United Communities Against Meth (UCAM)

Individual Proposal

HE 471

Jessica King

Whitney Langwell
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A-1. Introduction

For years now, there has been a drug slowly creeping up in terms of popularity and accessibility. In the Midwest, this drug accounts for nearly 90% of drug trafficking (Meth Statistics, 2008). Even though this drug has been around since World War Two, it was not until the last couple decades that it has become the drug of choice for dealers and users. Many people may guess this drug is cocaine, heroin, or even marijuana; however, none of these are correct. This easy, inexpensive drug to make is called methamphetamine or meth. Since 1995, seizures of the Meth labs have gone up 577% (Meth Statistics, 2008). Millions of Americans have reported using this drug. It is highly addictive and has destroyed many lives. In 2004, approximately 8,000 labs were seized by drug officials. Child Welfare removed 3,000 children from these labs (Shadow of Meth, n.d.). Not only are children being affected in ways beyond their control, like having to live in the filthy and dangerous conditions of these labs, but they are also starting to use the drug at a young age. In 2005, 6.2% of high school seniors reported having tried this drug at least once (Shadow of Meth, n.d.). Meth has spread from being made primarily in Mexico and California to now being the number one drug problem in the Midwest.

Meth is very prevalent in western states like Oregon and is a problem in rural areas such as Polk County. The organization United Communities Against Meth (UCAM), which works in collaboration with the Independence/Monmouth YMCA, is dedicated to ending the meth epidemic in Polk County by raising awareness and providing resources for the community. UCAM focuses on prevention and intervention. One of the preventative programs UCAM is involved in is “Nite Court”, which is a safe and positive place for kids to spend their Saturday nights. Another project of UCAM is finding emergency shelters and foster care homes for children who are displaced by meth abuse. In accordance with finding safe shelters for displaced
children, UCAM organizes a semi-annual clothing drive called “Operation T-shirt” which helps clothe the children in foster care homes. These efforts of UCAM are designed to help the community lessen the burden of the meth epidemic.

A-2. Rationale

There is no denying that there is a major problem affecting communities in Oregon, and that is meth. According to Oregon Meth Watch, methamphetamine abuse has become the second drug of choice, behind alcohol, among adults in treatment. Also, in an unspecified Oregon county, 90% of the children in state care are a direct result of meth abuse, and 34% of those children removed from the meth labs test positive for meth because of the toxic residue which comes from meth production (Oregon Meth Watch, n.d.). A study performed by the National Institute on Drug Abuse found that 2.5% of eighth graders, 5.2% of tenth graders, and 6.2% of twelfth graders have tried methamphetamines (National Institute on Drug Abuse, 2004).

Methamphetamine (meth) is a stimulant drug that is highly addictive. A stimulant is specifically a drug that excites the brain and the nervous system; stimulants elevate mood, alertness, wakefulness, and increases motor activity (Encyclopedia Britannica, n.d.). Meth is the most potent member of the amphetamine family (Oregon Meth Watch, n.d.). Meth acts upon the nervous system and the brain by releasing overly high amounts of dopamine. Dopamine is a neurotransmitter that is involved in the sense of pleasure and motivation. Meth is made of some toxic chemicals which include acetone, battery acid, lye, drain cleaner, sulfuric acid, anti-freeze, iodine, phosphorus, ephedrine, and pseudoephedrine (Oregon Meth Watch, n.d.).

Meth can be taken in a variety of different ways. Meth can be smoked, snorted, injected intravenously, and taken orally by dissolving in water or alcohol. (National Institute on Drug
Abuse, 2008). There are many different slang terms for methamphetamine. The following are a few of the common terms: crank, chalk, crystal, ice, zip, and quartz. People abuse meth for a number of reasons. Some use it to boost their energy, lose weight, seek euphoria, boredom and curiosity, or because of peer pressure. There are both short term and long term effects of meth abuse. Some of the short term effects include tremors, scabbing, paranoia, irritability, dry mouth, decreased appetite, insomnia, convulsions, and death. Some long term effects of meth abuse are brain damage, lung damage, kidney damage, psychosis, depression, sores, and rotten teeth (Oregon Meth Watch, n.d.). Chemicals from production can irritate the eyes, nose, throat, and cause headaches, dizziness, and damage to kidneys and the liver (Ingalls, 2005).

Meth was originally limited to use in Hawaii and the western states of the country, but has gradually spread across the United States leaving a path of destruction everywhere it is found (National Institute of Drug Abuse, 2005). Meth is easy to make and is produced in super labs and small labs across the nation. The labs can be in homes, hotel rooms or even fields and in the woods. These labs can be found in cities and rural areas alike, but an increasing amount of meth is being trafficked into the United States from labs in Mexico (U.S. Drug Enforcement Administration, n.d.).

In the article Childhood Adverse Events and Health Outcomes among Methamphetamine-Dependent Men and Women, a study was conducted to gauge the prevalence of childhood adverse events (CAEs) in both men and women who are dependent on meth (Messina et al. 2008). According to the study, there was a greater prevalence of trauma, neglect, and abuse in the drug dependent women than the men (Messina et al. 2008). There are also other risk factors involved in substance abuse which include household dysfunction, parental divorce, familial substance abuse, familial psychiatric disorders, or history of imprisonment (Felitti et al.
1998). Messina et al. performed a study on both men and women prisoners in California who also met the Diagnostic and Statistical Manual of Mental Disorders guidelines for being dependent on meth. This study was testing three hypotheses:

1. Women will report more exposure to CAEs compared to men.

2. Greater exposure to CAEs will increase the likelihood of adult mental health problems regardless of gender.

3. Greater exposure to CAEs will increase the likelihood of adult physical health problems regardless of gender (Messina et al. 2008).

The results of the study proved that women were more likely to report adverse events than men were which is supportive of the researchers’ first hypothesis. The outcomes of the study also supported that more exposure to childhood adverse events were positively correlated to all of the mental and physical health problems in adults of both genders (Messina et al. 2008). This study shows that children who are abused and neglected are more likely to become addicted to meth than those children who grow up in stable households.

The program United Communities Against Meth (UCAM) is a collaboration between Western Oregon University and the YMCA in Independence, Oregon to put a stop to meth abuse in the communities of Monmouth, Dallas and Independence, Oregon. The purpose of UCAM is to provide youth with educational and prevention programs to fight the meth epidemic (United Communities Against Meth, 2008). There are several projects that are instituted by volunteers for UCAM. One of those is called “Operation T-Shirt”. In the homes where meth is abused, the children are the victims. Meth makes everything within its reach toxic and further unusable. A child who is taken from a meth lab has to leave behind all of their belongings.
because they are contaminated; this includes their toys and clothes. The goal of “Operation T-Shirt” is to have clothes donated by the community to give to these many children who have had to leave all of their clothes behind due to meth toxicity. Another program organized by UCAM is “Nite Court”. This program provides a safe, fun, and positive atmosphere for children to go to. The goal of “Nite Court” is to give the children an opportunity to be among their peers and to try to keep them from becoming involved in meth.

Results from the study of adverse childhood events reinforce the need for programs like UCAM. This organization helps fight meth by providing activities for young adults to help dissuade them from the boredom, curiousness, and peer pressure to try meth. It also provides the children with role models in the volunteers with whom they may talk to about problems at home dealing with parents or siblings who use meth. The future goal of UCAM is to keep up these valuable programs already in place and to keep implementing more helpful programs to the community to help end this meth epidemic.

A-3. Knowledge/Service Gap

Even though many studies have been done on meth, there still is really no effective method to combat the epidemic. The number of meth addicts in the U.S. continues to grow, even though more and more research is being done on meth and ways to treat those who are addicted to this dangerous drug. The knowledge gap that lies within this new epidemic is obvious; only 22% of meth addicts that go to treatment come out clean. More studies need to be done on how to help those that are addicted complete the addiction treatment successfully. UCAM is helping to fill the knowledge gap by providing information and resources to Polk County about the dangers that can develop from meth.
A-4. Goals and Objectives

The goal of UCAM is to educate the public about the meth epidemic and provide resources to those who are affected by methamphetamine.

The objectives of the project are:

- To continue working towards finding more homes and shelters for the children that have been displaced from their homes due to meth. UCAM is reaching out to the faith community of Polk County on an ongoing basis.
- To continue to expand on the connections made between Oregon State University, University of Oregon, Willamette University, and University of Portland. This is made possible by connecting with the head of the Health department of each school and extending an invitation to receive information about UCAM and participate in The Forum on October 30, 2009
- Coordinate the collection of “Operation t-shirt” donations on June 1, 2009

B-1. Demographics

United Communities Against Meth (UCAM) strives to provide information and resources for the problems that meth causes to the residents of Polk County. The program looks to be a source of hope for those affected by the meth epidemic. UCAM provides information about the dangers of meth, resources and information for those already affected, and locates homes and emergency shelters for the children who have been displaced because of this terrible drug.

UCAM is based out of the Independence, Oregon YMCA. Independence is located about 15 miles outside of Salem, which is approximately 45 miles south of Portland, Oregon.
According to the U.S. Census Bureau in 2007, Polk County was home to 75,265 residents. Out of this population, 35,149 residents were male and 37,599 residents were female. Approximately 85% were Caucasian, 11% were Hispanic, 2% were American Indian, 2% were Asian, and .5% were African American. Polk County was comprised of 17,695 families. Of these 17,695 families, approximately 7,000 were households with at least one child under the age of 18.

Out of Polk County residents, the percentage of residents aged 25 and older with a high school diploma is 85.5%, which is only slightly higher than the Oregon graduation rate average of 84% (Graves, 2009). However, only 25.3% of the 25 years and older population has a bachelor’s degree or higher. These levels of lower education make Polk County a prime location for meth abuse. Not having a degree from some higher education institute makes it hard to find better, higher paying jobs, especially with the economy like it is today; this makes people more susceptible to falling into the grips of a highly addictive and readily available drug like meth.

The crime and abuse that comes hand in hand with the methamphetamine epidemic affects everyone in a community. One of UCAM’s main interventions is to help the children of meth abusers find a better life. Since Polk County is home to so many families with children under age 18, this makes UCAM a beneficial program to those young children.

B-2. Assessment

There are many ways to conduct an assessment of a certain population. Some of the most common ways are: surveys, interviews, and focus groups. Each of these has its own strengths and limitations. An interview is usually conducted with one or maybe two people. Strengths of an interview are being able to ask detailed questions about the topic, hopefully receive in depth answers, and being able to expand on questions as the interview goes on.
United Communities Against Meth (UCAM) has decided that an interview is one of the ways that it will obtain information about two of the separate programs that are associated with UCAM. By interviewing the director of CASA (Court Appointed Special Advocate) and the director of “Nite Court”, UCAM hopes to be able to find out the information needed to move the program forward and continue to improve the lives of children affected by meth. Conducting these interviews will be beneficial to UCAM because the directors will know better than anyone the direction their program is moving. They should also know what the program needs to continue to be successful or what needs to be changed.

UCAM also needs more volunteers and funding to obtain a full-time staffer to help find foster homes for the displaced children and also needs to gain more donations from the “Operation T-Shirt” program. Also, having volunteers to chaperone the “Nite Court” activities on Saturday nights are needed. The chaperones not only ensure the safety of these children, but also provide positive role models. The more people who can become involved with UCAM, the more successful the program will become. (See Appendix 1-1)

B-3. Logic Model

A logic model is the roadmap to the program. Logic models allow for the graphical description of each component of the program. Having a logic model also shows the steps in implementing a program’s inputs, outputs, activities, outcomes, and impacts. The inputs of the logic model for United Communities Against Meth are staff, location, and volunteers. These inputs are what is needed to ensure UCAM is successful. The activities are “Nite Court”, “Operation T-Shirt”, passing out flyers about the program, and the forum. These activities help the outputs of UCAM by raising awareness about meth and also having interventions to keep kids off meth. The outcomes and impacts of UCAM, as shown by the logic model, are to educate
the public about the meth problem, increase knowledge about the programs and resources already in place, have the emergency shelters and foster care homes more readily available, and ultimately end the meth epidemic.

The assumptions for the logic model are that there is a meth epidemic, especially in Polk County, there is a need for emergency shelters and foster care homes, and that children taken from meth homes are in need of clothing. The external factors are that there are limited options for emergency shelters and foster care homes and there is a lack of volunteers to provide services for the program. The logic model is beneficial to the success of UCAM because it specifically lays out each component and is understandable. The logic model not only gives a roadmap to the program, but is helpful to see if the desired activities and outcomes are being met. (See appendix 1-2)

**B-4. Proposed Interventions**

The purpose of United Communities Against Meth (UCAM) is to educate and promote prevention programs and provide resources to the community in the fight against the methamphetamine (meth) epidemic. UCAM has interventions in place to obtain the goals that have been set forth for this program. Interventions are tangible products that are designed to facilitate objective outcomes and positively affect the health of a population. Interventions are used to create awareness, educate, enforce, or gain community participation for the program (Suek & Thomas, 2007). UCAM utilizes many interventions to promote the goals and create awareness for the program; these include brochures, PowerPoint, press releases, youtube, clothing drives, and a forum which will be broadcast to other universities.
UCAM is using brochures as a method of intervention to promote “Operation T-shirt” and to facilitate awareness and community support for the need of emergency shelters and foster homes. The brochures will be placed with the collection boxes for “Operation T-shirt” and on church community boards. The purpose of the brochures is to have contact information for the public if they or someone they know can assist in finding emergency shelters and foster homes for the displaced children due to meth abuse.

UCAM is working on a clothing drive called “Operation T-Shirt”. The goal of “Operation T-Shirt” is to collect donated clothing for children placed in foster homes due to meth abuse. When the children of meth addicted parents are taken and placed in foster homes, they cannot take any of their clothing with them because the clothes are contaminated with toxins from the chemicals used in meth. It is recommended that absorbent materials be properly disposed of if they are in a meth home (KCI The Anti-meth Site, 2008). The collection sites for the clothing drive will be in the Monmouth/Independence/Dallas area. There will also be notification of the clothing drive throughout the Western Oregon University campus.

The PowerPoint and the press release will be beneficial in conveying the information about meth and the projects in place to the public. The PowerPoint is a presentation of the information and resources available to educate the public on meth abuse and programs to help prevent the meth epidemic. The press release is news article that will promote the program and the advances made during this term and will be posted on the Western Oregon University website. The youtube video shows how the meth epidemic affects the children of meth users. It also provides information about the resources that UCAM promotes. The youtube video illustrates the benefits of removing children from the unstable environment of meth homes. The
youtube video can be viewed by following this link,

http://www.youtube.com/watch?v=MqJxYkRQfRc

The forum is a special project for UCAM that takes the information and resources that are available for meth and presents them on campus at Western Oregon University. The forum will be streaming live via webcam to other universities. The forum will take place on October 30th, 2009 at Western Oregon University and will include speaker Paul Pfinister from UCAM.

These interventions have been selected for UCAM because they will be the most beneficial to meeting the goals set for the program at the current time. “Operation T-Shirt” and the forum are reoccurring interventions that have been very successful in the past, therefore they have been implemented again. The culmination of these interventions will help raise awareness of the meth problem in Polk County and also raise awareness for the UCAM program. By getting the information out to the public, UCAM can better help the community by gaining more volunteers to assist in future projects. (See appendix 1-3)

B-5. Timeline

A timeline is a helpful tool that is used to assist one with making sure that they are completing the tasks in front of them in a timely manner. When working on a project, it is essential to be able to have the tasks completed on time so that the project runs smoothly. A timeline specifies goals and objectives and a deadline for when they should be met. Someone can also use a timeline to look back over the work they have done over a specific period of time to see if things can be done differently or more efficiently. For UCAM, a timeline is useful because coordinators and volunteers can see what is being done for the program and when. (See appendix 1-4)
C-1. Strengths and Limitations

United Communities Against Meth’s main focus is prevention and intervention of methamphetamine in the Polk County area. Along with the Independence YMCA, UCAM is striving to educate the community about the dangers of meth. Another main goal of UCAM is to provide information and resources to those affected by the methamphetamine epidemic. UCAM uses their website to connect with the community and spread the knowledge about the dangers of meth and what resources are available to members of Polk County. UCAM has also found that there is a need for foster homes for children that have been displaced from their homes because of meth abuse. UCAM works hard to locate foster homes and emergency shelters for these children. UCAM also holds semi-annual clothing drives throughout Polk County for the children that are placed into foster homes because when they leave their homes where meth was made or consumed, their clothing is so contaminated that they cannot take any of their belongings with them. In coordination with the YMCA, UCAM is part of a program called “Nite Court.” This is an activity night for local middle school children to give them a safe and positive environment to be a part of.

UCAM is a well known program in the Polk County community. This is one of the strengths of the program. It has the support of many local businesses and community members. Along with these individuals, UCAM also has support from Western Oregon University and many students help with the efforts that UCAM is making. The YMCA is also a strong part of UCAM. Not only does it run “Nite Court,” but it also encourages children to be part of summer activities and provides a drug free environment. There is a definite need for UCAM and the volunteers that spend a large amount of time to help run the programs and provide the support
and information to those affected by the methamphetamine epidemic that has hit Polk County so hard.

Like any other health program, lack of funding is the main limitation for UCAM. UCAM does not receive funding for its programs and relies mostly on donations from local community members. However, even though these donations are much appreciated, they are not enough to meet the goals of expanding UCAM to reach more people that are affected by meth. Many members of the Polk County community are unaware that there is a need for a program like UCAM. That is why being able to provide information through local forums, brochures, and the website is necessary.
D: References


Statistics About Meth. Retrieved May 13, 2009, from Shadow of Meth Web site:
http://www.shadowofmeth.com/statistics.html

U.S. Census Bureau State Rankings 2004 — Statistical Abstract of the United States
http://www.census.gov/statstab/ranks/rank21.html

http://www.who.int/water_sanitation_health/diseases/lead/en/

http://www.stopmethaddiction.com/meth-statistics.htm


E: Appendix

1-1a. Interview for the director of CASA

1. How did you become involved with CASA?

2. Why did you decide that this was the kind of work you wanted to be involved in?

3. What types of resources does CASA provide?

4. How many children do you see placed into foster/emergency homes per year?

5. Do you think the community is knowledgeable about the meth use in Polk County?

6. What do you think are possible ways to increase awareness and education about meth abuse in the Polk County community?

7. What are the negative ways you see meth affect children?

8. In the past 5 years has the number of children displaced due to meth increased or decreased?

9. Are there any new programs that are in the process of being implemented? If so, what?

10. How can future UCAM associates help with CASA?
1-1b. Interview for the director of “Nite Court”

1. What made you want to get involved in “Nite Court”?  
2. What direction do you see “Nite Court” moving in the future?  
3. Where did the idea for “Nite Court” come about?  
4. How long has the “Nite Court” program been in place?  
5. What do you think is the main benefit of “Nite Court”?  
6. Have you seen “Nite Court” have positive influences on the children who attend?  
7. Are there any other plans in the making to extend the services of the YMCA to the children of meth homes?  
8. Is there anything you would like to see changed with the “Nite Court” program? If so, what?  
9. Can the children who attend “Nite Court” also attend other activities involving the YMCA? (if there are any)  
10. How can future UCAM associates help the YMCA with “Nite Court”?
## 1-2. LOGIC MODEL

<table>
<thead>
<tr>
<th>INPUTS</th>
<th>ACTIVITIES</th>
<th>OUTCOMES -- IMPACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staff</td>
<td>“Nite Court”</td>
<td>Knowledge</td>
</tr>
<tr>
<td>Location</td>
<td>Operation T-shirt</td>
<td>Increase knowledge about the meth epidemic.</td>
</tr>
<tr>
<td>Volunteers</td>
<td>Making fliers</td>
<td>Increase participation in YMCA/UCAM activities.</td>
</tr>
<tr>
<td>Material -paper -computers -boxes -equipment for “Nite Court”</td>
<td>Handing out fliers</td>
<td>Provide information about resources that are available.</td>
</tr>
<tr>
<td>Donations</td>
<td>The Forum</td>
<td>Raising awareness of repercussions associated with meth.</td>
</tr>
<tr>
<td></td>
<td>Making connections with organizations</td>
<td>The university connections used to present forum</td>
</tr>
<tr>
<td></td>
<td>Collecting contacts for emergency shelters/foster homes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Press Release</td>
<td></td>
</tr>
<tr>
<td></td>
<td>You tube video</td>
<td></td>
</tr>
</tbody>
</table>

### KNOWLEDGE
- Increase knowledge about the meth epidemic.

### ACTIONS
- Increase participation in YMCA/UCAM activities.
- Provide information about resources that are available.

### CONDITIONS
- Unite other organizations that are also working to help those affected by meth.

### ASSUMPTIONS
1. There is a meth epidemic not only in the U.S., but especially Polk County.
2. There is a need for foster homes and emergency shelters for children of Polk County.
3. The children taken from “meth homes” are in need of clothing.
4. People are not up to date on information regarding meth use in Polk County community.

### EXTERNAL FACTORS
1. There are limited options for emergency shelters.
2. Not enough volunteers willing to become foster homes.
UCAM 22

1-3a. UCAM flyer

United Communities Against Meth

What is UCAM?
UCAM is a program that was created to educate and provide resources to residents of Polk County that have been affected by the methamphetamine epidemic. UCAM especially works towards helping the children that have been displaced due to meth.

How does meth affect children?
Meth is a highly addicted stimulant drug. Users can experience a high that can sometimes last for twelve hours and even after they have come down from their high, they are trying to find their next fix. This can leave children unattended and neglected for hours or even days at a time.

Children that live in homes where meth is used or cooked are also exposed to many dangerous toxins used to make meth. These toxins can cause burns, fires, and even explosions. Children living in homes where meth is used or cooked sometimes test positive for meth in their own systems.

What happens to children when they are taken from a meth home?
When children are removed from a home during a meth raid, they are placed temporarily in an emergency shelter. An emergency shelter is a safe haven for the children to have their immediate needs met such as food, clothing, shelter, and affection.

If the child is not able to return to their parents, they are usually placed in a foster home. This is a more permanent living situation for the child while they are going through this traumatic event.

What can you do to help?
There is always a need for more emergency shelters and foster homes. Educate yourself on the dangers of meth and how you can be a mentor and resource to meth’s littlest victims.

For more information please call:
Director of UCAM, Paul Pfinister 503-949-8751
Operation T-Shirt

We are collecting new or used clothing for children in Polk County. Clothing donations help children placed in foster care homes.

In 2008 approximately 1400 children were placed into the foster care system because of meth abuse.

Please help these children in need, they truly are meth’s littlest victims.

Donation boxes will be located at Western Oregon University, Roth’s, Rick’s Café, West Coast Bank (Monmouth and Dallas), Chemeketa Dallas Campus, Dallas Aquatic Center, Hot Rod Hair Salon.

Look for the red box labeled “Operation T-Shirt”

Sponsored by United Communities Against Meth
1-3c. Foster care/Emergency shelter

**Foster care and Emergency Shelter**

(Churches that may be used for emergency shelters or have families willing to do temporary foster care)

<table>
<thead>
<tr>
<th>Name</th>
<th>City</th>
<th>Phone number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calvary Chapel</td>
<td>Independence</td>
<td>503-838-0990</td>
</tr>
<tr>
<td>Monmouth Christian Church</td>
<td>Monmouth</td>
<td>503-838-1145</td>
</tr>
<tr>
<td>Valley Life Center</td>
<td>Dallas</td>
<td>503-623-4116</td>
</tr>
</tbody>
</table>

**Notes:**

Grace Community Church (Dallas) 503-623-4961

*Talked to Kristy, gave info, will discuss with pastor and get back to me. May be a possible resource.*

*Called again…unreachable…3/2/09*

Evangelical Bible Church (Dallas) 503-623-2331

*Talked to pastor, said he’ll see what he has and get back to me…3/2/09*

First Baptist (Independence) 503-838-1001

*Talked to pastor Michael Parks- Doesn’t know of or have anything as of now, wants more specific information about program, what we are, if there are state regulations about foster care and children etc., how it works, is willing to make announcement to congregation after knows more. Thinks it’s a worth while cause. --Send info to his email: Michapr2@aol.com*

**UPDATE:** Dropped off flyer in office. Emailed pastor
Assembly of God (Independence) 503-838-0166

Left message on machine 4/24/09

Central Baptist (Monmouth) 503-838-1369

Left message on machine 4/24/09

Dallas Christian Fellowship (Dallas) 503-623-6890

Left message on machine 4/24/09

First Baptist Church (Dallas) 503-623-5189

Spoke to office personnel, left flyer for pastor to review. 5/13/09

Cornerstone Christian Center (Independence) 503-838-5119

Left message on machine 4/24/09

Trinity Lutheran Church (Dallas) 503-623-2233

Spoke to office personnel, left flyer for review 5/13/09
NEWS RELEASE for UCAM

Polk County, Oregon, May, 2009- United Communities Against Meth (UCAM) in conjunction with Western Oregon University is a program designed to provide resources, educate, and promote awareness of the methamphetamine epidemic in Polk County.

UCAM works with the Monmouth/Independence YMCA to provide “Nite Court” which is a drug-free environment that offers safe and fun activities for the middle school aged children of the Central school district. Activities of “Nite Court” include middle school dances, activity nights, open gym, cinema nights, and bowling nights. Pizza and refreshments are also offered to the children who attend “Nite Court”.

“Operation T-Shirt” is another project that has been implemented by UCAM. The goal of “Operation T-Shirt” is to collect donated new or used clothes for children who are displaced by meth use. “Operation T-Shirt” is a biannual event to optimize the collection of clothes for warm seasons and the winter months. UCAM is also involved in helping to locate safe and stable emergency shelters and foster care homes for the children who are taken away from homes where meth is abused.

UCAM is working towards the forum which is a conference that will take place on Western Oregon University’s campus at the Werner Center on October 30, 2009. The forum is going to explain the idea of hope for those who have been affected by meth and to offer solutions for those who are meth users and family members affected by meth. The UCAM panel is made up of police, psychologists, business members and community partners. The forum will be streaming live via internet to other universities in Oregon.

For more information visit the UCAM website www.ucameth.com or contact:

Whitney Langwell at wlangwell08@wou.edu

or Jessica King at jking05@wou.edu
## 1-4. Timeline

<table>
<thead>
<tr>
<th>Activity</th>
<th>April</th>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Met with group</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Research articles on meth/programs</td>
<td>6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meet with community partners</td>
<td>8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knowledge gap</td>
<td>13</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goals/Objectives</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Met with UCAM interns/Community partner</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Start Operation T-shirt</td>
<td>16</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nite Court</td>
<td>18,25</td>
<td>2,9,30</td>
<td></td>
</tr>
<tr>
<td>Post ad on Craigslist for donations</td>
<td>21</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Make Contacts with churches for emergency shelter/foster homes</td>
<td>24</td>
<td>13,20</td>
<td></td>
</tr>
<tr>
<td>Needs Assessment/IRB application</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Press Release</td>
<td>20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>You tube video</td>
<td></td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Pick up clothing donations from operation t-shirt</td>
<td></td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>Present final presentation to community partners</td>
<td></td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>
1-5. Contact List

Director: Paul Pfinister: nwbp1@msn.com  503-949-8751
Interns: David Green: dgreen05@wou.edu  971-506-7145
  Tim Minks:  503-851-2546
Students: Jessica King: jking05@wou.edu  541-207-2583
  Whitney Langwell: wlangwell08@wou.edu  971-227-0002

1-6. Direction and Recommendations

- Begin “Operation T-Shirt” again in the fall.
- Continue finding emergency shelters and foster care homes.
- Advertise for the forum to increase participation for each year.
- Continue assisting the YMCA in chaperoning “Nite Court”
- Work with Paul on getting the grant proposal ready for submission.