Healthy Communities that Care
A Proactive Community Approach to Youth Development

HCTC News

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HBO's Addiction Project to begin on March 15th: This ground breaking series is not just a documentary about addiction it is designed to start a community movement around understanding and awareness of addiction, treatment, recovery and prevention. The project features fourteen documentaries with real life stories and expert interviews, a companion book, an informational website, viewers guides and a national media campaign focusing on the new messages about addiction and recovery. Much of the focus of this series is on the science of addiction and will feature new information on addiction as a brain disease. Many communities across the country are using this series to as a foundation for town hall style meetings to discuss the issue of addiction.

For more information on this story: http://addictionaction.org/about/about-the-project.html

How Europe's Youth Drinking compares to the US: New research conducted shows that youth in Europe drink more and get drunk more frequently than their American peers. The new data shows that the idea that European youth learn to drink responsibly and moderately in a family setting is a myth. Easy access to alcohol allow youth to drink excessively and often in risky a risky manner regardless of whether the youth live in Europe or the US. The study showed that while the 22% of youth in the US binge drink 57% binge drink in Germany and 54% binge drink in Great Britain.

For More Information on this story: http://www.jointogether.org/news/research/summaries/2005/youth-drinking-worse-in-than.html

Creating a Healthy Future Now

About the HCTC Newsletter

HCTC News is a monthly resource for community members to hear about new research on youth development and problem behavior prevention and to gain tips to strengthen parents and communities efforts. For more information on HCTC go to:

http://www.gvhp.org/orgMain.asp?storyID=119&orgID=12&sid=

For more information on Youth Development: http://www.gvhp.org/orgMain.asp?storyID=142&orgID=12&sid=

Keep Your Eyes Open!
The Genesee Valley Health Partnership (GVHP) is working with its partners to develop a quarterly health and wellness newsletter for local schools. The newsletter will be a single source of information on news, announcements, and articles from local health & wellness organizations, including upcoming events, and practical and useful health tips. It will also include information on GVHP projects impacting schools: HIP HOP, Second Step, Healthy Communities That Care, Livingston Worksite Wellness Partnership, and Simple Steps. The first issue will be distributed in March 2007.

Tips for Setting Clear Rules and Consequences:

Involve your children in creating rules, expectations and boundaries. Ask them what they think are fair rules and consequences for breaking those rules

Set the rules and the consequences at the same time. This way there is no surprises or misunderstandings if a rule is broken.

ALWAYS follow through on the consequences that you have set. Parents and caregivers must always be consistent every time a rule is broken and must be consistent with every child

Know where your kids are at all times.

Let them know the expectations that you have for them and ask them what their expectations are for themselves.

Be a role model for your children and encourage other adults to be good role models

For More Information: http://www.theantidrug.com/advice/advice_enforcing_rules.asp

Want to know what is happening in each of the 6 HCTC communities? Click here: http://www.gvhp.org/orgMain.asp?storyID=117&orgID=12&sid=

To remove your name from our mailing list, please email racheletrost@yahoo.com.

Questions or comments? E-mail us at racheletrost@yahoo.com or call (585) 227-0279