



SAPC
Grand Forks
Substance Abuse
Prevention Coalition



April 2025

POSITIVE INFLUENCE

News From The Grand Forks Substance Abuse Coalition



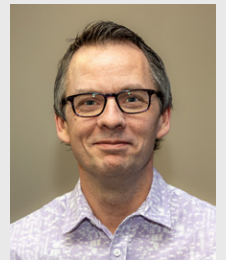
Alcohol On The Brain

The brain continues to develop until about age 25, and alcohol exposure during this time can impact brain development, affecting memory, learning and impulse control. The CDC provides strategies on how to reduce youth alcohol usage while protecting them from alcohol-related harm. You can work with your local legislators to create environments that support young people who refrain from consuming alcohol by:

- Making alcohol less available
- Increasing the price of alcohol
- Enhancing enforcement laws on alcohol sales
- Raising awareness about alcohol-related harm
- Limiting alcohol advertising seen by people younger than 21

Positive Partners

My name is Dave Berger, and I am the Children and Youth Ministries Coordinator at Sharon Lutheran Church. I am also the current president of the Grand Forks School Board, and you may have heard me singing the national anthem at a UND hockey game!



I am a passionate advocate for all young people, and I want to see them learn, grow and thrive in a supportive community. It will take all of us working together to protect and enhance our students' physical, emotional and mental health, and the work is so worth it. By focusing on prevention and education, creating safe spaces and ensuring access for all, providing opportunities for service and surrounding youth with caring and trusted adults, we can meet the ever-growing needs of this generation and the next.

Webinars

May 6

Parenting In An Addictive World: When To Step In & How To Help

On Demand

- **Launch, Don't Crash: Tips To Help Them Fly The Nest**
- **Unpacking The Risks of Modern Marijuana**
- **Vaping In 2025: What's Changed & What Parents Need To Know**

Learn more at www.operationparent.org/webinars