



SAPC

Grand Forks
Substance Abuse
Prevention Coalition



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POSITIVE INFLUENCE

News From The Grand Forks Substance Abuse Coalition



Keep Your Teen Safe

Your child's brain is still developing throughout the teen years and into their mid-twenties, making it especially vulnerable to the harmful effects of alcohol. Research shows that alcohol use during this critical period can interfere with brain development, impair memory and lead to lasting damage. While some may believe that teaching teens to "drink responsibly" is protective, it actually increases the likelihood of future harmful alcohol use.

Keys to alcohol prevention with 16- to 18-year-olds:

- Modeling healthy behaviors
- Encouraging participation in healthy activities with positive peers
- Monitoring teens' activities

Source: ParentsLead

Positive Partners



My name is Misty Lundbohm, Senior Philanthropy Specialist. At Altru, we know prevention is powerful. It doesn't just reduce substance use — it helps improve school performance, strengthens families and supports better overall health. That's why we're proud to be a part of SAPC focusing on youth substance use prevention.

As a lead partner in the Grand Forks Community Health Assessment, we've seen the data — and the impact — firsthand. The latest assessment revealed rising community concerns around how youth substance use was on the rise, and Altru's own data supports this, as we have seen an increase in emergency room visits involving youth and substance use, as well as a rise in youth overdose-related hospital stays and youth mental health needs. These numbers are concerning, but they also fuel our commitment to "making a difference for those we care for."

I'm honored to represent Altru on the Grand Forks Substance Abuse Prevention Coalition, where individuals and organizations are working together to support our kids and families. Prevention takes a village — and we're proud to be part of that village, helping build a healthier future for the next generation.

SAPC's coalition meets once a month with in-person or virtual meeting options. We use our time to regroup on our goals and to keep the momentum moving forward. If you're interested in sitting in on a meeting to see if it's a good fit for you, please reach out to Travis Cimarolli at tcimarolli290@mygfschools.org.