



*Private  
Matters*

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**CLEVELAND COUNTY  
HEALTH DEPARTMENT**

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*315 East Grover Street*

*Shelby, NC 28150*

*704-484-5100*

*[clevelandcounty.com/cchd](http://clevelandcounty.com/cchd)*

**Private Matters is formatted to provide the youth of Cleveland County with information regarding local services and activities. Although this guide provides valuable information, parents, guardians, spiritual leaders and school personnel should always be a young person's first source of information. Every effort was made during the development of this resource guide to provide the most current and accurate information regarding health-related issues and local programs, services and activities. Please contact the health education staff at the Cleveland County Health Department at 704-484-5128 to add other services and programs to future editions of the guide or to secure additional information about the publication and distribution of the guide.**

**Inclusion of programs, services and activities in Private Matters is not meant to imply endorsement of the programs, services or activities by the Cleveland County Health Department, the Alliance for Health in Cleveland County, Inc. or the Teen Pregnancy Prevention Coalition of Cleveland County. Exclusion of programs or activities does not suggest disapproval. When contacted, some programs and activities did not respond to requests for information. The goal of Private Matters is to provide basic and concise information about community-based programs, services and activities that may be of interest to the youth of Cleveland County.**

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*Nothing  
can dim the  
light which  
shines from  
within.*

-Maya Angelou

# *Behavioral Health and Counseling*

*Your present circumstances don't  
determine where you can go; they  
merely determine where you start.*

*-Nibo Qubein*

# Bipolar Disorder

Bipolar disorder is a serious mental illness. People who have it go through unusual mood changes. They go from very happy and active to very sad, hopeless and then back again. They often have normal moods in between. The up feeling is called mania. The down feeling is depression.

The causes of bipolar disorder aren't always clear. It can be inherited in families. Abnormal brain structure and function may also play a role. Bipolar disorder often starts in a person's late teen or early adult years. But children and adults can have bipolar disorder too. The illness usually lasts a lifetime. If you think you may have it, tell your health care provider. A medical checkup can rule out other illnesses that might cause your mood changes.

If not treated, bipolar disorder can lead to damaged relationships, poor job or school performance, and even suicide. However, there are effective treatments to control symptoms: medication and talk therapy.

*NIH: National Institute of Mental Health*

Resources for Bipolar Disorder Include:

- [www.familydoctor.org/familydoctor/en/diseases-conditions/bipolar-disorder.printerview.all.html](http://www.familydoctor.org/familydoctor/en/diseases-conditions/bipolar-disorder.printerview.all.html)
- [www.psychiatry.org/bipolar-disorder](http://www.psychiatry.org/bipolar-disorder)
- [www.nimh.nih.gov/health/publications/bipolar-disorder-easy-to-read/index.shtml](http://www.nimh.nih.gov/health/publications/bipolar-disorder-easy-to-read/index.shtml)

# Depression

Depression is a serious medical illness that involves the brain. It's more than just a feeling of being "down in the dumps" or "blue" for a few days. If you are one of the more than 20 million people in the United States who have depression, the feelings do not go away. They persist and interfere with your everyday life. Symptoms can include:

- Sadness
- Loss of interest or pleasure in activities you used to enjoy
- Change in weight
- Difficulty sleeping or oversleeping

- Energy loss
- Feelings of worthlessness
- Thoughts of death or suicide

Depression is a disorder of the brain. There are a variety of causes, including genetic, environmental, psychological, and biochemical factors. Depression usually starts between the ages of 15 and 30, and is much more common in women. Women can also get postpartum depression after the birth of a baby. Depression is one part of bipolar disorder. There are effective treatments for depression, including antidepressants and talk therapy. Most people do best by using both.

*NIH: National Institute of Mental Health*

Resources for Depression Include:

- [www.familydoctor.org/familydoctor/en/diseases-conditions/depression.printerview.all.html](http://www.familydoctor.org/familydoctor/en/diseases-conditions/depression.printerview.all.html)
- [www.nimh.nih.gov/health/publications/depression-easy-to-read/index.shtml](http://www.nimh.nih.gov/health/publications/depression-easy-to-read/index.shtml)
- [www.webmd.com/depression/default.htm](http://www.webmd.com/depression/default.htm)

## *Anxiety*

Fear and anxiety are part of life. You may feel anxious before you take a test or walk down a dark street. This kind of anxiety is useful - it can make you more alert or careful. It usually ends soon after you are out of the situation that caused it. But for millions of people in the United States, the anxiety does not go away, and gets worse over time. They may have chest pains or nightmares. They may even be afraid to leave home. These people have anxiety disorders. Types include:

- Panic disorder
- Obsessive-compulsive disorder
- Post-traumatic stress disorder
- Phobias
- Generalized anxiety disorder

Treatment can involve medication, therapy or both.

*NIH: National Institute of Mental Health*

Resources for Anxiety Include:

- [www.psychiatry.org/anxiety-disorders](http://www.psychiatry.org/anxiety-disorders)
- [www.nimh.nih.gov/health/publications/anxiety-disorders/index.shtml](http://www.nimh.nih.gov/health/publications/anxiety-disorders/index.shtml)

## *Eating Disorders*

Eating disorders are complex. People with eating disorders often use food to deal with feelings and emotions. Dieting, bingeing, and purging begin as a way to cope with painful emotions and to feel in control. Ultimately, eating disorders can damage one's physical and emotional health, as well as one's self-esteem. These serious emotional and physical problems can have life threatening consequences.

Factors that may contribute to eating disorders:

- Low self esteem
- Feelings of inadequacy
- Depression
- Troubled family and personal relationships
- Difficulty expressing emotions and feelings
- History of being teased about physical appearance
- Cultural definitions of beauty
- Chemical imbalance

**ANOREXIA** is self starvation and excessive weight loss. Signs include:

- Intense fear of weight gain or being "fat"
- Feeling "fat" or overweight despite dramatic weight loss
- Loss of menstrual periods
- Extreme concern with body weight and shape
- Refusal to maintain normal body weight

**BULIMIA** is eating large amounts of food in short periods of time, then getting rid of the food through vomiting, laxative abuse, or over-exercising.

Bulimia is often done in secret. Signs include:

- Repeated bingeing and purging
- Feeling out of control during a binge and eating beyond comfort
- Purging after a binge (by vomiting, abuse of laxatives and diet pills, excessive exercise, or fasting)
- Frequent dieting
- Extreme concern with body weight and shape

**BINGE EATING DISORDER** (also known as **COMPULSIVE OVEREATING**) is uncontrolled, impulsive, or continuous eating beyond the point of feeling comfortably full. Signs include:

- Sporadic fasts or repetitive diets
- Feelings of shame or self-hatred after a binge
- Anxiety, depression, and loneliness
- Changes in body weight- from normal to underweight, moderate to severe obesity.

EATING DISORDERS STEM FROM MANY CAUSES. THEY CAN CREATE A CYCLE OF PHYSICAL AND EMOTIONAL DAMAGE. ALL EATING DISORDERS REQUIRE PROFESSIONAL HELP.

*Adapted from Eating Disorders Awareness and Prevention*

To find out more about eating disorders or how to get help:

- National Eating Disorder Hotline and Referral Service  
1-800-931-2237  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
- Eating Disorders Awareness and Prevention, Inc  
1-630-577-1330  
[www.anad.org](http://www.anad.org)
- Anorexia Nervosa and Related Eating Disorders  
1-877-941-6272  
[www.eating-disorders-treatment.com](http://www.eating-disorders-treatment.com)

## *Grief/Loss*

For those who have lost a family member or friend, the following provide grief education, support groups, and individual counseling services:

- Hospice of Cleveland County  
704-487-4677
- KinderMourn  
704-376-2580  
[www.kindermourn.org](http://www.kindermourn.org)
- Elizabeth Will, licensed professional counselor  
704-484-0033 \*accepts Medicaid

# Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental illnesses are serious disorders which can affect your thinking, mood, and behavior. There are many causes of mental disorders. Your genes and family history may play a role. Your life experiences, such as stress or a history of abuse, may also matter. Biological factors can also be part of the cause. Mental disorders are common, but treatments are available.

*NIH: National Institute of Mental Health*

Resources for Mental Health Include:

- [www.familydoctor.org/familydoctor/en/prevention-wellness/emotional-wellbeing/mental-health-keeping-your-emotional-health.printerview.all.html](http://www.familydoctor.org/familydoctor/en/prevention-wellness/emotional-wellbeing/mental-health-keeping-your-emotional-health.printerview.all.html)
- [www.mentalhealth.gov/basics/what-is-mental-health/index.html](http://www.mentalhealth.gov/basics/what-is-mental-health/index.html)

## Local Mental Health Resources

### **Mental Health Association of Cleveland County, Inc.**

Advocates for the needs of adults and children with psychiatric and emotional difficulties and provides education and support for the individual and families affected by a mental illness.

- [www.clevelandcountymha.org](http://www.clevelandcountymha.org)
- Call: 704-481-8637

### **Partners Behavioral Health Management (formally Partners LME)**

Partners BHM oversees the publicly-funded behavioral healthcare service system for 8 counties including Cleveland. Accepts Medicaid insurance from state for uninsured care.

- [www.partnersbhm.org](http://www.partnersbhm.org)
- 901 South New Hope Road, Gastonia, NC 28054
- 888-235-HOPE (4673)

### **Monarch**

917 First Street, Shelby, NC 28150

Call: 704-476-4027 or 1-800-898-5898 (24 hour phone line for immediate help)

### **Phoenix Counseling Center**

Specializes in addiction treatment and associated disorders including loss, depressions, anxiety, trauma, relationship issues and other behavioral problems. Phoenix Counseling Center accepts Medicaid and private insurance. Self-pay offers services on a sliding fee scale based on income. The outpatient office in Shelby is located in the Ollie Harris building, next to the Cleveland County Health Department at 917 1st Street, Shelby, NC 28150.

Call: 704-476-4106

### **The Shelby Crisis and Detox Center**

A mental health inpatient crisis stabilization and substance abuse detoxification treatment and also for those in a mental health crisis, suicidal/homicidal, or situational confusion. They take Medicaid or private insurance and no pay source (do have state funding). Patient may be responsible for co-pay. Location: 609 North Washington Street, Shelby, NC  
Call: 704-751-3693 or 1-855-527-4747 (24 hour crisis line)

### **Preferred Choice Healthcare**

Offers outpatient services such as individual, family and group therapy as well as child and play therapy. It also offers comprehensive clinical assessments, anger management, adult mental health and substance abuse treatment. Preferred Choice is a faith-based counseling center that focuses on healing the mind, body and spirit. Accept Medicaid. Location: 1243-4 East Dixon Boulevard, Shelby, NC 28152

Call: 704-487-4000

### **Piedmont Family Services, LLC**

Offers counseling and medication management. Accepts Medicaid and private insurance (excluding Cigna and United). Does not offer sliding fee scale. Location: 824 S. Dekalb St., Shelby, NC 28150

Call: 704-482-2460

### **Foothills Consulting Associates**

Offers therapy and medication management. Accepts Medicaid and private insurance. No self-pay. Location: 618 N. Morgan Street, Shelby, NC 28150

Call: 704-480-1882

## **Piedmont Behavioral Resources**

Offers outpatient therapy, medication management. Accepts Medication and private insurance. Will accept self-pay on sliding fee scale, but patient must pay up front. Location: 201 W. Marion St. #207, Shelby, NC 28150. Call: 704-487-6226

## *Peer Pressure*

Teen peer pressure is the influence a teen's social group has on him or her. Peer pressure is a part of life for everyone, but it can be an especially strong influence during the teen years when peers are very important to a teen's identity. This means that teens need to learn to handle peer pressure, and to recognize when it is positive and when it is negative.

*Source: <http://www.teenhelp.com/teen-issues/peer-pressure.html>, 2013*

Peer pressure doesn't always have to be negative. But being able to distinguish between the two is important.

Here are some examples of negative peer pressure:

- Smoking, using drugs or drinking alcohol
- Going to a party where there is drug use or alcohol
- Being sexually active
- Joining a gang or participating in any criminal activity
- Bullying or name calling

Here are some examples of positive peer pressure:

- Respecting others
- Not smoking, doing drugs or drinking alcohol
- Working hard
- Exercising and eating well
- Doing well at a sport

If you have a peer who is pressuring you negatively here are some ways you can rise above the pressure:

- Choose good friends who will respect you and encourage you
- Let a trusted adult know if you are being pressured into something negative

- Practice saying no
- Avoid places where you could be surrounded by negative peer pressure such as parties where drugs and alcohol are present

For more information on peer pressure visit the following web sites:

- <http://www.thecoolspot.gov/pressures.asp>
- <http://www.teenhelp.com/teen-issues/peer-pressure.html>
- <http://www.abovetheinfluence.com/>

## Stress

Stress is a feeling that's created when we react to particular events. It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness. Although just enough stress can be a good thing, stress overload is a different story — too much stress isn't good for anyone. For example, feeling a little stress about a test that's coming up can motivate you to study hard. But stressing out too much over the test can make it hard to concentrate on the material you need to learn.

Pressures that are too intense or last too long, or troubles that are shouldered alone, can cause people to feel stress overload. Here are some of the things that can overwhelm the body's ability to cope if they continue for a long time:

- Being bullied or exposed to violence or injury
- Relationship stress, family conflicts, or the heavy emotions that can accompany a broken heart or the death of a loved one
- Ongoing problems with schoolwork related to a learning disability or other problems, such as ADHD (usually once the problem is recognized and the person is given the right learning support the stress disappears)
- Crammed schedules, not having enough time to rest and relax, and always being on the go

Some stressful situations can be extreme and may require special attention and care. Posttraumatic stress disorder is a very strong stress reaction that can develop in people who have lived through an extremely traumatic event, such as a serious car accident, a natural disaster like an earthquake, or an assault like rape.

*Source: [http://kidshealth.org/teen/your\\_mind/emotions/stress.html](http://kidshealth.org/teen/your_mind/emotions/stress.html), 1995-2013*

Here is a list of healthy ways to cope with stress:

- Talk to trusted friends or family members
- Try deep breathing exercises
- Go for a walk, run, play basketball, etc.
- Get plenty of rest
- Listen to relaxing music
- Focus on the positive
- Write in a journal
- Watch a comedy

## *Suicide*

Many teenagers go through life hiding their problems and feelings from the world, their families, and their friends. If someone talks to you about suicide, take it seriously. If a person feels he/she can't cope with life, he/she needs to talk with someone. A friend may tell you about suicidal thoughts and ask you to keep it a secret. **YOU CANNOT KEEP THIS SECRET!** Suicide threats are cries for help. You must tell someone you can trust, such as a parent, teacher, or counselor.

If you have any questions about suicide, or are experiencing a crisis in your life that seems too difficult to handle, you can call these numbers for help:

- National Hopeline Network  
1-800-SUICIDE (1-800-784-2433)  
[www.hopeline.com](http://www.hopeline.com)
- Suicide Prevention Lifeline  
1-800-273-TALK (1-800-273-8255)  
[www.suicidepreventionhotline.org](http://www.suicidepreventionhotline.org)
- Covenant House Nineline  
1-800-999-9999  
[www.covenanthouse.org](http://www.covenanthouse.org)
- Alexander Youth Network  
704-366-8712  
[www.alexanderyouthnetwork.org](http://www.alexanderyouthnetwork.org)

*Healthy Bodies*

*Healthy Minds*

*What we achieve inwardly will  
change outer reality.*

*-Plutarch*

# Physical Activity

Becoming physically active does not necessarily mean joining a gym or going for a jog. There are many ways to become physically active and improve your overall physical health such as playing a sport (basketball, football, etc.), swimming or even dancing! It is recommended to get 30 to 60 minutes of physical activity at least 5 days a week to remain in good physical health.

Here are just a few benefits to exercise: helps control weight, improves your mood, gives you energy, helps combat disease and strengthens your bones and muscles!

Check out these links on physical activity:

- <http://www.cdc.gov/bam/activity/index.html>
- <http://www.choosemyplate.gov/physical-activity/why.html>
- <http://www.cdc.gov/physicalactivity/everyone/health/index.html>
- <http://www.choosemyplate.gov/physical-activity/amount.html>
- <http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>

# Healthy Eating

Just like being physically active, eating healthy, nutritious meals is important for our mind and body to function properly. Be mindful of what you eat. Too much junk food such as potato chips, sodas, candy bars and fast food can affect your body by making you sluggish, raising your blood pressure, causing weight gain and making you feel bad mentally and emotionally.

Here are a few tips to eating more nutritiously: stay AWAY from greasy foods, eat only when you are hungry, if you need a snack choose fruit, drink more water and less soda, and make sure you eat breakfast to help jumpstart your body and mind.

Need advice on nutrition? Take a look at these links:

- <http://www.cdc.gov/healthyweight>
- <http://www.cdc.gov/bam/nutrition/index.html>
- <https://esmmweighless.com/new-esmm/wp-content/uploads/2011/12/Healthy-Snacks-Drinks-Guide.pdf>
- <http://hp2010.nhlbihin.net/portion/portion.cgi?action=question&number=1>
- <http://hp2010.nhlbihin.net/portion/portion2>

[cgi?action=question&number=1](http://www.choosemyplate.gov/videos.html)

- <http://www.choosemyplate.gov/videos.html>
- <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf>
- <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>

## *Immunization/Disease Prevention:*

North Carolina General Statutes require immunizations for every child present in the state. Documentation of required immunization is shown on either a lifetime immunization card or certificate of immunization. Colleges and Universities all require documentation of immunizations prior to enrollment.

For a list of current vaccinations offered by the Cleveland County Health Department visit: <http://clevelandcounty.com/cchd/immunizations/> or call 704-484-5154 for more information.

- <http://www.youtube.com/watch?v=FD-amW2i-kM>
- <http://www.cdc.gov/vaccines/who/teens/products/web.html>
- <http://www.cdc.gov/vaccines/who/teens/index.html>

For parents:

- <http://www.cdc.gov/vaccines/parents/downloads/PL-dis-preteens-parents.pdf>
- <http://www.cdc.gov/vaccines/vpd-vac/flu/fs-parents.html>
- <http://www.cdc.gov/vaccines/who/teens/vaccines/flu.html>

## *Additional Community Health Services*

### **Cleveland County Health Department:**

704-484-5100

<http://clevelandcounty.com/cchd>

### **Communicable Disease and Prevention**

704-484-5154

<http://clevelandcounty.com/cchd>

Services include Immunizations, Eye Clinic, STD Clinic, and General

Clinic services. Some restrictions apply, sliding fee scale may apply.  
<http://clevelandcounty.com/cchd/communicable-disease-prevention>

### **Child Health Clinic**

704-484-5120

Services include physicals, nutritional counseling, developmental screening as well as blood pressure, blood lead, hemoglobin, vision and hearing screenings

<http://clevelandcounty.com/cchd/child-health>

### **Care Coordination for Children Program (CC4C)**

704-484-5210

Services provided by either a nurse or a social worker for eligible children ages birth to 5 years to improve the health of your child by linking you to effective, efficient services that will meet the needs of your child. CC4C focuses on the family strengths and concerns by providing care managers to help identify programs, services and resources to meet the family's needs.

<http://clevelandcounty.com/cchd/child-health>

### **Dental Clinic**

704-484-5260

Services include pediatric dental services to Cleveland County residents under the age of 21 who are recipients of Medicaid, NC Health Choice, or a combination of Medicaid and private insurance. Private pay clients may also be seen and will be billed on a sliding fee scale.

<http://clevelandcounty.com/cchd/dental>

**Family Planning Clinic** (see Pregnancy/Prevention for more information)

**Pregnancy Care Management (PCM)** (See Pregnancy/Prevention for more information)

**Maternity Clinic** (see Pregnancy/Prevention for more information)

## **School Health Services**

704-484-5211

Cleveland County school health registered nurses work to provide health support and services that students need to be safe and healthy at school. We believe every school-aged child should have a school nurse. Registered nurses with expanded training in the school based health centers housed at each middle school provide evaluation of health concerns with limited laboratory testing and treatment according to physician approved guidelines. School based health centers in each high school are operated by nurse practitioners who provide diagnosis and treatment, in addition to limited laboratory testing. Parent permission is required for these expanded school health services. Parent permission forms are available in each health center or upon request.

<http://clevelandcounty.com/cchd/school-health>

## **Women, Infants, Children (WIC)**

704-484-5170

The Special Supplemental Nutrition Program for Women, Infants, and Children – better known as the WIC program – serves to safeguard the health of low-income women, infants, & children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. The Cleveland County Health Department WIC Program provides nutrition education and free supplemental food to low income pregnant, post-partum and breastfeeding mothers as well as families with children less than five years of age. <http://clevelandcounty.com/cchd/wic-nutrition>

## **Carolina Community Health Partnership**

704-484-5152

Registered Nurse Care Managers help Medicaid recipient's access needed medical care and services so that they will have better health outcomes.

<http://www.cchpnetwork.org>

## **Cleveland County Asthma Coalition**

704-484-5195

The Cleveland County Asthma Coalition wants to make Cleveland County a better place to LIVE, WORK, LEARN and PLAY for people with asthma.

<http://www.nowheezelevelandcounty.org>

# *Hopes and Dreams*

## *Setting your Goals*

*All life is an experiment. The more experiments you make the better.*

*-Ralph Waldo Emerson*

Have you ever thought about your dreams for the future? Maybe you want to become a lawyer, a chef or play for the NFL. It's important to have dreams and to set goals for yourself, but first ask yourself, "Are my dreams realistic? Are they achievable?" In other words, you cannot become a doctor if you don't plan to go to college. Or make the basketball team if you don't feel like practicing.

If you have yet to set goals for yourself, start now! On a piece of paper write down the top 5 goals you would like to achieve within the next 5 to 10 years. Goals do not always have to be big. They can be as small as making it a point to be more positive, or holding the door for someone. Or goals can be as large as getting into the college of your dreams or getting your own apartment once you turn 18!

Think about the future and plan! The future is yours, and it is up to you what path you take in life...

My Goals by \_\_\_\_\_  
Year

1)

2)

3)

4)

5)

How will I achieve my goals? \_\_\_\_\_

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# *Pregnancy Prevention And STD's*

*Nobody ever did, or ever will, escape  
the consequences of his choices.*

*-Alfred A. Montapert*

# *Pregnancy Prevention*

Fact: The only 100% effective way to prevent pregnancy is abstinence (not having sex). Before you decide to be sexually active, CONSIDER the CONSEQUENCES. An unplanned pregnancy will affect you, your relationship with your partner, your family, and your child. A decision to be sexually active can affect your emotional and physical health (you could get a sexually transmitted disease). Deciding whether or not to be sexually active is an important choice. School age children should be encouraged to discuss reproductive health and pregnancy prevention with their parents. Students need to know parents are there to assist with life decisions and being sexually active is a major life decision.

List of FDA-Approved Birth Control Options:

- Birth control pills
- Depo-Provera
- Diaphragm
- Nexplanon®
- Intra-Uterine Devices (IUD)
- Male condoms
- Nuva Ring
- Emergency Contraception (EC)
- Vaginal Film (Spermicide)

For more information:

**Cleveland County Health Department Family Planning Clinic**

704-484-5140

The Family Planning Clinic provides comprehensive family planning and reproductive health services, including providing FDA approved birth control methods and education.

[www.clevelandcounty.com/cchd/family-planning](http://www.clevelandcounty.com/cchd/family-planning)

Resources:

- Bedsider - [www.bedsider.org](http://www.bedsider.org)
- “Be Smart” Family Planning Medicaid program - [www.ncdhhs.gov/dma/medicaid/familyplanning.htm](http://www.ncdhhs.gov/dma/medicaid/familyplanning.htm)
- Adolescent Pregnancy Prevention Campaign of NC - [www.appcnc.org](http://www.appcnc.org)
- Center for Disease Control - [www.cdc.gov/reproductivehealth](http://www.cdc.gov/reproductivehealth)

# *Pregnancy and Child Services*

## **Cleveland County Health Department Maternal Health Clinic**

704-484-5150

The Maternity Clinic provides prenatal care to pregnant women in Cleveland and surrounding counties. The clinic is staffed by a physician, public health nurses, social workers, health educators, and nutritionists. The staff of the maternity clinic is committed to providing each client with quality and individualized care to meet their specific needs. 315 East Grover Street Shelby, NC 28150

[www.clevelandcounty.com/cchd/maternal-health](http://www.clevelandcounty.com/cchd/maternal-health)

## **Nurse Family Partnership**

704-669-3152

Evidence-based community health program that uses nurse home visits to help transform the lives of low-income, first time parents and their children. 315 East Grover Street Shelby, NC 28150

[www.clevelandcounty.com/cchd/nurse-family-partnership](http://www.clevelandcounty.com/cchd/nurse-family-partnership)

## **Childcare Connections**

704-487-7397

Aids families in their search for quality childcare that meets their individual needs. 327 A Market St. Shelby, NC 28151

[www.ccchildcareconnections.org](http://www.ccchildcareconnections.org)

## **Children's Home Society of North Carolina**

1-800-632-1400

Provides confidential counseling on all alternatives to a complicated pregnancy, information and referral regarding pregnancy services and adoption issues. PO Box 14608, Greensboro, NC 27415

[www.chsnc.org](http://www.chsnc.org)

## **Cleveland County Partnership for Children**

704-480-5620

Collaborative partnerships with families, childcare providers, schools, businesses, local governmental agencies, organizations, and faith community to work together to promote school readiness. This includes the "Smart Start" Program. 312 W. Marion St. Shelby, NC 28150

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

## **Florence Crittenton Services**

1-800-448-0024 or 704-372-4663

Provides a safe and healthy environment for pregnant girls and women. Comprehensive health, educational, and social services are provided for the women served and their families. 1300 Blythe Blvd., Charlotte, NC 28203

[www.fcsnc.org](http://www.fcsnc.org)

## **Pregnancy Resource Center of Cleveland County**

704-487-4357

Free and confidential services for pregnant women including free pregnancy tests, education about options, confidential help line, and community referrals. Pregnancy Resource Center of Cleveland County promotes benefits of abstinence and consequences of premarital sex. 232 S Lafayette St, Shelby, NC 28150

[www.prccc.org](http://www.prccc.org)

## **Teen Pregnancy Prevention Coalition**

704-484-5128

The Teen Pregnancy Prevention Coalition is collaboratively sponsored by the Alliance for Health in Cleveland County and the Cleveland County Health Department to address the issues of teen pregnancy and sexually-transmitted diseases. The coalition meets monthly and is charged with reviewing, researching, developing, implementing and evaluating evidence-based programs in five target areas: school-based, community-based, adolescent health services, parent education and community awareness. Membership is open to the public. The coalition sponsors the publication of Private Matters, a youth resource guide, available for students and adults in Cleveland County. The coalition supports reproductive health and safety educational programs and provides technical assistance to churches, schools and organizations who wish to address the targeted health issues.

## **Some Consequences of an Unplanned Pregnancy:**

- Raising a child from birth to 18 years: \$239,631
- Daycare Costs: \$5,760
- Child Support-minimum child support is \$187/month, even if unemployed.
  - \$40,392 is the LEAST amount you could pay in child support over the child's lifetime and could be as much as \$235,000. Child support must be paid in full, regardless of child's age.

- 40% could automatically be taken from your paycheck to support your child.
- If you get behind/don't pay child support, you could face jail time, loss of driver's license, or loss of tax return

*For more information on Child Support, contact Cleveland County Department of Social Services at 704-487-0661 ext 725.*

## *Sexually Transmitted Diseases*

A Sexually Transmitted Disease (STD) also known as Sexually Transmitted Infection (STI) are viral and/or bacterial infections passed from one person to another through sexual contact.

### **How are Sexually Transmitted Diseases spread?**

Sexually transmitted diseases are spread not just through vaginal sex BUT through oral and anal sex as well. STD germs need to live in warm, moist areas. That's why they infect the mouth, rectum and sex organs (vagina, vulva, penis and testes). Brochure: STD Facts

**1 in 4 sexually active teens contracts an STD!**

**Think about this:** When you choose to have sex with someone, not only are you having sex with that person, but all of the people your partner has had sex with as well!

### **Who becomes infected?**

ANYONE! STDs do not discriminate! Anyone can become infected with an STD no matter their age, gender or race!

### **FACT:**

Most sexually transmitted diseases show no visible signs or symptoms! Therefore, it's possible to have a STD and not even know it! This is also why it is very important for you and your partner to get tested for STDs if you are sexually active.

### **ABSTINENCE**

Abstinence is the act of refraining from sexual activity. This means not having vaginal, anal, or oral sex. Keep in mind that abstinence is the ONLY method that is 100% effective in preventing STDs and unplanned

pregnancies!

Abstinence doesn't mean you can't be close. There are plenty of ways to make each other feel good without having intercourse.

- Kissing, hugging, and holding hands.
- Listening, giving support, and having fun together.

Saying no to sex can mean saying yes to a relationship based on respect, romance, caring, and concern. Also, not having to worry about pregnancy or sexually transmitted diseases.

*\*source: brochure, STD fast facts, Abstinence, 1999*

## HIV/AIDS

To understand what HIV is, let's break it down:

- **H – Human** – This particular virus can only infect human beings.
- **I – Immunodeficiency** – HIV weakens your immune system by destroying important cells that fight disease and infection. A “deficient” immune system can't protect you.
- **V – Virus** – A virus can only reproduce itself by taking over a cell in the body of its host.

Human Immunodeficiency Virus is a lot like other viruses, including those that cause the “flu” or the common cold. But there is an important difference – over time, your immune system can clear most viruses out of your body. That isn't the case with HIV – the human immune system can't seem to get rid of it. Scientists are still trying to figure out why.

We know that HIV can hide for long periods of time in the cells of your body and that it attacks a key part of your immune system – your T-cells or CD4 cells. Your body has to have these cells to fight infections and disease, but HIV invades them, uses them to make more copies of itself, and then destroys them.

Over time, HIV can destroy so many of your CD4 cells that your body can't fight infections and diseases anymore. When that happens, HIV infection can lead to AIDS.

*\*source: <http://www.aids.gov/hiv-aids-basics/hiv-aids-101/what-is-hiv-aids/>*

To understand what AIDS is, let's break it down:

- **A – Acquired** – AIDS is not something you inherit from your parents. You acquire AIDS after birth unless given to an unborn baby in the womb or during childbirth from mother with HIV/AIDS.
- **I – Immuno** – Your body's immune system includes all the organs and cells that work to fight off infection or disease.
- **D – Deficiency** – You get AIDS when your immune system is “deficient,” or isn't working the way it should.
- **S – Syndrome** – A syndrome is a collection of symptoms and signs of disease. AIDS is a syndrome, rather than a single disease, because it is a complex illness with a wide range of complications and symptoms.

Acquired Immunodeficiency Syndrome is the final stage of HIV infection. People at this stage of HIV disease have badly damaged immune systems, which put them at risk for opportunistic infections.

\*source: <http://www.aids.gov/hiv-aids-basics/hiv-aids-101/what-is-hiv-aids/>

HIV/AIDS is spread through body fluids such as blood, semen, pre-seminal fluid, breast milk, vaginal fluids and rectal mucous. In other words you can come in contact with the virus through sexual contact with someone who has the virus themselves; shared needles for tattooing or drug use and babies can get the virus through breastfeeding.

HIV is NOT spread by day-to-day contact in the workplace, schools, or social settings. HIV is not spread through shaking hands, hugging, or a casual kiss. You cannot become infected from a toilet seat, a drinking fountain, a door knob, dishes, drinking glasses, food, cigarettes, pets, or insects.

\*source: <http://www.cdc.gov/hiv/basics/transmission.html>

## **STD Clinic**

The STD clinic at the Cleveland County Health Department provides services to those who have or suspect they have a sexually transmitted disease. The clinic provides confidential testing, diagnosis, treatment, and counseling for common sexually transmitted diseases. Hours of operation are Monday-Friday, 8:00am-11:00am and 1:00pm-4:00pm. Appointments are made and walk-ins are first come first serve. To schedule an appointment please call 704-484-5169.

## **Reproductive Health & Safety**

On June 25, 2009 the North Carolina legislature passed the Healthy Youth Act of 2009 which modifies GS 115c(e1) the School Health Education Act. The Healthy Youth Act of 2009 changed what is to be included in the human sexuality education component of health education instruction in North Carolina's 7th, 8th, and 9th grade classrooms. The law went into effect at the beginning of the 2010-2011 school year, and Cleveland County adopted a 10 day program called, Making Proud Choices, an evidence-based curriculum taught to 9th grade students to provide them with the skills they need to reduce the risk of unplanned pregnancy and STDs. On the 10th day a Health Education Specialist from the Cleveland County Health Department educates the 9th grade students on STDs and FDA approved contraceptives.

## **Good Sex**

Good Sex is a faith-based, whole person approach to educating young people in the churches about sex and what the bible has to say about sex. The curriculum helps young people to understand topics such as sexual identity, intimacy, sex messaging, and responsibility.

## *Resources*

- <http://www.babycanwait.com/home.htm>
- <http://bedsider.org/>
- <http://www.cdc.gov/std/>
- <http://www.mayoclinic.com/health/std-symptoms/ID00053>
- <http://intheknowzone.com/>



# Sexually Transmitted Diseases

## STD

### Symptoms

### Risk

### Treatment

#### Chlamydia

Symptoms show **7–28 days** after sex with someone who has the disease themselves. It can affect both men and women although most women have no symptoms.

#### Women

- Discharge from vagina
- Bleeding from vagina between periods
- Burning or pain during urination, or frequent urination
- Abdominal pain, sometimes with fever and nausea

- If not treated you can give Chlamydia to sex partner(s)

This disease is **curable** with specific antibiotics given to you by your healthcare provider, however any damage done to your reproductive organs is irreversible.

#### Men

- Watery, white drip from penis
- Burning or pain during urination or frequent urination
- Swollen or tender testicles

- May lead to more serious infections & damage to the reproductive organs
- Women & possibly men may no longer be able to have children
- A mother with Chlamydia can give it to her baby during childbirth

#### Human Papillomavirus – HPV (Genital Warts)

Symptoms show up **1–8 months** after contact with someone who has the virus themselves.

#### Men and Women

- There may be no symptoms that appear
- Small, bumpy warts on sex organs and anus
- Itching or burning around sex organs
- After the warts go away, the virus may stay in the body and the warts may return

- If not treated you can give HPV to your sex partner(s)
- HPV—Type A is linked to cervical cancer in women
- Warts may go away on their own, remain unchanged, or grow and spread
- A mother with warts can give them to her baby during childbirth

There is **NO cure** for HPV. The warts may go away but reappear often throughout your life. There is only treatment for the warts given to you by your healthcare provider during a breakout.

#### Gonorrhoea

Symptoms show up **2–21** days after sex with someone who has Gonorrhoea.

#### Women

- Thick, yellow or gray discharge from the vagina
- Burning or pain during urination or having a bowel movement
- Abnormal periods or bleeding between periods
- Cramps or pain in the lower abdomen (belly)

- If not treated you can give Gonorrhoea to your sex partner(s)
- Can damage the reproductive organs in both men and women, therefore you may be unable to have a child
- Can cause heart trouble, skin disease, arthritis and blindness
- A mother can give it to her baby in the womb or during childbirth

This disease is **curable** with the right treatment given to you by your health care provider.

#### Men

- Thick yellow or greenish drip from the penis
- Burning or pain during urination or having a bowel movement
- Frequent urination
- Swollen or tender testicles

## STD

### Hepatitis B

Symptoms show up **1–9 months** after with the Hepatitis B virus.

## SYMPTOMS

### Men and Women

- Many people have no symptoms or have mild symptoms
- Flu-like feelings that don't go away
- Tiredness
- Jaundice
- Dark urine
- Light-colored bowel movements

## RISK

- If not treated you can give Hepatitis B to your sex partner(s)
- Some recover completely
- Some cannot be cured. Symptoms go away, but can still give Hepatitis B to others
- Can cause permanent liver damage or liver cancer
- A mother can give Hepatitis B to her baby during childbirth

## TREATMENT

Some people with acute Hepatitis B are able to recover on their own without treatment, with symptoms usually lasting 4 to 8 weeks.

People with chronic Hepatitis B are not able to recover.

### Herpes

Symptoms show up **1–30 days** or longer after contact with the virus.

### Men and Women

- May not show any symptoms
- Flu-like symptoms
- Small, painful blisters on sex organs or mouth
- Itching or burning before blisters appear
- Blisters last 1—3 weeks
- Women may have yeast infections that won't go away

If not treated you can give Herpes to your sex partner(s)

A mother with Herpes can give in to her baby during childbirth

There is **NO cure** for Herpes, only antiviral medications to prevent or shorten outbreaks.

### HIV/AIDS

Symptoms show up **several months to several years** after contact with HIV, the virus that causes AIDS.

### Men and Women

- Unexplained weight loss or tiredness
- Flu-like feelings that won't go away
- Diarrhea
- White spots in mouth
- Women may have yeast infections that won't go away

If not treated you can give HIV/AIDS to your sex partner(s)

Can result in illness and death.

A mother can give HIV to her baby in the womb, during childbirth or while breastfeeding

There is **NO cure** for HIV/AIDS.

### Pubic Lice (Crabs)

- Intense itching in the genital region

Pubic Lice are easy to treat and get rid of with medicated shampoo given to you by a health care provider

- If not treated you can give Pubic Lice to your sex partner(s)
- Can cause discolored skin or pale blue spots may develop where pubic lice have been feeding continually
- Can cause a secondary infection if the itching as a result of the bites becomes so severe you scratch yourself raw

## STD

### Syphilis

The first stage of Syphilis show up **1 –12 weeks** after contact with the disease.

## SYMPTOMS

### Men and Women

- Painless sore(s) on mouth or sex organs which last 2—6 weeks.
- The sores go away, but if not treated Syphilis remains in the body.

### 2nd Stage

- Symptoms show as sore heals or after
- Rash appears anywhere on the body
- Flu-like symptoms
- Rash and flu-like symptoms go away, but in not treated Syphilis remains in the body

### Women

- Itching, burning or irritation in the vagina
- Yellow, greenish or gray discharge from the vagina

### Men

- Watery, white drip from the penis
- Burning or pain when urinating
- The need to urinate more often

## RISK

- If not treated you can give Syphilis to your sex partner(s)
- Can cause heart disease, brain damage, blindness and death
- A mother with Syphilis can give it to her baby during childbirth

## TREATMENT

Syphilis is curable through antibiotics given to you by your healthcare provider.

### Trichomoniasis (Trich) or NGU

Symptoms show **3 to 14 days** after sex with someone who has the disease themselves.

- If not treated you can give Trichomoniasis to your sex partner(s)
- Uncomfortable symptoms will continue
- Men can get infections in their prostate glands

Trichomoniasis can be cured with a single dose of prescription antibiotic given to you by your health care provider.

# *Safety*

*Out of this nettle, danger, we pluck  
this flower, safety.*

*-William Shakespeare*

## Abuse & Neglect

It is normal and expected to have occasional disagreements with family (especially if you feel like your curfew is unfair), but these disagreements should never include physical violence, name-calling, or weapons. If physical violence, name-calling, or weapons are used to inflict pain or threaten you it's called abuse. If this is happening, talk to your school counselor or you can call:

- Department of Social Services  
704-487-0661
- National Child Abuse Hotline  
1-800-4-A-Child (22-4453)

## Dating Violence

Dating violence or abuse can be emotional, physical, or sexual. Words hurt too, so threats, insults, and public humiliation still count as abuse even if no one hits you. If you are unsure of signs to look for or what to do if it happens to you or someone you know, check out [loveisnotabuse.com](http://loveisnotabuse.com), [chooserespect.org](http://chooserespect.org), and [safeyouth.org](http://safeyouth.org). If you are in an abusive relationship or a victim of domestic or dating violence, you can call:

- Abuse Prevention Council  
704-481-0043
- Law Enforcement  
911
- National Domestic Violence Hotline  
1-800-799-SAFE (7233) to get help.

If you are abusing someone, there is help for you too; call:

- Family Services Inc  
704-487-1278

*\*source: Georgia Department of Human Services, 2010*

## Gangs

Teenagers join gangs for a number of reasons: maybe they are being bullied, they have a family member in a gang, they might join for a sense of

belonging or they want the excitement. There are other options such as; sports, recreational, and after-school programs that give you a great chance to meet new people, explore new interest, develop new talents and skills, and to connect with people who really care about your well-being.

If you choose to join a gang, act like a gang member, or hang around gangs, a lot of bad things can happen. Let's look at a few:

- You will lose your freedom – and your identity. Gangs will want you to follow their rules. You won't be able to think for yourself and do what you like. You will be forced to do things that are dangerous or cruel, and will be punished if you don't.
- You can get injured or killed by gang violence. Imagine living the rest of your life in a wheelchair because you got shot or stabbed in gang violence. Or imagine your family's tears if you die young because you were involved in a gang.
- You might start using drugs or alcohol. Gangs are surrounded by drugs and alcohol, and all sorts of unsafe and illegal things. Just imagine the peer pressure you will face to start using drugs and drinking.
- You will commit crimes or hurt people. Gangs will order you to commit crimes, like selling drugs, robbing people, or stealing cars. They will order you to hurt innocent people, or rival (enemy) gang members. There will be no way to say no.
- You will get arrested. With all of the bad things listed above, you will most likely end up getting arrested. This will give you a criminal record that can make it hard to get a job later in life.
- You can spend time in jail. In North Carolina, if you are 16 or older and you commit a serious crime, you can be tried as an adult. This means that you will get the same punishment as an adult - even life in prison or the death penalty. Are you willing to face that for a gang?
- You will put your family in danger. Imagine if your family member got injured or killed because you were in a gang. It could be your mother, father, sister, uncle, cousin, grandma -- or your new baby brother. Your family's house could become a target for drive-by shootings.
- You close the door to your future. There is no happy ending when you join a gang. It's really hard to get out of a gang. It may be hard to find a job, or have friends after living the gang life. Make the right choice for your future - Stay Gang Free!

*\*source: [http://www.gangfree.org/gangfree/gang\\_facts\\_happens.html](http://www.gangfree.org/gangfree/gang_facts_happens.html), 2008 \_ 2009*

[www.gangfree.org](http://www.gangfree.org)

## Drugs and Driving

The commercial said it best, “buzzed driving is drunk driving”. Drinking and drugs affect your brain, body, and self-control, not to mention puts you at increased risk of death. Accidental/unintentional injuries kill more teens than disease and illness combined. Driving while under the influence of drugs or alcohol increases your risk of being in a car crash, losing your license or car (back to asking mom and dad for rides), being fined or charged with DWI. Even if you are riding with someone who is under the influence of drugs or alcohol, you are subject to consequences too, not to mention embarrassment and stress of having to explain your decision to your parents. If you or someone you know struggles with drugs or alcohol, call:

*source: Georgia Department of Human Services, 2010*

- SAMHSA’s Center for Substance Abuse Treatment



## Homelessness/Runaway

Sometimes, “anywhere but here” feels better, but the reality is that having a clean, safe roof over your head, steady meals, and a decent bed are necessities to being a healthy you. Being homeless refers to people without a regular, stable home or residence. Bouncing around from couch to couch, home to home, even if you bathe daily and aren’t wearing sweats that are two sizes too big, means you are homeless. Running away is a choice, homelessness is a condition. If you feel that running away is the best escape, there are people who can help; talk to a school counselor or call:

*source: Georgia Department of Human Services, 2010*

- National Runaway Switchboard  
1-800-RUNAWAY (786-2929)
- National Child Abuse Hotline  
1-800-4-A-CHILD (422-4453)
- Department of Social Services  
704-487-0661

## *Nondiscrimination*

Discrimination is the practice of unfairly treating a person or group of people differently from other people or groups of people. Nondiscrimination is the absence of discrimination. Unfortunately there is still discrimination in our world today. We see it in schools, in the work place and among countries throughout the world. Sometimes it is hard to remove yourself from that kind of negativity when it is often present in our lives.

One of the passages of adolescence is the development and understanding of sexuality. For all teens, this is a challenging transition. But for teens who are questioning their sexual orientation, this can be a very lonely transition. It can also be a difficult time for parents who may have fears and questions of their own.

*Source: Youth Yellow Pages, 2005*

### **Think about this...**

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

– Martin Luther King, Jr.

It is important for us to remember that even though we come from different backgrounds or have a different skin color from our neighbor, in the end we are all human beings. We all breathe to stay alive. We all smile when we are happy and cry when we are sad. The most important thing we can do for ourselves and each other, our country and our world, is to

remember that underneath it all, we are all the same.

For more information on discrimination and local support groups:

- <http://timeoutyouth.org/index.html>
- <http://quakerhouse.org/>
- <http://carolinajustice.typepad.com/ncnaacp/branches/>
- <http://www.doa.nc.gov/hrc/>

## *Rape/Date Rape/Sexual Assault*

Forced unwanted sex is rape. Forced unwanted sex between two people who know each other is date rape. Even if you said yes in the heat of the moment, it is your right to: change your mind, say “no” and mean it, leave the situation, or refuse a drink that has been given to you unless you see it being poured.

Date Rape Drugs are drugs that inhibit your ability to say no or assert yourself and your needs. These drugs are “slipped” into open drinks (alcoholic or non-alcoholic) or food and are tasteless, odorless, and colorless. These are different kinds of date rape drugs: Raphynol (common names: rope, forget it, Mexican Valium), Gamma Hydroxy Butyrate or GHB (common names: liquid ecstasy, clear X, liquid dream), and Ketamine Hydrochloride (common names: special K, vitamin K, make-her-mine).

Even if you initially agreed to an act, you have the right to firmly refuse and leave. If you or someone you know has been raped or sexually assaulted call:

Abuse Prevention Council

704-481-0043

Law Enforcement

911

National Sexual Assault Hotline

1-800-656-HOPE (4673)

*\*source: Georgia Department of Human Services, 2010*

# Social Networking/Cyber Bullying/Internet Harassment

Everyone has a Facebook, Twitter, Instagram, and Tumblr, just to name a few. These sites and other digital technologies can be a means to communicate with friends and family, regardless of distance and time zone. Unfortunately, sometimes these sites and mobile phones are used for the wrong reasons, like tormenting, humiliating, embarrassing, or threatening someone. This is called cyber bullying.

## **There are ways to protect yourself from cyber bullying:**

- Never post pictures of yourself that you wouldn't want your parent, guardian or the rest of the world to see.
- Always make sure you have logged out completely before leaving the computer.
- Protect your password and change it often. Do not use passwords that are too easy to guess.
- Never open any unidentified messages.
- Don't be a cyber bully yourself.
  - <http://cyberbullying.us/resources/teens/>
  - <http://www.stopbullying.gov/cyberbullying/>

## Sexting

Sexting is sending sexually explicit texts or photographs via electronic means. Digital images and text can be stored and shared infinitely. That means anything created or transmitted digitally is potentially searchable and shareable forever. A naked picture sent to a friend might as well be sent to the whole world.

*Source: Brochure: In Focus, Sexting – What a Parent Should Know, 2010 Education Specialty Publishing, LLC*



# *Substance Abuse*

*Your present circumstances don't determine where you can go; they merely determine where you start.*

*-Nibo Qubein*

# Alcohol Addiction (Alcoholism)

Alcoholism is a chronic and often progressive disease that includes problems controlling your drinking, being preoccupied with alcohol, continuing to use alcohol even when it causes problems, having to drink more to get the same effect (physical dependence), or having withdrawal symptoms when you rapidly decrease or stop drinking. If you have alcoholism, you can't consistently predict how much you'll drink, how long you'll drink, or what consequences will occur from your drinking.

*\*Source: <http://www.mayoclinic.com/health/alcoholism/DS00340>, 2012*

1 in 7 drinkers becomes dependent on alcohol. The disease of alcoholism worsens over time. Alcoholics continue to drink in spite of the real problems alcohol causes in their lives. It's a true physical addiction, complete with painful withdrawal symptoms and it can happen to anyone.

*\*Source: Brochure: Alcohol - Straight Facts Serious Danger, 2010*

## Signs of Alcoholism

- You cannot stop drinking or control how much you drink.
- Your friends and family are concerned about your drinking.
- You need to drink more to get the same effect.
- You have given up activities so you can get drunk.
- When you stop drinking you experience withdrawal symptoms such as sweating, shakiness, upset stomach or even anxiety.

People become addicted to substances such as drugs, alcohol and tobacco for a number of reasons. Maybe it was because of peer pressure, maybe because they watched as a family member abused a substance right in front of them, or maybe it was out of their own curiosity. No matter the reason that first try can put you on the path to addiction and disease. The first time you try a drug or drink alcohol could easily be your last. The first time you taste nicotine could put you on the path to addiction and disease.

## Some facts about alcohol:

- Alcohol kills over 100,000 people each year.
- Alcohol use during pregnancy is the most common nonhereditary cause of intellectual disabilities.

- Alcoholism affects more people than diabetes, lung cancer, breast cancer, or heart attacks, and as many people as high blood pressure.
- Alcohol use is involved in half of murders, a third of drowning, boating, and aviation deaths accidental deaths and suicides. Half of all crimes.

*\*Source: Brochure: Alcohol - Straight Facts Serious Danger, 2010*

## Binge Drinking

Let's face it. Alcohol is everywhere. We see alcohol being used on television and in the movies. Alcohol is glorified in songs heard on the radio and you might even see your friends drinking alcohol at a party and be pressured in to trying it yourself. The TRUTH is that alcohol can be very dangerous, not to mention illegal if you are under 21 years of age. The consequences of drinking might not only harm your mental and physical health, but can get you in legal trouble as well.

Binge drinking is the most common pattern of excessive alcohol use in the United States. The National Institute on Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 grams percent or above. This typically happens when men consume 5 or more drinks, and when women consume 4 or more drinks in about 2 hours.

*\*Source: <http://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm>, 2012*

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These immediate effects are most often the result of binge drinking and include the following:

- Unintentional injuries, including traffic injuries, falls, drowning, burns, and unintentional firearm injuries.
- Violence, including intimate partner violence and child maltreatment. About 35% of victims report that offenders are under the influence of alcohol. Alcohol use is also associated with 2 out of 3 incidents of intimate partner violence. Studies have also shown that alcohol is a leading factor in child maltreatment and neglect cases, and is the most frequent substance abused among these parents.
- Risky sexual behaviors, including unprotected sex, sex with

multiple partners, and increased risk of sexual assault. These behaviors can result in unintended pregnancy or sexually transmitted diseases.

- Miscarriage and stillbirth among pregnant women, and a combination of physical and lifelong mental birth defects among children.
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels that suppress the central nervous system and can cause loss of consciousness, low blood pressure and body temperature, coma, respiratory depression, or death.

*\*Source: <http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>, 2012*

## Drug Abuse

Drug abuse is the habitual taking of addictive or illegal drugs. And just like alcohol abuse, recreational drug use has become a common activity seen far too often among young people today.

Abuse of prescription drugs has been on the rise in our school system for the past several years. Teenagers often believe that just because a pill has been prescribed by the doctor, it must be safe. BUT it is very important for you to know that prescription drugs are very dangerous, can do negative physical and mental harm and can even cost you your life.

### Drug Facts

- Using drugs can lead to abuse, addiction, serious health problems, and even death.
- Drugs that are legal—prescription and over-the counter (OTC) medications—can be just as dangerous as illegal drugs! Just because the drug is given by a doctor, does not mean that the drug is safe. You cannot predict the effect that a drug can have on you—especially if it's the first time you try it, and even if it's a small amount or dose. Everyone's brain and body chemistry are different. Everyone's tolerance for drugs is different.
- Even though prescription drugs are legal, selling or using drugs that you didn't get through a legitimate medical prescription is illegal. Using prescription drugs for nonmedical purposes is illegal.
- Smoking marijuana leads to some changes in the brain similar to those caused by cocaine, heroin and alcohol causing emotional and intellectual damage.

## Definitions

**Addiction** is the act of becoming abnormally dependent on a habit.

**Alcohol** is the fermentation of grains, fruits or vegetables.

**Alcoholism** is the addiction to the consumption of alcohol or the mental illness and compulsive behavior that results from alcohol dependency.

**Alcohol poisoning** is when the body becomes poisoned by large amounts of alcohol. One who has experienced alcohol poisoning may experience violent vomiting followed by extreme sleepiness, unconsciousness, difficulty breathing, dangerously low blood sugar, and seizures. Death can occur.

**Binge drinking** is the consumption of large amounts of alcohol over a short period of time.

**Depressant** means it slows the function of the central nervous system.

**Drugs** are chemicals or substances that change the way our bodies work.

**Drug overdose** describes the ingestion or application of a drug or other substance in quantities greater than are recommended or generally practiced. An overdose may result in a toxic state or death.

**Fermentation** is a process that uses yeast or bacteria to change the sugars in the food into alcohol.

**Inhalants** refers to the inhalation of chemical vapors produced by common household substances. There are four types:

- Aerosol sprays are some of the most powerful inhalants in the home and include spray paint, deodorant, hairsprays, vegetable oil, cooking sprays, and static cling sprays.
- Gases include medical gases (nitrous oxide) and household or commercial products (butane lighters, propane tanks, whipped cream dispensers that contain nitrous oxide and refrigerants).
- Nitrites include cyclohexyl nitrite, amyl nitrite, and butyl nitrite,

often called “poppers” or “snappers.” They can be found in some room deodorizers and capsules that release vapors when opened.

- Volatile solvents are liquids that become a gas at room temperature. Some examples are paint thinners and removers, gasoline, glues, and felt-tip marker fluids.

**Intoxication** causes changes to the brain, resulting in loss of coordination and slurred speech.

**Secondhand smoke** comes from both the smoke that smokers exhale (called mainstream smoke) and the smoke floating from the end of the cigarette, cigar, or pipe (called side stream smoke).

**Smokeless tobacco**, also called spit tobacco, chewing tobacco, chew, chaw, dip, plug, comes in two forms: snuff and chewing tobacco.

**Sudden Sniffing Death** is the most common cause of death from inhalant use. What happens is the heart beats quickly and irregularly, and then suddenly stops which is cardiac arrest. This can happen even the first time a person tries an inhalant and is experimenting.

**Synthetic drugs** are chemically laced substances similar to marijuana, cocaine and methamphetamine that are sold over the counter at some convenience stores, gas stations and tobacco shops.

## *Resources*

### **Drugs**

- [www.drugfreeworld.org](http://www.drugfreeworld.org)
- [www.drugfree.org](http://www.drugfree.org)
- [www.kidshealth.org](http://www.kidshealth.org)
- [www.justthinktwice.com](http://www.justthinktwice.com)
- [www.abovetheinfluence.com](http://www.abovetheinfluence.com)

### **Tobacco**

- [www.quitlinenc.com](http://www.quitlinenc.com)
- [www.realityunfiltered.com](http://www.realityunfiltered.com)
- [www.thetruth.com](http://www.thetruth.com)
- [www.tobaccofree.org](http://www.tobaccofree.org)

## Screening and Help

- [www.drugforcescreening.com](http://www.drugforcescreening.com)
- [www.nacoa.org](http://www.nacoa.org)
- [www.ncdhhs.gov](http://www.ncdhhs.gov)

## Counseling

Partners Behavioral Health Management	704-8842501
Phoenix Counseling	704-487-0710
Piedmont Family Services	704-482-2460
Preferred Choice	704-487-4000

## Education

Community Organization for Drug Abuse Prevention	
Henry Earle	704-669-3139
Roots and Wings	
Dana Hamrick	704-484-5109
Student Options Begin with Intervention and Recovery (SOBIR)	
Tyler McDaniel	704-484-5143
Substance Abuse Prevention Coalition	
Deshay Oliver	704-484-5199

## Screening and Help

Drug Council of NC Information and Referral	1-800-688-4232
Drug Force Screening	704-481-0433
National Association of Children of Alcoholics	1-888-554-2627
Parents Help Line	1-855-378-4373
Teen Help Line	1-800-888-2360
Tobacco Quit Line	1-800-784-8669

# *Things to Do*

*Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it.*

*-Greg Anderson*

# Recreation

## Arts, Music & Theaters

Blumenthal Performing Arts Center  
704-372-1000  
[www.blumenthalarts.org](http://www.blumenthalarts.org)

Cleveland Community College  
704-484-4000  
[www.clevelandcc.edu](http://www.clevelandcc.edu)

Cleveland County Arts Council  
704-484-2787  
[www.ccartscouncil.org](http://www.ccartscouncil.org)

Cleveland County Schools  
[www.clevelandcountyschools.org](http://www.clevelandcountyschools.org)

Destination Cleveland County  
704-487-6233  
[www.destinationclevelandcounty.org](http://www.destinationclevelandcounty.org)

Don Gibson Theater  
704-487-8114  
[www.dongibsontheater.com](http://www.dongibsontheater.com)

Folk Art Center  
828-298-7928  
[www.southernhighlandguild.org](http://www.southernhighlandguild.org)

Greater Shelby Community Theater  
704-480-8495  
[www.gsct.com](http://www.gsct.com)

Kings Mountain Little Theatre  
704-730-9408  
[www.kmlt.org](http://www.kmlt.org)

Southern Arts Society  
704-739-5585  
[www.southerartsociety.org](http://www.southerartsociety.org)

## **Biking, Fishing, Gardens, Hiking, Outdoor Recreation**

Blue Ridge Parkway  
828-298-0398  
[www.blueridgeparkway.org](http://www.blueridgeparkway.org)

Broad River Greenway  
704-434-2357  
[www.broadrivergreenway.com](http://www.broadrivergreenway.com)

Chimney Rock Park  
828-625-9611  
[www.chimneyrockpark.com](http://www.chimneyrockpark.com)

Crowder's Mountain State Park  
704-853-5375  
[ncparks.gov](http://ncparks.gov)

Daniel Stowe Botanical Gardens  
704-825-4490  
[www.dsbgo.org](http://www.dsbgo.org)

Hatcher Gardens  
864-574-7724  
[www.hatchergarden.org](http://www.hatchergarden.org)

Kings Mountain Military Park  
864-936-7921  
[www.nps.gov/kimo](http://www.nps.gov/kimo)

Kings Mountain State Park  
803-734-1700  
[www.southcarolinaparks.com](http://www.southcarolinaparks.com)

Lake Lure

828-625-2725  
[www.lake-lure.com](http://www.lake-lure.com)

South Mountains State Park

828-433-4772  
<http://ncparks.gov>

## **History, Museums & Science**

Belwood Heritage Museum

704-538-3451  
[www.visitnc.com](http://www.visitnc.com)

Biltmore Estate

828-225-1333  
[www.biltmore.com](http://www.biltmore.com)

Charlotte Museum of History

704-568-1774  
[www.charlottemuseum.org](http://www.charlottemuseum.org)

Cowpens Battleground

864-461-2828  
[www.nps.gov/cowp](http://www.nps.gov/cowp)

Discovery Place

704-372-6261  
[www.discoveryplace.org](http://www.discoveryplace.org)

Earl Scruggs Center

704-487-6233  
[www.earlscruggscenter.org](http://www.earlscruggscenter.org)

Energy Explorium, McGuire Nuclear Site

1-800-777-0003  
[www.visitnc.com](http://www.visitnc.com)

Gaston County Museum

704-922-7681

[www.gastoncountymuseum.org](http://www.gastoncountymuseum.org)

Historic Brattonsville

803-684-2327

[www.chmuseums.org/brattonsville](http://www.chmuseums.org/brattonsville)

Kidsenses Children's Museum

828-286-2120

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

Kings Mountain Historic Museum

704-739-1019

[www.kingsmountainmuseum.org](http://www.kingsmountainmuseum.org)

Lawndale Historical Museum

704-538-7212

[www.lawndalenc.org](http://www.lawndalenc.org)

Schiele Museum

704-866-6900

[www.schielemuseum.org](http://www.schielemuseum.org)

Williams Observatory

704-406-3804

[www.gardner-webb.edu/astro](http://www.gardner-webb.edu/astro)

## **Recreation & Sports**

Cleveland County YMCA

704-484-9622

[www.clevecoymca.org](http://www.clevecoymca.org)

Cleveland County Schools

[www.clevelandcountyschools.org](http://www.clevelandcountyschools.org)

- Burns High School 704-476-8335
- Crest High School 704-476-8331
- Kings Mountain High School 704-476-8330
- Shelby High School 704-476-8325

Gardner-Webb University  
704-406-4448  
[www.gwusports.com](http://www.gwusports.com)

Kate's Skating Rink  
704-480-7555

Kings Mountain Parks  
[www.nps.gov/kimo](http://www.nps.gov/kimo)

- Crowder's Mountain State Park
- Patriots Park
- Jake Early Memorial Park

Shelby City Park  
704-484-6800  
[www.cityofshelby.com](http://www.cityofshelby.com)

South Mountain State Park  
828-433-4772  
[ncparks.gov](http://ncparks.gov)

## Special Events

American Legion World Series  
855-222-2597 (ALWS)  
[www.americanlegionworldseries.com](http://www.americanlegionworldseries.com)

Bethware Community Fair  
704-739-7005

City of Kings Mountain  
704-473-8727  
[www.cityofkm.com](http://www.cityofkm.com)

- Beach Blast of Kings Mountain
- Firehouse BBQ Cook-off
- Great Pumpkin Halloween Parade
- The Gateway Festival
- Over the Mountain Triathlon

## Cleveland County Fair

704-487-0661

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

## Cleveland County Arts Council

704-484-2787

[www.ccartscouncil.org](http://www.ccartscouncil.org)

- Real to Reel
- Art of Sound

## Relay for Life of Cleveland County-Shelby

704-473-1268

[www.relayforlife.org](http://www.relayforlife.org)

## Shelby Corn Maze

704-434-8187

[shelbycornmaze.com](http://shelbycornmaze.com)

## Uptown Shelby Association

704-484-3100

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

- Alive After Five
- Shelby Fall Liver Mush Expo
- Foothills Farmers Market
- Summer Cinema
- Christmas Parade
- Merry Go Round Festival

*\*for more information, visit <http://tourclevelandcounty.com>*

## Zoos

### North Carolina Zoo

1-800-488-0444

Asheboro, NC

[www.nczoo.org](http://www.nczoo.org)

### Riverbanks Zoo and Gardens

803-779-8717

Columbia, SC

[www.riverbanks.org](http://www.riverbanks.org)

# *Volunteer Opportunities*

## **Cleveland County**

American Red Cross-Cleveland County Chapter  
1333 Fallston Rd.  
Shelby, NC 28150  
704-487-8594  
[www.redcross.org/nc/shelby](http://www.redcross.org/nc/shelby)

Cleveland County Arts Council  
111 S. Washington St.  
Shelby, NC 28150  
704-484-2787  
[www.ccartscouncil.org](http://www.ccartscouncil.org)

Cleveland Regional Medical Center  
201 East Grover St  
Shelby, NC 28150  
980-487-3889  
[www.clevelandregional.com](http://www.clevelandregional.com)

Cleveland County Volunteer Fire Department-Junior Program  
221 E. Graham St.  
Shelby, NC 28150  
704-487-5335  
[www.clevelandvfd.com](http://www.clevelandvfd.com)

Cleveland County YMCA  
411 Cherryville Highway  
Shelby, NC 28150  
704-484-9622  
[www.clevecoymca.org](http://www.clevecoymca.org)

Destination Cleveland County  
704-487-6233  
[www.destinationclevelandcounty.org](http://www.destinationclevelandcounty.org)

Greater Shelby Community Theater  
704-480-8495  
[www.gsct.org](http://www.gsct.org)

Hospice-Cleveland County  
951 Wendover Heights Dr.  
Shelby, NC 28150  
704-487-4677  
[www.hospicecares.cc](http://www.hospicecares.cc)

Relay for Life of Cleveland County  
Jeff Ross/Julie Pearson  
704-473-1268  
[www.relayforlife.org](http://www.relayforlife.org)

## Surrounding Areas

Kidsenses Children's Museum  
172 North Main St.  
Rutherfordton, NC 28139  
828-286-2120  
[www.kidsenses.com](http://www.kidsenses.com)

Schiele Museum  
1500 E. Garrison Blvd.  
Gastonia, NC 28054  
704-866-6900  
[www.schielemuseum.org](http://www.schielemuseum.org)

Gaston County Museum  
131 W. Main St.  
Dallas, NC 28034  
704-922-7681  
[www.gastoncountymuseum.org](http://www.gastoncountymuseum.org)

National Park Service  
[www.nps.gov](http://www.nps.gov)