

Oct./Nov. 2018



# Bimonthly Newsletter

[buildingasaferevansville.org](http://buildingasaferevansville.org)

**The BASE Mission:**  
To raise awareness about the impact that high risk behaviors have on our community, provide education and engage all stakeholders in order to reduce youth substance abuse.

## Mark Your Calendars!

The next BASE Coalition meeting is scheduled for:  
Friday, December 21st at 8:00 AM  
Creekside Place

Narcan Training  
Wednesday, January 23rd from 6-7pm  
Evansville EMS- 11 W. Church St.



## 2018 Board of Directors

- Mike Czerwonka (President)  
Evansville School District
- Kelly Klingensmith (Vice President)  
Rock County Health Department
- Lt. Patrick Reese (Treasurer)  
Evansville Police Department
- Jim Brooks Evansville Community Partnership
- Laura Mays Stoughton Hospital
- Deb Miller Evansville High School
- Gail Pluemer Winter Parent
- Kaitlynn Finfrock Youth Representative
- Jennifer Braun Executive Director

## In this Issue:

Medication Take Back in  
Evansville Update

St. John's Lutheran Church  
Presentation

Creekside Place Health  
Fair

Hidden in Plain Sight:  
Evansville Middle School  
and High School  
Conferences

What's in your JUUL?

Keeping Our Families Safe  
During the Holiday Season:  
Medication and Alcohol  
Safety and Storage Tips

**Twitter/Snapchat @BASEvansville Instagram @basevansville09 FB @buildingasaferevansville**

**The BASE Mission:**  
To raise awareness about the impact that high risk behaviors have on our community, provide education and engage all stakeholders in order to reduce youth substance abuse.



Bimonthly  
Newsletter

[buildingasaferevansville.org](http://buildingasaferevansville.org)

## Over 3,500 Pounds of Medication Collected

The Evansville Police Department has collected and disposed of 3,542 lbs of unused, unwanted and/or expired medications since 2011. These medications are now out of our homes, our waters, and the hands of our youth!

64%

of kids ages 12-17 say they have taken meds from their friends, relatives, or people they know without their knowledge.

BASE partnered with the Evansville Police Department to host three Medication Take Back Events this Fall. October 27 was the Annual Fall Medication Take Back Day, where over 30 lbs/ of medications were collected. The events at the Creekside Place Health Fair and St. John's Lutheran Church brought in 10 additional pounds of medications.

If you were unable to attend any of these events, keep in mind that the City of Evansville Police Department provides you with an anonymous, easy, secure, and responsible way to properly dispose of drugs 24/7. They have established a permanent medication drug drop-off box for all Rock County Residents. Questions about dropping off medications can be directed to the Evansville Police Department at 608.882.2299.

Safe storage and proper disposal of medications is very important. BASE has free resources available to assist you in keeping your medications safe. Contact a BASE representative for medication lock boxes or bags, disposal bags, or timer caps.





# Bimonthly Newsletter

[buildingasaferevansville.org](http://buildingasaferevansville.org)

**The BASE Mission:**  
To raise awareness about the impact that high risk behaviors have on our community, provide education and engage all stakeholders in order to reduce youth substance abuse.

## BASE at St. John's Lutheran Church

On November 18, BASE partnered with the Evansville Police Department and St. John's Lutheran Church to host a Medication Take Back Event and provide St. John's members with more information about BASE.

The EPD collected 5 lbs of medication, Jen and Hannah gave a presentation about what BASE does in the community and even the mayor stopped out to say "Hi" and drop off some meds.

Courtney Bergsma and Deb Miller spoke at the Sunday services about their journey with BASE. Thank you St. John's for a wonderful Sunday.



Pictured: Hannah Hathaway (BASE), Morgan Katzenmeyer (BASE/EMS), Officer Wickstrum (EPD), Jen Braun (BASE), Mayor Bill Hurtley, and Lt. Reese (EPD/BASE).



Pictured: Courtney Bergsma (BASE)

**The BASE Mission:**  
To raise awareness about the impact that high risk behaviors have on our community, provide education and engage all stakeholders in order to reduce youth substance abuse.



# Bimonthly Newsletter

[buildingasaferevansville.org](http://buildingasaferevansville.org)

## Creekside Place Health Fair

BASE and the Evansville Police Department attended the Creekside Place Health Fair on October 29. We enjoy opportunities like these to get out in the community and provide resources and information. The Health Fair was a great chance to get medication lock boxes, lock bags, disposal bags, and timer caps to community members in need. At this event, there were many concerned citizens that worried about their grandchildren taking their medications without their knowledge. These free resources are a great way to deter this from happening and put minds at ease.

For more information on where you can get a free medication lock box, lock bag, disposal bag, or timer caps, please message Building a Safer Evansville on Facebook, or e-mail Jen Braun ([jbrown.base@gmail.com](mailto:jbrown.base@gmail.com)) or Hannah Hathaway ([hhathaway.base@gmail.com](mailto:hhathaway.base@gmail.com)).





## Bimonthly Newsletter

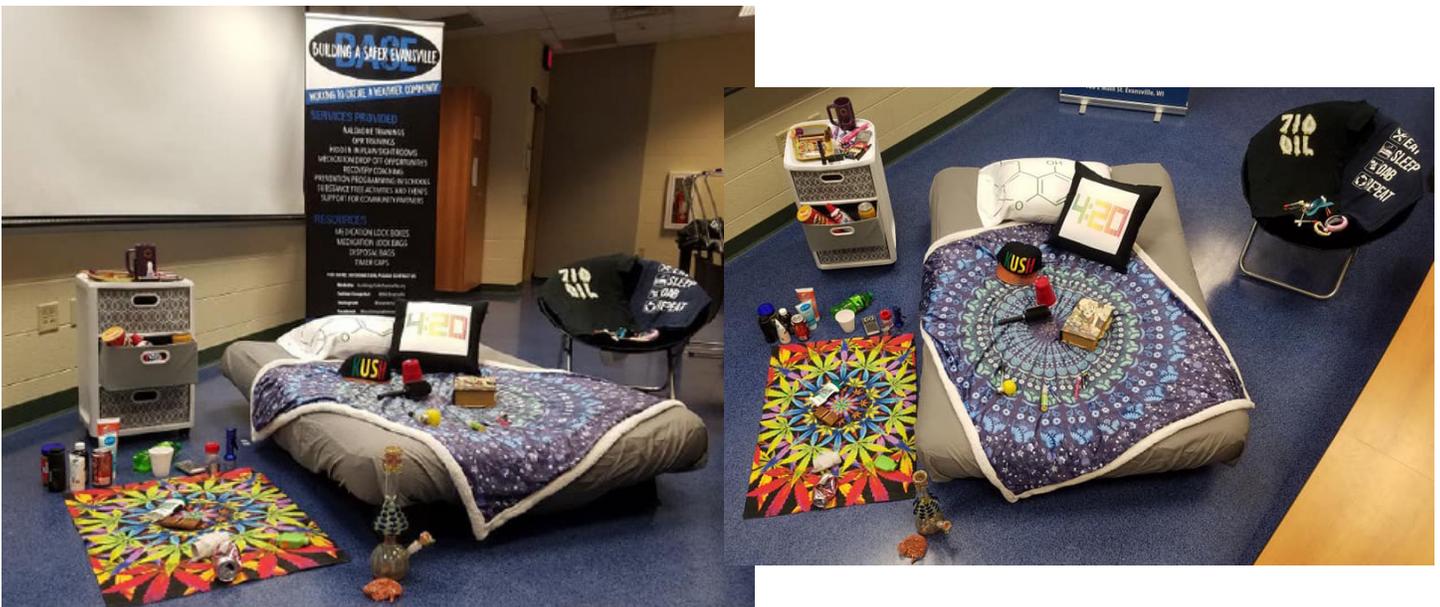
[buildingasaferevansville.org](http://buildingasaferevansville.org)

**The BASE Mission:**  
To raise awareness about the impact that high risk behaviors have on our community, provide education and engage all stakeholders in order to reduce youth substance abuse.

# Hidden in Plain Sight: What has changed since you were a kid?

What you see: a messy room.

What we see: Over 50 signs that the teen living in this room is engaging in risky behaviors.

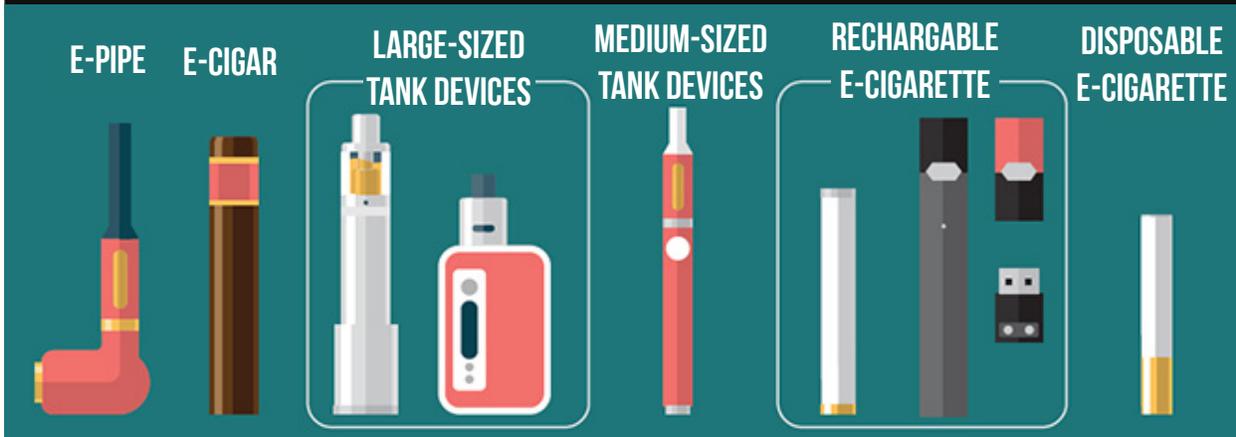


“Hidden in Plain Sight” is a mock bedroom setup exhibiting not only well known drug/alcohol related items, but also common, everyday objects that may be used to conceal drugs, alcohol, and paraphernalia. Parents, teachers, guardians- whoever is attending the display- receives a list of items to find, like a scavenger hunt. They are then able to hold and handle these items.

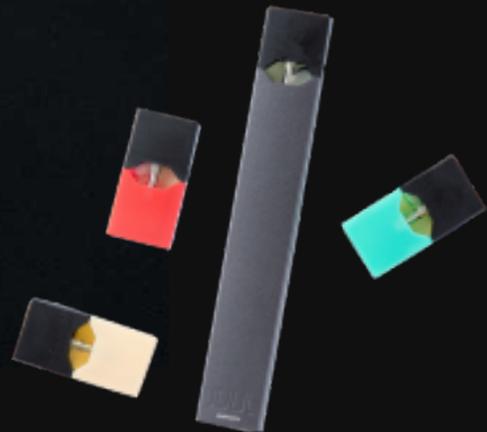
BASE hosted a Hidden in Plain Sight Room at Evansville Middle School and High School Conferences and recieved feedback from parents and staff such as, “Very shocking- things have really changed,” “Very informative and eye opening!”, and “Share this with as many people as possible.”

If you have not had the chance to walk through a Hidden in Plain Sight room, please keep an eye on the Building a Safer Evansville Facebook page for future display opportunities.

# DIFFERENT TYPES OF VAPING DEVICES



One JUUL pod has the same amount of nicotine as an entire pack of traditional cigarettes.



For more information  
[buildingasafer.evansville.org](http://buildingasafer.evansville.org)

**BASE**



# BATTERY ACID

**! DANGER**

**HIGHLY CORROSIVE  
CHEMICAL.**

**CAN CAUSE IRRITATION,  
ITCHING, AND SEVERE BURNS.**

# ACETONE

**! DANGER**

**HIGHLY FLAMMABLE  
LIQUID AND VAPOR**

**HARMFUL IF SWALLOWED**

**MAY CAUSE EYE AND  
SKIN IRRITATION**

# METAL SHAVINGS

**! DANGER**

**Hazardous heavy metals:**

- Lead**
- Chromium**
- Manganese**
- Nickel**

# FORMALDEHYDE

**! DANGER**

**MAY CAUSE CANCER.**

**CAUSES SKIN, EYE, AND  
RESPIRATORY IRRITATION.**

**AUTHORIZED  
PERSONNEL ONLY.**

# NICOTINE

**! DANGER**

**Addiction to Nicotine**

**Reduced lung function and growth**

**Harmful to brain  
development**

**Early cardiovascular  
damage**

**The BASE Mission:**  
To raise awareness about the impact that high risk behaviors have on our community, provide education and engage all stakeholders in order to reduce youth substance abuse.



Bimonthly  
Newsletter

[buildingasaferevansville.org](http://buildingasaferevansville.org)

## Keeping our Families Safe for the Holidays: Rx Drugs and Alcohol

The holidays are a great time of year for family and friends to spend quality time together. Whether your aunt and uncle from far away are coming to stay at your house, or you are traveling across the country to surprise a cousin for Christmas- it is important to remember a few things to keep those you care about safe and happy. While it is common to think about the dangers of illegal substances, sometimes other threats slip past our radars: medications and alcohol. Here are 10 Safety Tips from BASE to remember this holiday season:

### ***Medication Safety and Precautions***

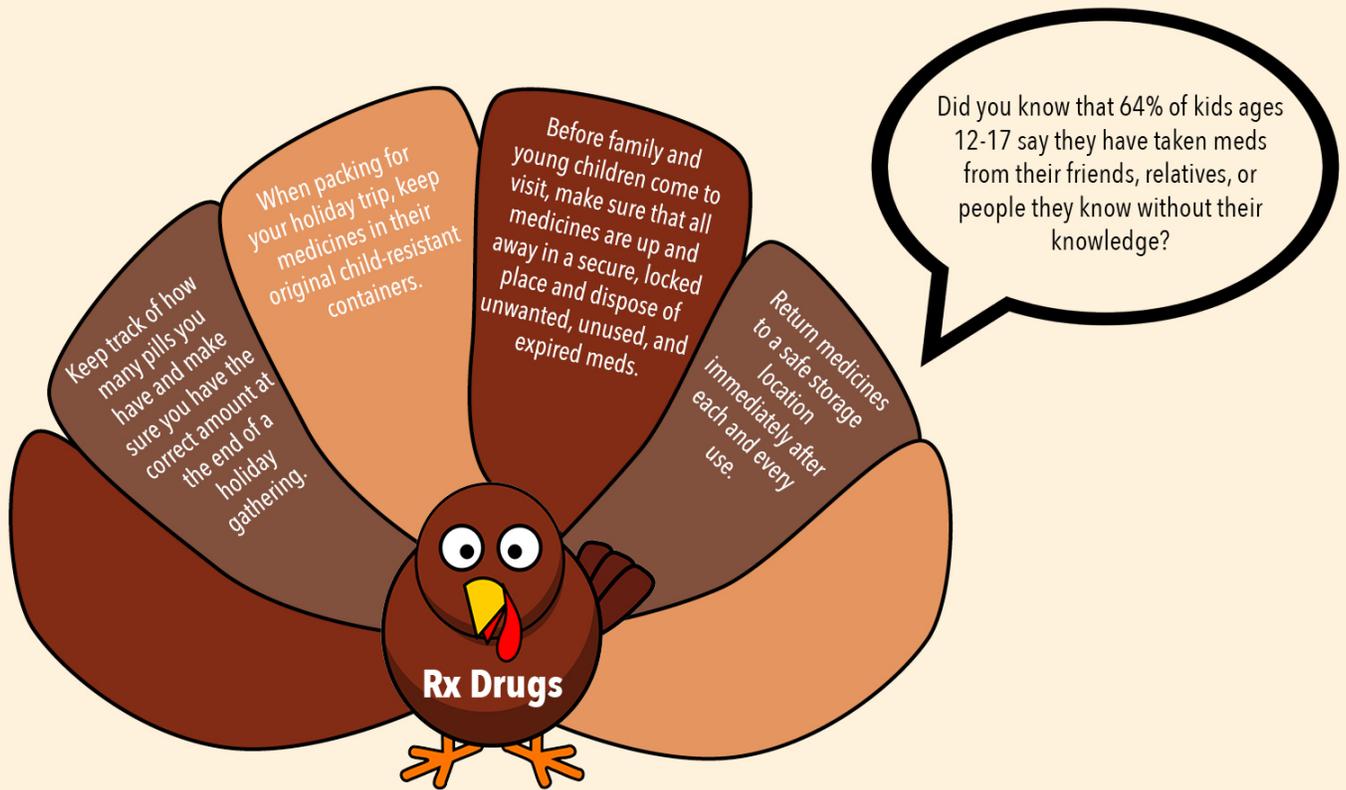
1. Keep medications stored in a secure, locked location.
2. Dispose properly of unused, unwanted, and/or expired medications before family and friends come to visit.
3. If traveling, be aware of where your medications are at all times. Store in travel-sized lock boxes or lock bags.
4. Keep track of how many pills you have and put them back in their secure location immediately after use.
5. Talk to your children about the dangers of Rx drug abuse and be the example they need.

### ***Alcohol Safety and Precautions***

1. Keep alcohol stored in a private, secure, and possibly locked location.
2. Offer non-alcoholic beverages in addition to or instead of alcoholic beverages.
3. Be careful not to overserve guests, but also have a plan for a designated driver or lodging arrangements for guests unfit to drive home.
4. Remember that alcohol is a complement, not the purpose.
5. Talk to your children about the dangers of alcohol abuse and be the example they need by celebrating responsibly.

# Have a Happy and Safe Thanksgiving

Building a Safer Evansville would like to remind our community to take the proper precautions to keep our families safe during this holiday season.



**Rx Drugs**

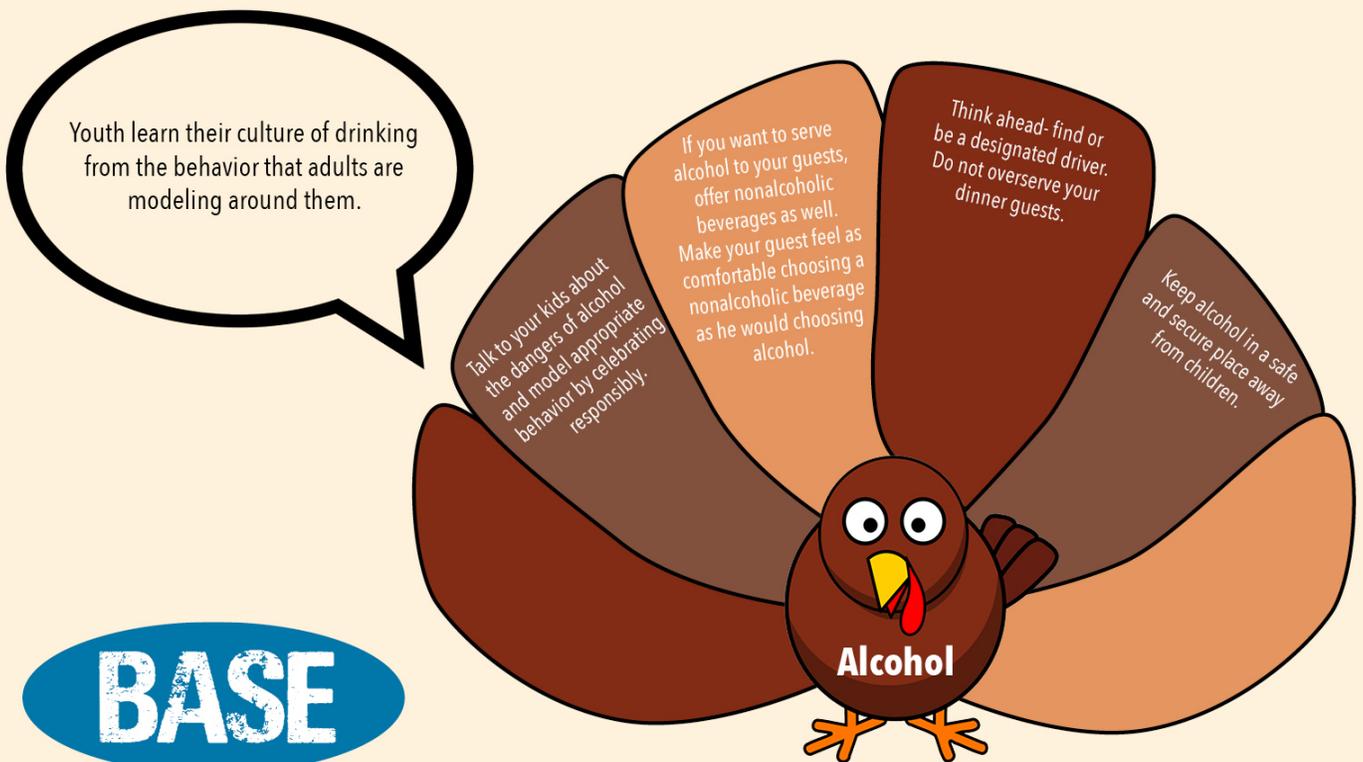
Keep track of how many pills you have and make sure you have the correct amount at the end of a holiday gathering.

When packing for your holiday trip, keep medicines in their original child-resistant containers.

Before family and young children come to visit, make sure that all medicines are up and away in a secure, locked place and dispose of unwanted, unused, and expired meds.

Return medicines to a safe storage location immediately after use.

Did you know that 64% of kids ages 12-17 say they have taken meds from their friends, relatives, or people they know without their knowledge?



**Alcohol**

Youth learn their culture of drinking from the behavior that adults are modeling around them.

Talk to your kids about the dangers of alcohol and model appropriate behavior by celebrating responsibly.

If you want to serve alcohol to your guests, offer nonalcoholic beverages as well. Make your guest feel as comfortable choosing a nonalcoholic beverage as he would choosing alcohol.

Think ahead- find or be a designated driver. Do not overserve your dinner guests.

Keep alcohol in a safe and secure place away from children.

