

What You Can Do in Barron County

Use and Promote the Meth Hotline-715-537-METH:

- This is a local hotline that can be used to seek help if you are struggling with addiction or to report any incidents regarding meth including, illegal activity and child endangerment.

Stay Connected- (KNOW METH Barron County)

- **Find us on Facebook-** Watch the page for updates on what is happening, locally, regionally and throughout the state. Get tips on how to prevent meth use and find resources for addiction.

Inform yourself and others

- **Advocate and educate** your community representatives and decision makers about the impact of policy on families in your community. Ask yourself and others, “What will the impact of this policy be on families in our community?”
- **Inform people about 2-1-1:** United Way’s 2-1-1 service is a one-stop, free telephone and online service that answers questions and provides information on a variety of community resources. Dial 2-1-1 from your landline phone or go to www.211unitedway.org to search the online database.
- **Become familiar** with Resources for Families in Barron County:
http://www.adrconnections.org/index_files/barronguide.pdf

Get Involved

- **Become a member** of Barron County Community Coalition (BC3). BC3 builds community partnerships to promote family strengths and stability for the development of healthy communities. Meetings are held the 3rd Wednesday of every month at the Government Center in Barron from 9-11 a.m. If you would like to become a member or join our e-mail list, please send an email to bc3coalition@gmail.com. Membership is open to all Barron County residents, organizations and businesses.

Volunteer

- **Mentor a youth:**
Kinship of Chetek- http://kinshipofchetek.org/Kinship_2/Welcome.html
Kinship of Rice Lake & Cameron- <http://www.ricelakekinship.org/>
Kinship of Cumberland & Turtle Lake- <http://www.kinshipctl.org/>
- **Boys and Girls Club of Barron County** welcomes individuals and groups of volunteers to help them inspire and enable young people. Volunteers act as adult role models and can contribute on many levels. Learn more at, www.bgcbarroncounty.org or call (715) 736-7445.
- **Call United Way’s 2-1-1 service,** to find other volunteer opportunities in your local community.

TAKE HOME MESSAGE

What You Can Do

Parents:

Be active and present in your child's life. Gather at the table for evening meal and discuss the day. Set a schedule for your child and know that schedule. Ask about the friends they are with. Have the child involved in after school programs such as; band/choir, athletics, Church, boys and girls club, plays, etc. Plan family outings/trips with the children. Be a good role model.

Youth:

Participate in after school programs/athletics. Set goals and make plans for after high school. Make good choices of friends to spend your time with. Be productive with your down-time. Allow your parents to be active in your life. Understand the consequences of using drugs/alcohol.

Church:

Religious educators can help to educate on drug and alcohol use and consequences. Have the children/parents be active within the Church and in youth group. Set up and attend retreats. Complete mission work.

Schools:

Athletic educators can discuss what it means to use drugs/alcohol and the consequences of using and being caught. What that means to the student-athlete. Home room teachers and discuss with the students and give some insight on what occurs if using drugs and drinking. "Capture the parent" at parent teacher conferences for education and concerns. Guidance counselors can promote the future for students by discussing plans and goals for each student.

Community Member:

Be an active participant in your local community. Assist in promoting good behavior in children and be a positive role model for young community members. Go out and meet your neighbors. Attend local functions.

