abuse has consistently been ranked as one of the top issues of concerns for Linn County residents.



### Who We Are

The Linn County Partnership on Substance Abuse (LCPSA) is a community coalition effort based on the premise that local people are in the best position to solve specific local problems. People are more likely to support what they helped create, and change is most likely to occur when the process engages many facets of a community with a collaborative approach.

LCPSA is comprised of diverse groups of people, representing many sectors of the community, including: community leaders, parents, youth, teachers, religious and fraternal organizations, healthcare, business professionals, law enforcement, and media.

We believe that by **WORKING TOGETHER** we can reduce and prevent substance abuse among youth and, over time, among adults by creating a community that values positive youth development and promotes healthy behaviors, but we need your help! **JOIN US** to develop, implement and monitor strategies that will help Linn County become a drug-free community.

### **For More Information or To Get Involved:**

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## What Can One Person Do?

Being aware of the prevalence and danger of substance abuse for our Linn County Youth is the first step. Next, familiarize yourself with the protective factors that have been shown to protect youth against delinquency and substance abuse in the following categories:

### FAMILY

- Establish & maintain good communication with your child
- Get involved in your child's life
- Make clear rules & enforce them with consistency & appropriate consequences
- Be a positive role model
- Teach your child to choose friends wisely
- Monitor your child's activities

### COMMUNITY

- Neighborhood/social cohesiveness
- Economically stable & sustainable communities
- Positive Social Norms
- Safe & health-promoting environment & supportive law enforcement
- High community expectations
- Opportunities & rewards for pro-social community involvement & availability of neighborhood resources

### INDIVIDUAL

- Perception of social support from adults/peers
- Positive/resilient temperament
- Social competencies & problem-solving skills
- Healthy sense of self
- High expectations
- Positive expectations/optimism for the future

### SCHOOL

- School motivation/positive attitude towards school
- High expectations of students
- Presence & involvement of caring/supportive adults
- Clear standards and rules
- Opportunities and rewards for pro-social school involvement

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