TAHOE ALLIANCE FOR SAFE KIDS

NEWSLETTER

TASK This Month

The season is changing, the mornings have been cooler, and Halloween is around the corner which means the Holiday season is upon us. October is also Substance Abuse Prevention Month & hosts Reb Ribbon week each year in communities across the US.

DID YOU KNOW that Prevention strengthens protective factors and reduces risk factors in individuals, families, schools, communities, and society. Prevention also helps us get ahead of substance use and mental health challenges so that youth, families, and communities can thrive.

DID YOU KNOW millions of Americans suffer from substance abuse, including; underage drinking, alcohol dependency, non-medical use of prescription drugs, abuse of over-the-counter medications, and illicit drug use. Kids in the US aged 12-20 account for 11% of the country's monthly alcohol consumption.

TASK

Tahoe Alliance for Safe Kids

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

www.tahoesafekids.org

Where to Start When Having Drug & Alcohol Conversations with Your Kids

Talking to your kids about drugs and alcohol is not always an easy conversation. But starting conversations early and before substances are introduced is a great prevention tool. Making sure kids understand the consequences and how substances can affect them as a kid under the age of 21 is important.

Click her for the full October -Did You Know- Substance Use Prevention

A Few Tips, Before Starting the Conversation

1. **Be Prepared-** It is important to make sure you are ready before engaging in this conversation. Start by compiling a list of resource and planning what you would like to say.
2. **Plan to Have the Conversation at an Appropriate Time**- make sure to have the conversation at a time when you wont be rushed and will have enough time to spend with your child.
3. **Prepare Specific Examples**- have specific examples in mind that help to explain the reason why you are having the conversation or concerned about the child.
4. **Create an Exit Strategy-** before your kids are even in a situation with drugs or alcohol talk to them about how to exit that situation. Things like, what to say or who to call. Maybe it's a code word to pick them up allowing them to alert you.



Saturday, Oct. 24, 2026 * 10 am - 2 pm

DRIVE THROUGH!
American Legion Post 795
2748 Lake Tahoe Blvd, South Lake Tahoe

Bring your unused medications to dispose of correctly - human and pet meds, and vitamins accepted

Sponsored by South Lake Tahoe Police Dept., and TASK - Tahoe Alliance for Safe Kids

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WORKING TO SUPPORT THE COMMUNITY

Save the Date for this years Drug Store Project:
Tuesday March 30th
More info to sign up and volunteer coming soon

Drug Store Project
Choices, what are yours?

The Soul Shoppe Program is back in South Lake Tahoe at all 4 of our LTUSD elementary schools for the 2026.27 school year! TASK raised funds again this year through grants and support from our PTA's and principals to give all our elementary students TK-5th grade a program to build and practing coping skills.
TASK not only focusses on drug and alcohol education and prevention, but we work to give youth in our community tools and support to develope coping skills to be able to make positive healthy choices.
Stay tuned for a parent night coming early winter, giving parents and guardians a chance to learn from the Soul Shoppe Facilitator on the same skills he is building with your student.



Thank You!

TASK received funds from the Lake Tahoe Visitors Authority who distributed an additional $82,000 allocated from the American Century Investments among 41 area nonprofit organizations from the 37th annual American Century Championship Celebrity Golf Tournament this past July.

Websites with Good Parent/Guardian Resources

Never a Bother

You Are Never A Bother! Never a Bother is a campaign launched in 2024 by California Department of Public Health's Office of Suicide Prevention. Our big goal is to prevent suicide among teens and young adults in California. We also want to reduce self-harm, while encouraging friends to recognize the power they have to support someone in crisis. NEVERABOTHER.ORG

Our mission is to prevent suicide and take action for mental health. We believe that through education and awareness we can help individuals, organizations, and communities end mental health stigma, spark meaningful conversations, and create suicide prevention champions out of EVERYONE. We are suicide prevention advocates by way of education and conversation.

THE SPEEDY FOUNDATION
thespeedyfoundation.org

OPERATION PARENT

Looking for more resources to support your kids- check out Operation Parent. The next webinar is open to all. You can register for the webinars
OPERATIONPARENT.ORG

Another good resource page with tips to having conversations around substance use is a Song for Charlie- click here for tips on lots of conversation starters and subjects.

SONG FOR CHARLIE

SONG FOR CHARLIE'S THE NEW DRUG TALK
CONNECT TO PROTECT