



“Fostering healthy lifestyle choices that help young people resist alcohol and drugs”

CASA Board

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Fall 2010

CASA's Message

Joan Y. Cross, Chairperson

I would like to welcome all of you to CASA this year, as members or friends of CASA, your support is invaluable. CASA has been an organization focused on healthy living for the youth in our community, striving to keep them away from drug and alcohol abuse, while providing activities and education to both students and parents living in Los Gatos.

Two recent articles and an upcoming vote are of note for children in the middle school and high school ages (and their parents): **1)** An NPR article, written in May of 2010 by Michelle Trudeau, [With Drinking, Parent Rules Do Affect Teens' Choices](#), and **2)** A San Jose Mercury Article on 9/5/2010, [Seduced By Painkillers](#), written by Carolyn Butler. **3)** November 2nd voting day – when [Proposition 19 to Legalize Marijuana](#) will be on the ballot.

The first article points to recent research that calls into question the “European Drinking Model “ of introducing children to alcohol within the home. “As teenagers mature into their senior year of High School, many parents begin to feel more comfortable about letting them drink alcohol. But new research from brain scientists and parenting experts suggests loosening the reins on drinking may not be a good idea in the long run. And, researchers say, parents’ approach to addressing teen drinking does influence a teen’s behavior.” The article goes on, “Brain researchers are finding that alcohol has a particularly toxic effect on the brain cells of adolescents. That’s because the brain cells are still growing, says Susan Tapert, a professor of Psychiatry at the University of California, San Diego. The regions of the brain important for judgment, critical thinking and memory do not fully mature until a person is in his or her mid-20’s. Tapert found that alcohol can damage the normal growth and development of a teenager’s brain cells in these regions.” “Research studies by Wood, Abar and others challenge the common parenting practice in much of Europe where kids are socialized to drink at the family table, with the expectation that

they’ll learn to drink responsibly. Dutch researcher Haske van der Vorst has studied this “European drinking model.” “A lot of parents have the idea,” says van der Vorst, “that if I let my child drink at home with friends, then at least I can control it somehow. I can buy the alcohol myself. Then I am in control.” Unfortunately, she says, the more teenagers drink at home, the more they will drink at other places, and the higher the risk for problematic alcohol use three years later.’ To underscore these findings, a recent survey of 15 and 16 year olds throughout Europe finds that the majority of European countries have a higher rate of teen drunkenness than in this country.”



The second article, [Seduced By Painkillers](#), discusses the ease and allure of obtaining, and abusing prescription painkillers. “...such medications, which are crucial and effective for the treatment of serious pain but can also be quite harmful when used inappropriately.” “A.....study found that emergency-room visits involving nonmedical use of these drugs jumped 111% over (a ten year span – 1998 – 2008).” So the question becomes, Why now?

“ For one thing, these narcotics are widely viewed as safer than street drugs such as cocaine or methamphetamines because you can obtain these drugs legally from a doctor, there is this distorted perception that they are not as dangerous as other illicit substances....” Washington-based pain physician Damon Robinson states, “....potent medications like oxycodone and vicodin work on the same opiate receptor as heroin and are just as dangerous and just as addictive when they are abused outside of a medical context.” Nora Volkow’ director of the National Institute of Drug Abuse. She points out that research has shown the majority of abusers obtain pain medications from friends or family

members, although they also buy them from dealers and on the Internet, or get prescriptions from one or more doctors.”

The third item – the vote on Proposition 19 – the Marijuana Legalization Initiative – is a personal issue and everyone has the right to vote on this subject. As a personal sidebar, and as the Chairperson of CASA, I must ask these two questions:

1) With our obvious inability as a community/society to maintain/control healthy use of alcohol and prescription medication....why would we allow another mind-altering drug to be introduced?

2) If this is to be a legal drug....why no FDA clearance? No doctors prescriptions? No pharmacy interaction?

So, CASA's mission stands to bring together our police, town council, principals, counselors, educators, students and parents, to not only enlighten ourselves, but also to find ways to help our youth make good choices about their activities and empower them to help each other. Please attend one of our CASA General Meetings held every second Thursday of the month to experience some of what makes this organization so unique and worthwhile. We welcome your ideas and insights.



Hot Lines & Crisis Support

24-7 Teen Help Line
888-247-7717

24-hour Contact Cares for
Teens 279-8228

CA Youth Line 800-843-5200

LG Safe Rides 888-550-RIDE

Suicide & Crisis Hotline
279-3312

Eastfield Ming Quong Mobile
Crisis Unit 379- 3796

Community Counseling Programs

Almaden Counseling Services
997-0200

Bill Wilson Center 243-0222

Community Health Awareness
650-965-2020

YWCA 295-4011

General Information

National Council on Alcoholism &
Drug Dependence 279-7292

Department of Alcohol & Drug
Services 272-6518

NAMI Santa Clara-National
Alliance on Mental Illness
583-000

Counseling Programs for Alcohol/Drugs

Adolescent Substance Abuse
Treatment Program
650-424-0852

Alcoholics Anonymous
374-8511

Narcotics Anonymous
293-4790

Marijuana Anonymous
450-0796

Al-anon/Alateen 379-1051

The Camp Recovery Center
800-924-2879

Gateway-County Alcohol & Drug
Referral

800-488-9919

Kaiser Permanente Adolescent &
Alcohol Treatment Program
236-6815

Thunder Road Adolescent
Treatment Center
510-653-5040

Advent Group Ministries
281-0708

Daytop Village 650-583-0001

Community Meeting Summaries

This column gives a brief summary of issues addressed in various community meetings that CASA supporters may find interesting. Check the calendar of events on the back page, where you will find youth activities for the next few months that are sponsored or financially supported by CASA.

NOTES FROM THE DRUG-FREE COMMUNITY MEETING

September 2010. During this monthly meeting, representatives from community -minded groups review incidents and upcoming events in order to stay informed of youth activities in town.

Los Gatos -Monte Sereno PD Captain David Gravel reviewed the “Juvenile Issues Report,” detailing youth incidents in town. An ‘incident’ can relate to one person, or several. Of the 10 incidents listed over the summer (up to and including Labor Day Weekend) drug & alcohol use was involved in 9. Captain Graves stated that there was not a lot of summer activity,

Officer Dan (Saratoga Student Resource Officer) – Mentioned that High School summer school was held in Saratoga this year. There were 7 expulsions due to possession of marijuana.

Pam Holt – Leigh High School Dean stated that a recent death over the summer was due to a drug overdose.

NOVA – Also had a Los Gatos NOVA student die over the summer of a drug overdose.

Lindsay Smith (a local Drug & Alcohol counselor) and Doug Nunes (Bay Area Intervention) both noted an marked increase in the use of ecstasy as well as increases in oxycontin and marijuana.

Joan Y. Cross, CASA Chairperson – Introduced a new member of the community and the CASA board – Marion Dickel, who will be taking over the duties of Secretary for the 2010-2011 year.

Chief of Police Scott Seaman, led a round table discussion regarding the climate of the upcoming vote on Proposition 19 – Marijuana Legalization Initiative. Chief Seaman also noted that the Student Resource Officer (SRO) Michelle Gonzalez, was injured over the summer, and Sergeant Steve Walpole has offered to cover her SRO responsibilities until her return.



CASA board members Michele Boudreau, Marion Dickel and Joan Y Cross head out on Jill's Ride for Hope

NOTES FROM THE CASA MEETING, September 2010

CASA meetings are open to all and take place the 2nd Thursday of each month, Sept-May, LGHS Community Room, 10-11:30am.

John Hogan of Teen Force gave a quick review of his plans to help CASA by Chairing the annual Red Ribbon Week activities. He will be

meeting with the CASA representatives from each school to organize events for the week of October 18-22nd.

Markus Autrey, LGHS Principal, was enthusiastic about the new Wild Cat days to help students and administrators streamline the school orientation process. The first 2 weeks of classes have been relatively uneventful. The school population is approximately 1750 this year and the first social event is the 9/24 football game followed by the welcome dance.

Liz Schoeben from Counseling and Support Services for Youth (CASSY) reported on mental health services for LGHS. Since the beginning of school, CASSY has had sessions with 55 students and parents. Some are 'check-in' type meetings and some are with new issues.

Mike Loya of The Venue stated that the Venue is open only at lunch for the present (until budgeting has been finalized). They have remodeled and now look like a student union with computers, quiet areas for studying, a separate video game room and vending machines. On Friday nights, they will hold Club V from 7 – 10:30, free for LGHS students, focused on music and dancing. They will again offer Middle School Mania, the second Saturday of each month, for 7th and 8th grade students. The facility can be used/rented for other events (e.g., birthday parties). The Under 21 Club will return to the Coffee Roasting Company. HS students can present music, poetry, comedy, etc. The Venue board is writing a new grant for additional funding. A 2010 Youth Meet the Candidates Forum will be held sometime the week of October 11. The annual Halloween Bash and New Year's Eve all nighter will again be held. Peggy Dallas reported that the Venue is looking for funding and board members (facilities, secretary, general board members).

Elementary Report – Chris Miller noted that enrollment is up. Construction is happening at Fisher, to be finished in July 2011. The

Cornerstone Survey (re developmental assets) is coming up in October. Parents need to opt in for students to take the survey. HS students will be completing the survey in English classes. On September 25 at 10:00 AM at the Youth Park there will be an event honoring five LG students.

LG/MS Police Report – Erin Lunsford (LGPD Juvenile Detective) reported that it was a slow summer and there have been no referrals so far at the beginning of the school year. He handles all juvenile crime, both victim and suspect, and CPS (Child Protective Services) referrals. He also deals with suicide reports and attempts. Tobacco use was discussed. A focus on fitness was suggested. The HS has implemented Cross-Fit classes that have led to the side benefit of several students quitting smoking. Sergeant Steve Walpole reported that only one student was reported for smoking marijuana on campus so far this fall. Very little gang activity has been reported in Los Gatos. A new area-wide graffiti program will help identify perpetrators.

Parenting Continuum – No representative present. More information is available on the website at www.ParentingContinuum.org.

Methodist Church – Jim Thrall reported that the youth group meets on Sunday nights. There is a new student center. Hours will be announced.

The LG Lions Club is sponsoring a suicide prevention training this Saturday morning at the Los Gatos History Club from 8 – 11:30.

Teen Force – John Hogan reported on the summer job program at Teen Force. They are working on an internship program for older HS students. Information was distributed. See Teenforce.org for more information.

Los Gatos High School Rep – Karyn Gramling and Jennifer Marcum

reported on Back to School Night, Service Day and Red Ribbon week.

Fisher School Rep – Linda Williams and Deb Rubnitz reported that they have met with the leadership teachers to plan out activities.

St. Mary's – Dana Dancheon reported that St. Mary's will participate in Red Ribbon week.

Blossom Hill – Kim Schenkel will find out more about the Safe Routes to school program. Red Ribbon Week is on the schedule.

Elementary School Rep - Reps were asked to check their school web sites for CASA links.

Joan Y Cross, CASA Chairman, reviewed some upcoming events and calendar items:

September 13-October 25. Whole Foods and CASA – Bag Donation Program. Remember to bring your own grocery bags to Whole Foods for the next month. Every time a nickel goes to CASA!

October 7 – Teen Force Internship Meeting. 7-8pm, 101 Church Street

October 12 – Police Recognition Luncheon

October 14 – CASA Meeting

October 18-22nd Red Ribbon Week

November 5-7 – Girls Night Out at Couture Cache. From Friday Night through Sunday 10% of all sales benefits CASA!

CASA Thanks:

- Board Members
- School Representatives
- Supporters
- Donators

•and all of our other volunteers

that have been available to help us with our vision.



Whole Foods 'Green' Bag Donation

September 13-October 25th

Every time you bring your own bag into Whole foods from now until October 25th, Whole Foods will donate 5 cents to CASA!



&



So remember that bag and let's see how many nickels we can gather for
CASA!

Upcoming Events & CASA Meetings

September 13-Oct 25th Whole Foods 'Green' Bag Donations Program
Sept 17, 24 – Club V, Dance & socialize 7-10:30pm, all high school students, The Venue
September 23rd – LGHS students sign-up for community Service events with CASA
Sept 25th Celebrate Youth Awards, LG Youth Park 10am
Sept 30th – Race to Nowhere film, Saratoga High School, 7pm
Oct 1,8,15,22 &29-Club V, , Dance & socialize 7-10:30pm, all high school students, The Venue
Oct 7 – Teen Force Internship Meeting, 7-8 pm, 101 Church Street
Oct 8th – St. Mary's Fair begins
Oct 9th – Middle School Mania, 7:30 – 10pm, The Venue
Oct 13 – Daves Ave Funwalk Fundraiser
October 11-15 – Meet The Candidates Forum, The Venue
October 18-22nd – Red Ribbon Week
Oct 30th – Halloween Bash, 7:30-11pm, The Venue
November 5-7 – Girls Night Out fund Raiser, Couture Cache, University Ave, Los Gatos

Please send donations to: CASA Los Gatos, 20 High School Court, Los Gatos, CA 95030 Or visit
CASA's website at: www.casalg.org

The next CASA meeting is on **October 14th** at 10:00 am in the Community Room, Los Gatos High School

