



## Bullying May Have Lasting Health Effects on Kids

Kids who are picked on by their peers may see lasting effects on their physical and mental well-being -- especially if the bullying is allowed to persist for years, a new study suggests.

The study found that kids who are chronically bullied seem to fare the worst: Those continually picked on from fifth grade to 10th grade had the lowest scores on measures of physical and emo-

tional health.

Kids who were bullied at a younger age but saw the problem fade tended to do better. But they were still worse off than their peers who'd never been victimized.

The findings are based on nearly 4,300 children from three U.S. cities who were surveyed in fifth, seventh and 10th grades -- or roughly the ages of 10, 12 and



15. Overall, 30 percent said they were being regularly bullied on at least one survey.

To read more click here.

## STD Education Must Start Long Before Kids Engage in Sex

The University of Washington researchers said the findings show that efforts to prevent STD infections should begin years before most young people start having sex.

"Kids don't engage in risky behaviors in a vacuum. There are environmental opportunities that have to be created," study lead author Marina Epstein said in a university news release. "Monitor your kid more generally, and

About one-third of those who became sexually active before age 15 had an STD, compared with 16 percent of those who started having sex at a later age. Having more sexual partners and having sex after drinking alcohol or using drugs also were linked with a greater likelihood of having STDs.

To read more click here.



make sure they're engaged in school and have friends who don't get into trouble."

## In the News

New web-based support group for pregnant women and moms with eating disorders

Gastric surgery increases risk of alcoholism

Fifty percent of general psychiatric patients also have a substance use disorder. But what's the status of good treatment for these "co-occurring disorders?"

Join CADCA in Urging Major Chain Drug Stores to Stop Selling Tobacco

## Awareness Campaigns

- National Eatind Disorders Awareness Week  
2/23-3/1
- Shine a light on Slavery Day  
2/27
- Rare Disease Day  
2/28

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## Training and Webinars

The History of Recovery in the United States and the Addiction Profession  
3/6

Revenue Cycle Management Metrics and the Health of Your Organization  
3/12

Healthy Kids = Smart Kids: What You Can Do  
3/19



Impacting Kids Who Have Experienced Toxic Stress  
3/12

Understanding the New ASAM Criteria  
3/19 2014

The Girl in the Mirror: Behavioral Health of Adolescent Girls  
3/13

8th Annual Nevada State Conference on Problem Gambling  
4/10-4/11

## Freedom from Smoking -- Southern Nevada

City of Henderson Parks and Recreation  
Whitney Ranch Recreation Center, 1575 Galleria Drive, Henderson, NV 89014  
Mondays, 3/3 - 4/14 14; 6:30 p.m. to 8:30 p.m.  
Susan Taylor, 702-858-5255

Joy's Pastry Shop  
1430 E. Charleston Blvd., Las Vegas, NV 89104  
Tuesdays, 2/25 - 4/8; 3:00 p.m. to 5:00 p.m.  
Sally Anquilo, 702-635-2807

Positive Living Programs - Counseling and Wellness Center  
16 W. Pacific Avenue, Ste. 10, Henderson, NV 89015  
Kyle Thrower, 702-524-8980

St Christopher's School En Español  
1840 N. Bruce Street near Lake Mead Blvd., Room 8, North Las Vegas, NV 89030  
Wednesdays, 6:00 p.m. to 8:00 p.m.  
Rocio Galicia, 702-376-7429

St. Rose Dominican Hospitals-San Martin Campus  
8280 West Warm Springs Road, Conference Rooms, Las Vegas, NV 89113  
Tuesdays, 4/1 - 5/13; 5:30 p.m. to 7:00 p.m.  
Kimberlee Kobernik, 702-616-4900

Summerlin Hospital  
657 N. Town Center Drive, Classroom 1B, Las Vegas, NV 89128  
Mondays, Watch for April Start Date  
Deb Sgambati, 702-431-6348

Sunrise Gardens Apartments  
3601 El Conlon Ave., Las Vegas, NV 89102  
Wednesdays, 2/19 - 4/2; 3:00 p.m. to 5:00 p.m.  
Sally Anquilo, 702-635-2807

Trinity Church  
1000 E. St. Louis, Las Vegas, NV 89119  
Sundays, 2/23 - 4/6; 4:00 p.m. to 6:00 p.m.  
Sally Anquilo, 702-635-2807

Volunteers in Medicine of Southern Nevada—VMSN Clients Only  
4770 Harrison Drive, Ste. 105, Las Vegas, NV 89121  
Tuesdays in March - April, 5:30-7:30 p.m. (Dates TBD)  
Jeff Moore, 702-431-6348

## QR Code



For individuals looking to sign up for the Update - follow this QR Code from your smart phone and find the link on our website!



<https://www.facebook.com/NevadaPRC>



@NevadaPRC

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