



Ounce of Prevention Newsletter

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Message to Coalition Members:

Youth Action Forum Spotlight

The Steuben Prevention Coalition hosted its 3rd Annual Youth Action Forum – Student Leaders Initiating Change with a theme this year of “Be The Change”. The purpose of this forum is to empower young people to “Be The Change” and give students a voice to be heard among their peers and within the community. They develop skills necessary to nurture abilities in themselves and others in order to make an impact at school or in the larger community. This year’s forum was attended by ten school districts including Addison, Arkport, Avoca, Bradford, Campbell-Savona, Canisteo-Greenwood, Hammondsport, Haverling, Hornell and Prattsburgh with a total of 93 students who had signed up. A special thank you goes out to Amanda Chafee, Chair of the Steuben Prevention Coalition and Stephanie Gerych of the Bath School District for all of their hard work and continuous efforts to make this forum a success. We also would like to thank the Bath – Haverling Central School District for offering the space, volunteer time and services to allow us to host this event at the school.



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Trending:**Academic Doping**

Is there a pill on the market that can make you smarter? If so, would you take it? Thousands of college students are doing just that, but is it safe?

College students across the nation are abusing prescription stimulant drugs, which has recently been termed "academic doping." These "study drugs" or "smart drugs" as they are sometimes referred to, are nothing more than a prescription stimulant prescribed to those who suffer from attention-deficit hyperactivity disorder (ADHD). You may know these medications as Ritalin or Adderall.

What You Should Know

One third of college students are abusing prescription stimulants. Many parents are unaware their child is abusing prescription stimulant drugs.

Schools however, are more aware of the problem, yet little is being done to address the issue.

These drugs seem harmless because they are prescribed by a doctor, but they have a very real possibility of causing addiction. These drugs are sometimes crushed up and ingested via the nasal cavity.

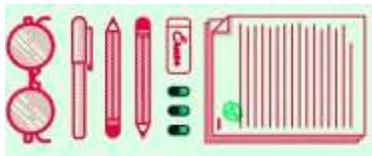
Abuse of these stimulants can cause major health issues such as heart palpitations, heart attacks, increased anxiety, and a possibility of psychiatric breakdowns, including suicide. Students are not only using these stimulant drugs to study, but they are also abusing them for party purposes.

Parental Warning Signs:

- Changes in behavior or personality
- Trouble sleeping
- Irritability
- Jittery or nervous behavior
- Cardiac problems
- Mental health issues such as anxiety or depression

Source:

<http://www.nbcnews.com>

**Article: Marijuana****Teens Use E-Cigs to Vape Marijuana**

Undoubtedly, it will come as no surprise to coalitions that teenagers have figured out how to use e-cigarette devices for something other than what they were made for – as vaporizers to inhale marijuana.

According to the 2015 Monitoring the Future (MTF), conducted by the University of Michigan and funded by the National Institute on Drug Abuse (NIDA), at least 6 percent of the youth who said they used e-cigarettes, indicated that they were vaping marijuana. Monitoring the Future is an ongoing study of the behaviors, attitudes, and values of American secondary school students, college students, and young adults. The survey has measured drug, alcohol, and cigarette use, as well as related attitudes since 1975.

Each year, approximately 50,000 8th, 10th, and 12th graders are surveyed (12th graders since 1975, and 8th and 10th graders since 1991). The use of e-cigarettes was measured for the first time in the 2014 MTF survey. In the 2015 study, which was just released on August 26th, 9.5 percent of 8th graders, 14.0 percent of 10th graders and 16.2 percent of 12th graders reported using e-cigarettes in the month prior to the survey.

This year's survey – for the first time – asked students across all three grades about what they vaporized the last time they used an e-cigarette:

- More than 65 percent said they were vaping just flavoring
- About 20 percent affirmed they were vaping nicotine.
- About 6 percent said that they were vaping marijuana or hash oil.
- And about 6 percent did not know what they had last vaped.

The survey further concluded that:

- Researchers and regulators should not assume all, or even most, vaporizer-users inhale nicotine.
- The public health field should question the use of the term, "Electronic Nicotine Delivery System," to denote vaporizers and e-cigarettes, as many adolescents might not be using these devices to vape nicotine.
- Vaporizer-users could be candidates for primary prevention programs to combat nicotine and marijuana use among teens.
- There is a need for vaporizer-specific research to assess and regulate their public health threat.

The Food and Drug Administration (FDA) recently expanded its tobacco regulatory authority to include e-cigarettes. That's good news, as it is unclear if some products labeled, "nicotine-free" actually do contain it. New FDA regulations will be requiring accurate labeling on e-cig products. When e-cigarettes contain nicotine, the substance is vaporized and inhaled (not smoked). However, its health impact is not yet obvious. Early evidence suggests that e-cigarette use may serve as an introductory product for youth who then go on to use other tobacco products, including conventional cigarettes.

The survey further indicated that there was an increase in the percentage of 8th and 10th graders who view regular e-cigarette use as harmful, and who disapprove of its regular use. This data highlights the importance of keeping the pressure on tobacco prevention efforts.



Trending:**PINK: The New Synthetic Opiate**

Pink: There is a new drug on the market, easily accessible to youth, and it's eight times more potent than heroin. This powerful synthetic version of heroin is known on the streets as "Pink."

However, it is known the chemists as U-47700 and is part of a family of synthetic opioids.

What You Should Know:

- This synthetic opioid can include fentanyl, which is 100-150 times more potent than morphine, and sometimes includes carfentanyl, which is 10,000 times more potent than morphine.
- Just touching the drug with bare hands can cause cardiac arrest.
- The drug can be consumed alone, or with other drugs. It is sold in the forms of powders, mists, pills.
- The drugs are often bought over the internet from countries like China and Russia.
- Pink is sold for as little as \$5 plus shipping.
- It has been connected to 80 deaths across the country since the beginning of the year. However, there are likely many more that were never accounted for that are linked to the synthetic drug.
- Currently, only Florida, Ohio, Wyoming, and Georgia have outlawed the ingredients that make up the drug.
- However, the DEA is taking steps to banning the drug nationally and temporarily classifying the drug as a Schedule I substance.

What You Can Do:

- Educate yourself.
- Then, talk to your child about these harmful substances.
- Experts state that the most effective prevention may start in the home, at the computer, and at the mailbox. Because these drugs are purchased online, monitor your child's online activity. Ensure they don't have access to a credit card to purchase these drugs. Check the mailbox for suspicious packages addressed to your child.
- Let your child know you care about them, and don't want to see them get hurt, or worse.
- Many youth don't realize the severity of these drugs, especially those that are synthetic.

Source:

www.nbcnews.com; www.dea.gov

Article:**Get the Facts on Alcohol and the Impact Abusing Alcohol can have on People.****SAMSHA**

Substance Abuse and Mental Health Services Administration

Slightly more than half of Americans aged 12 or older report being current drinkers of alcohol. SAMSHA's [National Survey on Drug Use and Health \(NSDUH\) – 2014 \(PDF | 3.4 MB\)](#) reports that in 2014 there were 139.7 million current alcohol users aged 12 or older, with 23% classified as binge drinkers and 6.2% as heavy drinkers. About 17 million of these, or 6.4%, met criteria for an alcohol use disorder in the past year. Excessive alcohol use, including underage drinking and binge drinking (drinking 5 or more drinks on a single occasion for men or 4 or more drinks on an occasion for women), can increase a person's risk of developing serious health problems, including brain and liver damage, heart disease, hypertension, and fetal damage in pregnant women. [According to the Centers for Disease Control and Prevention \(CDC\)](#), alcohol use causes 88,000 deaths a year. Many Americans begin drinking at an early age. According to the SAMSHA report [Behavioral Health, United States, 2012](#), about 24% of eighth graders and 64% of twelfth graders used alcohol in the past year.

According to the [NSDUH](#):

- Men are more likely to report heavy alcohol use (binge drinking for 5 or more of the past 30 days) than women, 9.3% to 3.2%.
- The percentages of those aged 12 or older who were current heavy alcohol users were 7.1% of non-Hispanic whites, 4.5% of African Americans, 9.2% of American Indian or Alaska Natives, 4.6% of Native Hawaiian or Other Pacific Islanders, 2.0% of Asians, 5.8% of people reporting two or more races, and 5.1% of Hispanics.
- Only 8.9% of people aged 12 or older who needed treatment for alcohol use actually received specialty treatment for their alcohol use problem.

For more information on alcohol facts and its effects on your brain and body, visit the [National Institute on Alcohol Abuse and Alcoholism](#).

For more information about the treatment of alcohol use disorders, including medication-assisted treatment, visit the [Behavioral Health Treatments and Services](#) topic. For more information about alcohol use disorders, see the [Mental and Substance Use Disorders](#) topic.



Myth vs. Fact (Alcohol)

- Most kids approve of drinking alcohol.
- ✓ A national survey reported that 80 % of 8th graders and 77% of 10th graders disapprove of people who drink every day.

Myth vs. Fact: (Marijuana)

- It's a natural plant so it can't be that bad.
- ✓ Regular marijuana use has been shown to be associated with long term problems, including poor academic performance, memory loss and lung cancer. To a developing brain like those of a teenager, marijuana can be especially toxic – using pot can lead to panic attacks, depression and other mental health problems, not to mention increased anxiety.

**MISSION:**

To promote healthy and safe communities in Steuben County by reducing alcohol and drug use among youth!

Event Spotlight:**Avoca Central School – College & Career Night**

The Steuben Prevention Coalition represented by Colleen Banik, Assistant Program Coordinator together with the Steuben Council on Addictions represented by Jennifer Marion and Stephanie Wilcox, Prevention Educators, attended the Avoca College & Career Night held on Thursday, November 3, 2016. The event was well attended by parents and students of all ages.

**Upcoming Events:****Next Coalition Meeting****January 11, 2017****11:00 a.m. – Steuben County Sheriff's Building**

Underage Drinking Task Force Town Hall Meeting
November of 2016 - TBD

Tall Cop Program
March 29, 2017
Haverling Central School

Corning-Painted Post Health Fair
April of 2017 - TBD

Maple City Kids Health Fair
May of 2017 - TBD

Reaching communities through
prevention,
education
and support