

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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Monitoring the Future national survey

Press Release: The 2015 Monitoring the Future survey (MTF) shows decreasing use of a number of substances, including cigarettes, alcohol, prescription opioid pain relievers, and synthetic cannabinoids (“synthetic marijuana”). Other drug use remains stable, including marijuana, with continued high rates of daily use reported among 12th graders, and ongoing declines in perception of its harms.

The MTF survey measures drug use and attitudes among eighth, 10th, and 12th graders, and is funded by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health. The survey has been conducted by researchers at the University of Michigan at Ann Arbor since 1975.

For the first time, daily marijuana use exceeds daily tobacco cigarette use among 12th graders. Daily marijuana use for this group remained relatively stable at 6 percent, compared to 5.5 percent reporting daily cigarette smoking (down from 6.7 percent in 2014).

“We are heartened to see that most illicit drug use is not increasing, non-medical use of prescription opioids is decreasing, and there is improvement in alcohol and cigarette use rates,” said Nora D. Volkow, M.D., director of NIDA. “However, continued areas of concern are the high rate of daily marijuana smoking seen among high school students, because of marijuana’s potential deleterious effects on the developing brains of teenagers, and the high rates of overall tobacco products and nicotine containing e-cigarettes usage.”

“This year’s Monitoring the Future data continue the promising trends from last year with declining rates of adolescent substance use, and support the value of evidence-based prevention, treatment, and recovery,” said National Drug Control Policy Director Michael Botticelli. “Efforts to prevent drug use from ever starting are particularly important as we work to reduce the rising number of drug overdoses across the country. I encourage parents, teachers, coaches, and mentors to have a conversation with the young people in their lives about making the healthy decisions that will keep them on a path toward a successful

future.”

“We are very encouraged by the continued decline in underage drinking illustrated in these data,” said George F. Koob, Ph.D., director of the National Institute on Alcohol Abuse and Alcoholism. “However, the percent of underage individuals drinking still remains unacceptably high. For example, approximately 40 percent of 12th graders have reported being drunk in the past year and binge drinking remains a significant problem.”

Other highlights from the 2015 survey:

Drugs

- Use of many illicit drugs has trended down. Among high school seniors, 23.6 percent report using an illicit drug in the past month, with 7.6 percent reporting they used an illicit drug other than marijuana.
- Perception of marijuana use as risky continues to decline, with 31.9 percent of seniors saying regular use could be harmful, compared to 36.1 percent last year.
- Past year use of synthetic cannabinoids (“synthetic marijuana”) is at 5.2 percent for 12th graders, down significantly from 11.4 in 2011, the first year it was measured in the survey.
- Past year use of heroin, typically very low among teens, is at an all-time low at 0.3 percent for eighth graders, and 0.5 for 10th and 12th graders.
- Use of MDMA (also known as Ecstasy or Molly), inhalants, and LSD are generally stable or down. In 2015, 3.6 percent of seniors reported past year use of MDMA, compared to 5 percent in 2014.
- Non-medical use of the prescription amphetamine Adderall, typically given for ADHD, remains high at 7.5 percent among 12th graders.
- Use of prescription opioids continues its downward trend, with 4.4 percent of high school seniors reporting



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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.

The Council Corner

Jami Fredo began her internship on November 1st with the hope to experience a small town nonprofit agency that offers a variety of services. She came here eager to learn about the prevention services we offer. She knew she would have a terrific learning opportunity here. Her internship will conclude on May 4th.

Jami earned her Associates Degree in Human Services from Corning Community College. She is currently pursuing her Bachelor's Degree in Social Work from Keuka College. In the fall she aspires to begin a Master's Degree of Social Work program. Jami chose Social Work because she is a people person and working with people is her niche. Her interest is working with vulnerable populations. With great organizational skills and the ability to multitask she has what it takes to be a social worker.

Jami appreciates the support and excitement from staff here for her to get her degree. We are thankful to have Jami learning with us and we wish her the best of luck in the future!



Congratulations to Lorelei Wagner, Steuben County Public Health Educator for being named the Tobacco-Free Community champion. Wagner was recognized for "spearheading a major effort encouraging an influential community workplace, Steuben County, to establish tobacco-free workplaces." This recognition was given to Lorelei by the Southern Tier Tobacco Awareness Coalition (STTAC).



Steuben County's Social Host Legislation celebrates its one-year anniversary! On February 2, 2015 the Social Host Law went into effect. The Legislators passed this law; which prohibits the consumption of alcoholic beverages and/or illegal drugs by minors on private premises in Steuben County. It encompasses providing to minors alcoholic beverages and/or

illegal drugs or prescription drugs not prescribed by a physician. The providing host can now be arrested and prosecuted criminally under this new law. Depending upon the level of the offense, fines can be as high as \$1000 and up to a year in jail. Also for every offense, completion of a court-approved alcohol and drug awareness program is required. In addition to these criminal penalties, civil liability may also still exist for providing the alcohol and/or drugs and/or the place to consume it.

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 anonymous.

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

1-844-378-4847



8 East Morris Street, Bath, NY 14810

Phone: (607) 776-6441 * Fax: (607) 776-6664

Prevention Director: Jim Bassage

Prevention Educators: Barb McCollum, Stacey O'Dell, Erin Fleming, Michele Sexsmith

Administrative Assistant & DDP Coordinator: Diana McIntosh

Clerical Assistant: Jessica Allison

Drug Free Communities Coordinator: Norm McCumiskey

Drug Free Communities Program Assistant:

Bath Hope for Youth Counselors:

*Sherry Sutton—Campbell-Savona
Bridgette Lanphere—Hammondspoint
Jennifer Beaty—Haverling*

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.

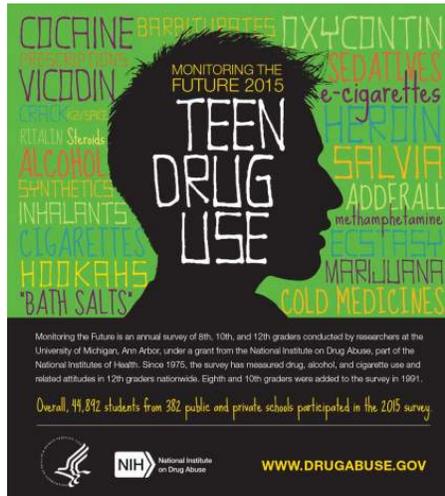
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non-medical use of Vicodin (hydrocodone and acetaminophen), down from a peak of 10.5 percent in 2003.

- Most teens abusing prescription opioids report getting them from friends or family members. However, one-third report getting them from their own prescriptions, underscoring the need to monitor teens taking opioids and evaluate prescribing practices.

Tobacco

- Cigarette smoking rates have greatly declined among teens in recent years. For example, among 10th graders, there has been a 54.9 percent drop in daily smoking in just five years, reported at just 3 percent this year compared to 6.6 percent five years ago.
- However, rates of use of other tobacco products, while not significantly changed from 2014, remain high with 12th graders, reporting rates of past year use of hookah and small cigars of 19.8 percent and 15.9 percent, respectively.
- More than 75 percent of high school seniors view smoking a pack or more a day as harmful, compared to 51.3 percent in 1975, first year of the survey.
- As e-cigarettes are currently unregulated, there is limited data on what chemicals teens are actually smoking. However, when asked what they inhaled the last time they used an e-cigarette, only about 20 percent said they were using nicotine. Most say they inhaled flavoring



alone and many admitted they were unsure what they inhaled. In fact, about 13 percent of eighth graders who use e-cigarettes said they did not know what was in the device they used. Furthermore, some products labeled nicotine-free may actually contain nicotine.

- Roughly twice as many boys as girls report using e-cigarettes (21.5 percent to 10.9 percent).

Alcohol

- Alcohol use continues its gradual downward trend among teens, with significant changes seen in the past five years in nearly all measures.
- Binge drinking (described as having five or more drinks in a row within the past two weeks) is 17.2 percent among seniors, down from 19.4 percent last year and down from peak rates in 1998 at 31.5 percent.
- 37.7 percent of 12th graders say they have been drunk in the past year, compared to 41.4 percent in 2014 and 53.2 percent in 2001, when rates were highest for that group.
- High school seniors see a distinction in potential harmfulness between one or two drinks nearly every day (21.5 percent) versus four to five drinks nearly every day (59.1 percent).

National Institute on Drug Abuse. Drug use trends remain stable or decline among teens Retrieved from <https://www.drugabuse.gov/news-events/news-releases/2015/12/drug-use-trends-remain-stable-or-decline-among-teens> on January 20, 2016



PARENTS WHO HOST LOSE THE MOST

Don't be a party to teenage drinking. It's against the law.

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.



SOCIAL HOST LAW

Prohibiting the consumption of alcoholic beverages and/or illegal drugs by minors on private premises in Steuben County.

1st Offense a violation
\$250 fine & up to 15 days in jail

2nd Offense a misdemeanor
\$500 fine & up to 60 days in jail

3rd / subsequent offenses misdemeanor
\$1,000 fine & up to 1 year in jail

For every offense completion of a court-approved alcohol and drug awareness program is required.

It is NEVER legal for any adult to provide alcohol to someone else's child even with the permission of that child's parent.