

WINTER 2008

NEWSLETTER

www.prairiestatepe.org



189 E. Hwy 40
Troy, IL 62294

Our collection of information and tools are provided through the following Federal, State and National Non-Profit Organizations

- ✦ *Substance Abuse and Mental Health Services Administration (SAMHSA)*
- ✦ *Join Together*
- ✦ *National Alliance for the Mentally Ill*
- ✦ *Al-Anon and Alateen*
- ✦ *National Council on Alcoholism and Drug Dependences, Inc.*
- ✦ *National Clearinghouse for Alcohol and Drug Information (NCADI)*
- ✦ *US Department of Labor*
- ✦ *US Department of Education*
- ✦ *US Small Business Administration*
- ✦ *US Department of Health and Human Services*

Parenting is not a popularity contest. Your kids will have lots of friends – they need you to be their parent.

Parents, Grandparents and Guardians with questions regarding Parents as Prevention, please contact us at 618.520.6963 or send email to info@prairiestatepe.org

Our Staff consist of professionals, volunteers and interns whom are dedicated to the betterment of rural communities and the success of its people.

*Andrea B. Shaw, LCSW, SAP
President / CEO*

*Deborah J. Eck, BS
Vice President of Development*

Volunteers and Interns

Thank you to PSPE, Inc.'s Board of Directors for their guidance and support of Prairie State Prevention Education, Inc.'s Mission and Vision

Neil Goodwin

C.J. Stiles

Jim Romack

Kae Schmitt

Dr. Judy Chaney

10 Steps to help your Pre-teen say "NO"

- ✦ **Talk with your child about alcohol**
Parents can intervene to help change mistaken ideas their children may have obtained from peers and the media –such as “everybody drinks.”
- ✦ **Learn to really listen to your child**
Children are more likely to communicate when they receive positive verbal and nonverbal clues that show their parents are listening.
- ✦ **Help your child feel good about himself/herself**
Self-regard is enhanced when parents praise efforts, as well as accomplishments, and when they correct by criticizing the action rather than the child.
- ✦ **Help your child develop strong values**
A strong value system can give children the courage to make decisions based on facts rather than pressure from friends.
- ✦ **Be a good role model or example**
Parents’ drinking habits and attitudes may strongly influence their children’s perceptions about alcohol.
- ✦ **Help your Pre-teen deal with peer pressure**
Children who have been taught to be gentle and loving may need parental “permission” to assertively say “no” to negative pressure.
- ✦ **Make family policies that help your child say “NO”**
It’s helpful when parents verbalize specific family rules against alcohol use by minors and the consequences of breaking those rules.
- ✦ **Encourage Healthy and Creative Activities**
Hobbies, school events, and other activities may prevent children from experimenting with alcohol, tobacco, or other drugs out of boredom.
- ✦ **Team up with other parents**
When parents join together in support groups, they can take steps that will reinforce the guidance they provide at home.
- ✦ **Know what to do if you suspect a problem**
Parents can learn to recognize the telltale signs of alcohol abuse and even experimentation.

Source: U.S. DHHS, NIAAA

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PSPE, Inc. Mission Statement:

To promote healthy choices and lifestyles by providing evidence-based prevention education services to the people of Southern Illinois.

PSPE, Inc. Vision:

Prairie State Prevention Education, Inc. is the ATOD Resource Center Specialist for communities, individuals, small businesses and schools. PSPE, Inc is the first choice to locate information on Alcohol, Tobacco, Drugs, Substance Abuse and other behavioral health issues that affect the lives and businesses in communities.

PROGRESS In Motion:

We're moving forward in our efforts to provide prevention education to schools in the rural communities lacking service. This would impact the thousands of students within the private, parochial, and public school systems. Prairie State Prevention Education, Inc. implements the LifeSkills Training Program to grades K-12 at no cost to the schools or districts. PSPE, Inc. is currently working with schools by scheduling prevention education services for the 2008-2009 school year. Contact us for services available to meet the needs of your school or organization.

Thanks to local businesses for their continued support.

**SERVICES PROVIDED TO
SCHOOLS, FAITH-BASED, YOUTH AND ADULT ORGANIZATIONS**

- ✦ ALCOHOL, TOBACCO AND OTHER DRUGS
- ✦ BULLYING / CYBER BULLYING
- ✦ SUICIDE
- ✦ DELINQUENCY
- ✦ DOMESTIC VOILENCE
- ✦ CHILD ABUSE
- ✦ PARENTS AS PREVENTION
- ✦ ATOD RESOURCE CENTER FOR COMMUNITY AND SMALL BUSINESS OWNERS
- ✦ HEALTHY LIFE CHOICES EXERCISE AND NUTRITION

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