

In The Know

A monthly newsletter to keep you current and In The Know on topics related to the Prevention of Substance Abuse

Steuben Council on Addictions

A program of Substance Free Living

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Road safety and our youth

The National Organization for Youth Safety (NOYS) partnered with the National Highway Traffic Safety Administration in 2007 to support the United Nation's Global Road Safety Week. It has continued ever since and has encouraged youth groups across the world to become a part of traffic safety projects in their communities.

Each May youth unite during Global Youth Traffic Safety Month™ to focus on the leading cause of death for them and their peers: traffic related crashes. Global Youth Traffic Safety Month™ empowers youth to develop and lead traffic safety education projects and support law enforcement and affect legislation to protect teen drivers.

The goals of Global Youth Traffic Safety Month is to empower and engage youth to promote traffic safety awareness to their peers at the beginning of the deadliest season for teens on the roads, summer. Some of the deadly habits that are being targeted are distracted driving/texting while driving and drinking and driving. Communities and their teens are trying to get the message out by organizing community rallies, speaking events, videos/media events, contests and more. The Allstate Foundation License to Save



Report found that novice drivers are

the most likely drivers on the road to have car accidents. 16 year old drivers have crash rates two times greater than 18 to 19 year old drivers and four times that of older drivers. In response to this, the Allstate Foundation has developed programs that specifically address teen driving and safety. The Parent-Teen Driving Agreement and the Act Out Loud program are two initiatives by the Allstate Foundation. More information on the Parent-Teen Driving Agreement can be found at www.allstatefoundation.org/parent-teen-agreement. The Act Out Loud program is a national contest sponsored by the Allstate Foundation that encourages teens to plan a safe teen driving rally. The contest focuses on educating teens on speeding, seatbelt usage and distracted driving. Grand prize is \$10,000! More information on this program can be found at www.actoutloud.org. Prom, graduation and summer are quickly approaching, let's keep our teens safe on the road!

Mental Health and Substance Use

There is a link between mental health and addictions that often go unnoticed. According to Stephen Gilman, MD, an addiction psychiatrist at New York University in New York City, "Alcoholism and drug abuse addictions and other psychiatric disorders often occur at the same time. However, they are distinct disorders that must be treated as such in order to get a good outcome for the patient." Addiction changes the brain and can disturb a person's priorities and override control impulses, similar to symptoms of a mental health illness. This link is called a co-occurring disorder or dual diagnosis.

Many people who suffer with mental disorders also suffer with regular abuse of drugs and alcohol. Since the 1980's the link between these two has been documented in multiple national survey's, showing individuals with anxiety or mood disorders to be twice as likely to suffer from drug use or dependence. In a dual diagnosis, both issues are

present but one might be noticeable worse. In many instances, untreated mental health problems increase the substance abuse problem. This causes the mental health problem and substance abuse program to become worse. Alcohol or drugs are often used as self-medication of mental illness, which only makes the issues worse. This increases the underlying risk for mental disorders and worsens long term symptoms. Substance abuse may trigger new symptoms that were not there before.

It's important to spot the signs and symptoms if you or your loved ones are suffering from mental illness. Mental illness can affect emotions and behaviors, varying depending on the disorder. The signs and symptoms of mental health disorders include: Feeling sad, extreme mood changes, withdrawal of activities, reduced concentration, inability to cope, alcohol or drug abuse, excessive anger, and suicidal thoughts.



Do you or someone you care about need help because of Drugs, Alcohol or Gambling call:

1-877-8HOPENY (1-877-846-7369)

24 hours a day, 7 days a week * Free & confidential information and referrals.

One-third of young adults have ridden with an impaired driver , NIH analysis suggests

Marijuana impairment cited most in study of recent high school graduates

Roughly a third of recent high school graduates have ridden in a motor vehicle with a substance-impaired driver, according to a study by researchers at the National Institutes of Health and other institutions. The study found that during the first two years after high school graduation, 23 percent of young adults had ridden with a marijuana-impaired driver at least once, while 20 percent had ridden with an alcohol-impaired driver, and 6 percent had ridden with a driver impaired by glue or solvents or harder, illicit drugs, such as amphetamines, opioids, cocaine.

The analysis was conducted by researchers at NIH's Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD); Colorado State University, Fort Collins; the Colorado School of Public Health, Denver; and Yale University, New Haven, Connecticut. Their results appear in the *Journal of Studies on Alcohol and Drugs*.

The authors analyzed data from NICHD's NEXT Generation Health Study, a seven-year study of more than 2,700 U.S. adolescents starting at grade 10. Its goal is to identify the social, behavioral and genetic factors linked to health and healthy behaviors. Along with NICHD, funding for the NEXT Generation Health Study was provided by NIH's National Heart, Lung, and Blood Institute and the Maternal and Child Health Bureau of the Health Resources and Services Administration.

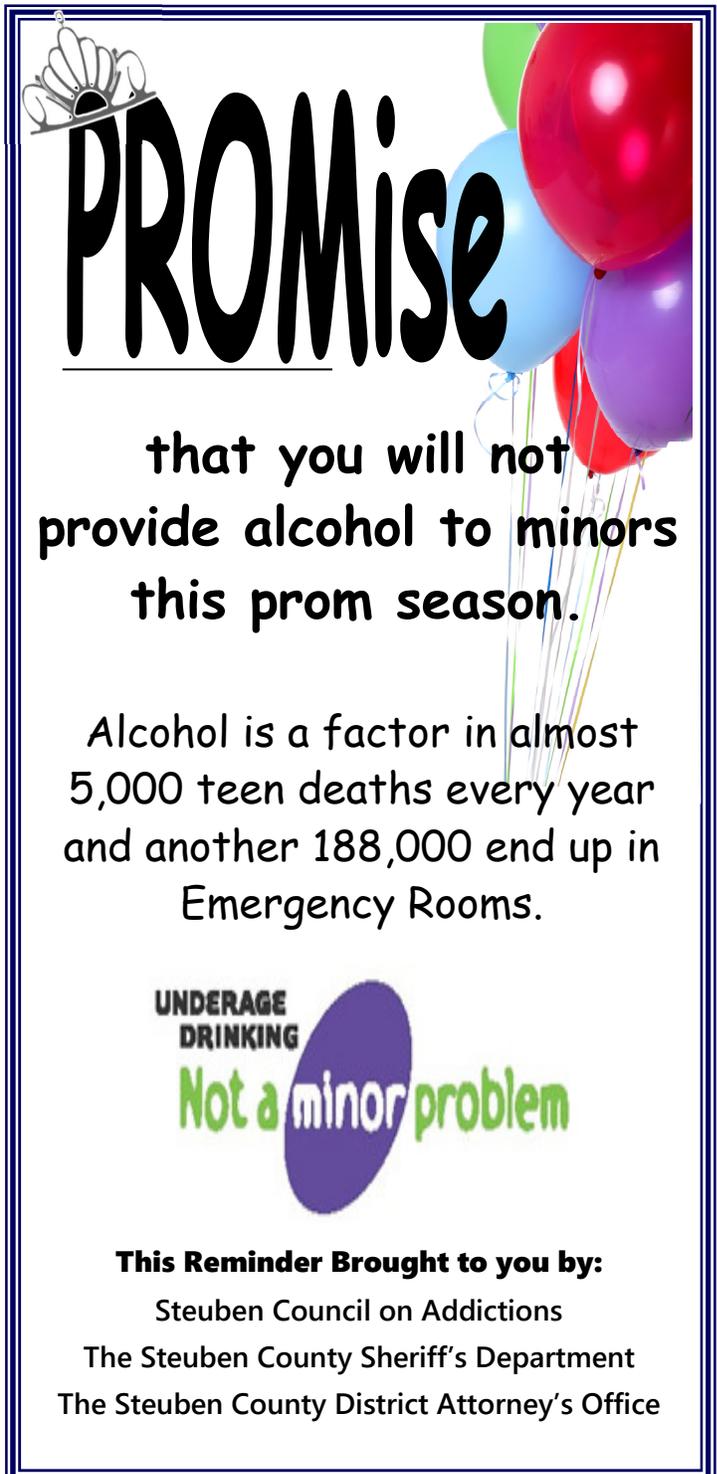
The authors noted that having ridden with an impaired driver in the past was linked to a higher risk of driving while impaired and of riding with an impaired driver in the future. Other factors that increased the risk for riding with an impaired driver were living alone and not attending a four-year college. For young adults in the study who attended a four-year college, living on campus increased their risk of riding with an impaired driver.

The authors called for enhancements to informational programs that educate young people on the risks of riding with impaired drivers.

Bruce Simons-Morton, Ed.D., Health Behavior Branch, NICHD.

Li, K. et al. Emerging adults riding with marijuana, alcohol, or illicit drug-impaired peer and older drivers. *Journal of Studies on Alcohol and Drugs*, 79(2), 277-286. doi:10.15288/jsad.2018.79.277.

Steuben Council on Addictions is a program of Substance Free Living, which is 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.



PROMise

**that you will not
provide alcohol to minors
this prom season.**

Alcohol is a factor in almost
5,000 teen deaths every year
and another 188,000 end up in
Emergency Rooms.

**UNDERAGE
DRINKING
Not a minor problem**

This Reminder Brought to you by:
Steuben Council on Addictions
The Steuben County Sheriff's Department
The Steuben County District Attorney's Office



Teens and self-esteem

Adolescence is the most common time for low self esteem. Not only are hormones raging, teenagers deal with stressors from home, school, friends and the media on a regular basis. According to the website *dosomething.org*, low self esteem is a thinking disorder that causes a person to view him or herself negatively, resulting in producing faulty assumptions and on-going self-defeating behavior. Low self esteem is directly related to teens partaking in risky behaviors. Many researchers argue that low self esteem is the true disease behind addiction, eating disorders and other teen issues.

Low self esteem is considered a risk factor for substance abuse and risky sexual behaviors. Many teens that have low self esteem often resort to drug use and/or sex because they think it will make them feel better, be more popular and they think it will help them relieve stress and mental pain. Teens may think they get the desired effect but in the long run, substance abuse and sex causes more problems and lowers self esteem.

Trends of eating disorders and other types of self harm are also on the rise for teens. Adolescent girls are the most common group of people to have eating disorders. They are often not comfortable with who they are and have low self esteem, causing them to look to this harmful

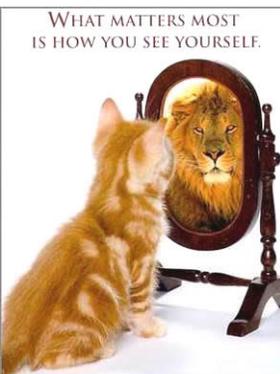
behavior as they think it will help them become better looking. Eating disorders and other behaviors, such as cutting, abusing steroids and over exercising, are used by young people as unhealthy ways of dealing with stress and taking control of their lives.

All of these unhealthy coping mechanisms that teens use to deal with stress and their low self esteem do not work. Their self esteem stays low or decreases

even more and other issues arise due to the negative ways they have tried to deal with their problems. It is important that adults and other peers help them to deal with their already turbulent lives in more positive ways.

Although the US teen pregnancy rate has been decreasing for the past two decades, it is still a significant problem in our country and often times a situation that directly relates to self-esteem as well. It has been found that 3 in 10 girls in the US will have an unplanned pregnancy at least once before the age of 20 years old. The United States rates are still nine times higher than other developed countries. One health risk for teenage girls who are pregnant is if they do not seek treatment, or get adequate prenatal care.

There are many ways to prevent an unplanned teen pregnancy, with the first one being talking to your kids. If you want any more information on how to talk to your kids, or help, call us at Steuben Council on Addiction, 607-776-6441.



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



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