

In The Know

A monthly newsletter keeping you current on topics related to the Prevention of Substance Abuse

Steuben Council on Addictions

A program of Substance Free Living

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Parental marijuana use associated with elevated risk of substance use

Parental marijuana use was associated with elevated risk of substance use among adolescent and young adult offspring living in the same household

On Friday, November 22, 2019, JAMA Network Open published critical information for parents across the nation. The article indicates that recent and past parental marijuana use confers a heightened risk for use of marijuana and other substances by adolescent and young adult offspring who live in the same household. The article was completed by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA), the National Institute on Drug Abuse and McLean Hospital, which is affiliated with Harvard Medical School.

First, this article shows that parental past-year marijuana use is consistently associated with increased unadjusted risk of past-year marijuana, tobacco, and alcohol use and opioid misuse among both adolescent and young adult offspring. Second, even if a parent had lifetime (without past-year) marijuana use or relatively less frequent use (fewer than 52 days in the past year), unadjusted prevalence of past-year substance use among offspring was generally elevated. These results highlight that parental marijuana

use is a risk factor for offspring substance use or misuse across a broad range of substances, including marijuana, tobacco, alcohol, and opioids – even when parental marijuana use is less frequent or in the past. Third, after adjusting for potential confounders related to offspring, familial, and environmental factors, the multivariable results suggest that parental marijuana use is a specific risk factor for marijuana and tobacco use by both adolescent and young adult offspring and for alcohol use by adolescent offspring. Fourth, adolescent offspring's substance use appears to be particularly associated with a mother's marijuana use status. Even after adjusting for potential confounding factors (including a mother's alcohol use status), a mother's marijuana use status was associated with adolescent offspring's past-year alcohol use. These results indicate that a mother's marijuana use status is more than a substance use risk factor and suggest the differential and pivotal roles that a mother plays in the development of her adolescent offspring.



SALE of
cigarettes, cigars, chewing tobacco,
powdered tobacco, shisha
or other tobacco products,
herbal cigarettes, liquid nicotine,
electronic cigarettes, rolling papers
or smoking paraphernalia,
to persons UNDER 21 years of
age is PROHIBITED BY LAW.

“This article highlights the risks of marijuana use not just for an individual but the risk of the increased likelihood of use among offspring,” said Assistant Secretary for Mental Health and Substance Use, Elinore F. McCance-Katz, M.D., Ph.D. “This is vital information for all parents.” The results of this study inform clinicians and policymakers that screening for marijuana use and educating individuals, patients, and families about the risks is essential. This article, titled “Associations of Parental Marijuana Use with Offspring's Marijuana, Tobacco, and Alcohol Use and Opioid Misuse,” is based on nationally representative data from 24,900 father-offspring or mother-offspring groups of two people (or dyads) sampled from the same household who participated in SAMHSA's 2015-2018 National Surveys on Drug Use and Health (NSDUH). For more information about SAMHSA and NSDUH, please visit: <https://www.samhsa.gov>.

Knowledge is Power—Let us help you learn more

Steuben Council on Addictions is available to provide community presentations on a myriad of topics relating to substance abuse, prevention, parent information, information for schools and their employees, churches, youth groups and more within Steuben County. We are capable of customizing presentations to the area of interest, timeframe requested and makeup of the audience. For further information or to schedule a presentation, please contact Prevention Educator Stacey O'Dell at Stacey.O'Dell@dor.org or (607) 776-6441 x205.

Topics include but are not limited to: Current adolescent drug trends, Societal drug trends, Vaping and eCigs, The Opioid Epidemic, Underage Drinking; Gambling and its effect on families and society, Substance abuse and employment, Impact of substance use on children and education, etc.

Be Safe this holiday season

Drunk and drugged driving is one of the leading causes of preventable death in the United States. Many do not realize that after they have had a substance, whether legal or illegal, that it is extremely dangerous to operate a thousand pound machine, which is driving a vehicle!

Here are some tips to help you and others stay safe on the road:

- Have a designated driver. Even if you only plan on having one drink, have a DD just in case!
- Stay educated. The more you know about drunk and drugged driving, the less likely you are to do it.
- Make a plan. If you know you are going somewhere that will have alcohol, identify ahead of time how much you plan on having to drink, and who will be driving your vehicle home.
- As a parent, know where your children are, what they are doing, and who they are driving with. Your teen may be mad at you for not letting them drive with someone, but better safe than sorry!

- Keep your alcohol and prescription drugs away from your children. Make sure you know how much you have so that they cannot take any.
- Set clear rules with your children about alcohol and drugs, make sure they are educated as well about the dangers of using various substances.
- You do not have to drink to have a good time!

Council Corner

2019 has been another amazing year for Steuben Council on Addictions and Bath Hope for Youth. We would like to take the opportunity to thank all of those that have shared their time with us and have allowed us to be a part of your prevention efforts as schools, facilities and our communities. We would like to wish you all a very happy, safe and healthy holiday season and we are looking forward to working with everyone again in 2020!



Substance Free Living

A service priority for Catholic Charities of Steuben

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Steuben Council on Addictions (SCA) is a program of Substance Free Living, a service priority for Catholic Charities of Steuben. In The Know is a regular monthly update about alcohol, tobacco and other drugs to help in the prevention of substance use and abuse.

For more information please contact Stacey O'Dell, Prevention Educator at sodell@dor.org or (607) 776-6441, ext. 205.



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Youth who drink alcohol are more likely to experience: School problems, such as higher absence and

poor or failing grades. Social problems, such as fighting and lack of participation in youth activities. Legal problems, such as arrest for driving or physically hurting someone while drunk.

Steuben County Underage Party & Drug Information Tip Line

Anyone with information relating to underage drinking such as parties, underage sales, etc. or information relating to illegal drugs, such as sales, dealers, or other suspicious activities are encouraged to use the tip line.

The tip line will be monitored seven days a week, 24 hours a day, all calls are kept anonymous.

Do your part to help make our communities safe for everyone!

1-844-378-4847