

Project PATH North proudly serves the following cities:

**ANAHEIM**  
**BREA**  
**BUENA PARK**  
**CYPRESS**  
**FULLERTON**  
**LA HABRA**  
**LA PALMA**  
**LOS ALAMITOS**  
**PLACENTIA**  
**STANTON**  
**YORBA LINDA**

## Upcoming Events

Some local upcoming events to look for include:

Event	Date
Fullerton Underage Drinking Forum	4/6
National Alcohol Screening Day	4/6
Spring Family Eggstravaganza	4/8
Fullerton College Health Fair	4/20
Faces of Fullerton	4/29
Healthy Children = Healthy Communities	5/4



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If you have any questions or comments, please call 714.441.0807. Please forward this newsletter to those interested. If you prefer not to receive PATH newsletters in the future, please email [cbentley@cspinc.org](mailto:cbentley@cspinc.org) or call 714.441.0807 to unsubscribe.

# PATH TO PREVENTION

NORTH AN ALCOHOL, TOBACCO AND OTHER DRUG PREVENTION PROGRAM SPRING 2006

## INSIDE THIS ISSUE:

New Educator to Address DUIs in Fullerton	1
Benefits of Alcohol Screening	2
What is an Alcohol Problem?	2
Teaming Up With Youth in Action	3
PATH North Service Areas	4
Upcoming Events	4

Committed to helping North Orange County communities eliminate problems associated with the use of alcohol, tobacco and other drugs.

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[www.cspinc.org](http://www.cspinc.org)

## New Educator to Address DUIs in Fullerton



CSP-Project PATH is proud to welcome Vanesa Garcia, who will be serving as a North Orange County Health Educator. Vanesa has received her Associates Degree from Fullerton College and will graduate this May from California State University, Long Beach with a Bachelors Degree in Health Science. Vanesa's enthusiasm in working with the community makes her a great new addition to the North team.

Vanesa will be working on a DUI campaign that focuses on the risks and consequences associated with driving under the influence of alcohol and other drugs. In addition to collaboration with the Fullerton Police Department, continuing partnerships with CSUF and Fullerton College have allowed for a united message to be at the forefront of the DUI campaign. Driving while under the influence of alcohol or other drugs results in many destructive consequences, affecting not only the individuals involved, but society as a whole.

CSP-Project PATH North recently conducted a survey in Fullerton which revealed that while most people believe there is a great risk of harming oneself or others while driving under the influence, only 15% believed that they were extremely likely to be stopped by law enforcement for driving under the influence. PATH's goal is to address the issue of perceived risk through community outreach and education in the hopes that people will think twice before driving while intoxicated. In addition, PATH looks forward to continued partnerships with the local Police Department and other community organizations to help accomplish this goal.

For more information please contact Vanesa Garcia at (714) 441-0807 or [vgarcia@cspinc.org](mailto:vgarcia@cspinc.org).

Funding provided by the County of Orange Health Care Agency-Alcohol and Drug Education and Prevention Team (ADEPT)

## The Benefits of Alcohol Screening

Did you know that 1/3 of adults engaging in risky drinking behaviors may not even know it? Providing the community with alcohol awareness education is the goal for one of the largest screening events in the nation—National Alcohol Screening Day, observed on April 6, 2006. Many individuals can benefit from the information made available on this day, information that addresses risky drinking behaviors, alcohol abuse, and alcohol dependence. Screenings will be offered at California State University, Fullerton and other locations throughout Southern California. For a listing of locations, please visit [www.nationalalcoholcreeningday.org](http://www.nationalalcoholcreeningday.org).

CSP - Project PATH recognizes the importance of providing the community with information that allows individuals to assess whether or not their drinking patterns are considered harmful. Aware of the significant role that alcohol screenings have in preventing problem behaviors, PATH staff will be working closely with health care sites in North Orange County, with the goal of reducing problem drinking and related consequences. Physicians and providers have a key role in achieving this goal because health care sites are frequently visited by the public. It is our hope that the collaborative efforts between PATH and health care sites will result in the provision of prevention messages, brief interventions, and treatment referrals for patients.

For more information about the benefits of alcohol screening, contact Heidi Salcedo at (714) 441-0807 or [hsalcedo@cspinc.org](mailto:hsalcedo@cspinc.org).

Source: *National Alcohol Screening Day*

## What is an Alcohol Problem?

According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), there are a variety of alcohol problems that exist. The most common problems include:

### Binge Drinking

The prevalence of binge drinking is highest in college students aged 18 to 21. Binge drinking has been defined as the consumption of four or more drinks in one sitting for females and five or more drinks in one sitting for males. There are many risks associated with heavy alcohol consumption. Some common consequences that result from heavy drinking are damage to property, accidental injuries, sexual abuse and assault, and decline in academic performance.

### Alcohol Abuse

This often results in absence from school and work, negligence, and legal difficulties. Those who abuse alcohol are more likely to have recurrent social, interpersonal, or legal problems.

### Alcohol Dependence

Alcohol dependence, also known as alcoholism, is a chronic disease that leads to many social and/or interpersonal problems. Many factors, such as cultural beliefs and attitudes, put individuals at risk for developing a dependence on alcohol. Research has also shown that individuals may be more vulnerable due to genetic and environmental factors.

For more information visit [www.alcoholcreening.org](http://www.alcoholcreening.org).

## Teaming up With Youth in Action

Project PATH recently teamed up with the Valencia Community Center's *Youth in Action*, in an effort to raise awareness surrounding the issues of underage drinking and youth access to alcohol. *Youth in Action* is comprised of committed young leaders that choose to make a difference in their community while, at the same time, developing and empowering themselves and other youth through leadership training, team projects, volunteer service and much more. Valencia *Youth in Action* promotes the educational and social development of its members and other community youth in order to create sentiments of identification, pride and respect.

Members of *Youth in Action* participated in a poster contest to address alcohol issues in the surrounding community. The purpose of the poster contest was to recognize and support youth that live and promote an alcohol-free lifestyle. Posters addressed the non-commercial means by which youth obtain alcohol, such as friends, family and other adults and commercial means by which youth obtain alcohol, such as bars, restaurants and liquor stores.

In addition, youth hope to spread awareness by educating parents, adults, and other adolescents on legal, social and health risks associated with underage drinking. *Youth in Action* members will also take part in merchant education, educating merchants with regards to the commercial access of alcohol.

The winning posters will be published in the local Fullerton newspaper, the *Fullerton Observer*, during April. The first place posters were created by Vanessa and Tania, while second place posters drawn by Janeth, Karla and Elizabeth. Be sure to keep an eye out for them in the local newspaper!



1st Place poster created by Vanessa Aguilar Abarca



1st Place poster created by Tania Mendoza

For further information please contact Jenny Gilley at (714) 441-0807 or [jgilley@cspinc.org](mailto:jgilley@cspinc.org).