

## How to Help

The North Coastal Prevention Coalition meets monthly and welcomes community participation:

**2nd Thursday of each month from 8-9 AM**  
**S.D. County Health & Human Services**  
**North Coastal Regional Offices—Community Room**  
**1701 Mission Ave., Oceanside**

In addition to attending monthly meetings, residents and agency representatives have supported Coalition efforts by building relationships within the community, writing letters to local leaders, and attending City Council meetings.

The North Coastal Prevention Youth Coalition (NCPYC) welcomes high school students interested in becoming prevention advocates and developing leadership skills. Contact Taneil Canaday for more information: 760-631-5000 x7146.

## Program Contact Information

The following programs are managed by the Vista Community Clinic in collaboration with the North Coastal Prevention Coalition. *Staff can be reached at 760-631-5000.*

- The **Tri-City Prevention Collaborative** is a project of the North Coastal Prevention Coalition, with Vista Community Clinic serving as the fiscal agent. Funds are provided by the County of San Diego, Health and Human Services Agency, Alcohol and Drug Services. Funding for the **STOP Act (Sober Truth on Preventing Underage Drinking)** is provided by the Center for Substance Abuse Prevention.
  - ⇒ Erica Leary, Program Manager (x7150)
  - ⇒ John Byrom (x7149), Debbie Obregon (x7174), Leticia Robles (x7153), Taneil Canaday (x7146), Nannette Stamm (x7145)
- The **Eastside Neighborhood Association Leadership Project** is funded by The California Endowment.
  - ⇒ Carmela Muñoz, Project Coordinator (x7147)
- The **Tobacco Control Programs** are funded by the County of San Diego and the State of California.
  - ⇒ Gena Knutson, Program Manager (x7165)
  - ⇒ Liliana Sandoval (x7142), Dannah Hosford (x7166), Luzmam Vigil (x7161)

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## 2010 Board of Directors

- **President:** Aaron Byzak, Director of Government Affairs for UCSD Health Sciences
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- Nicole Pappas, Carlsbad Unified School District
- Ray Thomson, Occupational Health Services
- Maria Yanez, Vista Community Clinic
- John Lundblad, City of Oceanside (1st alternate)
- Tess Stewart Todd, Carlsbad Resident (2nd alternate)

## General Membership

- Becker Institute (760-434-7266)
- Carlsbad Police Department (760-931-2162)
- Carlsbad Unified School District (760-729-9291)
- City of Vista, (760-643-2892)
- County of San Diego, HHS, Alcohol and Drug Services (619-584-5007)
- Drug Enforcement Administration (858-616-4100)
- The Fellowship Center (760-745-8478)
- Mothers Against Drunk Driving (858-564-0780)
- McAlister Institute (760-721-2781)
- North County Health Services (760-736-8705)
- Occupational Health Services (760-752-5322)
- Oceanside Police Department (760-435-4900)
- Oceanside Unified School District (760-967-1322)
- Phoenix House (760-729-2830)
- San Dieguito Alliance for Drug-Free Youth (858-755-6598)
- Vista Community Clinic (760-631-5000)
- Vista Sheriff's Department (760-940-4551)
- Vista Unified School District (760-726-2170)
- Various community members
- **You! Join us and make a difference!**



**The North Coastal Prevention Youth Coalition (NCPYC)** encourages high school youth to become advocates for prevention issues. Youth members have taken part in many activities including park clean-ups, conducting store assessments for drug paraphernalia, speaking to policy makers about prevention issues, attending statewide conferences, and being featured many times in local media stories.

## Underage Drinking Forums Planned for Vista in March 2010

As part of NCPYC's efforts to educate the community on the issue of underage drinking, NCPYC members at Vista High School and Rancho Buena Vista High School are planning and organizing a community forum in Vista to discuss the problem. The forum will be open to youth and their parents and will take place in late March. By creating an atmosphere which allows for a community conversation about this issue to ensue, it is hoped that not only will the causes and effects of the problem be identified, but that people will also discuss solutions to the problem of underage drinking in a proactive way. One forum will be conducted in English and one in Spanish. **More NCPYC-Page 3**

**NOTE:**  
**NCPYC general meeting time has changed:**  
**8 AM (instead of 9) on the 2nd Thursday of each month**

## Secondhand Smoke in Multi-Unit Housing



Do you live in multi-unit housing and are bothered by secondhand smoke?

The term multi-unit housing refers to apartments, town homes, and condominiums. There are 11 million people currently living in multi-unit housing complexes in California, and a large majority of

*Serving the communities of Carlsbad, Oceanside, and Vista to reduce the harm of alcohol, tobacco, marijuana and other drugs.*

Winter 2010



## NCPC presents workshop at CADCA

The Eastside Neighborhood Association and NCPYC's proposal to present a workshop at CADCA's National Leadership Forum in February 2010 was accepted. **"Mobilizing residents to change the physical and social conditions in a neighborhood"** is the title of the workshop, designed to share strategies utilized to motivate and mobilize families, city officials and law enforcement to work together to change the conditions in a neighborhood where alcohol, drug abuse and drug dealing are serious concerns. In addition, NCPYC staff are also co-presenting for HARM (Health Advocates Rejecting Marijuana) to share marijuana prevention efforts in San Diego County.

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## Next issue:

- California Healthy Kids Survey 2009 Results

them are in danger of suffering from the health risks associated with secondhand smoke.

According to the U.S. Surgeon General there is no risk-free level of secondhand smoke exposure, which is a mixture of gases and particles from both the burning end of a cigarette

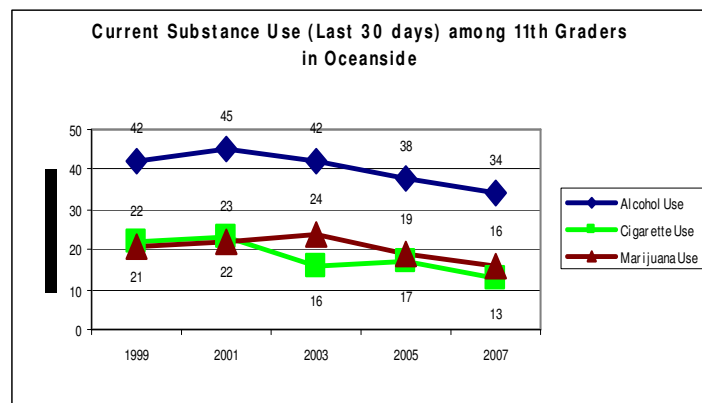
or pipe and the smoke that is exhaled by the smoker.

If you or someone you know lives in multi-unit housing and is suffering from secondhand smoke exposure in the cities of Vista or Oceanside please contact: **Gena Knutson at 760-631-5000 x7165 or [gena@vistacommunityclinic.org](mailto:gena@vistacommunityclinic.org)**

## Collaboration Needed to Decrease Drug Abuse

- Alcohol is the most abused drug in the U.S. Approximately 40% of high school juniors report drinking in the past month.
- Teens who begin drinking before the age of 15 are four times more likely to develop alcoholism than those who begin at the legal age of 21.
- People who begin smoking before the age of 13 are more likely than non-smokers to have problems with alcohol and other drugs.
- Among 11th graders surveyed in 2007 in the Tri-City area, over 15% report having used marijuana in the past month.
- Teenagers whose parents talk with them about the dangers of drugs are 42% less likely to use drugs than those whose parents don't, yet only one in four teens reports having these conversations.

There is no simple solution to the problems of alcohol, tobacco, and other drug abuse. Bringing people together to share resources, ideas, and expertise creates opportunities to address issues in new ways, resulting in creative solutions.



Source: California Healthy Kids Survey, 2007. For CUSD and VUSD results, visit [www.northcoastalpreventioncoalition.org](http://www.northcoastalpreventioncoalition.org).

### Eastside Neighborhood in Oceanside Continues to Improve

In August 2009, the Eastside Neighborhood Association (ENA) conducted its fourth biennial community survey to assess progress and identify areas to emphasize its efforts. The greatest improvements in the community, according to respondents, are related to community events at Joe Balderrama Park (88%). These include Día del Niño, National Night Out and La Posada, and

they were also mentioned as a strategy to increase safety in the neighborhood (95%). This year will be another busy year for the association members since they are adding more tasks to continue improving the increased safety and promote healthy activities for the youth. Some of the new events planned in 2010 include a soccer and football clinic, community clean-ups, and a march against crime.



ENA children take a picture with Santa during 2nd Annual La Posada 2009

The Eastside Neighborhood Association hosted their 2<sup>nd</sup> annual La Posada celebration in December 2009. More than 250 people gathered as a community at Joe Balderrama Park to celebrate the holiday season together. The event featured a procession around the neighborhood, pictures with Santa and a play representing the meaning of the holiday season. Children had the opportunity to break the candy-filled piñatas in addition to receiving a goody bag with more treats. All proceeds from La Posada will benefit the funding of future events.

### ENA 2010 Events

- Día del Niño– April 24th
- National Night Out– August 4th
- La Posada– December 17th

## Our Mission

The mission of the North Coastal Prevention Coalition is to reduce the harm of alcohol, tobacco, marijuana, and other drugs in the cities of Carlsbad, Oceanside, and Vista through community action, education, support and collaboration.

### NCPYC joins efforts with Friday Night Live

North Coastal Prevention Youth Coalition entered into a partnership with Friday Night Live—a high school club program which emphasizes positive youth development—in order to operate and organize using a school campus based model. NCPYC began working closely with the established Friday Night Live (FNL) chapters at Vista High School and Rancho Buena Vista High School, and FNL chapters have been approved and are in the start-up phases at El Camino High School in Oceanside and Carlsbad High School. The FNL meetings are accessible for students to attend during lunch on the four high school campuses, and NCPYC continues to serve as a facilitator to engage youth in environmental prevention work throughout the region.

Interested in joining NCPYC?  
Contact: Taneil Canaday  
[tcanday@vistacommunityclinic.org](mailto:tcanday@vistacommunityclinic.org)  
760-631-5000, Ext. 7146

NCPYC members participated in the Mothers Against Drunk Driving (MADD) Youth in Action recognition event which celebrated the efforts of young people who work to prevent underage drinking. They were able to meet other like-minded young people in San Diego County who are committed to substance abuse prevention, and enjoyed a wonderful night of food, dancing, and fun!



NCPYC at the 80's themed MADD Recognition event in December 2009

## 420 Remix

NCPC is looking for additional support to make 420 Remix 2010 another success!



Since 2004, NCPC has worked to reclaim April 20th as a day to celebrate sober and drug-free life choices. Often viewed as the drug-culture's unofficial "holiday" for smoking marijuana, NCPC works to inform parents about this code of marijuana use and provide teens a healthy and positive alternative. Last year, 420 Remix—A Celebration of Sober and Drug Free Life Choices took place at Boomers! in Vista, California. Youth in grades 7 through 10 in the Tri-City region were invited and over 800 attended the event. Teens got to enjoy all of Boomers! rides and most activities for free.

The 420 Remix had been funded in part by the Drug Free Communities grant which concluded in June 2009. We are in the process of fundraising sufficient money to continue the momentum and celebrate the 6th annual 420 Remix on April 20, 2010. So far we have raised nearly \$1,000. The anticipated cost of the event is about \$4,000. Please let NCPC know if you know of anyone that might be interested in helping or have any suggestions.

### We encourage your participation in NCPC's newsletter.

If you have any ideas for our upcoming issue and/or would like to submit an article for publication, please contact:

Leticia Robles, Media Specialist  
[lrobles@vistacommunityclinic.org](mailto:lrobles@vistacommunityclinic.org)  
760-631-5000 Ext. 7153