



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

CASA Board

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jvcross@aol.com



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Winter 2010

CASA's Message

Joan Y. Cross, Chairperson

Happy Holidays from CASA! As 2010 draws to a close and 2011 is on the horizon we have quite a bit to be thankful for and also to look forward to: 1) an increase in awareness of the effects of drug and alcohol abuse among our youth and a corresponding decrease in use as cited in a 2005-2010 Juvenile Drug & Alcohol Crimes Report distributed at a Drug Free Meeting in Los Gatos.

2) a number of continued and new enthusiastic volunteers to continue the CASA mission in our community.

3) a new CASA event – Prescription Drug Disposal – held with the LGMSPD on Dec 11th (see page 5)

4) New organizations that parallel the CASA mission such as **Teen Force** – helping youth find jobs in our community (Teenforce.org), and **RFA-Rally For Addiction** – youth sending the drug & alcohol abuse message to youth (rallyforaddiction.com), **BAI – Bay Area Intervention**, intervention, inpatient & outpatient treatment & aftercare for clean and sober living.

5) The continued support of individuals and businesses that understand the constant need for information, education and vigilance necessary to help keep our children aware of the devastating consequences of substance abuse.

6) An increase in local emotional support for students. **Los Gatos High School** has instituted all day, M-F trained counselors (**CASSY-Counseling & Support Services for Youth**) on-site at the school to help students negotiate their daily/life struggles. **Lindsay Smith**, a Licensed Clinical Social Worker, has opened an office in town- **Los Gatos Teen Therapy**, 408-772-7052, CASA is co-sponsoring a presentation with Ms. Smith on Dec 13th – **Teen Drug & Alcohol Use, Prevention & Intervention.** (See calendar on last page)

Thank-You Whole Foods

For your generous donation of “Bring Your Own Bag” Proceeds

7) The annual CASA Spring fashion show – The Look of Los Gatos – Put the date, Sunday, March 28th, on your calendars! Tickets available on our website, www.casalg.com, in February.

I've met with the founders of Rally For Addiction and also attended the Candlelight Vigil held on October 28. Many of you may have read the articles recently in the Los Gatos Weekly, as well as the San Jose Mercury News about these students and their vision. They are a determined group of young adults with a mission very similar to CASA's – to inform & educate their peer group about the debilitating dangers of substance abuse-through their own, & their friends', experiences.

Rally For Addiction (RFA) is currently pursuing a 501c3 (tax) status so that donations to them will become tax deductible, as well as investigating training options so that they can be more prepared to hold assemblies for their peer groups. Personally, and as a member of CASA, I applaud their willingness to step out of their comfort zone, and take on the responsibilities of this venture. Substance Abuse is a daunting advisory – and I am very thankful that a new generation of students is addressing the challenge. I hope you can all continue to support our efforts in the New Year. Rally For Addiction can be contacted at www.rallyforaddiction.com



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

October/November 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 9 incidents listed in September, 8 had drug or alcohol involvement. In October, 8 of the 11 incidents were drug & alcohol related. These numbers are

indicative of the source of troubles that our kids are getting into. Over 75% of the incidents where juveniles run into problems with the Police are due to drugs and alcohol.

Pam Holt – Leigh High School Dean mentioned that there are 1760 students at Leigh and only 16 hours of counseling available per week. There is a lot of 'pot' around campus and students are always expelled for drugs.

Lindsay Smith (a local Drug & Alcohol counselor) and Doug Nunes (Bay Area Intervention) both noted an marked increase in the use of ecstasy. Ecstasy – also known as Thizz – has a huge let down after the high. The incidence of depression has skyrocketed, so much so that the term 'Suicide Tuesday' has been coined due to the depression after weekend parties. There have been 7 deaths in Santa Clara County lately due to Ecstasy.

Joan Y. Cross, CASA Chairperson – Reviewed upcoming activities for Red Ribbon Week in town. Many of the school students are pledging either "Drug Free", or Healthy Lifestyles" during the weeks activities. Michele Gonzales – Student Resource Officer – will be speaking at some of the schools.

Chief Scott Seaman – LGMSPD- Chief Seaman distributed a graph showing th incidence of local drug & alcohol crimes between 2005 – 2010. A very interesting, and heartening, trend among the juvenile statistics is that although there is a marked spike in abuse in 2006 & 2007, there is then a large decrease in both drug & alcohol incidents among juveniles in 2008, 2009 & 2010.

Jim Thrall, Lions Club – introduced Alissa D'Andrea of Rally For Addiction (RFA). Alissa spoke of the huge difference in 'Mountain Kids' vs. 'Town Kids' and the feeling of disconnect that occurs when the 'mountian kids' begin to attend LGHS. RFA was formed in memory of Aaron Selchow, a 2009 LGHS graduate who recently died of a drug overdose. RFA's purpose is for youth to inform & educate youth to the

dangers of substance abuse. They are holding a candlelight vigil on 10/28 for all those we have lost to drugs & alcohol.

Liz Schoeben of CASSY - discussed the abuse of prescription drugs among students in our town. The drugs are often used as a coping mechanism because the teens have no other tools to use to combat the stress' that they face. CASSY will begin a Peer Mediation Training at the High School in the near future.

Peggy Dallas of The Venue – noted that the Teen Center has re-opened for after school hours.

NOTES FROM THE CASA MEETING, October/November 2010

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

Student Representatives – Reality Check students, Cora Blue and Tommy Ryan discussed the purpose & goals of Reality Check – a student run newspaper where LGHS students can anonymously submit articles on subjects that help them express their feelings/views. Reality Check is looking for additional funding. CASA was able to present a \$1,200. check at the meeting.

Students to Students, Rachael Abraham & Tyler Crowe are part of the Be Safe Team (one of five teams that are included in the Students to Students group). They relayed information about the 'Risky Business' program that was just completed at the school. It is in conjunction with the Drivers Education program. They also thanked CASA for supporting their program by purchasing key lanyards.



Under 21 Club representatives Lynnia Tuckfield & Eric Schnell discussed the historical funding of the Club. The 'Alive & Loving Life' funding has ended and they are searching for new resources to continue the events. It was suggested that they look for donated equipment (largest expense) – Jim Thrall mentioned that the LGUMC has equipment they could probably use for free. Chief Scott Seaman expressed interest in meeting with the group to support the events.

John Hogan-Red Ribbon Week Chair reviewed activities in town. Ribbon tying on both Main and N.Santa Cruz was completed with 6 students and three adults. Thirteen local merchants participated by offering discounts to children wearing the red wrist bands (see page 5).

Mellissa Barnes founder of Rally for Addiction - described the group's mission and plans for a candlelight vigil on October 28th at the Calvary Church. They would like to raise money to become a chapter of Nope, a nationwide anti-addiction group. Their website is www.rallyforaddiction.com

Markus Autrey, LGHS Principal, said that the school climate is very positive. He believes that we need to continue to focus on addiction recovery and healthy living. The HS needs to coordinate with the police department over information regarding drug issues. Possible suspension requirements: attend a meeting, counseling, etc. The dance went well. Seven hundred students attended. Challenge Day was held yesterday. Challenge Day is a national event. 30 adults and 100 students work together to break down barriers between groups. Freshmen Skills Day is November 19. The program is student led by Juniors and Seniors, who discuss drugs and alcohol and making good choices.

Liz Schoeben from Counseling and Support Services for Youth (CASSY) Liz Schoeben reported that students now have knowledge of where they can go for assistance. Some bullying reports come through the Reality Check students, but it doesn't

seem to be a major issue. Cyber bullying seems to be on the increase. It was noted that most bullying probably is not reported to adults/school staff. PAC (the Amanda network) are organizations that have five anti-bullying presentations to schools. BAI has a program on how to handle bullying as part of its recovery program. CASSY has seen approximately 120 students so far. They have two new programs: peer mediation using SCORE (Student Conflict Resolution Experts) and LEADS (___ educational awareness of depression and suicide), which will start in November and focus on suicide awareness.

Peggy Dallas of The Venue reported that because Halloween falls on Sunday, instead of a Halloween party they will hold a Guy Fawkes Day party the weekend after Halloween. Facility usage and rental is increasing. They are discussing a Yoga class coordinated with CASSY. They are now open in the afternoons Monday – Friday from 2-5. They will be open at lunch and will bring in food trucks.

Elementary Report – Chris Miller Chris Miller noted that API scores are good. The Cornerstone survey was completed. Drama has been included as an elective at Fisher this year. Tonight there is a candidate meeting for school board candidates.

LG/MS Police Report – Michelle Gonzales – Student Resource Officer (SRO) reported that they are working closely with the school monitoring students and that they continue to monitor student activities at the 7-11. They had a report of a man in a white truck at Saratoga Elementary trying to lure students with money. Parents became aware of the situation and the police were called, but he was not apprehended. The high school just had its first arrest for possession of hard drugs. These drugs are available in Los Gatos and there are students using them. Ecstasy seems to be the most prevalent of these drugs and it is hard to prove a student is using it. The drug heightens the senses. Drastic mood changes can be one symptom.

Chief Scott Seaman asked about Freshmen Skills Day and how to offer support for the program. Teenage stress is becoming a big issue would like to link Youth Commission with Students to Students for collaboration on the issue

Parenting Continuum – Jackie Greenley is the new representative for the parenting continuum. The continuum holds seminars on important issues. This Monday they present “The Free Comedy Show,” which is about inspiring kids to do community service. Two classes coming up are a college prep class and a STEP parenting class. Parenting continuum.org website for information. Karla Albright can be contacted for more information

Methodist Church – Jim Thrall reported that the youth ministry is partnering with the Los Gatos Recreation center to provide a venue for safe teen activities. The church helped sponsor the Rally for Addiction Candlelight Vigil and will continue to support that group. People Acting in Community Together (PACTSJ) and the Amanda Network are holding a forum regarding Cyber Bullying on Tuesday, November 16, at 7 pm at the Cambrian Park Methodist Church. Youth Pastor Alex Hardt mentioned a regular Sunday night program 6-8 PM, (Jr. high/HS) games, speakers, Working on getting concerts – Nov, Dec. Wednesday night life group session. Posting of a resource list on the Teen Center website.

Teen Force – John Hogan reported 42 teens who have worked 3800 total hours. 8-12 hours per week during school year. Affordable Treasures hired four students for the Halloween rush. Working on internship program for significant summer jobs next summer (through sophomore year of college) Looking for parents/corporations who can sponsor internships. See Teenforce.org for more information.

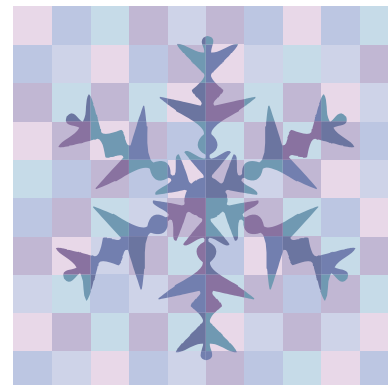
Suzanne Salcido – CASA Fashion Show Chair reported that there will be five complete collections at the fashion show this year. The possible themes are old Hollywood or futuristic. They may have a vote on the school website. The show will be on March 28. They are looking for ways to publicize the show at the HS and would like to sell tickets at the basketball games. Volunteers are needed. Would like homecoming king and queen to be MCs.

Los Gatos High School CASA Rep- Jennifer Marcum- reported on Service Day. It was well attended and there were many sign ups for the fashion show. The Safe Rides program will move forward again this year. Los Gatos High School Rep – Karyn Gramling reported that there were a lot of teen volunteers for Red Ribbon Week activities and for the fashion show. They are compiling Annual CASA scholarship application materials. The film, Race to Nowhere, will be shown at St. Mary's next Tuesday from 7-9 pm. Information can be found and tickets purchased at www.rtnstmarylg.eventbrite.com.

Fisher School Rep – Linda Williams reported that the Red Ribbon activities went well at Fisher. They had a student band and the students were excited about the wristbands and pizza. The Monday speaker discussed making good choices. They also had a slogan contest. Their theme was “Looking Forward to a Bright Future.” The middle school newsletter lists opportunities for community service hours. LG police officers Steve and Michelle came at lunch and interact with the students. Finish off your slogan: Say no to drugs, say yes to . . .

St. Mary's – Dana Dancheon reported that St. Mary's will hold crazy sox day as part of Red Ribbon week. They are focused on choosing a healthy lifestyle. On Wednesday they will have a Zumba assembly as part of choose a healthy lifestyle.

Blossom Hill – Kim Schenkel – they will start with posters on tomorrow – fun Friday. The student council voted on what each day will be. They are focused on making healthy choices.



Please sign up with
CASA through eScrip –
your online purchases can help a lot!

CASA Thanks:

- Board Members
- School Representatives
- Supporters
- Donators
- and all of the many volunteers

that have been available to help us with our vision.

Prescription Drug Disposal

Clean out your medicine cabinets safely! Drop off any unused or expired prescription medications!



THIS SATURDAY! December 11, 2010 between 12pm - 4 pm
Balzer Field in Los Gatos

Thank-You

Whole Foods 'Green' Bag Donation & Couture Cache - Girls Night Out!



Thanks! Red Ribbon Week-Participants

Willow Street Pizza, Posh Bagel, T-Birds Pizza, Powell Sweet Shop, Blendz Juice Bar, Main Street Burgers, Athletic Performance, Pizza My Heart, NC Board Shop, Automobuild, Heidi's, Camera Cinema's Los Gatos, Trader's Joe's.

The kids really look forward to those red wrist bands so they can visit your stores!

Upcoming Events & CASA Meetings

December 9th, Thursday – CASA General Meeting, LGHS Community Room, 10 am

December 11th, Saturday– Prescription Drug Disposal, Balzar Field, Noon-4pm

December 13th, Monday– Teen Drug & Alcohol Use, Prevention & Intervention - Presentation
Calvary Church, 7pm

December 31st, All Night New Years Celebration, The Venue Teen Center.

January 3rd, CASA Fashion Show Sign-ups begin.

January 13th Thursday, CASA General Meeting, LGHS Community Room, 10 am

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 **December 9th** at 10:00 am in the Community Room, Los Gatos High School

