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Building Stronger Communities

Prevention and Wellness Webinar

Vision

To build a unified Northeast Louisiana where individuals are thriving and reaching their full human potential.

Dr. Monteic A. Sizer, Executive Director

Mission

To serve as a catalyst for individuals with mental health, developmental disabilities, and addictive disorders.

Dr. Monteic A. Sizer, Executive Director

Tenets Guiding Our Actions

Greater access to services

Excellent customer service

Quality, competent care

Dr. Monteic A. Sizer, Executive Director

Building Stronger Communities

How to Save a Life: Opioid Overdose Prevention and Narcan Rescue

Presenter: Kara Jackson Etienne, LMSW

Tuesday, June 16 at 11:00 am CST – 12:00 pm CST

The Power of Prevention & Coalitions: A Discussion on Bullying & Beyond

Presenters: Chanda Hunter & Julia Albritton

Thursday, June 18 at 11:00 am CST – 12:00 pm CST

Transforming Grief Talk: The Role of Grief and Loss in Addiction Recovery

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How to Adapt, Cope and Respond to COVID-19

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Adverse Childhood Experiences (ACEs) Talk

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The Power of Prevention & Coalitions: A Discussion on Bullying & Beyond

Chanda Hunter

Julia Albritton

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Bullying Definition

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Abuse and mistreatment of someone vulnerable by someone stronger, more powerful, etc.

Characteristics of the Bully & The Victim of Bullying

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Suicide Statistics

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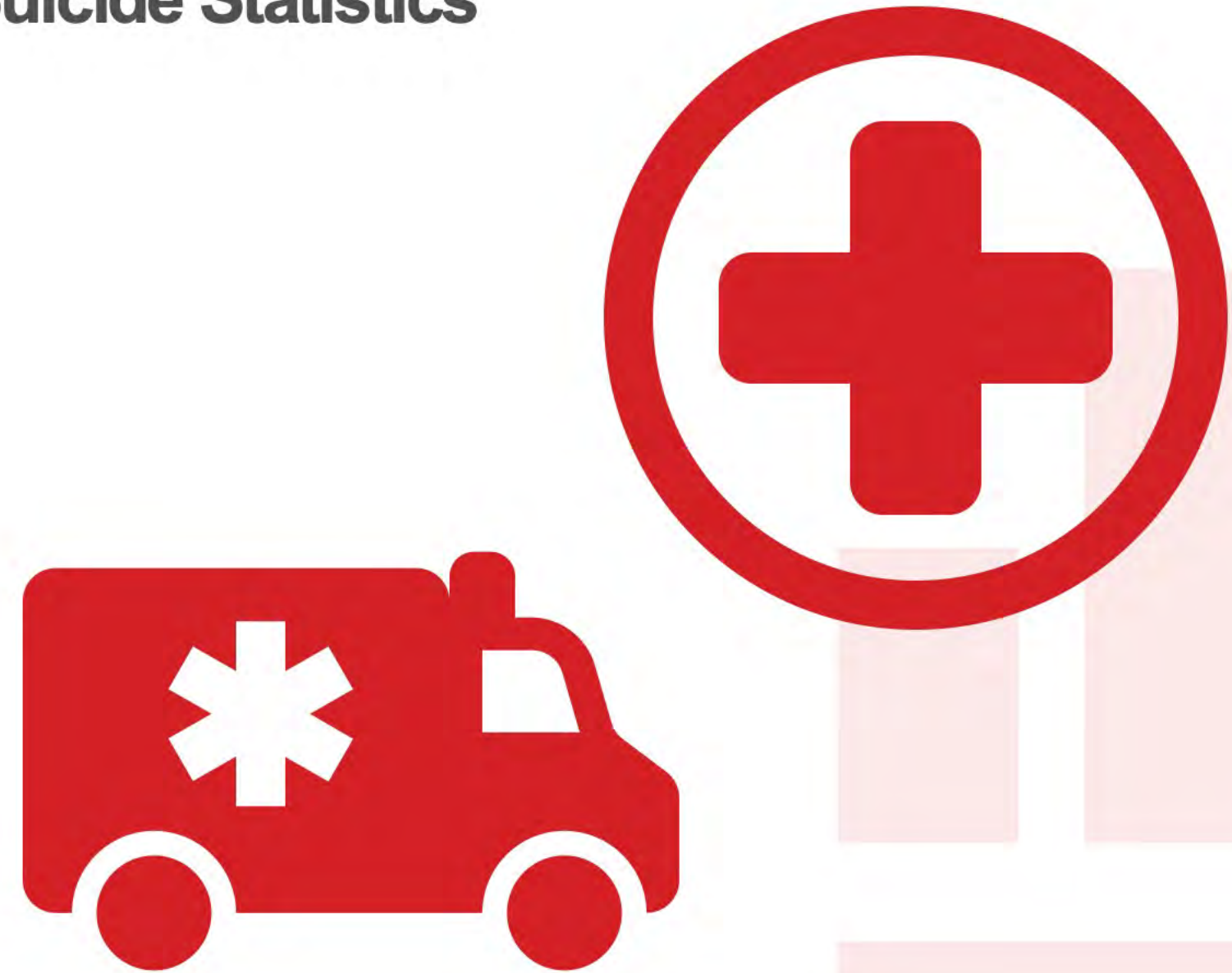

Signs and Symptoms of Suicidal Thoughts

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Types of Bullying

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Verbal
Name calling, threatening, nasty or hurtful comments, racial slurs, and rude remarks.

Emotional
Spreading rumours, leaving people out, gossiping, harming someone's reputation, ignoring.

Physical
Hitting, kicking, pushing, punching, hurting, slapping.

Cyberbullying
Using the internet to: send nasty messages, spread rumors, send inappropriate emails, share private information, and post inappropriate photos.

Source: NoBullying.com

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The average bullying behavior Lasts only 37 seconds.

Teachers notice and intervene in only 1 out of 25 episodes.

Bullying occurs at least 2 – 3 times per month.

Source:bartleby.com

Bullying Can Be:

Indirect – Behind Someone's Back

- Exclusion - Leaving out Shunning
- Gossip - Lowering people's opinion About the victim
- Relational Aggression - Telling people not to be friends with a victim

Direct – Face to Face

- Verbal - Insults, putdowns, teasing, harassment
- Physical - Shoves, pushes, hitting, assault
- Psychological - Rolling eyes, dirty looks, uttering threats, extortion

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Characteristics of a Bully

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- High self-esteem
- May be popular
- More likely to engage in other problem behaviors later in life, such as criminal activity or alcohol or other drug abuse

Characteristics of Victims

Passive

- Quiet, anxious & insecure
- Tend to “normalize” and no longer are victims upon entering adulthood, though they may have continued lower self-esteem and be more prone to depression

Proactive

- Reactive, clumsy, impulsive, irritating
- Attempt to fight or answer back when attacked, but not effectively
- Often hyperactive, have difficulty concentrating and act in ways that irritate others

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Bullying is Violence

Violence is any mean word, look, sign, or act that hurts a person's body, feelings, or things.

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71%

of school shooters
had been victims of bullying.

Source: www.counseling.org

The Bullying Circle

Source: apa.org

Enabling

Unwittingly protecting a person from the consequences of their actions out of a sense of love, compassion, fear, or survival instinct.

Entitlement

The belief that it is our right to use violence or threats of violence to express feelings, meet needs, or satisfy wants.

Tolerance

Occurs when violence is accepted as the norm by adults or young people who ignore, rationalize, or minimize incidents of violence.

How far should things go before bullying behavior is addressed?

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Bullying behaviors should be addressed for students, before it interferes with their:

Health

Academics

Learning Process

Peer Mediation is Not Effective in Situations of Bullying.

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- Bullying is not a conflict, but is abuse.
- There is not a question of "some right" and "some wrong" on both sides.
- The "playing field" or balance of power, is not level.
- Adults need to claim responsibility.

Source: The Olweus Bullying Prevention Group, 2001

Stop Cyberbullying

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Underage Drinking

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- Excessive drinking is responsible for more than 4,300 deaths among underage youth each year, and cost the U.S. $24 billion in economic costs in 2010.

- Although the purchase of alcohol by persons under the age of 21 is illegal, people aged people aged 12-20 drink 11% of all alcohol consumed in the United States. More than 90% of this alcohol is consumed in the form of binge drinks.

- On average, underage drinkers consume more drinks per drinking occasion than adult drinkers.

- In 2013, there were approximately 119,000 emergency rooms visits by persons aged 12 to 21 for injuries and other conditions linked to alcohol.

Source: www.cdc.gov

Drinking Levels Among Youth

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2017 Youth Risk Behavior Survey found that among high school students, during the past 30 days

- 30% drink alcohol.
- 14% binge drink.
- 6% drove after drinking alcohol.
- 17% rode with a driver who had been drinking alcohol.

In 2018, the National Survey on Drug Use and Health reported:

- 19% of youth aged 12 to 20 years drink alcohol and
- 12% reported binge drinking in the past 30 days.

In 2019, the Monitoring the Future Survey reported:

- 8% of 8th graders and 30% of 12th graders drank during the past 30 days
- 4% of 8th graders and 14% of 12th graders binge drank during the past two weeks.

Consequences of Underage Drinking

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School and
Social Problems

Alcohol-Related
Car Crashes

Memory Problems
and Developmental
Delays

Alcohol Poisoning
and Drug Misuse

What is a Standard "Drink"?

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In the United States, a standard drink contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in:

12-ounces of beer
(5% alcohol content)

8-ounces of malt liquor
(7% alcohol content)

5-ounces of wine
(12% alcohol content)

1.5-ounces of 80-proof distilled spirits or liquor
(40% alcohol content) (e.g., gin, rum, vodka, whiskey).

What is Excessive Drinking?

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- Excessive drinking includes binge drinking, heavy drinking, and any drinking by pregnant women or people younger than age 21.
- Binge drinking, the most common form of excessive drinking, is defined as consuming
- For women, 4 or more drinks during a single occasion.
- For men, 5 or more drinks during a single occasion.
- Heavy drinking is defined as consuming
- For women, 8 or more drinks per week.
- For men, 15 or more drinks per week.
- Most people who drink excessively are not alcoholics or alcohol dependent

Short-Term Health Risks

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Injuries

Violence

STIs

Sexual Assault

Pregnancy

Long-Term Health Risks

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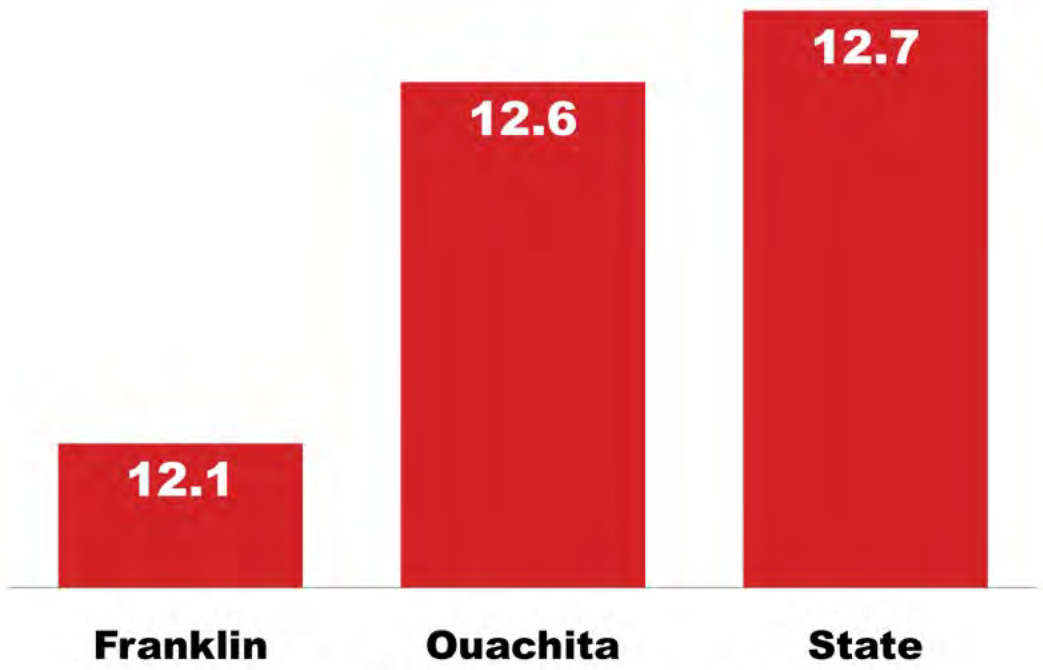
Medical

Mental Health

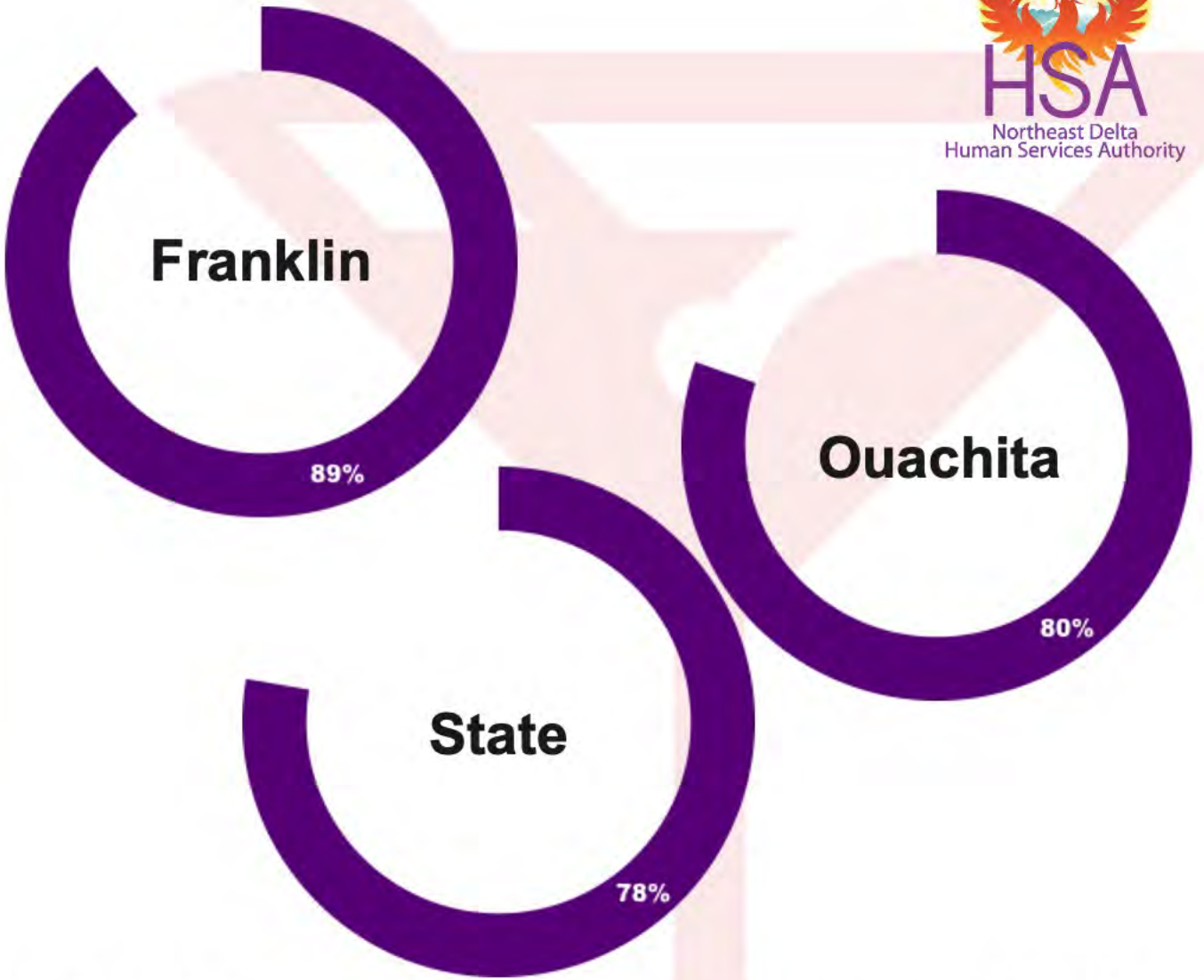
Social Problems

Dependency

Did You Know?



Age of First Alcohol Use



Youth obtain alcohol by someone under 21

Source: Community Care Youth Survey

Why Start a Coalition?

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- To address an urgent situation.
- To control the future of the community.
- To obtain or provide services.
- For effective and efficient delivery of programs.
- To pool resources.
- To increase communication among groups.
- To plan and launch community-wide initiatives.
- To develop and use political clout.
- To create long-term, permanent social change.

What is a Coalition?

- A diverse group of individuals and organizations who work together to reach a common goal.

- That goal often includes one of the following:
  - Adapting, creating, or developing public policy.
  - Influencing people's behavior.
  - Building a healthy community .

Who Should be Part of a Coalition?

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Criminal Justice
- Department of Public Safety & Corrections
- District Attorneys
- Law Enforcement Agencies

Faith-Based
- Local Churches
- Missionary Groups

Healthcare
- Hospitals
- Community Care Clinics
- Office of Public Health

OJJ
- Drug/Teen Court Programs
- Youth/Teen Challenge Programs

Education
- Secondary Schools
- Postsecondary Schools
- Department of Education

DCFS
- Department of Social Services Regional Staff

Opportunity Zone

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Our Vision Statement :

To recognize that alcohol, tobacco, and other drug abuse is a serious social and public health issue that, when addressed, will create a climate of healthiness and community wellness for all of Louisiana.

Our Mission Statement:

The mission of the Opportunity Zone Coalition is to promote recovery and resiliency through services and supports in the community that are preventive, accessible, comprehensive and dynamic

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Join our Coalition

Chanda Hunter | Chanda.Hunter@la.gov | (318)362-4617 ext 1804

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Name _____ Title _____

Agency/Business _____

Mailing Address _____

_____

Telephone # _____(work/cell/other)

Telephone # _____(work/cell/other)

Email Address _____

Additional Information _____

_____

One destructive decision turns into another
in a vicious cycle that claims the lives of many at-risk youth.

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Becoming part of your community's local coalitions
can help pave the way to lowering the number of casualties
as a result of bullying, underage drinking, and drug use
in your neighborhoods.

The goal of our coalition is to create a better environment
for the people in our Louisiana communities.

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Thank You

The Power of Prevention & Coalitions:
A Discussion on Bullying & Beyond

Chanda Hunter and Julia Albritton

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Julia.Albritton3@la.gov | (318)362-4617 ext 1805

www.nedeltahsa.org | @nedeltahsa

Q&A

Please use the chat feature to submit a question.

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