



RISE ABOVE COLORADO

**Kaiser Permanente
partnership supports
positive youth
development**



KAISER PERMANENTE®

We are thrilled to share that Kaiser Permanente continues as a major supporter of our programs through a new 2-year grant. Our organizations have worked together with others to produce the 9to25 Colorado Youth Summit the last two years, which highlights positive activities for youth. As a result, it's no surprise they are 100% behind the work of our Teen Action Council and key outreach initiatives like #IRiseAbove.

A huge thanks to our colleagues there for their belief and support of our work and we're excited to continue working together to meet our joint objectives for Colorado youth.

**"Take Meds Seriously"
Campaign Launches**

#IRiseAbove Update



#IRiseAbove is a campaign celebrating the healthy choices Colorado students make every day. Through participation via social media, we're not only creating the largest youth development campaign in the state of Colorado, but we're also building the largest piece of public art created entirely by young people in our state's history.

Momentum is building for the campaign, with continued activity all across Colorado. Murals have been completed in Durango, Lamar, Canon City, Steamboat, Morgan County, the San Luis Valley, and Rifle, with upcoming projects in Pueblo, Greeley, and Grand Junction. We're also now working with middle and high schools, and will reward the school with the most posts with a professionally painted mural. Regardless of where in Colorado the school is located, teens can participate by showing us how they 'Rise Above.' Students need only post or upload photos to www.iriseaboveco.org and include #IRiseAbove and their school's designated hashtag.

If you'd like to get your school involved, or would like supportive materials such as posters to help spread the word, please contact us at info@riseaboveco.org.

Teen Council Spotlight: Kiara & Hannah

NEARLY 224,000
Coloradans misuse prescription pain relievers each year.

Everyone has a role to play in the prescription medicine crisis. You do too. Visit:

TakeMedsSeriously.org

Colorado is addressing the growing problem of the abuse of prescription medicine with a new public awareness campaign, "Take Meds Seriously." The campaign is aimed at reducing prescription drug abuse and misuse in the state.

Grim statistics and recent surveys reveal how pervasive prescription drug misuse and abuse is in Colorado. Thirty-five Coloradans died a month in 2013 from unintentional drug overdoses. Nearly 224,000 Coloradans misuse prescription drugs each year. At least a third of Coloradans surveyed admitted using medicine prescribed for someone else. One in six of Colorado's 12th graders have taken prescription medicine that was not written for them. And Coloradans admit at least half their households have drugs that are unused or out of date.

"Take Meds Seriously" features a new expansive website, TakeMedsSeriously.org, along with statewide advertising and public outreach efforts. Gov. Hickenlooper focused on the problem by convening the Colorado Consortium for Prescription Drug Abuse Prevention in 2013. The public awareness effort is an outgrowth of that Consortium's work to bring attention to the issue.

A 2014 survey conducted for the Consortium by National Research Center, Inc., found four in 10 Colorado adults say they've misused prescription medicine, mostly painkillers, and a third of those adults used the medicine for recreational purposes. Few Coloradans lock and store their medicine in places children can't access it, and only one in 10 had



Teen Action Council Members Rise Above- Kiara Morrison

Kiara Morrison is a 17 year old living in Grand Junction. She has lived in Grand Junction all her life, talk about a true native! She currently goes to Palisade High School; she is in the eleventh grade. Kiara has been in RAC TAC for one year now and is doing amazing work!

A Bit More About Kiara

Kiara is a major adventurer. She has been to five different countries, including Turkey and Italy. But when she isn't saying "buongiorno" or hopping on an airplane, Kiara enjoys biking, hiking, spending time with friends, and running the beautiful lands of Colorado! Kiara and her family love to climb 14ers and are currently looking for their next climb. Kiara is extremely passionate about the outdoors and exploring other cultures. She also participates in school clubs, such as her Live Above the Influence group and Neural Activity Group at Palisade High School, which also support drug abuse prevention goals.

Why Kiara Rises Above

Kiara heard about the council from the leader of her Live Above the Influence group. She joined because she wanted to make a bigger impact on teenagers. Kiara wants to help stand by students and support their decision to be drug free. Kiara has witnessed athletes in her community completely change because of drug abuse. She sees these students lose motivation in sports and school, and Kiara wants to be there to encourage them to stop because there is a lot more to life.

Kiara's goal is to show teens positive outlets that help them embrace who they are without turning to drugs.

How Kiara Rises Above

Being part of Rise Above has given her a new grasp on the drug problem we have in our society. Kiara wants to be there for her peers and support their decision to Rise Above, and not give into negative peer pressure. She encourages students to enjoy life, instead of turning to drugs. "I plan to spread the word about Rise Above in her community and create a ripple effect where soon everyone will be looking out for each other and encouraging each other to live drug free."

returned expired medicine to a police or sheriff's department. Those surveyed expressed strong support for increased state funding in education to address the problem, as well as resources to deal with the "take-back" of drugs by law enforcement agencies.

**For more information,
visit www.TakeMedsSeriously.org.**



Teen Action Council Members Rise Above- Hannah Eubanks

Hannah Eubanks is a 16 year old Sophomore at Mesa Ridge High School.

Hannah is from Colorado Springs and has lived there all her life, Native Status! She has been a Rise Above Colorado Council member for a year now and plans to continue supporting this organization.

A Bit More About Hannah

Hannah continues to have a growing love for music. Hannah plays the violin, bass guitar, and she even sings! She is currently in the school musical: The Wizard of Oz, as the Good Witch Glinda! Hannah adores hiking, swimming, and just being outside in general! She loves to explore new places and different cultures. Hannah is also a thriving vegetarian! Many say it's because she's from Colorado, but she does it for her growing love for animals! She would honestly rather spend all of her time with friends and family than anyone else. Hannah is also a leader in clubs at school, such as the Friends of Rachel Scott Club, or F.O.R. Club!

Why Hannah Rises Above

Hannah Rises Above because she feels it is important for teens to feel encouraged for doing positive things. "Teens struggle through so much! They deserve to be rewarded for staying positive!" A few years ago Hannah had lost a loved one due to prescription drug abuse and she never wants anyone to experience that hardship in their lifetime. Currently in high school, she sees students turn to drugs like it's no big deal. Constantly students lose interest in the things they love most. Hannah finds it "truly depressing."

How Hannah Rises Above

Hannah Rises Above by getting involved with her community. She is always looking for somewhere to volunteer - all she wants to do with her life is help. Hannah reaches out to her little sisters hoping to be a positive influence and guide them down a positive path - "there are always little eyes watching." Hannah reaches out to her peers and encourages them to lead a drug-free life.