

Lincoln Council on Alcoholism and Drugs, Inc.

Promoting Healthy Lifestyles Free From the Abuse of Alcohol, Tobacco and Other Drugs

Maureen Burson
UNL Extension Educator

Lincoln Council on Alcoholism and Drugs, Inc. has been an excellent partner with the University of Nebraska—Lincoln Extension for decades. Most recently, 34 participants of the UNL Extension sponsored Daughter/Mother Camp received prevention strategies through LCAD.

Since 1962, the Lincoln Council on Alcoholism and Drugs (LCAD) has been the link to alcohol, tobacco and other drug prevention, intervention and treatment resources in Lincoln and Lancaster County.

In recent years, as prevention has evolved, LCAD has provided leadership



to the coalition and community groups working on prevention efforts in Lincoln and Lancaster County, collected data, identifying strategies and working to change the environment surrounding alcohol use and abuse in our neighborhoods and in the community at large, where there is a great deal of work still to be done.

LCAD's 2006 parent surveys have shown 93% of surveyed parents do not support underage drinking, yet, 81.5% of Region V youth 18-years-old and younger have used alcohol. This highlights an area of need in mobilizing adults to be accountable for what they believe. Also, more than 2/3 of people who are addicted to drugs are working full-time, and more than 13 million Americans are active alcoholics, so while substance abuse is a family matter, it touches workplaces, schools and communities as a whole, costing us billions of dollars each year.

In addition to community coalition work, LCAD provides training, facilitation and technical assistance for several programs, many of them nationally known science-based



model programs. LCAD is a Region V Systems agency approved to provide adult substance abuse evaluations. They also provide the following educational programming:

- Community group initiative: developing a positive response to underage drinking and substance abuse issues in Lancaster County.
- Empower youth to build leadership skills, make a difference in our community and have fun being drug-free.
- Assist adults with alcohol or drug problems by providing evaluation services and identifying community resources.
- Resource library including educational print materials and videos available to the community.
- Host the Nebraska Department of Education curriculum library.

Community Groups

In January of 2006, the Lincoln Council on Alcoholism and Drugs began a series of community groups in Lincoln and Lancaster County with the specific purpose of addressing underage drinking and other substance abuse issues throughout the community. The goal was to establish groups based on each of the high school districts in Lancaster County. Although the focus was NOT necessarily to make it a school-based group, but to include neighborhood residents, faith partners, businesses, parents of incoming middle school students and parents of elementary students.

There are currently five urban groups, four rural groups



and one community-wide youth group. While the overall focus is to "create a positive community response to underage drinking and other substance abuse issues," their mission and projects reflect the needs of their neighborhood giving each group their own distinct personality.

Participation continues to grow as the word spreads of our mission, but we still need to hear from you. Please bring your voice to the table, and network with other like-minded individuals who feel underage alcohol use and the use of illicit drugs is not a healthy choice. Groups meet once a month for about an hour.

EAST COMMUNITY GROUP
Julie Anderson • 483-4841

LINCOLN HIGH/NEAR-SOUTH COMMUNITY GROUP
Vicky Fasnacht • 489-2681

MALCOLM PREVENTION COALITION
Sue Vanderkolk • 796-2145

NORRIS C.A.R.E.S.
Lisa Loeske • 450-6648

NORTHEAST PARENT ACTION COMMITTEE
Meg Johnson • 464-5067

PIUS PARENT GROUP
Rhonda Litt • 489-3819

RAYMOND CENTRAL PREVENTION COALITION
Dan Ingwerson • 665-3651

SOUTHEAST COMMUNITY GROUP
Cindy Potthoff • 499-6565

SOUTHWEST COMMUNITY GROUP
Teri Effle • 475-2694

DISTRICT 145 COMMUNITY PREVENTION COALITION
Shannon Berry • 786-2765

COMMUNITY YOUTH GROUP
Susanne Cramer • 475-2694

FOR MORE INFORMATION

Lincoln Council on Alcoholism and Drugs, Inc. is located at 914 L Street (intersection of 9th and Capital Parkway) and is on the web at www.lcad.org. Subscribe to their e-bulletin by e-mailing terivosicky@yahoo.com. Phone number is 475-2694.

Source: Lincoln Council on Alcoholism & Drugs

Encourage Teens to Celebrate Clean and Sober During Prom

You've told them they look great, you've snapped their picture, met their date and seen them off to prom. Lancaster County community groups are encouraging parents of prom goers to send one more message to their teen—a reminder to stay alcohol-free on prom night!

Send a text message to your kids on prom night and remind them to celebrate safely & stay drug and alcohol free.

Examples:

- Have fun 2nite. Stay safe Don't drink. Luv U.
- Have fun 2nite. Celebrate Sober. We want U back.

If you don't know how to text, you can send a text message using e-mail—for detailed instructions, go to <http://www.lcad.org/resources/ENews11/Teleflip.pdf>



Teens – check out www.thecoolspot.gov

EXTENSION NEWS

Alice Henneman Named 2008 Communicator of the Year

Alice Henneman, University of Nebraska—Lincoln Extension educator in Lancaster County, has been named the 2008 Communicator of the Year by the Nebraska chapter of the Association of Communication Excellence in Agricultural, Natural Resources, and Life and Human Sciences.

The Nebraska ACE Communicator of the Year award recognizes Institute of Agriculture and Natural Resources faculty or staff who communicate clearly and display exceptional expertise and professionalism in promotion, publications, news and technology.

The award is sponsored by the Nebraska chapter of ACE,

an international association of communicators and information technologists.

Henneman, a registered dietitian, is the quintessential UNL Extension educator, her nominator wrote.

She is committed to communicating with people of all ages to provide them information they can put to use in their lives. One needs to only look at her county's Web site at Lancaster County to see how she communicates in a variety of ways. From tips and facts available on the Web to face-to-face workshops with participants, she is always trying to make people more informed about how they can eat healthier and stay

healthier.

Henneman is known nationally for her work. Her articles are referred to and quoted frequently on the Internet.

Henneman also works well with the media — both broadcast and print — and is known to reporters as someone who can be relied on to return calls and provide helpful, relevant information.

She also is committed to building partnerships and has worked with commodity groups and such institutions as BryanLGH to provide programming for various workshops.

Congratulations to Alice for the award!



Extension Educator Alice Henneman (left) is presented the Communicator of the Year award by Rebecca Erdkamp (right).