

## UPCOMING EVENTS:

- \*January 8<sup>th</sup> – Bluff Elementary **Cultural Literary Night**
- \*January 11<sup>th</sup> – “**Screenagers**” at the Blanding Theatre – 2:00 p.m.  
*(Free popcorn & drinks).*
- \*January 13-14<sup>th</sup> – **Winter Prevention Summit** in Ogden, UT
- \*January 24<sup>th</sup> – Prevention Day on **Capitol Hill**
- \*January 28<sup>th</sup> - Blanding Elementary **Literary Night** – “*Celebrating Your Story*”



## **New Year's Resolutions: Building Good Mental Health Habits!**

*“Setting New Year’s resolutions can be a positive way to focus on self-improvement, but it’s important to approach them in a manner that promotes good mental health and well-being and maximizes our chances of sticking with them.”*

- \*Pick a Goal that Motivates You...      \*Break Down Your Big Goals into Smaller, More Manageable Goals...
- \*Focus on Progress, Not Perfection and Stay Positive...      \*Lean on Others for Support and Motivation...
- \*Don’t Compare Yourself to Others...      \*Practice Self-Compassion...      \*Set a New Date...

<https://www.samhsa.gov/blog/new-years-resolution-building-good-mental-health-habits#:~:text=Setting%20New%20Year's%20resolutions%20can,changes%20of%20sticking%20with%20them.>

## A special Thank You to...

those who participated in the county Thanksgiving Dinner in Monticello and the Giving Tree in Blanding. These county-wide events are a great example of the good people we have in San Juan County. Connection is Prevention!

To help support early literacy coalition efforts “How the Grinch Stole Christmas” books were given to 138 families during the Christmas Festival in Monticello and the San Juan Public Health Santa Drive Thru in Blanding.

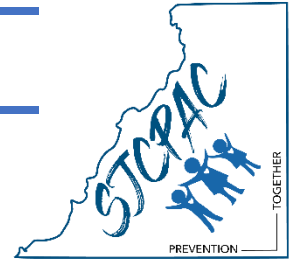


## Community Corner

*“San Juan County Prevention Action Collaboration (SJCPAC) Coalition’s Mission is to collaborate with community partners and agencies to strengthen our local youth, and their families against substance misuse and suicide in San Juan County.”*

[www.sjcpac.com](http://www.sjcpac.com)

# Newsletter



## Did you know?

### January is **Parents Empowered Month!**

**\*Know and teach the harms early** (*research shows you should talk to your kids about alcohol as early as age 9*).

**\*Have fun together** (*when you spend time in your child's world, they'll listen when you speak from yours*).

**\*Set clear no-alcohol rules** (*have a chat tonight. Make your disapproval of underage drinking clear by setting rules against it*).

**\*Know what your kids are doing** - get involved in your child's activities – ask the **5 Ws** (*Where are you going? Who will you be with? What are you doing? When will you be home? Will there be alcohol?*) and know what's going on.

<https://parentsempowered.org/>

Your influence is powerful! Utah kids report the number one reason they choose not to drink is their parents' strong disapproval.

<https://pediatrics.aappublications.org/content/136/3/e718>

SJCPAC Coalition's messaging for Parents Empowered is couched in our **local "Stoodis" campaign** – look for our ads at the San Juan Theatre. Notice the P.E. messaging at our local high school gyms, as well as various other locations throughout our San Juan communities!

**LET'S DO THIS!!**

## Coalition Buzz...



Several coalition members invited to participate in a national podcast which aired in early December in conjunction with the **"Talk They Hear You"** campaign. Check it out!

Episode 20: "Native American Heritage & Prevention" went live last week on all [podcast platforms](#) and [YouTube](#). It will also be accessible on the SAMHSA *Talk They Hear You* website soon and as well- <https://www.samhsa.gov/talk-they-hear-you/podcast>



Come and Join our SCJPAC Coalition meetings – every 4<sup>th</sup> Wednesday at noon. (*Public Health Building in Blanding*)  
For info - email: [ssherrow@sanjuancec.org](mailto:ssherrow@sanjuancec.org)

