

The purpose of the Region 4 Prevention Resource Center (PRC4) is to increase the capacity of the statewide substance misuse prevention system by seeking to enhance community collaboration, increase community awareness and readiness, provide information and resources on substance use/misuse and related behavioral health data, and support professional development of the prevention workforce, and strengthen regional compliance tobacco and nicotine laws.

- Texas Health and Human Services Commission (HHSC)



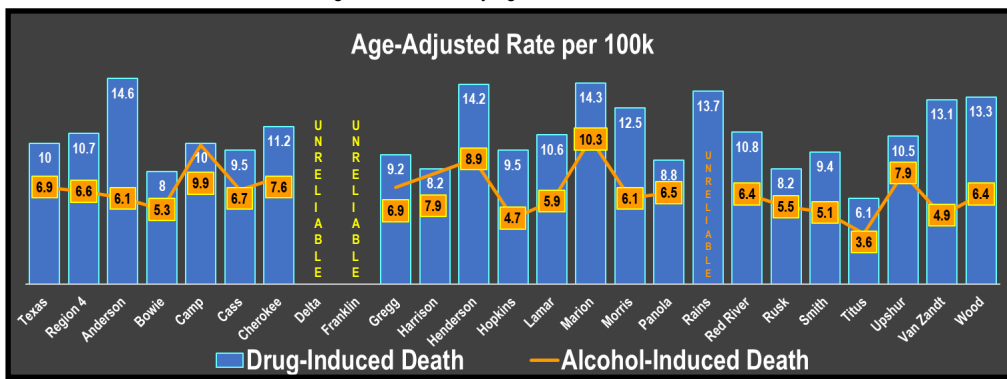
Titles of trainings are active links that will direct you to registration and/or website instructions.

<u>ETCADA Events</u>	Various Dates
<u>Education Service Center Region 7 Workshops</u>	Various Dates
<u>Education Service Center Region 8 Workshops</u>	Various Dates
<u>PST: Cultural Competency</u> 9:00 AM - 12:00 PM	Monday, April 10th
<u>PST: Communication</u> 9:00 AM - 12:00 PM	Tuesday, April 11th
<u>PST: Child and Adolescent Development</u> 9:00 AM - 12:00 PM	Wednesday, April 12th
<u>PST: Risk and Protective factors/Building Resiliency</u> 9:00 AM - 12:00 PM	Thursday, April 13th
<u>PST: Prevention Across the Lifespan</u> 9:00 AM - 12:00 PM	Friday, April 14th
<u>Ethics and Social Media</u> 1:00 PM - 4:30 PM	Thursday, April 20th
<u>Strengthening Families Program 7-17 Day 1</u> 9:00 AM - 4:00 PM	Monday, April 24th
<u>Kid's Connection/Youth Connection Curriculum</u> 9:00 AM - 12:30 PM	Monday & Tuesday  April 25th & April 26th
<u>Strengthening Families Program 7- 17 Day 2</u> 9:00 AM - 4:00 PM	Thursday, April 27th
<u>Basic Prevention Ethics: A Refresher</u> 1:00 PM - 4:30 PM	Thursday, May 4th



## From the Data Desk

Alcohol-induced deaths include deaths from dependent and nondependent use of alcohol and deaths from accidental poisoning by alcohol. Drug-induced deaths include all deaths for which drugs are the underlying cause.



## Tobacco Talk

Secondhand smoke (SHS) (sometimes called passive smoke, environmental tobacco smoke, or involuntary smoke) is a mixture of **sidestream smoke** (the smoke from the burning tip of a cigarette or other smoked tobacco product) and **mainstream smoke** (smoke exhaled by a smoker that is diluted by the surrounding air).

When people who don't smoke are exposed to SHS it's called *involuntary smoking* or *passive smoking*. When you breathe in SHS, you take in nicotine and toxic chemicals the same way people who smoke do. The more SHS you breathe, the higher the levels of these harmful chemicals in your body.

Need help quitting?

Call toll-free  
**Quitline:**

**1-877-YES-QUIT**  
**1-877-937-7848**

There's no safe level of exposure for secondhand smoke. The U.S. Environmental Protection Agency, the U.S. National Toxicology Program, the U.S. Surgeon General, and the International Agency for Research on Cancer have all classified secondhand smoke as a known human carcinogen (a cancer-causing agent).



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903-753-7633  
800-441-8639  
Crisis Hotline: 988

[Etcada.com](http://Etcada.com)

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