

Resources

- FENIX SERVICES, INC.
18 Alexander St., Watsonville, CA
(831) 722-5914
- Pajaro Valley Prevention Svcs.
335 E. Lake Ave, Watsonville
(831) 728-6445
- Santa Cruz County Community
Counseling Ctr.
(831) 469-1700
Youthservices@Scccc.org
- 2-1-1
- NARCANON of Northern CA.
262 Gaffey Rd., Watsonville, CA
(831) 768-7190
- SantaCruzMeth.Org
- SantaCruzHealth.org
- SI SE PUEDE,
161 Miles Lane., Watsonville, CA
(831)761-5422
- YOUTH SERVICES
241 E. Lake Ave, Watsonville, CA
(831)6 88-8856



Watsonville PD Crime Prevention Unit encourages you to:

- Immediately report suspicious and criminal activity to the Police.
- Get involved in community activity. Volunteer!.
- Get to know your local police officers. We are here to serve you. Let's keep a positive relationship between the community and local law enforcement.

Watsonville Police Department

215 Union Street
Watsonville, CA 95076
www.watsonvillepolice.com

Business Phone: (831) 768-3300
Non-Emergency Dispatch: (831) 471-1151



Watsonville Police Department



Drug Prevention

Drugs and Alcohol in Your Community?

- Do you have any friends who seem moody, short-tempered, or hostile?
- Does your friend seem “spaced out” and always short of cash?
- Is your friend failing courses, and running around with kids you don’t trust?

These may indicate an alcohol or drug problem.

What can you do?

You can help. Talk to your friends and be supportive. Many teenagers become more involved with alcohol and other drugs because friends and parents either pretended these weren't a problem or didn't know what to do.



You can help. Talk to your friend and urge him or her to call the local drug abuse hotline. The people working the hotline can help without lecturing about the problem. With the help of friends, parents and a counselor, people with a problem can start regaining control of their lives and give up alcohol and other drugs.

- *Local:*
YOUTH SERVICES-241 E. Lake, Watsonville
(831)688-8856
- *County of Santa Cruz Health Services Hotline:*
(831) 454-4050
- *National Drug & Alcohol Abuse Hotline:*
1 (800) 662-HELP



Ways to Say NO!

1. Say you have something better to do.
2. Give a reason or excuse
3. If you don't want to explain, just say “No Thanks”. If that doesn't work, try a stronger “No Way!” and leave.
4. Walk Away
5. Change the Subject
6. Avoid the Situation
7. Ignore the Person
8. Choose to surround yourself with friends who don't do drugs.

How you can help someone with a drug or alcohol problem

Get the Facts

Learn the effects of drugs and share them with your friends.

- Smoking marijuana makes it difficult to concentrate or remember things. Heavy marijuana smokers can become psychologically dependent on the drug and develop respiratory problems.
- PCP and LSD can cause permanent brain damage.
- Sniffing glue can produce heart failure or suffocation.
- Cocaine is more deadly addictive than people realize. Cocaine deaths have jumped dramatically in the last few years.

Interest your friends in activities that don't involve drugs or alcohol

Organize creative positive ways to spend time, such as trips, movies, discussion groups, sports, and community service projects. These activities not only discourage drug abuse, but can build self-esteem.

Remind your friends that buying or possessing marijuana, cocaine, LSD, PCP, and most other drugs are against the law.

Getting arrested and having a police record may not seem like a big deal now, but it could be when applying for a job or college.

It takes courage to help a friend who has a drug problem. But a real friend will try.