



## Marijuana Legalization on Oregon's Fall Ballot

### Our Official Position

*"Lines for Life has grave concerns about the use of marijuana by youth. Marijuana has been linked to school failure and drops in IQ by heavy users who begin in their teenage years, and has negative impacts on brain development for youth who are heavy users. The legalization of marijuana will increase the availability of marijuana for kids, as evidence suggests we are already seeing in Colorado. Therefore, Lines for Life strongly opposes the legalization of marijuana."*

Oregon voters will have an important decision to make in this fall's elections – one with far reaching and even unanticipated outcomes – Legalizing Marijuana.

New Approach Oregon, backed by many of the same out of state interests that funded similar ballot measures in Washington State and Colorado, spent \$598,000 to gather enough signatures to put their initiative on the November ballot.

At Lines for Life, our single biggest concern is keeping youth safe.

As with any new law, the unintended consequences of Marijuana Legalization are difficult to anticipate, but we know some of the information is just beginning to come in from Washington and Colorado. Washington's law went into effect July 8th.

The ballot measure already has some noticeable flaws, not the least of which is no established limit or testing guidelines for drugged driving.

Why the rush? Marijuana has been decriminalized for years in Oregon. Gathering more information should lead to a better informed decision, and that information should start coming in waves soon. This is a risky social experiment that should be best considered only after we've had some time to see how it plays out in Washington and Colorado.

Oregonians stand at a crossroads, and we must choose wisely for the protection of our youth.

### A few things to consider about marijuana:

- Any time there is an increased supply of a drug including alcohol, there will be increased accessibility to youth.
- The National Institute for Health says one of every six adolescents who try the drug will develop an addiction.
- Research has shown it can harm the development of the brain and cause memory loss.
- It inhibits coordination and concentration.
- Colorado has seen two deaths associated with "edibles."<sup>1</sup>
- Roughly 10 percent of treatment beds in Oregon and the U.S. are used by marijuana addicts.
- Regular use can increase the risk of mental health problems such as schizophrenia.<sup>2</sup>

<sup>1</sup> USA Today 8/7/14

<sup>2</sup> BMJ. 2011 Mar 1;342:d738. doi: 10.1136/bmj.d738. Kuepper R1, van Os J, Lieb R, Wittchen HU, Höfer M, Henquet C.



YouthLine volunteers pose for the camera at the annual LFL volunteer appreciation picnic

### A Special Thanks to all of our Volunteers

*Lines for Life is forever grateful to the wonderful work our volunteers do. To help show our appreciation of their tireless efforts, we held our annual Volunteer Appreciation Picnic in their honor at Oaks Amusement Park late this summer. (More photos inside)*

## A Note from the CEO Action to Prevent Youth Suicide

With nearly six months on the job, I'm more energized than ever about our work here at Lines for Life, and the tremendous opportunities we have to save lives and families with our crisis line and prevention work.

Your team at Lines for Life has been expanding our prevention efforts statewide – and nowhere is this work more important than in preventing youth suicide.

We are losing a shocking number of young people to suicide. Nearly every week last year, two young people in Oregon took their own lives according to a new report by the Oregon Health Authority.

And the rate has been rising steadily: in 2010, 54 people aged 10-24 took their own lives; in 2012 it was 73, and last year 90 young Oregonians died by suicide.

### That's the bad news.

The good news is that prevention efforts and crisis intervention work to prevent suicide – and that is where we excel at Lines for Life.

We have teamed up with partners in Linn and Benton Counties to launch a Youth Suicide Prevention effort – with a goal of zero suicide. Samaritan Hospital has been a key partner, donating billboard space in prime locations to advertise the YouthLine and providing other support.

And we are working on broad prevention effort in the Rogue Valley to address a growing youth suicide problem in Southern Oregon.

These are just two examples of our efforts to grow our prevention efforts to meet key challenges nationwide.

We will – and we must – make a difference. And we can do it because of help from people like you in the Lines for Life family.

*Thank you for making this important work possible!*



## YouthLine Celebrates 15 Years of Service

We knew in 1999 that there was a need for teens to have a safe place to talk with other youth without being judged or running the risk of having their deeply personal feelings shared with others. So we created the YouthLine and recruited and trained youth volunteers to answer the crisis line.

Now, 15 years later, we see not only our track record of success, but a growing need in the middle school and high school students who need help with cyber bullying, self harm, drug and alcohol issues and a variety of other challenges.

## Mental Health First Aid

You're prepared for a physical health issue by having a first aid kit. Consider equipping yourself with Mental Health First Aid training so you'll be able to help in a mental health emergency. Your quick response could make all the difference. At Lines for Life we can help you become adept at handling a potentially life altering event.



Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders.

Lines for Life trainers are available to give you and others the skills to identify and to best respond to someone in a mental health crisis. Give us a call at (503) 244-5211 or check the web for our next training session. Click the link below to go straight to the training page. [www.linesforlife.org/content/training-calendar](http://www.linesforlife.org/content/training-calendar)

## ASIST: Applied Suicide Intervention Skills Training

Lines for Life offers ASIST training, a two-day intensive, interactive workshop that aims to provide skills to assist in suicide first aid intervention.

Through demonstrations and role-playing, participants practice their newly learned suicide intervention skills in small groups. After training you'll be ready and confident to intervene.



As teens shifted to texting as their preferred way to communicate, we added a texting option in 2012. Today more than half of our conversations during peer-to-peer support hours are via text.

The Lines for Life YouthLine is answered 24/7/365 and is staffed by teens from 4pm to 10pm everyday. Our extraordinary group of youth volunteers undergo at least 30 hours of training and are able to help teen callers with a wide variety of challenges.

**“ YouthLine was amazing. A life saver. I was happy to have someone to talk to in my darkest time. ”**

# Volunteer Appreciation

## Fun in the Sun to Thank our Wonderful Volunteers

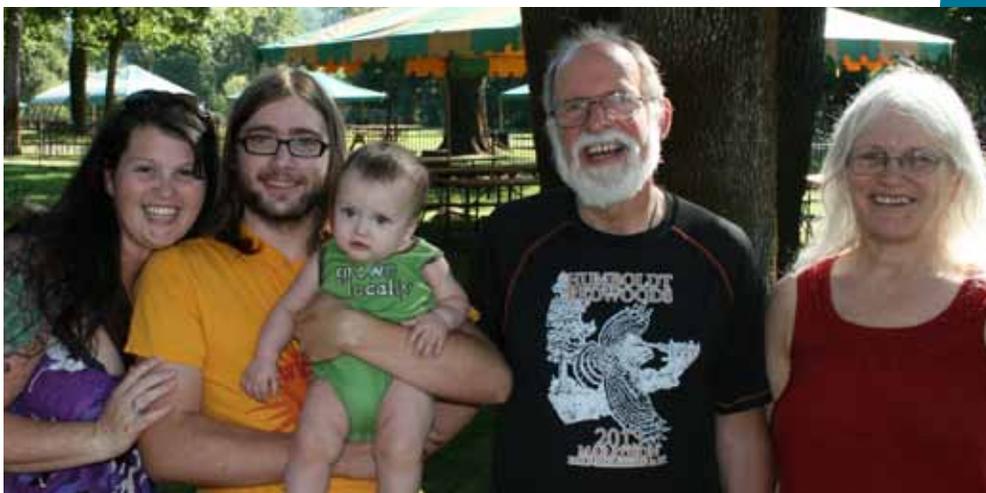
Simply put, we couldn't do our work without the dedicated efforts of our volunteers. Each person who commits to answering our 24/7 crisis lines also commits to 56 hours of intensive training plus a four-hour shift, once a week for a year. That adds up to a staggering 264 hours.

These are the folks who are there to connect with our callers at their time of deepest need through active listening and empathy. And that connection makes all the difference.

We are humbled by the depth of their involvement every day, but twice a year we have a little thank you gathering to honor them.

This August we invited our 100-plus volunteers who help fulfill our mission to come to Oaks Park for a picnic, games and a great time of team spirit. Volunteers and their family members had a chance to relax and know how much they are valued.

If you'd like to explore volunteering on our lines, please call Tracy Reilly, our crisis lines coordinator at (971) 244-4637.



A perfect summer afternoon made Oaks Park a great place to celebrate the dedication of our volunteers.

# News + Updates

## LINES FOR LIFE MAKES LIST OF TOP 100 BEST NONPROFITS TO WORK FOR IN OREGON

marking our fifth consecutive year on the list compiled by Oregon Business magazine. It's great to hear our staff report that we provide a great workplace to improve and save lives affected by drug abuse and suicide. They will announce where we placed on the list at a special event on October first.



## TACO BELL FOUNDATION FOR TEENS GRANTS \$100,000 TO LINES FOR LIFE'S YOUTH PROGRAM

We've just received a \$100,000 grant from the Taco Bell Foundation for Teens funding our efforts in "Now Is the Time", a piece of President Obama's plan to create safe school environments. We are beyond grateful to them and for the support from the local Taco Bell Franchisees. It's part of their "Live Mas for Teens" initiative encouraging youth to stay in school, graduate and achieve their full potential.

## AUCTION AT STARS AND GUITARS CONCERT BENEFITS MILITARY HELPLINE

Seaport Auto and Alpha Broadcasting auctioned off a Dodge Ram truck hood autographed by over 40 Country Stars to benefit Lines for Life. Josh Turner, Train, Sheryl Crow, The Swon Brothers, Frankie Ballard, Jennifer Nettles, American Young, The Henningsens, Maggie Rose... to name a few. The drawing was held during the at the country music event in Washington County.



Country music singer Joe Bachman autographs the Seaport auto Dodge hood.



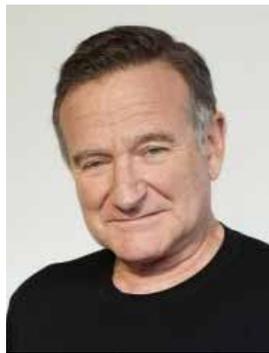
Preventing Substance Abuse & Suicide

5100 SW Macadam Avenue, Suite 400  
Portland, Oregon 97239



## Tears of a Clown The Impact of Robin Williams' Death

The stunning news of actor Robin Williams' suicide has devastated people throughout our community and brought an increase in calls to our Suicide Lifeline. It's as if we've all lost a favorite family member. Most who call Lines for Life cannot come to grips with how a person who had so much fame, fortune, and acclaim, and was so beloved, could possibly be so deeply depressed that they would take their own life.



If there's any good at all to come from this sad close to Robin's life, it's that it raises awareness. We've seen a spike in phone calls from concerned friends and loved ones to our suicide line. We want to encourage those who have had, or are having, suicidal thoughts or crises to be aware that this is a treatable condition.

**If you know of somebody having thoughts of suicide, or you are having suicidal thoughts, please contact the Suicide Prevention Lifeline at 1(800)-273-TALK (8255).**



The tragic heartache of suicide. The devastation caused by drug and alcohol abuse. The desperation of teens trying to deal with bullying and other unsavory problems in "growing up". The loss of even one veteran as they try to process their experience as they return to civilian life.

### These are the key focal points of Lines for Life.

We know that the best way to deter these problems is by early and honest education.

One stumbling block is that, despite common sense, there is little funding for prevention or mental health services. Local, state and national underwriting is drying up in our hour of greatest need. That goes for funding sources for our crisis lines as well.

So if prevention is to work, it means that we, as individuals, need to provide the missing financial support.

If you are drawn to the life saving work of Lines for Life, consider making a donation today. We work tirelessly to curb those problems that can be prevented.

**Don't wait for others to take action, make that difference yourself.**

**Make a secure donation online at:  
[www.linesforlife.org/content/donate](http://www.linesforlife.org/content/donate)  
or call our office at 503.244.5211.**