

# Sussex County Coalition for Healthy and Safe Families

61 Spring Street, 3rd floor, Newton, NJ 07860

973.383.4787 Fax 973.383.6576



December 2011/  
January 2012

## THE COALITION NEWS

Every Child Deserves a Safe Place to Grow



Are you worried about kids using alcohol and other drugs? In your neighborhood? School? Community?



Join the Sussex County Coalition for Healthy & Safe Families  
You get more when you get together!



### COALITION MEETING

Join Coalition members as they plan future events, programs and activities to help keep Sussex County kids healthy and drug-free!

Friday, December 9 @ 9AM  
Friday, January 13 @ 9AM  
CFPC at 61 Spring Street,  
Newton, 3rd floor

In December, the Coalition will kick off its *Parents Who Host Lose the Most* public awareness campaign. This campaign encourages parents and the ENTIRE community to send a unified message that teen alcohol consumption is unhealthy, unsafe and unacceptable. To find out more, call 973-383-4787.



### Upcoming Broadcasts

Tune into SCCC's Educational Television Channel 20 to view prevention programs about current drug issues. Programs are aired Thursdays at 4 and 10 PM and Fridays at 6 and 10 AM.

The Brain on Drugs: 12/1 & 12/2  
Homegrown and Homemade Drug Threats: 12/8 & 12/9  
Prevention and Treatment—Working Together: 12/15 & 12/16  
Keeping the Faith in Drug Prevention: 12/22 & 12/23  
The Art of Community Mobilizing: 12/29 & 12/30  
The Road to Recovery—Embracing Diversity: Crossing Barriers to Deliver Treatment to Everyone: 1/5 & 1/6  
Emerging Drug Trends: 1/12 & 1/13  
Dispelling Drug Myths: 1/19 & 1/20  
Preventing Prescription Abuse: 1/26 & 1/27

May your holiday season be healthy and full of joy!

### Tips for Safe Holiday Parties



If you are hosting a party and serving alcohol, here are some steps to ensure that all guests are comfortable and that alcohol does not become a problem:

- \***Make sure bottles and drinks containing alcohol are not left unsupervised if children are present.**
- \***Avoid making alcohol the main focus of social event.** Entertain guests with music, dancing, games, food and lively conversation.
- \***Make sure to offer plenty of non-alcoholic beverages,** such as sparkling water, fancy juice drinks, soft drinks and bottled water.



- \***Never pressure anyone to have a drink.**
- \***Provide nutritious and appealing foods.** High protein and carbohydrate foods like cheese and meats stay in the stomach much longer, which slows the rate at which the body absorbs alcohol. Avoid salty foods, which encourage people to drink more.
- \***Require bartenders to measure the correct amount of liquor into drinks (no doubles),** and instruct them to check the ID of anyone who appears to be under the age of 30. No ID, no alcohol.
- \***Don't serve alcohol to an intoxicated guest.**
- \***Stop serving alcohol at least one hour before the party ends.**
- \***Recruit people ahead of time** who will not be drinking to help make sure everyone has a safe ride home.

### Being a role model

For parents, the holiday season offers an excellent opportunity to model the appropriate role of alcohol at parties. Children are astute observers of adult behavior and are more influenced by your actions than your words. Don't give the message that alcohol must be a key ingredient for good times. Those festive holiday celebrations will be remembered by children for years and serve as a lifelong guide, so give them the best of memories.

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### Teens Have Heart Attacks After Smoking K2

In 2010, three 16-year-olds experienced heart attacks after smoking K2, a blend of herbs and spices laced with synthetic cannabis-like chemicals, Texas doctors reported November 7. While there is no proof that the drug is to blame, the doctors worry it might have been the cause.

"Emergency room physicians report that individuals that use these types of products experience serious side effects which include: convulsions, anxiety attacks, dangerously elevated heart rates, increased blood pressure, vomiting, and disorientation," the DEA said.

With a new report published online in the journal Pediatrics on November 7, heart attack has been added to the list. Dr. Colin Kane, a pediatric cardiologist at UT Southwestern & Children's Medical Center in Dallas, and his colleagues suggest the K2 might have caused temporary spasms in the coronary arteries. That, in turn, might have cut off the heart's blood supply long enough to kill part of the muscle. He added that the boys' hearts work normally now and haven't lost any strength, so it appears they got off with a warning.

Adapted from a Reuters Health article by Frederik Joelving. To read the whole article, visit [www.wsbt.com/health/wghp-story-teens-heart-attack-k2-111109,0,6490452.story](http://www.wsbt.com/health/wghp-story-teens-heart-attack-k2-111109,0,6490452.story)

### Volunteering Reduces Risk of Substance Use in Rural Adolescents

Teenagers living in rural areas who regularly volunteer and help others are less likely to drink or use drugs as young adults than their peers who don't often engage in these activities, a new study suggests.



Previous studies have suggested teenagers in rural areas may be more likely to use illicit substances earlier, which puts them at risk for developing addiction problems, Health Canal reports.

"There is a tendency for youths to take part in risky behaviors if they are not engaged in positive, structured activities," lead researcher Gustavo Carlo of the University of Missouri said in a news release. "Many rural communities have suffered from the economic downturn and are unable to offer opportunities for youth activities. Financial stress can also affect the psychological health of parents making them less cognizant of how children spend their time."

Courtesy of Join Together staff. To read the entire article, go to [www.drugfree.org](http://www.drugfree.org).

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## PARENT NEWSLETTER

"It's not pestering, it's parenting"



Holidays are a time when we want to have our children and teenagers enjoy the season, but most importantly, we want to be sure they are safe. As they enter their teens, education is not enough to deter kids from drinking alcohol because there are constant pressures to drink. In addition, the brain area that promotes impulsivity and risk-taking develops early in a teen, while the good judgment area of the brain isn't fully developed until about age 24. Kids need help to stay alcohol-free. Parents who are actively involved in their kids' lives and set clear rules and expectations on no alcohol use have a powerful influence on their children's decision to remain alcohol-free.

Reprinted from [www.parentsempowered.com](http://www.parentsempowered.com)

### Setting Ground Rules for Teens

**Research shows that young people are less likely to use tobacco, alcohol, and other drugs if their parents set clear rules about not doing so.** If parents have not previously established rules around more basic activities of daily living, however, they will have little chance of getting their children to obey a rule about not using marijuana, tobacco, or other drugs.

#### Here are some rulemaking tips:

Set clear rules and discuss in advance the **consequences of breaking them**. Don't make empty threats or let the rule-breaker off the hook. Don't impose harsh or unexpected new punishments.

**The rules must be consistently enforced;** every time a child breaks the rules the parent should enforce a punishment.

**Punishments should involve mild, not severe, negative consequences.** Overly severe punishments serve to undermine the quality of the parent-child relationship.

**Set a curfew.** And enforce it strictly. Be prepared to negotiate for special occasions.

**Have kids check in at regular times when they're away from home or school.** Give them a cell phone, phone card, change or even a pager with clear rules for using it. (When I beep you, I expect a call back within 15 minutes.)

**Call parents whose home is to be used for a party.** On party night, don't be afraid to stop in to say hello (and make sure that adult supervision is in place).

**Make it easy to leave a party where drugs are being used.** Discuss in advance how to signal you or another designated adult who will come to pick your child up the moment he or she feels uncomfortable. Later, **be prepared to talk about what happened.**

**Listen to your instincts.** Don't be afraid to intervene if your gut reaction tells you that something is wrong. Visit [www.theantidrug.com](http://www.theantidrug.com) and check out the **Action Guide for Parents** for more specific suggestions if you suspect or know your teen is using drugs.

Reprinted from <http://www.theantidrug.com/advice/safeguarding-and-monitoring/monitoring-skills/setting-ground-rules.aspx>



**Motor vehicle crashes are the leading cause of death among youth ages 15 to 20. The rate of fatal crashes among alcohol-involved drivers between 16 and 20 years old is more than twice the rate for alcohol-involved drivers 21 and older.**

*Courtesy of [www.teendrugabuse.us](http://www.teendrugabuse.us)*

### New resources for parents and teens to educate young drivers regarding the perils of driving while under the influence

"We already know the dangers of driving under the influence of alcohol, and a growing body of research indicates that drugged driving is also a concern—especially for young drivers aged 15-20 who are at particularly high risk for traffic crashes and really need to remain fully alert and focused on driving," said David Strickland, Administrator of the National Highway Traffic Safety Administration. "We're pleased to be working alongside the Office of National Drug Control Policy and Mothers Against Drunk Driving to bring attention to this serious health and safety issue."

According to a new ONDCP analysis of 2009 data from the National Highway Traffic Safety Administration's (NHTSA) Fatality Analysis Reporting System (FARS) census, roughly one in four (23 percent) of fatally injured drivers who tested positive for drugs were under the age of 25. Additionally, based on data from 2005 to 2009, almost half (42 percent) of fatally injured drivers who tested positive for marijuana were under the age of 25.

"Research shows that drugs have adverse effects on judgment, reaction time, and motor skills – all vital requirements for responsible driving," said Gil Kerlikowske, Director of National Drug Control Policy (ONDCP). Recognizing the need to arm parents, young people, and community leaders with information to prevent drugged driving, ONDCP also released a Drugged Driving Toolkit. The toolkit provides tips for parents of teen drivers, sample community activities to raise public awareness regarding drugged driving, and tips to help teens reject negative influences to ensure they remain "Above the Influence." The toolkit is available for download at [www.TheAntiDrug.com](http://www.TheAntiDrug.com).

To read the whole article, go to <http://www.madd.org/media-center/press-releases/2011/white-house-drug-policy.html>

**CHECKOUT THESE WEBSITES: [www.drugfree.org](http://www.drugfree.org); [www.theantidrug.com](http://www.theantidrug.com); [www.timetotalk.org](http://www.timetotalk.org); [www.parentsempowered.org](http://www.parentsempowered.org); [www.abovetheinfluence.com](http://www.abovetheinfluence.com); [www.justthinktwice.com](http://www.justthinktwice.com)**

