



Preventing Youth Violence, Alcohol, Tobacco and Drug Use

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Dear TOGETHER!,

There's a lot going on this summer, both good and concerning. Though Thurston County is threatened by a new drug, we're also serving a lot of needy kids and witnessing three hospitals go smoke-free. Read on to find out details.

Neighborhood Center Bustling with Activity

Food, Kids Abound at Evergreen Villages

Our Neighborhood Center is a hub of community activity! The Neighborhood Center is at Evergreen Villages, an apartment complex serving low-income families in Olympia. Our program each day serves up to 90 youth per month, ages 4 to 19. Adults can get help to apply for economic assistance programs or to searching for employment.

Serving Meals to Children and Youth: As usual, the center is FULL of kids this summer. We serve breakfast and lunch to about 65 children and youth each day. What a great way to bring the kids together to play and have time with caring adults. This includes staff, volunteers and an AmeriCorps member.



Food Bank Site: Once a month, the center also serves as a Thurston County Food Bank distribution site. Adults and seniors come and go as they pick up their food supplies. If a senior is unable to come or get their box home then we have a volunteer who will deliver it to them.

Garden Growing: What better way to spend a warm summer day than in the garden? We have a garden patch with [GRuB \(Garden-Raised Bounty\)](#) at Sunrise Park, adjoining the



property. It is lush with summer vegetables. The children and youth get to go out to weed and harvest. Adults or families can also reserve a garden box and grow their own produce.



Hospitals Are Now Tobacco-Free Zones



Capital Medical Center and all Providence facilities in the Southwest Washington Service Area have gone tobacco-free starting Aug. 2, 2010. The use of any tobacco product is now prohibited on the campuses of Capital Medical Center, Providence St. Peter Hospital, Providence Centralia Hospital, and all facilities leased by Capital and Providence, including physician practices and any vehicle parked in garages or lots owned by the companies.

Here's a video from Providence with more information: <http://www.providence.org/swsa/tobacco-free.htm>. Or watch a [video on their Facebook page](#) of one of their smoking huts being torn down.

Renee Crotty, the director of marketing, public relations and volunteer services for Capital Medical Center and also a board member with TOGETHER!, explained that Capital Medical Center "collaborated with Providence on this initiative because we believe a tobacco free campus is paramount to improving the well-being of our patients, visitors, employees, and volunteers. ... As a TOGETHER! board member I am elated as we are moving in a direction of prevention rather than treatment and that Thurston County youth are witness to the health and social implications of tobacco use from the very institutions who care tobacco related illnesses."

TOGETHER!'s Community Mobilization Director Meghan Sullivan attended the kickoff event Monday. TOGETHER! had our Cessation Resource guide and our quit kits on hand. If you would like any cessation support or materials, please contact TOGETHER! at 360-493-2230 x17, or [click here to find tobacco resources on our website](#).

Spice: Drug Fad Hurting Thurston County

Deadly Herbal Mixture Shows up in Juvenile Drug Court

Spice -- an herbal mixture laced with synthetic chemicals that mimic a marijuana high when it's smoked -- has been growing in use and notoriety this year. Thurston County is seeing



its use rise rapidly. It's become a problem among Juvenile Drug Court participants. Some members smoke it and encourage others to do so because it's legal and doesn't show up on a drug screening. Court officials are aware of the problem and have been advising participants against its use or removing them for noncompliance. Use of all mind-altering substances is against Drug Court policy, and the drug's effects on health are quite concerning. The Olympian newspaper has focused on spice recently as well; you can find links to some of their recent stories at the end of this article.

Spice seems to cause many side effects and scientists have found it to be quite harmful to the body. It can even cause death.

[Read the rest of this article on TOGETHER!'s website by clicking here.](#) Included in the article are information on a Tumwater boy sickened by spice, more facts about the dangers of spice, and links to further stories about this growing fad.

Lacey, Tenino Add Prescription Drop Boxes

The Thurston County Prescription Drug Task Force has helped in getting two more prescription drop boxes installed! One is in front of Lacey City Hall and the other is inside of Tenino City Hall. These are the third and fourth boxes the task force has been responsible for; there are now five boxes in the county.

The drop boxes are at:

- Thurston County Courthouse (Accepts narcotics)
- Tumwater Police Department (Indoors; must go during business hours. Accepts narcotics.)
- Lacey City Hall (Accepts narcotics)
- Tenino City Hall (Indoors)
- Group Health Cooperative (Does NOT accept narcotics)

For a complete list of drop boxes in the state, go to www.ThurstonTOGETHER.org and click on the pill bottle.

TOGETHER! prevents youth violence and substance abuse through awareness, advocacy and action to support youth and families. Our vision is for all young people in Thurston County communities to be supported, healthy, safe and valued.

To learn more, visit us at www.ThurstonTOGETHER.org or call us at 360-493-2230.

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