



E-Newsletter on Drug Abuse

ISSUE: 10-2016

With national, state and
local information on Drug Abuse

NATIONAL RED RIBBON WEEK

October 23 - 31, 2016



Red Ribbon Week is the nation's oldest and largest drug prevention program reaching millions of youth and parents each year. The campaign runs each year during the last week of October.

By wearing red ribbons and participating in community anti-drug events, young people and families pledge to live a drug-free life and pay special tribute to DEA Special Agent Enrique Camarena.

Red Ribbon Week is a family-focused effort to raise public awareness and to mobilize communities to combat alcohol, tobacco and drug abuse among youth. It is designed to be part of a major force in strengthening our communities and neighborhoods.

In 1988 the National Family Partnership (NFP) coordinated the first National Red Ribbon Week Campaign with President and Mrs. Reagan serving as honorary chairpersons.

To date, more than 80 million youth and adults have participated in annual Red Ribbon events.

FAST FACTS:

Research shows that nothing destroys families more than alcohol and drug abuse!

Families should be aware of the protective and risk factors to consciously strengthen families and create a buffer against drug abuse!

I. Show Disapproval of Use

Research shows that when family and friends disapprove of drinking, smoking, or taking drugs - teens are less likely to do it.

II. Increase the Perception of Harm

When adults know the dangers of drinking and drugs and effectively communicate those dangers to their children, the children are less likely to engage in self-destructive behaviors.

III. Talk with Your Kids

The more parents talk with their children about drugs, the less likely youth are to use them.

IV. Monitor Your Children - Spend Time with Them

Research shows that when parents spend time with their children - and when families bond and form positive attachments, then initiation into drug use drops.

The three leading causes of death for teenagers are homicide, suicide, accident fatalities, alcohol and drugs are the primary causative factors in each category of death!

Introducing the Family Resource Center - Trusted Resources for Parents and Caregivers

Scientific advances now make it possible to prevent substance abuse from starting; to intervene early and stop emerging substance abuse; and to effectively treat even serious addictions using new medications and therapies. Despite this progress, parents of adolescents and young adults facing substance use problems still need to sort through the myriad amount of information available on the Internet; an often exhausting and sometimes discouraging task. The dearth of trustworthy information about preventing, intervening upon and treating adolescent substance use problems can sometimes be a deterrent to learning and taking action.

[Read More:](#)

<http://www.drugfree.org/news-service/introducing-family-resource-center-trusted-resources-parents-caregivers/>

Public Health Officials Urge Doctors to Consider Medications to Treat Alcohol Addiction

Public health officials are urging doctors to consider prescribing medications to treat alcohol addiction, NPR reports. The drugs can be used alongside or in place of peer-support programs.

"We want people to understand we think AA is wonderful, but there are other options," said George Koob, Director of the National Institute of Alcohol Abuse and Alcoholism. He says there are two drugs on the market for patients with alcohol cravings, naltrexone and acamprosate. "They're very safe medications, and they've shown efficacy," he said.

A third drug, disulfiram (Antabuse), makes people violently ill when they drink alcohol, but it does not work against alcohol cravings.

The FDA's Rule on E-Cigarettes Will Hurt Public Health

Many people have been impacted by the harm that can be caused by cigarette smoking, including the loss of family members.

The market has found a solution to this major public health problem.

The federal government is about to crush that solution.

Recent technological innovations, such as vaping products (e.g. e-

cigarettes), have provided an alternative for those seeking to stop smoking cigarettes.

There's a problem though. The Food and Drug Administration has issued a rule that will, in effect, prohibit the sale of many of these products beginning in August 2018.



The opioid addict next door: Drug abuse where you least expect it



Sarah Wilson, wife and mother of four, became addicted to opioid pain medications after she suffered severe injuries from getting hit by an intoxicated driver about eight-years-ago. She was almost three years into her recovery from addiction to hydrocodone before anyone outside of her immediate family knew. Wilson said that people are always surprised to learn that she was an addict. She said many have a certain image that people who suffer from addiction are junkies, or in her words "people like that." "But I'm 'people like that,'" she said. And she's not alone. Some 2.1 million people abused prescription pain opioid pain relievers in 2012 alone, according to a Substance Abuse and Mental Health Services Administration report.

[Read More:](#)

<http://www.usatoday.com/story/news/nation-now/2016/09/26/opioid-addict-next-door-drug-abuse-where-you-least-expect/89360610/>

Colorado combats a new breed of drug traffickers

THE MAIL TRAIL

Three packages were mailed one after another, each shipped from the same Colorado post office to the same Houston business in the name of the same fictitious person. And each held

23 pounds of pricey, potent pot. As Colorado is increasingly seen as the Napa Valley of cannabis, authorities say they are squaring off against a new breed of drug traffickers. They aren't part of Mexican cartels, aren't wielding military-style rifles and many don't even have previous criminal records. They are also establishing a new front in the drug war - not the Rio Grande, but the Rocky Mountains. They come from all over the United States and set up shop in Colorado to hide in plain sight in a state where it legal to smoke, possess and even have hundreds of plants in a home under some circumstances. They mask themselves in a world of permissive new pot laws while sneaking bulk loads of marijuana to states where it remains illegal.

[Read More:](#)

<http://www.seattletimes.com/nation-world/colorado-combats-a-new-breed-of-drug-traffickers/>



'Opioid Cure' Kratom Ruins Lives, Too

A battle is brewing over the botanical substance known as kratom. Users say it's safer than opiates, while critics call it just as dangerous.

One mother says that her son stole \$7,000 in checks from his dad to fuel his drug addiction, went to rehab, relapsed, and then committed suicide by driving his car into an overpass. His last known words: "I can't live like this anymore."

A 33-year-old man took the same drug and had grand mal seizures so powerful he "broke the bed straps" in the emergency room. He had never had seizures before.

A 61-year-old woman "heard voices" while taking the drug and then "brought [her] 6 ft. ladder to [her] neighbors' backyard" because she "imagined they needed help." She fell in the middle of the psychotic episode and fractured her wrist.



[Read More:](#)

<http://www.thedailybeast.com/articles/2016/09/29/opioid-cure-kratom-ruins-lives-too.html>

Half of teens think they're addicted to their smartphones



I don't have teenagers yet, but watching my 8- and 10-year-olds spend endless amounts of time on iPads during spring break makes me worried about the day – hopefully years from now – when they have their own devices.

A new poll that confirms just how much teens depend on their phones gives me even more to worry about.

Fifty percent of teens feel they are addicted to their mobile devices, according to the poll, which was conducted for Common Sense Media, a nonprofit focused on helping children, parents, teachers and policymakers negotiate media and technology. A larger number of parents, 59%, said their teens were addicted. The poll involved 1,240 interviews with parents and their children, ages 12 to 18.

[Read More:](#)

<http://www.cnn.com/2016/05/03/health/teens-cell-phone-addiction-parents/>

Safeguard Medicine in Your Home

Protect Your Kids: 3 Steps to Safeguard Your Home

Two-thirds of teens who report abuse of prescription medicine are getting them from friends, family and acquaintances. Make sure the teens in your life don't have access to your medicine. Find out how to monitor, secure and properly dispose of unused and expired prescription and over-the-counter cough medicine in your home.



[Read More:](#)

<http://medicineabuseproject.org/what-you-can-do/safeguard-your-home>

Quote of the Month

*The greatest challenge in life is discovery
who you are.
The second greatest is being happy
with what you find.*

Remember:

Getting Drunk is Never Safe...

Getting High is Never Smart !!!

Stay Clean -- Stay Sober -- Stay Healthy

-Tim VanDamme -
Executive Director
M.S., CASAC

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