

A SPECIAL THANKS TO

Grossmont Health Care District

City of La Mesa

Grossmont Union High School District

Frito Lay

COMMUNITIES
AGAINST
SUBSTANCE
ABUSE

554 Broadway
El Cajon, California 92021
Phone: 619-442-2727

**14th Annual Safe and Sober
Youth Journalist Press Event**



**Students Together Against Alcohol 'N
Drugs and Communities Against Substance
Abuse are proud to present:**

***Prescription and over-the-
counter drugs: Exposing the
Myths and Uncovering the
Truths***

Wednesday, March 4, 2009

9:30 AM - 1:00 PM

**La Mesa Community Center
4975 Memorial Drive
La Mesa, California 91942**



Event Agenda

- 9:30—10:00 Registration
- 10:00—10:10 Welcome
Ivette Navarro, STAAND
Councilmember Ernie Ewin, City of La Mesa
- 10:10—10:20 Opening
Kelly Phung, STAAND
Alan Lanning, Chief, La Mesa Police Department
- 10:20-10:45 Journalism Perspective
Ivette Navarro, STAAND
Jim Riffel, Journalist, City News Services, Inc
- 10:45—11:30 Panel Presentation
Kelly Phung, STAAND
Adam Wilson, Communities Against Substance Abuse Board Member
Leyla Tran, PharmD, Sharp Grossmont Hospital
Bennet Blancaflor, PharmD, Sharp Grossmont Hospital
John Wilde, Special Agent, Bureau of Narcotic Enforcement
Ariel Willingham, UCSD Alumni
- 11:30—12:00 Lunch
- 12:00—12:15 Round Table Discussions
Adam Wilson, Communities Against Substance Abuse Board Member
- 12:15—12:45 Questions & Answers
Adam Wilson, Communities Against Substance Abuse Board Member
- 12:45—1:00 Closing
Ivette Navarro, STAAND

About The Event

Safe and Sober is a press event planned and hosted by youth for youth. Each year, STAAND members select a public health substance abuse issue most germane to current community conditions and of particular interest to teens. Ultimately the desired outcome is to provide young people with an opportunity to attend a press event, gain insight into the chosen substance abuse theme, and write articles in their school newspapers to inform their peers.

Today you will hear from a panel of experts from law enforcement, public health, and pharmacology who will present the facts and dispel the myths behind prescription and over-the-counter drug abuse. You will also have the opportunity to engage in a dialogue with a professional journalist to explore the media's role in reporting on public health issues. The discussion will examine the health, social, and legal impacts that abuse of over-the-counter and prescription drugs has on young people, their families, and communities in East County.

STUDENTS TOGETHER AGAINST ALCOHOL 'N DRUGS MEMBERS

Alma Alvarez, Steele Canyon	Andrea Z. Portillo, Steele Canyon
Alex Appel, Steele Canyon	Randy Z. Portillo, Steele Canyon
Jolene Bettis, Steele Canyon	Tania Reyes, Steele Canyon
Michelle Dukes, Steele Canyon	Karen Rosales, Steele Canyon
Matt Heinichen, El Capitan	Farah Rosales, Steele Canyon
Johana Machado, Steele Canyon	Carlos Vazquez, Steele Canyon
Mike Misensol, Granite Hills	Krista Williamson, Steele Canyon
Ivette Navarro, Steele Canyon	Shawna Winell, Granite Hills
Marisol Orozco, Steele Canyon	
Kelly Phung, Mt Miguel	