

PARTS COALITION

*Preventing Alcohol Related Trauma
and Substance Abuse*



Quarterly Newsletter: April - June 2020



National Prevention Week 2020

(May, 2020) National Prevention Week (NPW) is an annual health observance dedicated to increasing public awareness of, and action around, mental health and/or substance use disorders. This year, the awareness campaign faced new challenges brought about from COVID-19 pandemic, but STEPS Student Youth Leaders put a twist on it, by having a Virtual Spirit Week. This gave an opportunity for the community to participate by taking a picture of their spirit for prevention and share on social media while sharing facts about each topic using social media pages.

Thanks to our PARTS Coalition for participating in NPW by creating a message all together, taking a picture, and sharing on virtual platforms.

Monday, May 11: Preventing Prescription Drug and Opioid Misuse

Tuesday, May 12: Preventing Underage Drinking and Alcohol Misuse

Wednesday, May 13: Preventing Illicit Drug Use and Youth Marijuana Use

Thursday, May 14: Preventing Youth Tobacco Use (E-Cigarettes and Vaping)

Friday, May 15: Preventing Suicide



#PreventionHappensHere

In this issue:

- Community Education
- Park Clean Up in Salinas and Soledad
- Mental Health during COVID-19
- Environmental Strategies
- Community Bulletin Board

Community Education



Drugged Driving presentation to youth program.

132

Youth served
&

17

Parents served

Our educational services (**Gateway Drug presentation, Substance Abuse and Bullying presentation, Life-Skills Training, Cannabis Decoded parent training, and Drugged Driving presentation**) still continue, VIRTUALLY through Zoom!

Salinas and Soledad Park Clean-up



STEPS Student Youth Leaders at Natividad Creek Park in Salinas

Following COVID-19 state requirements, STEPS Student Youth Leaders conducted not one, but two park clean-ups. **Seventeen students** from Soledad and Salinas came together to collect trash and cigarette butts, and to participate in social distancing ice breakers for them to know each other. Special shout-out to community partners, Ms. Delgado from Soledad High School and Gonzalo Coronado from County of Monterey - Department of Health, who volunteered their time to come out and support STEPS.



STEPS Student Youth Leaders at Peverini Park in Soledad

Mental Health during COVID-19

During this COVID-19 crisis, people across the world are struggling to keep themselves and their families healthy and safe from this pandemic crisis. This is a stressful time for everyone, especially those vulnerable to substance abuse. There are also health risks resulting from chronic alcohol/drug use as it weakens the immune system and puts stress on the body's cardiovascular and respiratory systems.



Alcohol consumption weakens the immune system and can increase the susceptibility to certain infectious diseases. For individuals who are dependent on alcohol, restricted access could lead to symptoms of withdraw.



When you smoke or vape either **tobacco** or **marijuana**, you are at risk for health consequences such as cancer and lung damage. In addition to smoking, emerging evidence suggests that vaping causes damage to lung cells and inflammation to lung tissue, reducing the ability for the lungs to respond to infection; posing serious risks to those who contract COVID-19.



When **opioids** are taken at high doses, they act on the brainstem to slow breathing, which leads to decreased oxygen in the blood, resulting in an overdose, and is why opioids are particularly dangerous and often fatal.

What can you do to protect your wellbeing during these stressful times?

*Please follow state regulations for outdoor activities: keep 6ft social-distancing, wear face mask at all times, wash your hands

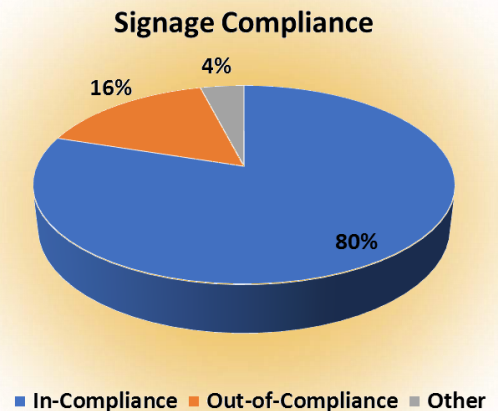
- Do some sports practice drills
- Go for a walk/run
- Listen to music or a podcast
- Take on a crafting/DIY project
- Stretch/exercise/meditate
- Create an art project
- Read your favorite book
- Connect with others; to express how you are feeling



Environmental Strategies

Lee Law Signage:

Prevention Department randomly picked **50** stores in the **City of Salinas** to check window signage and educate the businesses on what Lee Law is and the role the businesses play in keeping our communities safe. Staff with help from the PARTS Coalition, concluded that out of the 50 stores, **40** were in-compliance, **8** were out-of compliance, **1** business surrendered their alcohol license and **1** business closed down.



Alcohol Outlet Density Map:

STEPS Student Youth Leader gathered information from **Alcohol Beverage Control** to date regarding license type 20 and type 21 alcohol outlets within City of Salinas. Then, she mapped out the **131 outlets** with amount of outlets within a one-mile radius from schools, parks, and recreation centers.

Type 20: Off-Sale Beer & Wine

Authorizes the sale of beer and wine for consumption off the premises where sold. Minors are allowed on the premises.

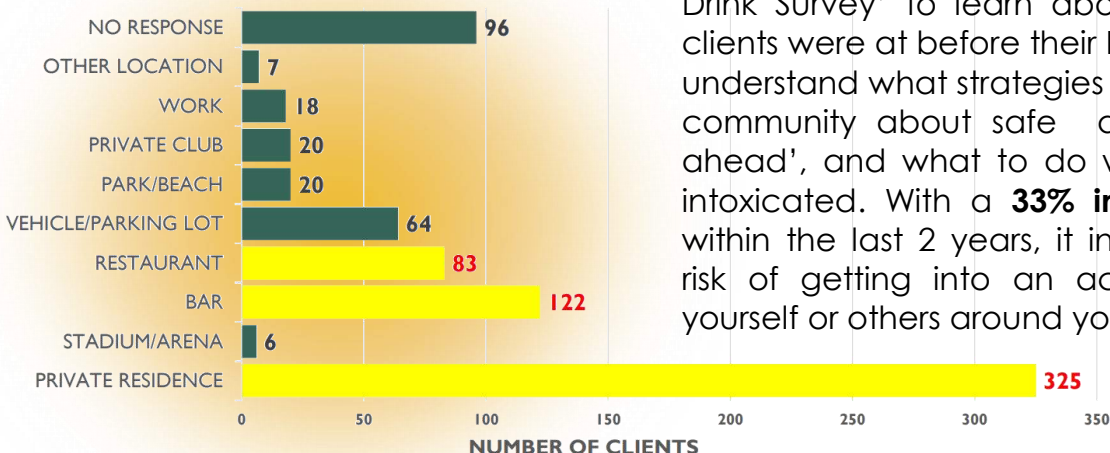
Type 21: Off-Sale General

Authorizes the sale of beer, wine and distilled spirits for consumption off the premises where sold. Minors are allowed on the premises.

Schools	# of licenses	Type 20	Type 21
High Schools	63	35	28
Middle Schools	101	66	35
College	14	11	3

* Licenses within 1 mile radius of schools

Place of Last Drink:



Prevention department reviewed 'Place of Last Drink Survey' to learn about **top three** places clients were at before their **DUI arrest**. This helps us understand what strategies to use to educate the community about safe alternatives, 'planning ahead', and what to do when someone is too intoxicated. With a **33% increase** of DUI cases within the last 2 years, it increases the potential risk of getting into an accident and harming yourself or others around you.

PARTS Coalition Community Board

PARTS Coalition - Virtual

Want to make a difference? Sun Street Centers PARTS Coalition welcomes new members. Meetings take place via ZOOM!

Meeting ID: 946 3995 2495

National Recovery Month September 2020

Every **September**, the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors Recovery Month to increase awareness and understanding of mental and substance use disorders and celebrate the people who recover.

Phone: 831-753-5150

Contact Us

Give us a call for more information about our services and products

Sun Street Centers

128 E. Alisal Street
Salinas, CA 93901
(831) 753-5150

Gina Marin

gmarin@sunstreet.org
SunStreetCenters.org

Follow Us on Social Media!

Facebook: [Like Us](#)
Instagram: [Follow us](#)
Twitter: [Follow us](#)
Youtube: [Subscribe](#)

International Overdose Awareness Day August 31, 2020

a global event that aims to raise awareness that overdose death is preventable and to reduce the stigma associated with drug-related death.

STEPS Youth Program - Virtual

Need community hours for high school? Monterey County drug and alcohol prevention program for high school students via ZOOM.

Contact: Reyna Alcalá
Email: ralcala@sunstreet.org

Meeting Dates: Tuesday-Thursday
Time: 3:30-5:00pm

Funded by:



Community Foundation
for Monterey County



Here for Good



PARTS Coalition Mission

Our mission is to prevent alcohol-related injuries and fatalities, prevent youth access to alcohol and drugs and the initiated use of alcohol, tobacco and other drugs in the city of Salinas.