



Lane County Resources For Families & Youth

Visit Lane County's Prevention Program website at www.preventionlane.org for other resources and information.

CRISIS

911: Imminent danger to self or others

Mental Health Crisis Response Program: 888-989-9990 (for parents of children through age 18)

Whitebird: 541-687-4000; 800-422-7558 (24-hour local crisis line)

Looking Glass Youth Crisis Line: 541-689-3111

National Suicide Prevention Lifeline: 800-273-8255 (press 1 for veterans)

Trevor Lifeline: 1-866-488-7386 (for LGBTQ youth)

COUNSELING

Center for Family Development: 541-342-8437

The Child Center: 541-726-1465 (ages 17 and under)

Child & Family Center, University of Oregon: 541-346-4805

Direction Service Counseling: 541-344-7303 (for youth/families with OHP)

Lane County Mental Health: 541-682-3608 (psychiatric services & counseling for youth/families with OHP)

Looking Glass Counseling Program: 541-484-4428 (for youth 21 and under)

Options Counseling: 541-687-6983 (youth & adults); 541-997-6261 (Florence)

Oregon Social Learning Center: 541-743-4340

PeaceHealth Counseling Service, Florence: 541-902-0408

4J School-Based Health Centers (residents of 4J area, including siblings under 19):

Churchill 541-790-5227, N. Eugene 541-790-4445, Sheldon 541-790-6644, S. Eugene 541-790-8020

Bethel School District Mental Health Services: 541-607-1498 (Bethel district students only)

South Lane Mental Health: 541-942-3939 (counseling & crisis services for South Lane County)

Vet Center: 541-465-6918 (combat veterans)

VA Mental Health: 541-242-0440

Willamette Family: 541-343-2993 (services for mental health & substance abuse disorders)

BEREAVEMENT SERVICES

Courageous Kids: 541-461-7577 (8-week Suicide Loss Support Group for youth and their families)

Suicide Bereavement Group: 541-747-2087 (Darlene Baker)

Free monthly support group in Springfield for survivors of suicide

Support After Suicide: 541-760-2927 (Esther Bain)

Free bi-weekly support group in Eugene for survivors of suicide

Grief Support Group: 541-726-4478

Free weekly general bereavement support group at McKenzie Willamette Medical Center

Bereavement Support Group: 541-242-8753

Free general bereavement support groups at Sacred Heart Medical Center



preventionlane

Lane County Prevention Program

Mission

Our program provides staff support to educate and engage people in Lane County to address issues like substance abuse, problem gambling, and suicide through health promotion and best practice prevention strategies.

Community Health Promotion



The Lane County Prevention Program engages the community and looks at data and ways to shape county prevention and health promotion practices. Our program supports community based coalitions, schools, businesses, social services and health care providers, faith-based organizations and others who are concerned about the health of our community.

Focus Areas

- Underage drinking prevention
- Problem gambling prevention
- Suicide prevention
- Mental health promotion
- Healthy babies
- Healthy brain development
- Parenting and parenting education
- Healthy communities

"The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering."
Ben Okri



Presentations

Lane County Prevention Program staff is also available to give presentations to parents, youth groups and staff on many topics, including:

- Introduction to the 40 Developmental Assets: Healthy child/teen development
- Stress, Depression and Suicide Prevention
- Problem Gambling Prevention
- Substance Abuse Prevention (alcohol, tobacco and other drugs)
- Teen-Proofing Your Home



For more information, visit www.preventionlane.org

When they were little you covered outlets, locked cabinets, and taught them the importance of seatbelts. They need that helping hand now, more than ever.

and 'tween
"Teen-proof"
your Home
It's not about trust,
it's about keeping
kids safe!

Home Teen-Proofing Checklist

Keep all alcohol in a locked cabinet

- Inventory and monitor any alcoholic beverages in your refrigerator.

Lock and monitor all over-the-counter (OTC) and prescription medications

- Only buy the medicines you need (preferably in limited quantities) and monitor quantity used.
- Clear out your medicine cabinets and properly dispose unused portions.
- Lock up medications when possible.
- Urge your friends and other family relatives to inventory and secure their medications as well.

Do the same inventory on common household cleaners, poisons, and sharp objects

- Look at the contents of your kitchen cabinets, garage, office, or anywhere in the house where cleaners, solvents and aerosols are stored. Monitor access and quantities for potential inhalant abuse.
- Monitor access to "sharps" such as razors, razorblades, exacto-knives, pocketknives, and syringes to ensure appropriate use and proper disposal.

Secure all firearms

- Make sure all firearms are stored unloaded in a locked safe and/or with trigger lock, separate from ammunition. Trigger locks are inexpensive; check with your local law enforcement agency which might provide them free of charge.

Monitor internet use

- Teens can order prescription medications online, meet adults posing as teens, and get information about dangerous misuse of over the counter medications as well as other "legal" substances.
- Check your teen's social networking page, such as MySpace or Facebook, to make sure there is no identifying information that could endanger your teen.
- Check websites they use to see if they are engaging in online gambling. If so, block those sites from your computers.
- Place computers in open areas of your home (not in your teen's room) so internet use can be better monitored.

Monitor teen parties

- Use limited guest list by invitation only, avoid "open party", and don't use email to invite.
- Welcome calls from other parents, be sure to call parents "landline" if your teen is attending a party.
- Set clear rules ahead of time, such as no alcohol, tobacco or other drugs. Report violations to parents.
- Limit party access to easily monitored areas of the house, make regular unobtrusive checks.

For more information, visit www.preventionlane.org



This flyer adapted from "Teen Proof Your Home" from the Southern Rockingham Coalition for Healthy Youth.

This flyer was developed in part under grant #1U795M57382 from the Substance Abuse & Mental Health Services Administration (SAMHSA), U.S. Dept. of Health & Human Services (HHS). The views, policies and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

