

LCAT News

Lodi Community Action Team Newsletter

Summer 2024



www.LodiAction.org

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Welcome!

We are excited to present the first issue of The Lodi Community Action Team (LCAT) newsletter! LCAT is a well-established community coalition that empowers youth to make healthy choices and create a supportive community.

LCAT utilizes two key strategies, **prevention** and **connection**, to live out our mission to create an environment to prevent youth substance use through education, environmental prevention strategies, and connections with caring adults.

We are thrilled to share the latest developments in our efforts over the summer months!

Learn more about the history of LCAT and how you can help build community by visiting our website lodiaction.org.

Bryan and Sara
LCAT Team



Bryan Bilse,
Director



Sara McChesney,
Program Coordinator

PREVENTION

NOUN:
**THE ACTION OF STOPPING
SOMETHING FROM HAPPENING
OR ARISING.**

DITEP TRAINING

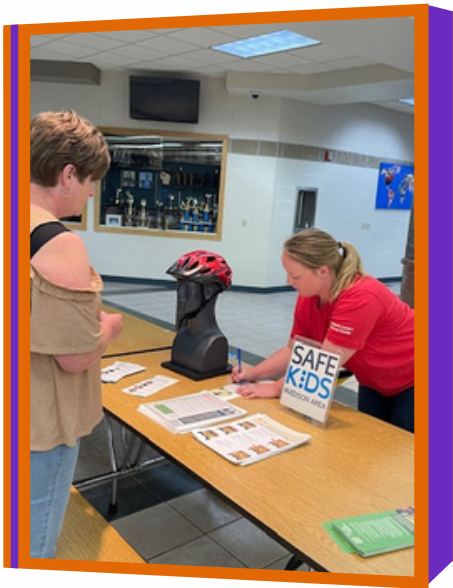
LCAT hosted a Drug Impairment Training for Educational Professionals (DITEP). This training taught participants about the current drug trends among youth and how to recognize the signs of individuals who are under the influence of drugs and alcohol in the school environment. The cost of the training was covered by a State Opioid Response grant.



**2ND
ANNUAL**

SUMMER SAFETY FAIR

LCAT hosted the 2nd annual Summer Safety Fair in conjunction with the Lodi Summer School Open House. Over 300 people attended the event! Community partners provided information about their organizations and safety topics.



SCHOOL SAFETY TRAINING

The School District of Lodi hosted a safety training for the Office of School Safety on Tuesday, July 9. This training was open to the School District of Lodi, community first responders, other local school districts, and regional first responders and emergency management. The LCAT team participated in the safety training.

**DID YOU
KNOW?**

The Lodi Community Action Team coalition (LCAT) was started in **2007**, as a way to address alcohol use by teens in the Lodi area.

PREVENTION

NOUN:
THE ACTION OF STOPPING
SOMETHING FROM HAPPENING
OR ARISING.

Tobacco and Vaping

LCAT is aware of the impacts of tobacco and nicotine use on youth and supports the Lodi School District in addressing the vaping epidemic. LCAT provides an evidence-based program to students called INDEPTH, which stands for Intervention for Nicotine Dependence: Education, Prevention, Tobacco, and Health. The goal of the program is to educate students about nicotine dependence and cravings and to guide them through the process of identifying their reasons for using chewing, smoking, or vaping tobacco products. Additionally, LCAT purchased educational materials for teaching staff to use in their classrooms. All materials were purchased through a State AODA DPI Grant secured by the LCAT team.

SmokefreeTXT for
Teens:
Text: **QUIT**
to **47848**

DID YOU KNOW?

The most common reason youth give for continuing to vape is



**"I am feeling
anxious,
stressed, or
depressed."**

Vaping can harm young people's mental health and brain development.



Nicotine can exacerbate anxiety and depression as users become addicted. **It also can harm young people's developing brains**, including focus, impulse control, learning, sleep, and mood.

CONNECTION

NOUN:
RELATIONSHIP BETWEEN TWO
THINGS, PEOPLE, OR GROUPS.

NATIONAL NIGHT OUT

The 10th Annual National Night Out Event was held on Tuesday, August 6th at Habermann Park in Lodi. This free, community event recognized our area first responders and brought individuals and families together for a fun night! Approximately 300 people attended. Check out our facebook page for more pictures!



DUCK THE WALL WITH ART SHOW

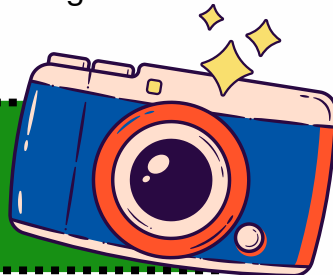


The 2nd annual Duck the Wall with Art show took place during National Night Out. The event featured and sold artwork created by local youth. This year, seventeen students took part in the event, which is an increase of four from the previous year. Art students from Lodi High School volunteered to do face painting.



ALL-DISTRICT PICTURE DAY

LCAT gave out free medication lock boxes and Lodi Pride yard signs at the All-District Picture Day! Please contact us if you are interested in these items!



CONNECTION

NOUN:
RELATIONSHIP BETWEEN TWO THINGS, PEOPLE, OR GROUPS.

The LCAT Trailer

The Lodi Pride Block Party Wagon, also known as the LCAT Trailer, has everything you need to hold an alcohol-free community event. Anyone who lives within the School District of Lodi can use it. The LCAT Trailer was put to good use at multiple alcohol-free events this summer. The LCAT trailer was used by the OSC at the Lodi Fair and made appearances at National Night Out and the Chalk the Walk. The trailer was even featured in the Susie the Duck parade, with Bryan and Sara and their families in tow.

#LODIPRIDE



Join Us!
Everyone
is welcome!

Save the Date

LCAT Meeting
Wednesday, September 25
9 am-10 am

Lodi School District Office Board Room
115 School Street, Lodi

