

Youth News

September 2009—November 2009 edition

We need your help...

Help us make this newsletter possible. If you know of any special youth-related events being held throughout the area in upcoming months, or would like to submit your own items for publication in the next newsletter, please let us know.

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When Logan Police Officer Chris Smith was 15...

By MARK DANIELS

When he was fifteen, growing up in Massillon, Ohio, Chris Smith knew he wanted to be in law enforcement. Today, Patrolman T.C. (Thomas Christopher) Smith can look back on a 19-year career in his chosen field and is about to become Second Vice President of the Ohio School Resource Officers Association.

That thumbnail sketch of a teen with ambitions becoming an adult who has fulfilled them could create a false impression, though. There was nothing inevitable about Smith realizing his career dreams. Like all young people, he needed, among other things, help along the way.

As a young teen, Smith had a minor run-in with law enforcement. That's when one of two influential adults from outside his family steered Smith in a positive direction.

One was Rev. Dennis Proctor. Proctor served as pastor at Saint James African Methodist Episcopal (AME) Church and came to speak with the juvenile judge working Smith's

case. Proctor, Patrolman Smith remembers, was a man who related well to youth and genuinely cared about them. The pastor designated the fourth Sunday of

every month as Youth Sunday at Saint James, meaning that the congregation's teens did everything from taking up the



submitted photo

Chris Smith is a member of the Logan Police Department.

Sunday offerings to singing special music and doing the prayers. The pastor's sermons were geared to the youth.

At juvenile court, Reverend Proctor

vouched for the character and potential of the young Smith. The judge was impressed and told Smith how grateful he should be to have such a caring adult in his

life. Smith still looks back on Proctor with gratitude.

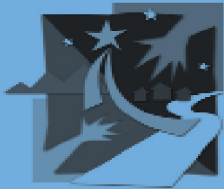
**Did you know?
As a young teen, Smith had
a run-in with
law enforcement.**

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Who we are



**RECLAIMING FUTURES
HOCKING COUNTY**

A different way of doing business

Working in partnership with the Center for Substance Abuse Treatment (CSAT), Office of Juvenile Justice and Delinquency Prevention (OJJDP), Robert Wood Johnson Foundation and Reclaiming Futures National Program Office, our local initiative is taking a new approach to youth who are involved in the juvenile justice system and have substance abuse disorders.

Reclaiming Futures, Hocking County is one of 23 sites across the nation who are implementing the Reclaiming Futures model and learning from professionals in the adolescent development and treatment field through webinars and conferences.

With the help of a \$1.3 million dollar, four-year grant from the federal government, members of Reclaiming Futures, Hocking County are focused on helping young people in trouble with drugs, alcohol and crime by promoting new standards of care and opportunities in juvenile justice. A partnership of court staff, treatment providers, community organizations and individual volunteers is changing the way we do business in Hocking County.

The National Center on Addiction reports that four out of five

teens in the juvenile justice system are under the influence of alcohol or other drugs while committing their offenses, and of those with substance abuse problems, 85 percent also have a mental health disorder. Yet many do not receive treatment. Even those who do may be shuffled among fragmented services that aren't very effective. But Reclaiming Futures results show that treatment and coordinated services can be effective in cutting drug abuse and drastically reducing a teen's criminal activity.

The Reclaiming Futures solution involves three essential elements:

More Treatment: Teens in the juvenile justice system are screened for drug and alcohol use and a team is pulled together to develop a care plan that begins immediately.

Better Treatment: Providers are trained in practices proven to work with youth.

Beyond Treatment: Community members support teens in their recovery efforts.

Reclaiming Futures was established by the Robert Wood Johnson Foundation in 2001 as a pilot in 10 communities across the country. By 2006, these communities reported significant improvement in the quality of juvenile justice and substance abuse treatment services available to troubled teens. Research from the Substance Abuse and Mental Health Services Administration (SAMHSA) suggests that treatment can cut drug abuse in half, drastically decrease criminal activity and significantly reduce arrests.

Visit www.reclaimingfutures.org for more information.

Information provided with permission from the Kate B. Reynolds Charitable Trust's annual report.

Interview with a youth

The name of the youth in this interview has been changed. The individual wished to be called "Big Boy."

Q. Why do you put so much time and effort into your community and what types of things do you do?

A. I usually mow, do house cleaning, or some sort of house cleaning, but I do it because it keeps me busy and I am focused, and when I am focused on other things I tend to stay out of trouble.

Q. You do a lot of volunteer work in your school, assisting your peers who may need assistance, why and how did you get involved with that?

A. Truthfully at first it was to get me out of the classroom environment, and Mr. Kinziger introduced it to me and I realized that it was fun and I really liked doing it. I help in gym with things like dodgeball, kickball, and shooting basketball. I think the kids see me as a support system, but better yet a friend.

Q. What do you get for of-

fering your time when your not getting paid?

A. A chance to help other kids and stay off drugs, and to get to know my community and the people better.

Q. What advice do you have for your peers that really don't have a lot to do?

A. Get outside and find something to do; help someone out who needs it, like a neighbor who might need their yard mowed or house cleaned or just some kind of help; and stay focused.

Q. What does it mean to you that people know you are there to help and are reliable?

A. At first it was weird, but once I got used to it, it felt

really good to have someone to say something positive about something that I did. I

consider myself reliable because if someone needs the truth, I will be the first to tell them, and as far as helping, I can do most things, and I have nothing better to do with my time.

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Risk, Adventure, and Healthy Choices

By **DAN VORISEK**

*Assistant Director,
Ohio University
Outdoor Pursuits*

Children begin their lives from the positive security of their parents' arms. Their perspective is limited to what they are allowed to see and experience while they are kept safe from the hazards of life as an infant. Soon, the infant's world expands to the floor, then to crawling, standing, climbing, and walking. From the start of our lives we take risks and experience adventure to learn about our environment and grow through childhood to adulthood. This tendency brings good risk and bad risk, good choices and bad choices. My oldest son Myles is now three; he is adventurous but thoughtful and cautious. His one-year-old brother, Garret, is also an adventurer but not at all cautious; anything that can be climbed or explored is fair game as long as he can keep going. Both children are learning about their environment through risk taking and adventure, but one may require more help finding acceptable outlets



submitted photo

for his risk taking needs because of differences in personality.

Outdoor recreation provides many chances for youth to explore new places as well as their own abilities through activities such as hiking, boating, mountain biking, or camping.

A challenging river canoe trip or a difficult rock climbing route both require taking risks to accomplish, but also can provide increased confidence when we succeed. There is also the

motivation to become more skilled so that more difficult challenges can be met and more places can be explored through outdoor recreation.

Research in adolescent development has identified a common need for physical activity, competition, and risk taking - especially for young boys. The need to take risks can lead to negative behavior, or can be channeled to constructive behaviors and choices that help young boys to discover their identities as they move into young adulthood. Adventure in the outdoors can be a powerful way to assist this process.

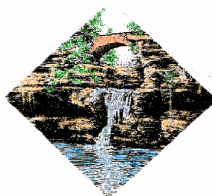
The Ohio University Challenge Program is one option for experiencing adventure and taking risks in a positive way.

Located on the Ohio University campus in Athens, the Challenge Program offers a variety of workshops for youth groups, clubs, student organizations, and families using low ropes and high ropes challenge courses. A challenge course is a series of obstacles constructed of rope, cable, wood, or simple portable items such as stuffed toys, hula hoops, or tarps.

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HOCKING HILLS STATE PARK

Naturalist Programs & Special Events September 2009



6:00 PM *ROSE LAKE CANOE EXCURSION

Join the naturalist and the 'HOCKING HILLS CANOE LIVERY' for a naturalist guided trip around Rose Lake. The trip will take approx. 1 hour and will cover many aspects of canoeing safely while we search the lake for wildlife. Space is limited so you must pre-register in person at the camp office prior to the event! We will meet at the dam at Rose Lake.

Thursday 3

8:00 PM *ASH CAVE NIGHT HIKE - Take a stroll under towering Hemlocks as the magic of twilight settles on the Hocking Forests. Meet at the parking area for Ash Cave. (Please, no pets at the night hike.)

Friday 4

10:00 AM *SCALAWAGS & RENEGADES - The Ohio Frontier was full of heroes and shady characters. Meet at the Shelter House at the Rock House to hike and explore our local history.

2:00 PM *JEWEL DRAGONS -

Join the naturalist for a closer look at Hocking's not so mythical dragonflies & damselflies. These flying, crawling & swimming insects lead an amazing life that we can peek in on. Meet at the main playground in the camp (near site# 143) for a short stroll down to Rose Lake.



Saturday 19

8:00 PM MOVIES in the CAMPGROUND - Come to the amphitheater located near the pool area and main shower house in the campground and enjoy a family fun movie under the stars.

Thursday 24

8:00 PM *OWL PROWL - The owls of Ohio are some of the most elusive and fascinating of our Hocking residents. Join the naturalist at the Rock House Shelter for a closer look and listen to these nocturnal creatures. (Please, no pets at the owl prowl.)



Friday 25

2:00 PM *CEDAR FALLS STROLL - Join the naturalist to explore Cedar Falls and discover the unique natural & cultural history of this area of the park.

Saturday 5

10:00 AM *THE WONDERS of OLD MAN'S CAVE- Meet the naturalist at the Naturalist Cabin for a short hike and discover some facts about the history of the area and the rock formations that are found throughout the park.

2:00 PM PRINTING WITH NATURE - Join the naturalist at the Naturalist Cabin located behind the Old Man's Cave Visitor Center to learn how to make your own nature prints using natural objects and ink. All materials provided. Hey Kids, for a special treat bring along \$6 and do your printing on your very own souvenir T-shirt. (T-shirt not required to participate)

9:00 PM MOVIES in the CAMPGROUND - Come to the amphitheater located near the pool area and main shower house in the campground and enjoy a family fun movie under the stars.

Thursday 17

7:00 PM *HISTORIC LANTERN TOUR of ASH CAVE- The mystery of Ash Cave is special as far back as the last Ice Age and beyond. Join the naturalist in the parking lot area to explore Ash Cave by lantern light and learn this special history first hand. We supply the lights...you supply the imagination. (Please no pets at the lantern tour)

Friday 18

2:00 PM HOCKING'S WILDLIFE - Join the naturalist at the camp amphitheater to explore and take a closer look at some of our native residents. Naturalist will be available to explain and answer questions.

Saturday 26

3:00 PM *HIDDEN HOCKING: BROKEN ROCK FALLS Come and see something off the beaten path. Join us for a hike through Old Man's Cave to the little visited Broken Rock Falls and see what makes this place so special. Meet the naturalist at the Naturalist Cabin.

8:00 PM *HAUNTED HOCKING: Spirits of Rose Lake - Is Rose Lake really haunted or could it be something else? Join the naturalist and the Haunted Hocking "HHIT" team at the Rose Lake dam to explore the possibilities. (This program does contain ghost stories...parents; you know your children best and should decide if it is appropriate. Please, no pets at Haunted Hocking.)

Check us out online at: www.ohiostateparks.org

Children 16 years of age and under must be accompanied by an adult at all programs unless otherwise stated.



Take this schedule with you on the next hike(*) that you attend from the regular program schedule here at Hocking Hills State Park. When you join the naturalist for a hike and get this slip signed 5 times at different hikes you will then be eligible to purchase this emblem to show how avid a hiking fan you really are. Any hike that appears on the Hocking Hills State Park program and activity schedule is eligible. Have fun and we'll see you at the next hike!

Get involved with your community

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Did you know?

The month of September is designated as the National Alcohol & Drug Addiction Recovery Month.

September

Help celebrate the 20th anniversary of this annual observance and check out SAMHSA's (Substance Abuse and Mental Health Services Administration) website at: www.recoverymonth.gov.

This year's theme is "Join the Voices for Recovery: Together We Learn, Together We Heal." The campaign promotes the need for better awareness about addiction and educates the entire community about the importance of access to treatment and recovery tools. A goal of this celebration is to recognize the strength of youth and adults who are in recovery, and the caring treatment providers that serve them. Addiction is a treatable disease.

Join the celebration by: ordering free materials from the website, sharing your

own story on the website, or planning a local event at your place of worship, work, school, treatment center or community center. Send a thank you note to a local treatment counselor.

Schedule an appointment with a local treatment provider if you or someone you love suffers from alcohol or other drug addiction.

In Hocking County, proclamations have been prepared for the Mayor of the City of Logan and the Hocking County Commissioners designating September 2009 as National Alcohol & Drug Addiction Recovery Month.

Friends and neighbors are being encouraged to share their own stories of recovery by writing letters to the editor, speaking at their places of worship, sending letters of recognition to local treatment centers or faith institutions that support the recovery efforts and more.

Substance use disorder is a disease that does not discriminate – it affects adolescents and adults, rich or poor, and persons of different ethnicities. It can affect you or someone you know, so "join the voices for recovery: together we learn, together we

heal."

October

Make a Difference Day Saturday, Oct. 24

Join other youth in Ohio and get involved in a community service project on this national day of service. Make a Difference Day is a project of USA WEEKEND Magazine and is an annual event on the fourth Saturday in October.

For the past nine years, Ohio has led the nation in the number of service projects scheduled for this special day. Join Jim Tressel, The Ohio State University Head Football Coach, and Frances Strickland, First Lady of Ohio, honorary Co-chairs, and get involved with Make a Difference Day Ohio (MDDO) – www.serveohio.org.

How you can help: Identify a need in your community (ask a local non-profit, school, park, or community agency what they need and how you can

help or check out the project idea list on website).

Plan a project.

Register your project.

Promote MDDO (order free promotional materials and utilize the sample press release on website).

Secure donations, if needed (utilize sample donation letter on website).

Recruit volunteers (use FREE promotional materials)

Implement your project on Saturday, Oct. 24.

Report your accomplishments (dead-line

is mid-November)

Apply for Ohio and National awards

Start thinking about MDDO 2010.

No time to plan your own event? You can volunteer to help with an existing project. Check out the MDDO (Make a Difference Day Ohio) home page at www.serveohio.org, click on "Find a Project" and enter your zip code to find out what is happening in your area.

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