

Parent to Parent Newsletter

April 2016

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Here to Help!

Gov. Walker signs bills at OMH in battle against opioids
By Donna Franke 3/21/16



Oconomowoc Memorial Hospital was one of four hospitals across the state where Gov. Scott Walker signed bills to combat the opioid addiction epidemic on March 17.

The bills are a part of the Heroin Opioid Prevention and Education (HOPE) agenda.

"The health of the citizens of our state is incredibly important, and our HOPE tour works to provide information and support to Wisconsinites who face drug abuse and addiction," Walker said in a news release.

[Read More](#)

Greetings!

Welcome to the Your Choice monthly newsletter, *Parent to Parent*, written by parents for parents. Here you will find the latest information on what parents should know about drugs and alcohol as well as local resources.

Stairway to Heroin Educational Series

presents

"Wake Up Call"

Life-Size Exhibit and Guided Tour in Hartland
Hidden In Plain Sight - Teen Bedroom Can Hide Signs of Drug & Alcohol Use

Ribbon Cutting Ceremony

Wednesday, April 6th at 3:45pm

138 North Avenue

Hartland, WI 53029



Wake-Up Call is a life-size exhibit of a teen's bedroom (male or female) with more than 20 "red flags" that can signal drug or alcohol use. The bedroom identifies spots where teens may hide drugs, household items that can be used as drug paraphernalia and ways teens try to cover up drug and alcohol use. Our goal is to educate parents and other adults who are influential in the lives of youth so they know what seemingly innocent items can actually be an indication of substance abuse.

The Wake-Up Call Exhibit is located at 138 North Avenue, Hartland

(Entrance located at the front of the building on the street level. Additional public parking is available behind the building)

As part of the exhibit, guided tours will run every 30 minutes.

Public tour hours:

Thursday, April 14th & Thursday, April 21st
10:30 - 1:30pm & 6:00 - 8:00pm

Friday, April 15th - 10:30-1:30pm

Friday, April 22nd - 10:30-1:30pm

Saturday, April 23rd - 11:30-2:30pm

Private tours for groups of 8 or more adults can be arranged throughout the month of April. To set up a private tour please contact the Your Choice office at (262) 367-9901.

This is an educational opportunity for adults (21 years of age and older) only and youth will not be allowed to tour the bedroom.



[Printable Flyer](#)

[More Information](#)

Tips for Teens: "In the Mind of a Teenager"

Inspirational letter written by a





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Quick Links

- [Our Website](#)
- [Drug tests](#)
- [Books](#)
- [Resources](#)

Upcoming Your Choice Events

April

Tuesday, April 5th

Health Class
Presentations
8:50am to 10:40am
Pewaukee High School

Wednesday, April 6th

Health Class
Presentations
11:23am to 2:06pm
Arrowhead High School

Thursday, April 7th

Health Class
Presentations
7:20am to 2:26pm
Arrowhead High School

Tuesday, April 12th

Stairway to Heroin
6-6:30pm - Resource Fair
6:30-8:30pm - Program
Sauk Prairie School
District
[Register Now](#)

Wednesday, April 13th

The Morning Blend
9:00am
Tyler and Katie will be
doing a segment on
"Wake Up Call"

Thursday, April 14th

"Wake Up Call"
Public Tours
10:30am to 1:30pm
6:00pm to 8:00pm

graduate of our Your Choice Detour class:

Dear Mom,

Over the past 6 months I have made some regrettable, high-risk decisions that have resulted in a lot of negative consequences for myself and our family. Realizing this, I have decided to put a new plan into place for my lifestyle. I will take my time making decisions when I am in high risk environments and identify the smart low risk decision that I will be happy with when I wake up the next morning. By doing this I will prevent myself from progressing from the yellow stage into the orange or potentially red stage. If I do find myself in a position where I have started to make high risk drinking decisions, I will take a step back and reassess my mindset and then call you or dad to come and pick me up and take me to a low risk environment. With this plan in place I feel safer and more secure about my future.

In this class I realized that the thing I value most is the respect of my family members because they are the people most invested in my past and future. High risk choices that I make are disappointing and frightening to my parents and siblings. One new thing that I learned in this class is the 0123 guideline system. I did not know that there was a set system for healthy drinking choices I thought it depended on the person. Another thing that I learned is that once you reach the red zone of addiction the only healthy choice for you is to completely abstain from drinking completely. This is a scary thought and makes me hesitant to make high risk choices. Lastly I learned that THC is physically addictive. I had heard from some of my peers that smoking marijuana was not at all addictive but apparently they were incorrect, as the studies that we were shown in the class proved. I was not in the class to learn about drug use but inadvertently gained some knowledge about that.

Your Son

[Find out more about Detour](#)

What Parents Should Know: Doctors told to avoid prescribing opiates for chronic pain

Liz Szabo USA TODAY 2:35 p.m. EDT March 16, 2016



The nation's top federal health agency urged doctors to avoid prescribing powerful opiate painkillers for patients with chronic pain, saying the risks from such drugs far outweigh the benefits for most people.

The Centers for Disease Control and Prevention in its first ever guidelines for dispensing the morphine-like, addictive drugs, such as Vicodin and OxyContin, said it took the action Tuesday to combat the nation's deadly prescription painkiller epidemic.

The guidelines carve out an exception for patients receiving cancer treatment or end-of-life care. When doctors determine that such drugs are necessary in other situations, the CDC advises doctors prescribe the lowest possible dose for the shortest amount of time.

About 40 Americans die each day from overdosing on prescription painkillers, according to the CDC. In 2013, an estimated 1.9 million people abused or were

Friday, April 15th
"Wake Up Call"
Public Tours
10:30am to 1:30pm

Friday, April 15th
The Lybert family will be testifying before the U.S. Senate Committee on Homeland Security and Governmental Affairs on the topic of "Border Security and America's Heroin Epidemic: The Impact of the Trafficking and Abuse of Heroin and Prescription Opioids in Wisconsin."

Monday, April 18th
Youth Presentation and Parent Night
12:50pm to 2:45pm
6:30pm to 8:00pm
Hurley, WI

Thursday, April 21st
"Morning Magazine" radio spot on WFAW News Talk Radio 940AM
Air time - 9am to 10am
The talk will be on the upcoming Stairway to Heroin on April 26th at Watertown High School

Thursday, April 21st
"Wake Up Call"
Public Tours
10:30am to 1:30pm
6:00pm to 8:00pm

Friday, April 22nd
"Wake Up Call"
Public Tours
10:30am to 1:30pm

Saturday, April 23rd
"Wake Up Call"
Public Tours
11:30am to 2:30pm

Tuesday, April 26th
Youth Presentation
9:35am to 10:25am
Menomonee Falls North Middle School

Tuesday, April 26th

dependent on prescription opiates.

"We know of no other medication routinely used for a nonfatal condition that kills patients so frequently," said CDC director Thomas Frieden. "We hope to see fewer deaths from opiates. That's the bottom line. These are really dangerous medications that carry the risk of addiction and death."

The CDC directed the guidelines to primary care physicians, who prescribe nearly half of opiates. Doctors aren't legally obligated to follow the recommendations, which are intended for adult patients, but such directives often have influence.

The CDC hopes the guidelines will help doctors determine when to begin or continue opiates for chronic pain, which type of painkiller to choose, how long to administer the drugs and how to weigh their risks.

Andrew Kolodny, executive director of Physicians for Responsible Opioid Prescribing, called the recommendations a "game changer" that doctors are likely to follow.

[Continue Reading](#)

DON'T MISS THESE UPCOMING EVENTS!

Stairway to Heroin Events



Parents are still the most powerful influence in their children's lives. Children who learn about the risks of drugs and alcohol from their parents are 50% less likely to use than those who don't. Please join us to learn how you can be part of the solution to this ever-growing concern in our community.

SAUK PRAIRIE

Tuesday, April 12th
6:00pm to 6:30pm - Resource Fair
6:30pm to 8:30pm - Program
Sauk Prairie School District River Arts Center

[Download Flyer](#)

[REGISTER NOW!](#)

WATERTOWN

Tuesday, April 26th
6:00pm to 6:30pm - Resource Fair
6:30pm to 8:30pm - Program
Watertown High School Auditorium

[Download Flyer](#)

[REGISTER NOW!](#)

How to Parent So Children Will Learn

Thursday, April 7th
6:30pm to 8:00pm
Oconomowoc High School Little Theater



Parenting is more complex than it has ever been. Dr. Rimm will share some of the foundational principles she has guided listeners of her national public radio program and

Stairway to Heroin
6-6:30pm - Resource Fair
6:30-8:30pm - Program
Watertown High School
[Register Now](#)

Thursday, April 28th
Health Class
Presentations
7:50am to 2:17pm
Menomonee Falls High
School

For more information
about the presentations,
please visit our "[Upcoming
Events](#)" calendar.

**ACTION POINT: Not
sure if a loved one
is using drugs?
Test them.**



We have 10 panel urine
drug screen tests available
that test for:

- AMP-Amphetamines
- COC-Cocaine
- BZO-
Benzodiazepines
- OPI-Opiates
- THC-Marijuana
- PCP-Phencyclidine
- BAR-Barbiturates
- MAMP-
Methamphetamine
- MTD-Methadone
- MDMA-Ecstasy

These tests are simple,
easy to use and results
are instant. We are asking
for a donation of \$7.00 per
test.

[ORDER NOW](#)

**DETOUR
Alcohol and Drug
Awareness
Lifestyle Risk
Reduction Class**



viewers of her NBC-TV Today show
interviews.

Perfectionism, competition, peer pressure, the changing
roles of parents, single parents, divorce, creativity, sibling
rivalry, the impact of technology, and of course, school
achievement will be among her topics.

[Download Flyer](#)

[REGISTER NOW!](#)

**Parents United Presents:
"Mental Health; Troubled
Waters" Navigating Child and
Adolescent Mental Health**

Wednesday, April 13th

9:00am to 12:30am

Richard T Anderson Education
Center - WCTC Campus Pewaukee



Guest Speaker: Brian Fidler, PsyD Milwaukee Psychiatric
Physicians Chartered

*Gain basic understanding of pediatric brain development
and various stages it goes through from conception to
adulthood

*Gain appreciation for why/how specific mental health
issues (ADHD, depression, anxiety, etc) are likely to
emerge during these stages

*Strategies to assist children, adolescents, parents and
families

Pre-registration is REQUIRED for this workshop!
Please email Ediescott1950@zoho.com by April 8 if
interested in attending

A \$10 CASH donation will be collected at the door for any
non-Parents United member

[Download Flyer](#)

Community Naloxone Training

Tuesday, April 19th

7:00pm

Healing Corner

19115 W. Capitol Drive Suite 117
Brookfield, WI, 53045



This training is designed to reach,
educate, and equip parents, family
members, and loved ones who
may have an opiate user in their life. Our goal is to eliminate
as many opiate overdose deaths as possible.

This training takes place every 3rd Tuesday of the month.

Your Choice to Live recognizes the need for parents to be
educated on topics such as drug and alcohol prevention in
regard to their children. With that said, please let us know if
you have any questions, comments or concerns or if you
would like to read about a certain topic in the next
newsletter, please email Ashleigh at
yourchoice.live@yahoo.com

Sincerely,

Sandi Lybert
Your Choice to Live Founder

Parents - are you concerned that your child might be experimenting with alcohol and/or drugs?

To find out more about our program, please visit our [website](#).



Your Choice to Live is a 501 (c)(3) non-profit group which provides an array of services that empower and support individuals, families, and communities to make informed choices regarding their use of alcohol or other drugs. Currently there is little or no funding in our school systems to provide drug and alcohol education to our students.

We're asking you, today, to take a stand for drug and alcohol education in our school systems by making a simple donation. Your donation will help to educate our youth about the devastating effects drugs and alcohol can have on a person. To send your generous donation, please detach this coupon and mail along with your check to:

Your Choice to Live
138 North Avenue
Hartland, WI 53029

[Or make a donation using a debit or credit card](#)



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