

TAHOE ALLIANCE FOR SAFE KIDS

NEWSLETTER



TASK's mission is to prevent and reduce youth substance abuse and related harm. Keeping kids safe in collaboration with our Community partners.

TASK This Month

DID YOU KNOW that there is a National Drug & Alcohol Facts Week?

This year it is March 17-23rd and we are focusing on Drug & Alcohol facts. National Drug and Alcohol Facts Week is an annual event focused on the science of drug use and addiction that educates and empowers youth to make informed decisions about substance use and their health. Follow us on Facebook and Instagram for different facts weekly.

During National Drugs & Alcohol Facts Week this year we will partner with local agencies and nonprofits to provide facts, resources, and activities at the schools and in the community.

- Wednesday, March 19th we will be at the Middle School during lunch.
- Thursday, March 20th, TASK will be at the library with resources & harm reduction tools like medical lock bags and drug deactivation kits for the community.
- Friday, March 21st, we will be at the High School during lunch.

DID YOU KNOW
Benzodiazepines are depressants?

DO YOU KNOW
that 1/3 of all drunk driving deaths happen to people age 16-20?

DID YOU KNOW
Nicotine is a stimulant?

DID YOU KNOW that drug addiction is a chronic disease?

DID YOU KNOW that drug use and addiction are preventable?



READ THE FULL [MARCH](#) DID YOU KNOW CAMPAIGN- DRUG AND ALCOHOL FACTS [HERE](#)

OUR NEW WEBSITE- WWW.TAHOESAFEKIDS.ORG

TASK received funds from El Dorado Community Foundation through their Endow El Dorado SAPLING Grant to update our website. the final format and structure is complete and we are adding a few more pieces of info. We are excited for it to host our Did You Know Campaign and help connect people to resources in our community.



TAHOE ALLIANCE FOR SAFE KIDS

WORKING TO SUPPORT THE COMMUNITY

TASK Alliance Meetings

We meet the 1st Thursday every other month from 4-5pm. Our meetings highlight the work TASK and partners are doing, hosts speakers to address specific topics and trends affecting our youth, and partner sharing. You can join remotely or in person at LTCC in the Lisa Maloff Center. Remote link- [TASK Meeting Zoom Link](#) Join us for our next meeting on Thursday, April 3rd, our presenter will be Chris Proctor from Barton Health Presenting on Barton's 2024 CHNA results with a focus on the substance use trends seen in the report.



There are still a few volunteer positions left to help with the Drug Store Project at LTCC on Tuesday, April 1st. Please email Theresa at tahoedsp@gmail.com to sign up to get involved. For those not familiar with the program it is a comprehensive middle school drug prevention program with the theme "Choices, what are yours?" designed to educate youth about the dangers of substance use and abuse. The program also educates youth on the resources in their community and all who are affected by choices made. Here in South Lake Tahoe, the Project has been provided annually since 2003 and brings together professionals, healthcare, law enforcement, nonprofits, and community volunteers. We want our youth to know the dangers of ALL drugs and the negative impact it can have on their minds, body, relationships, and future aspirations knowing that drugs are bad, not the people.

ALLIANCE MEETINGS 4-5PM:

April 3rd
@ the Lisa Maloff Center LTCC

June 5th
@ the Lisa Maloff Center LTCC

OTHER UPCOMING EVENTS

March 17-22
National Drug & Alcohol Facts Week

April 1st
Drug Store Project @ LTCC

May 6th
Fentanyl High Film Screening @
STHS

April 19th
TASK at Earth Day @ LTCC 11-4

RESOURCES FROM OUR PARTNERS:

Upcoming Trainings & Events from our Partner the [Speedy Foundation](#):

- [Youth Mental Health First Aid | In-Person Certification \(Sierra College - Truckee\)](#) - March 14th @ 8:00 am Youth Mental Health First Aid (YMHFA) is an 8-hour evidence-based early intervention public education program that builds mental health literacy. This workshop will help members of our community identify, understand, & respond to signs of mental ill health in our youth population.
- [Be Sensitive, Be Brave for Suicide Prevention | Virtual Training](#) - 2 hours - April 3rd @ 9:00 am "Be Sensitive, Be Brave for Suicide Prevention" infuses culture and diversity throughout a foundational workshop on suicide prevention. This workshop teaches community members to act as eyes and ears for suicidal distress and to connect individuals to help.
- [VitalCog - Suicide Prevention in the Workplace | Virtual Training](#) - 2 hours - April 8th @ 9:00 am Just as workplace organizations have realized they can help reduce heart disease by encouraging exercise, they can also reduce suicide by promoting mental health and encouraging early identification and intervention. This training will educate and equip businesses with tools to address mental health and suicide concerns within the workplace.
- [Be Sensitive, Be Brave for Mental Health | Virtual Training](#) - 2 hours - April 22nd @ 1:00 pm "Be Sensitive, Be Brave for Mental Health" infuses culture and diversity throughout a foundational workshop on mental health. This workshop prepares community members to help friends and loved ones during times of distress. Learn how to recognize mental health conditions, what to do when someone needs support, & tools for maintaining good mental health.