

**From:** Missoula Forum for Children and Youth  
**To:** [Turner, Vicki](#)  
**Subject:** Your weekly newsletter is here!  
**Date:** Friday, October 28, 2016 8:05:31 AM

Read our new mobile friendly newsletter on your phone!



Our mission is to lead collaborative, proactive community efforts to prevent underage substance use and to foster the development of healthy and resilient children and youth.

## What's Happening at the Forum

### Medication Safety Community Conversation

#### Safeguard Your Medication, Safeguard Your Home

##### Medication Safety Community Conversation

Wednesday, November 16, 2016 | 6:30PM to 8PM  
Gallagher Board Room, Community Medical Center

Did you know 49% of the 1.24 million calls made to poison centers each year for children are medicine-related? Hear what Missoula area pediatricians, pharmacists, police detectives and prevention experts recommend to keep children safe.



Please RSVP to Foundation for Community Health, lead agency of Safe Kids Missoula, at 406.926.2522 or email [kirah@fchwmf.org](mailto:kirah@fchwmf.org).

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Medication-related risks by the numbers:

- Medication belonged to a grandparent in 48% of ER visits in 2014 for young children who accessed medicine
- There are 10,000 ER visits yearly for over-the-counter medicine overdose by self-medicating teens
- Children under 4 most often get into ibuprofen, multivitamins and diaper care and rash products
- Medicines that most commonly result in serious medical issues for teens include those used to

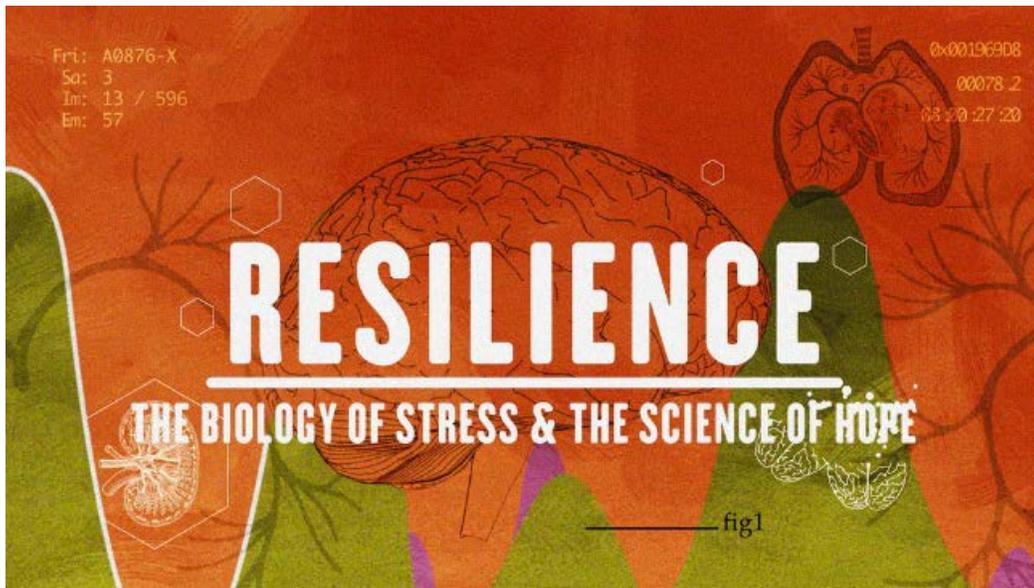
treat mental health conditions or attention deficit hyperactivity disorder

Keep yourself and your loved ones safe! To protect those you love, remember:

- Proper Use: Use the recommended or prescribed dosage for the purpose and person intended
- Proper Storage: Keep your medications locked up, away and out of sight
- Proper Disposal: Safely dispose of your prescription medication by taking it to a secure dropbox location Missoula area drop boxes: Missoula Police Department (435 Ryman St), Granite Pharmacy (2230 27th Ave) and Curry Health Center (634 Eddy Ave)

Please RSVP to Foundation for Community Health, lead agency of Safe Kids Missoula, at 406.926.2522 or email [kirah@fchwmt.org](mailto:kirah@fchwmt.org).

## Resilience Film Screening Update



**Registration is CLOSED!!**

There has been an overwhelming number of people wanting to register for the film so far. Registration is currently closed because we have reached our capacity at the UC Theater, but we are trying determine how to best try to accommodate everyone who wants to see the film. We haven't started a waiting list and/or made a plan for an additional event as of yet, but we will absolutely let you know as soon as we make some more decisions on this. Please be on the lookout for updates soon!

## In Other News

### Teenage Substance Use Prevention

"Teens and Drugs: Rite of Passage or Recipe for Addiction?"

Teen drug use shouldn't be looked at as a rite of passage but as a public health problem, say experts, and one that has reached "epidemic" levels.

In a new [report](#) on drug, alcohol and tobacco use among teens in the U.S., the National Center on Addiction and Substance Abuse (CASA) at Columbia University finds that 75% of all high school students have used alcohol, tobacco or either legal or illicit drugs and that 20%



of these adolescents are addicted.

The data also support previous studies that link early substance use to addiction later in life: 90% of Americans who are currently addicted started smoking, drinking or using drugs before age 18. A quarter of those who begin using addictive substances at these early ages become addicted as adults, while only one in 25 who start using these substances after age 21 does.

"What this data show is that any adolescent is at risk of using substances, and that it's preventable," says Dr. Leslie Walker, president of the Society for Adolescent Health and Medicine chief of adolescent medicine at the University of Washington.

[Link to Article](#)

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## Child Care Costs

"Poll: Cost Of Child Care Causes Financial Stress For Many Families"

Most parents have experienced sticker shock when they find out just how much it will cost to care for their infant or toddler full- or even part-time. For parents who have little choice, this can be a big financial strain.



In fact, the most common challenge parents face when looking for child care is the high cost. That's the finding of a recent [poll](#) from NPR, the Robert Wood Johnson Foundation and the Harvard T.H. Chan School of Public Health.

The poll surveyed a nationally representative sample of 1,120 parents or guardians of children 5 years old or younger and not yet in kindergarten, who receive regularly scheduled care at least once a week from someone other than a parent.

"Cost continues to be an issue once parents find care, with many saying the cost is a problem for their families," says Gillian SteelFisher, research scientist and deputy director of the Harvard Opinion Research Program and the poll's academic leader. "This is especially true for those who feel their financial situation is not strong."

[Link to Article](#)

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## Marijuana Research

"Leading Psychosis Expert To His Students: To Avoid Risk, Hold Off On Pot Til 30"

Dr. [Dost Öngür](#), chief of the Psychotic Disorders Division at Harvard-affiliated McLean Hospital, recently presented [a sweeping slide-talk](#) on complex current issues in treating psychosis, but it was one simple line of his that most stayed with me:

"I tell my students: Smoke all the pot you want - after you're 30."



That very evening, I parroted it to my adolescent children, explaining that Öngür, as an expert on psychosis at a leading psychiatric hospital, was referring specifically to the risk of developing schizophrenia. (Subtext: "When you were little, infections scared me most. Now it's mental illness.") This week, with [a WBUR poll](#) indicating Massachusetts is likely to join the growing group of states that have [legalized recreational marijuana](#) for adults over 21, I asked Öngür to elaborate. Virtually all American schoolchildren are told that starting alcohol or drugs early could be bad for their brains. But Öngür's warning to his medical students stems specifically from a body of research that has been accumulating since the 1980s, suggesting that heavy marijuana use early on -- mainly in the teen years, but also into the 20s - is linked to a higher risk of psychosis.

[Link to Article](#)

## Teaching Empathy

"To Raise Kids With More Empathy, We Need to Do Everything Wrong"

Every parent wants their children to excel, so we line up tutors, buy the latest electronics, arrange after-school classes, and anything else to help them get those A's. But are we really focusing on the right stuff? Not according to recent data.



Non-cognitive skills-like emotional literacy, managing emotions, collaborating, joy and empathy-are the hidden secret of school success and what our 21st-century kids need to thrive. But modern day parenting still too often touts grades, grit and scores as the "secret achievement sauce" and often overlooks the other side of the report card. Our schools once promoted and reported on traits like caring, character and citizenship. This is rarely the case now.

According to the latest [World Economic Report](#), critical thinking, decision making and complex problem solving are still necessary skills to thrive in our global world, but equally important are people skills like emotional intelligence, collaboration and empathy. Empathy, the ability to put oneself in other people's shoes, is the cornerstone for becoming a happy, well-adjusted, successful adult. It makes our children more likable, more employable, more resilient, better leaders, more conscience-driven, and increases their life spans.

[Link to Article](#)

## Upcoming Events & Announcements



**Monday, October 31st**

**Hoot & Howl Halloween Bash**

5:00pm - 7:30pm

Missoula Family YMCA

Cost: Free

[Learn More](#)



**Thursdays, October 27th - December 15th**

**Positive Discipline Workshop for Parents**

12:00pm - 1:30pm

Cost \$50

[Learn More](#)



**Tuesday, November 1st**

**Refugee Resettlement in Missoula**

6pm - 8pm

Soft Landing Missoula Lecture Series

Urey Lecture Hall - UM Campus

[Learn More](#)

**November 3rd and 4th**

**Early Childhood Screening**

Screening for children birth - 5 yrs for developmental problems in



speech and language, vision, hearing, coordination, social and intellectual development, and general progress.

Cost: Free (to those children living within MCPS Elementary District boundaries)

Call Debbie Chilcote at 728-2400, ext. 5050

[Learn More](#)



### Saturday, November 12th

#### Embrace Your Story: 2016 Girls for a Change Summit

A full day, immersive experience for teen girls.

8:00am - 4:45pm

Montana State University in Bozeman, MT

Cost: \$25/person

[Learn More](#)



### November 14th - 18th

#### Building a Resilient Missoula Week

A variety of events helping to create a more resilient and trauma informed community.

Schedule of Events: <https://www.resilientmissoula.org/>

[Learn More](#)



### November 15th

#### Holiday Community Workshop: *Honoring Grief Throughout the Season*

5:30pm - 7:00pm

Missoula Public Library

Cost: Free

[Learn More](#)

## Attend a Coalition Meeting!

### Healthy Start

Thursday, November 17th, 2016

9:00 AM - 10:00 AM

Missoula Family YMCA

3000 South Russell Street, Missoula, MT 59801

Coordinator Anna Semple

[anna@missoulaforum.org](mailto:anna@missoulaforum.org)

### MUSAP

Wednesday, November 2nd, 2016

General meeting: 9:00 AM - 10:30 AM (new time!)

MAC meeting: 10:30 AM - 11:30 AM

Location: TBA

Coordinator Brandee Tyree  
[brandee@missoulaforum.org](mailto:brandee@missoulaforum.org)

### Rx Task Force

TBA

Coordinator Brandee Tyree  
[brandee@missoulaforum.org](mailto:brandee@missoulaforum.org)

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**The findings and conclusions in these newsletter materials are those of the authors and do not necessarily represent the position of The Missoula Forum for Children & Youth.**

STAY CONNECTED:



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