



San Antonio Council on Alcohol & Drug Awareness

**2024
Red Ribbon
Presentation
for
PreK – 2nd Grade**

NATIONAL FAMILY PARTNERSHIP PRESENTS

CINEMA TICKET 2 C-12
CINEMA TICKET ONE
HOLLYWOOD

**LIFE IS A
MOVIE,
FILM DRUG FREE™**

EVERYONE
RED RIBBON CAMPAIGN
CONTENT RATED BY NATIONAL FAMILY PARTNERSHIP

COMING SOON
RED RIBBON WEEK® OCTOBER 23-31
WWW.REDRIBBON.ORG

The National Red Ribbon Sponsor
NATIONAL FAMILY PARTNERSHIP
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The poster features a red and white striped popcorn bucket overflowing with popcorn, a pair of 3D glasses, and two cinema tickets. The background is a red theater curtain. The central text is framed by a glowing marquee sign. At the bottom, there are logos for the Red Ribbon Campaign and National Family Partnership, along with the event dates and website.

**Being our best
selves and making
good and healthy
decisions!**

Our Mission

EMPOWERING OUR COMMUNITY TO LIVE
HEALTHY LIVES; BY PROVIDING **PREVENTION,**
INTERVENTION AND **RECOVERY SUPPORT SERVICES**
FOR **CHILDREN** AND **ADULTS**



SACADA

**San Antonio Council on
Alcohol & Drug Awareness**

Our Vision

A **SAFE & THRIVING** COMMUNITY

Our Values

EXCELLENCE | GROWTH | IMPACT | INTEGRITY | LEADERSHIP | RESPECT | WORK-LIFE BALANCE

PROGRAMS & SERVICES AT SACADA



Youth Prevention: Project Strong Life offers personalized case management for youth ages 12-19, focusing on social and emotional development and substance use prevention through evidence-based strategies. The Adolescent Substance Use Treatment (TREE Project) targets high school students (grades 9-12), providing early intervention, treatment, and recovery support for those with substance use and/or mental health disorders, including case management. Additionally, awareness presentations on topics such as tobacco/vaping, alcohol, marijuana, and other drug awareness. These services are at no cost to participants.



Coalitions: The Tobacco Prevention and Control Coalition (TPCC) and Breathe Clear Coalition focus on preventing and reducing tobacco use among adolescents in Bexar County through evidence-based community and environmental strategies. The Partnership for Success (PFS) and Circles of San Antonio Community Coalition aim to expand and strengthen the capacity of local prevention providers to implement evidence-based programs that reduce substance misuse and its related problems, as well as promote mental health through community-based services.



Intervention, Treatment & Recovery Support services are provided by Peer Recovery Support Specialists for adults struggling with a substance use disorder by promoting all pathways to recovery and partnering with community organizations across the region to enhance recovery-focused efforts. Recovery services are at **no cost** to participants.



Education & Training – Fee for court mandated classes for youth and adults including Driving While Intoxicated (DWI), DWI Intervention (2nd+ offenses), and Alcohol Awareness Court/Minor in Possession. SACADA is a certified provider of DWI and MIP by the Texas Department of Licensing and Regulation. Also available is Marijuana Awareness Course and Drug-Free Workplace Training.



Mental Health Awareness Training - SACADA offers Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHA) training to school personnel, emergency first responders, law enforcement, and other community members, enabling them to provide referrals to mental health services. There is **no cost**, but you must register as space is limited.



Prevention Resource Center – PRC serves as a vital data hub and training liaison for Region 8. Through its role, the PRC compiles and disseminates an annual Regional Needs Assessment, offering a valuable community reference tool. This assessment provides region-specific substance use and related information to support informed decision-making and prevention efforts.

NATIONAL FAMILY PARTNERSHIP PRESENTS



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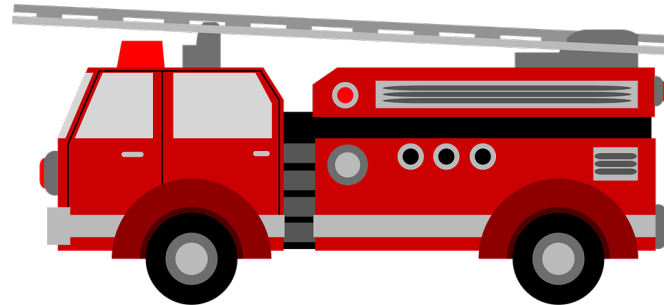
**ENRIQUE “KIKI”
CAMARENA
1947-1985**

Drug Prevention Awareness Program



Help us stay safe!

COMMUNITY HELPERS & FIRST RESPONDERS



What do you do when you need a first responder?





Call 911

**Before you call 9-1-1,
what is the very first thing
you should do?**

Look for a trusted adult!



What is an emergency?

The 911 Song!



9-1-1 SONG *sung to "Three Blind Mice"*

Help's on the way. Help's on the way.
If I need help, I know what to do.
I can call the police, fire, ambulance too
It makes me feel safe to know what to do.
Dial 9-1-1, Dial 9-1-1

MEDICINE



Antibiotics



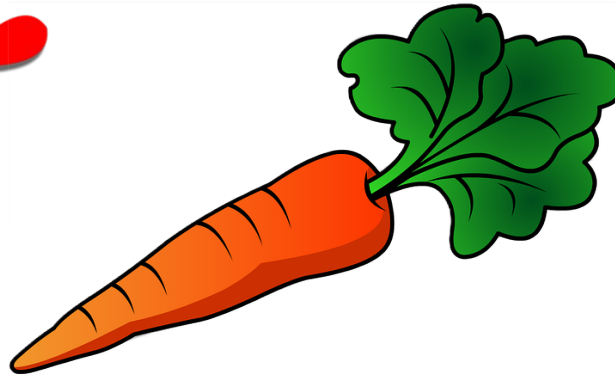
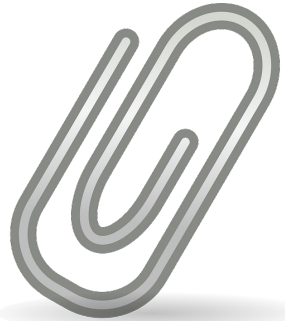
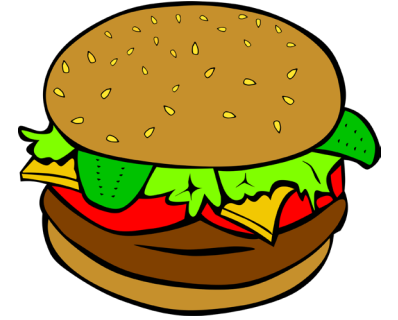
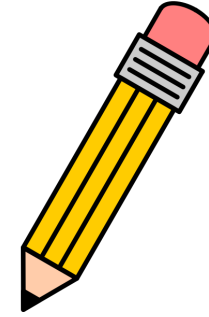
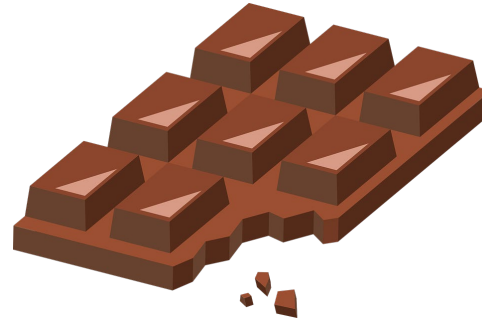
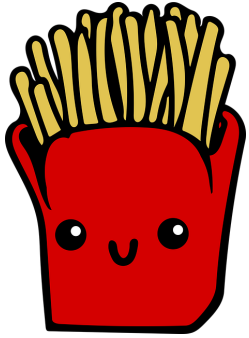
Over the Counter Allergy Medicine



Over the Counter Pain Relievers

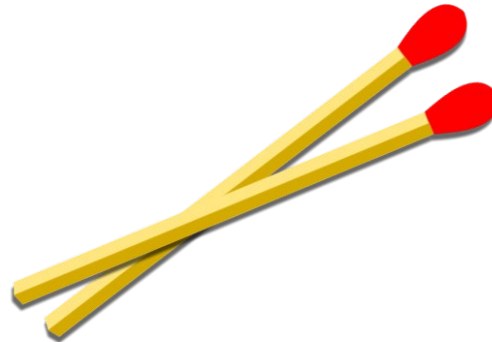
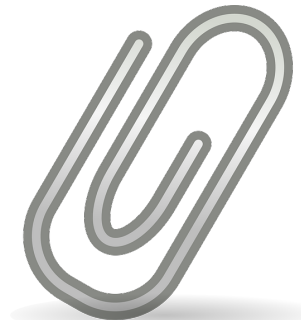
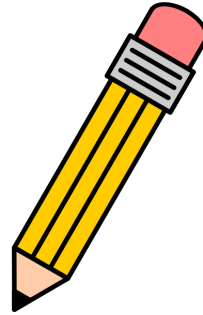
SAFE OR NOT SAFE?

(To Put in Your Mouth)



SAFE OR NOT SAFE?

(To Use WITHOUT Adults permission)





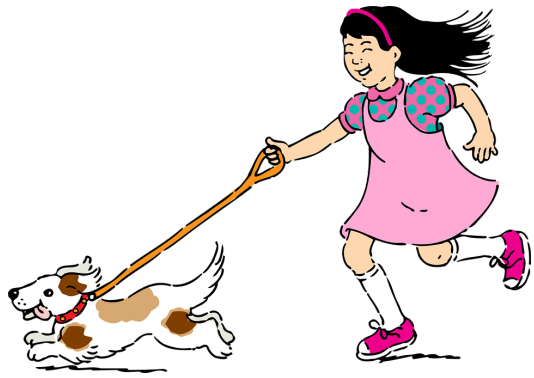
During **Red
Ribbon
Week** we
want to:



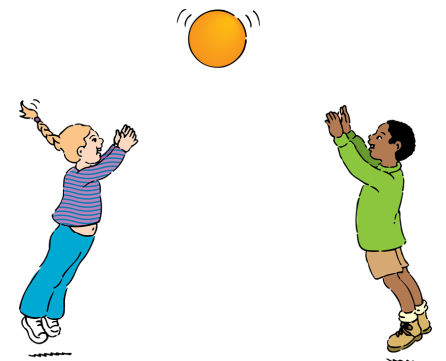
STAY HEALTHY!



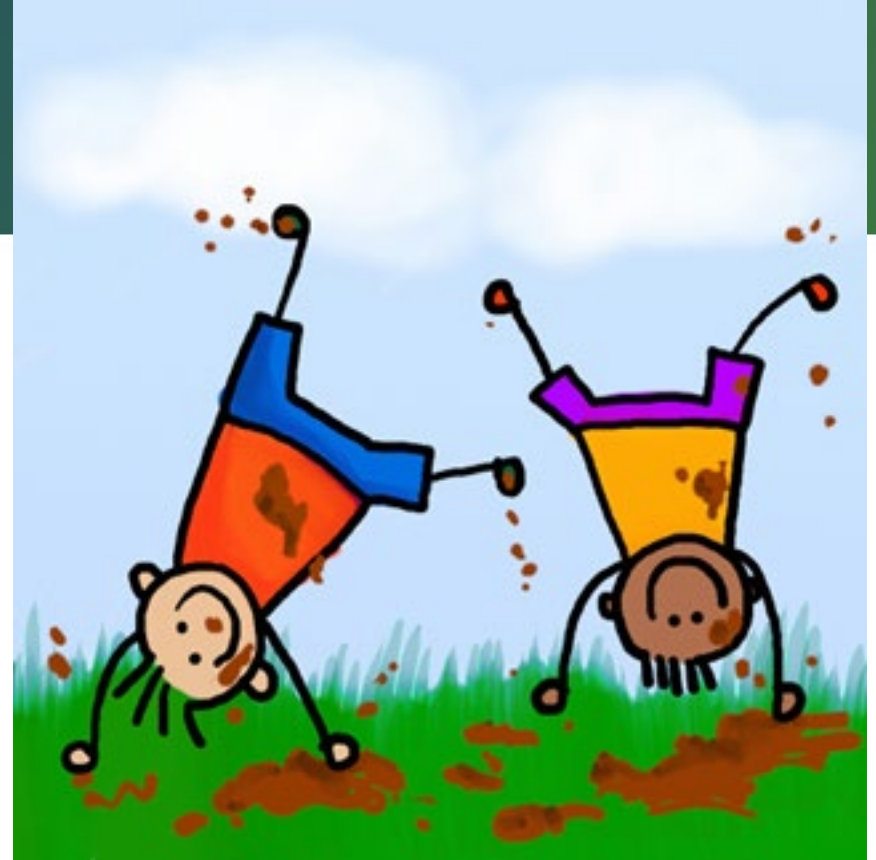
What are some ways we can stay healthy?



EXERCISE!



How do YOU exercise?

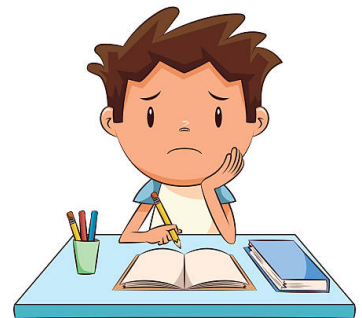
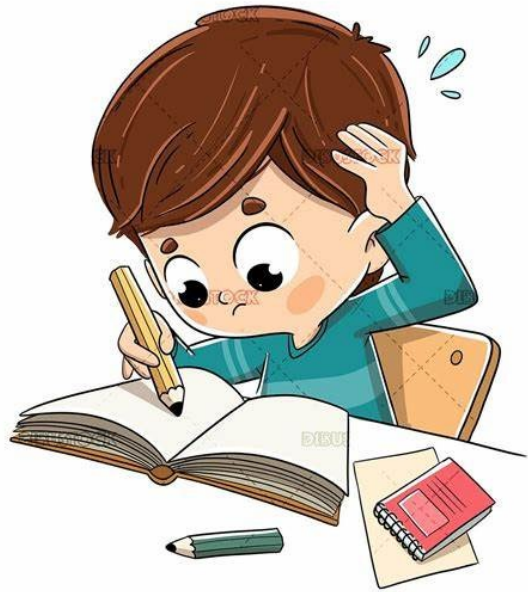




© Can Stock Photo



Who Has Felt Stress Before?



Stress is...



That nervous,
uptight, uneasy,
feeling that we all
experience from
time to time.



*Why yes, I'm a bit stressed.
Why do you ask?*

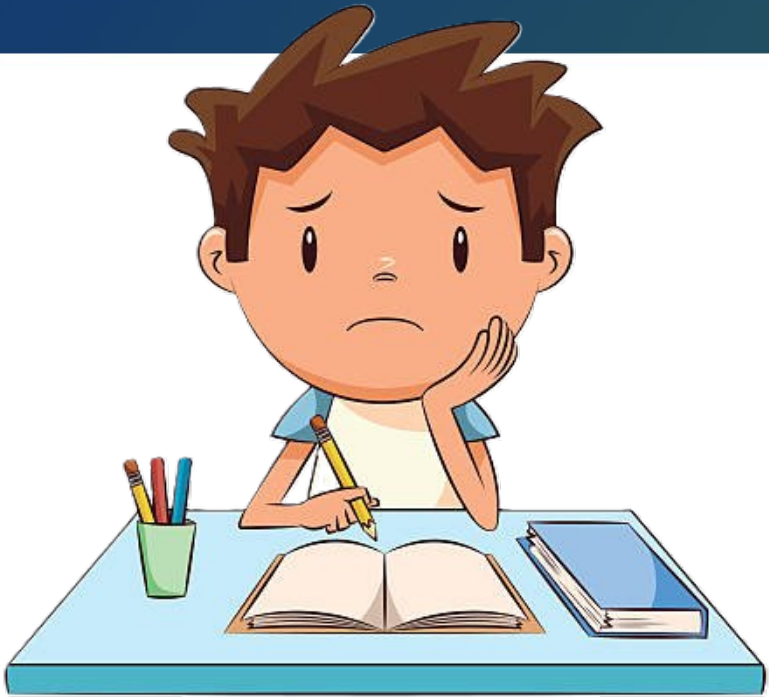
Physical Signs of Stress

(Signs that your body gives you to alert you to Stress)

- Racing Heart
- Shaking Hands
- Shaky Legs
- Clenched Fists
- Red Face
- Headaches
- Tense
- Tight Muscles



Some amount of stress can be good for you





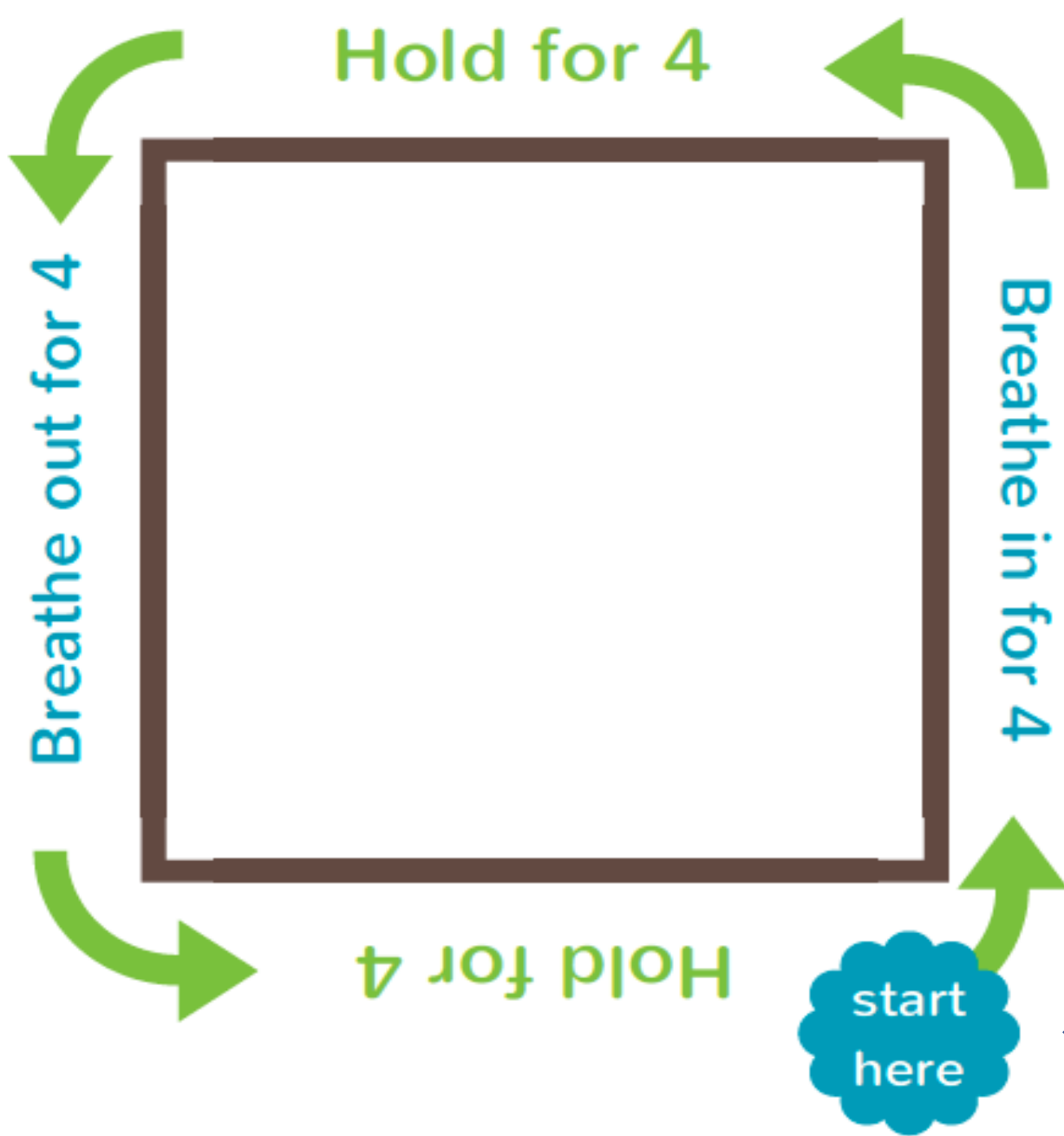
1... 2... 3... 4...

Breathing

Belly Breathing

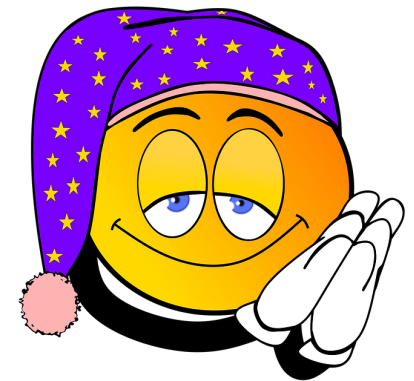


Breathing Square



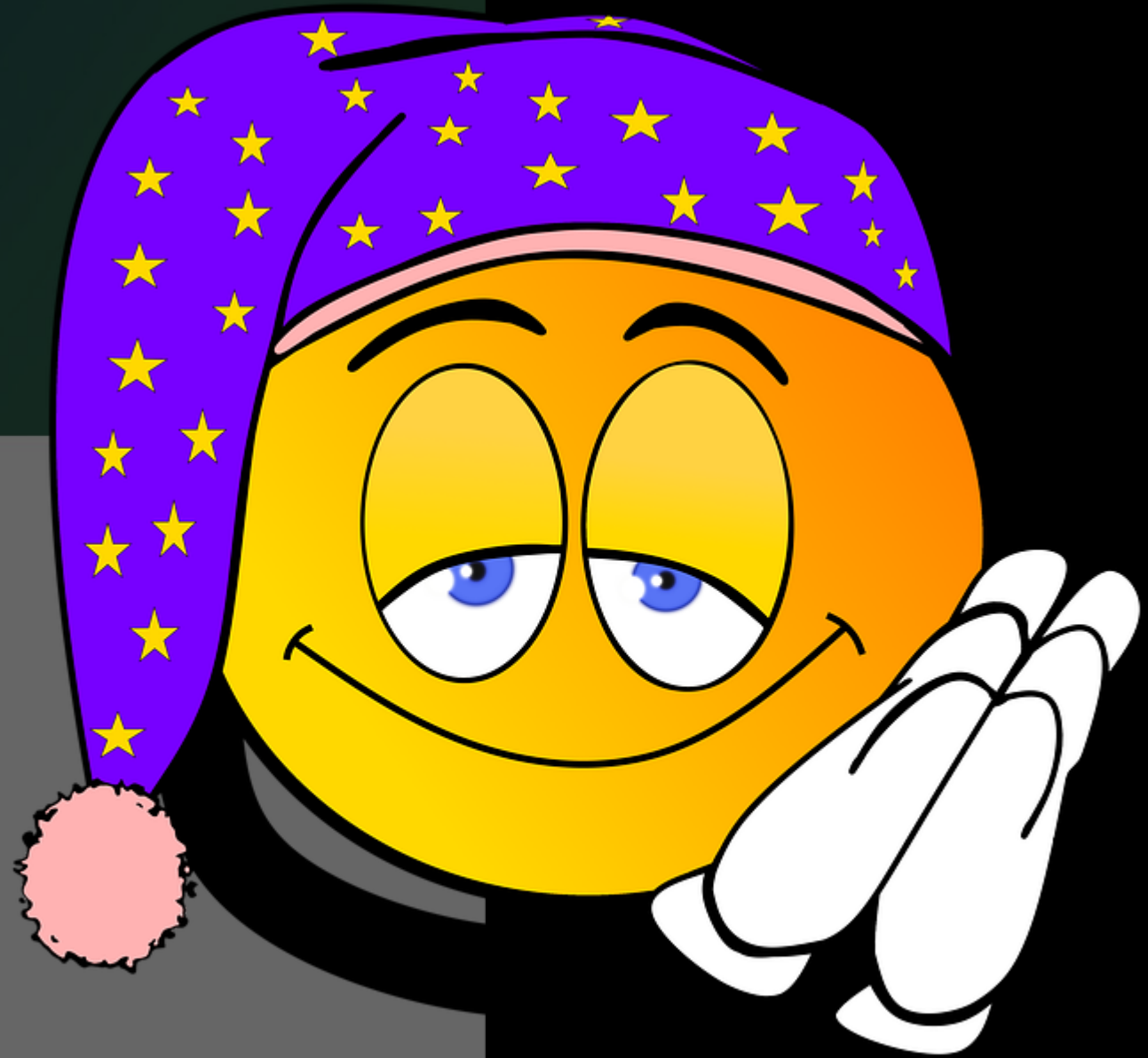


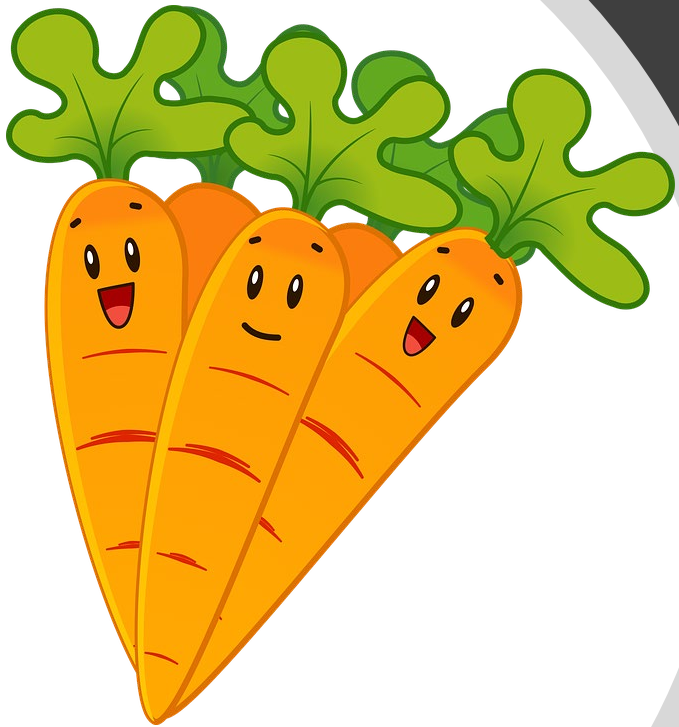
RELAX!



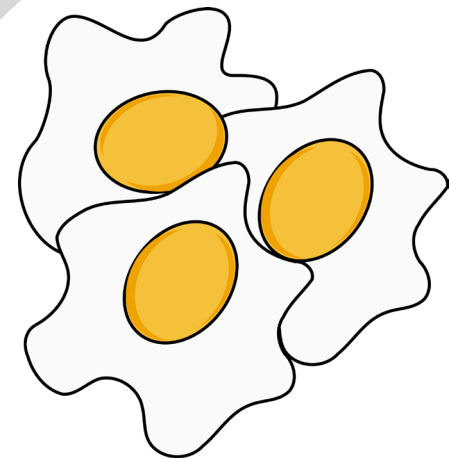
10 hours

REST



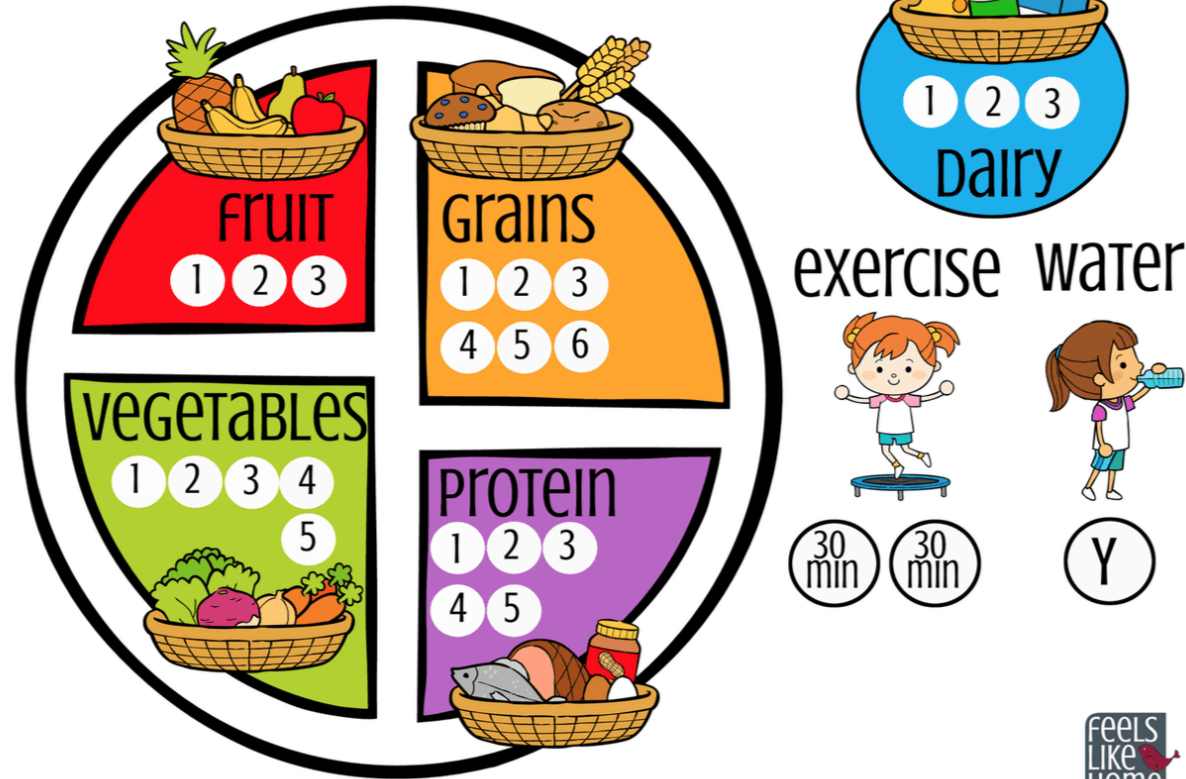


**HEALTHY
FOODS!**



What is a balanced diet?

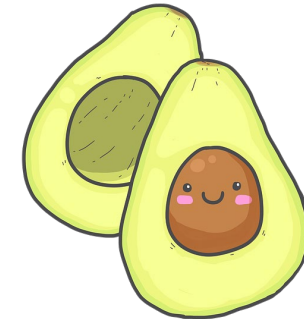
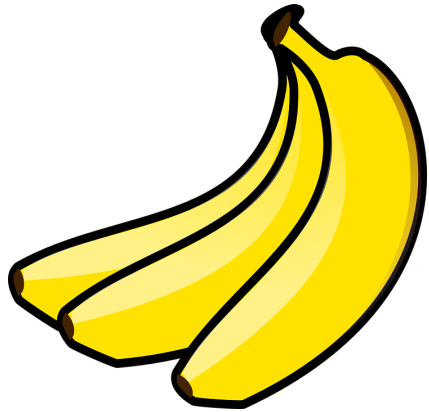
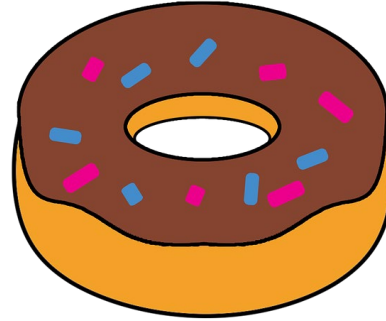
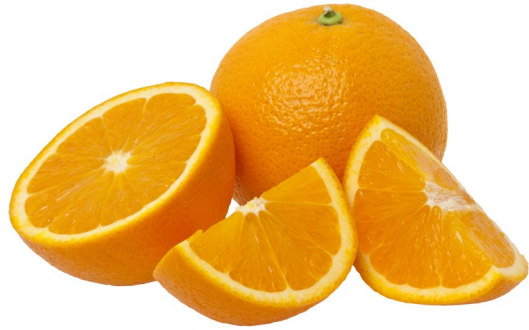
MY HEALTHY CHECKLIST



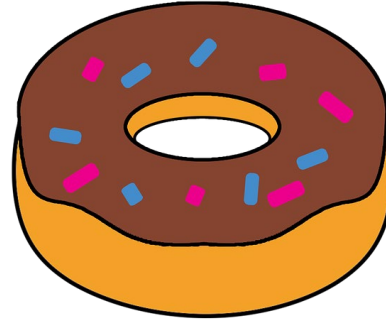
Based on 1,800 calories per day

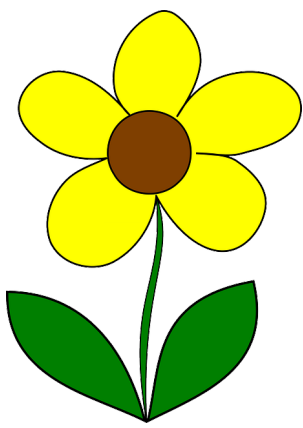


Healthy or UnHealthy?



Unhealthy





GET OUTSIDE!

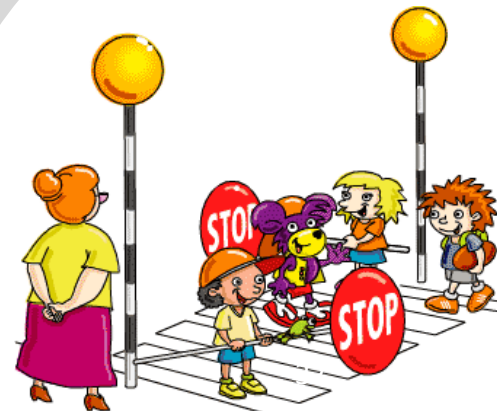


What do you like to do outside?





**ALWAYS BE
SAFE!**





BUT LAST BUT NOT
LEAST...



**HAVE LOTS OF
FUN!!**



**YOU
ARE WORTH IT**

personally.tumblr.com



RED[®]
RIBBON
CAMPAIGN

**MAKE HEALTHY
CHOICES**



SACADA

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Alcohol & Drug Awareness**

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