

PREVENTIONPRESS

Printed by the Colts Neck Municipal Alliance • 2016 • Volume 1 • Issue 2

The Colts Neck Municipal Alliance's mission is to reduce the incidence, prevalence, and impact of alcoholism and drug abuse in Colts Neck through planning for and implementing services, projects, and programs that provide prevention, treatment, awareness, and education.



COLTS NECK
TOWNSHIP

IN THE NEWS

"Parents Who Host Lose the Most" Information Panel to Be Held at PTSO Meeting on April 6th

Local Professionals to Address the Liabilities of Hosting Underage Drinking Parties

At the Colts Neck High School's Parent-Teacher-Student Organization (PTSO) meeting on **April 6th at 7 p.m.** in the high school's media center, the Colts Neck Alliance will present a panel discussion, **"Parents Who Host Lose the Most."** Community experts, including a Colts Neck police officer, Farmers Insurance agent John Maguire, and attorney Russell Macnow, will educate parents about the real liabilities of serving alcohol to youth under the age of 21, delivering the message from a local perspective.

"We want to educate parents about the risks they take when serving alcohol to underage youth," comments Anita Dedalis, Colts Neck acting Alliance coordinator. "To accomplish this, we have put together a panel of local professionals so that parents can understand the liabilities of social hosting from law enforcement, insurance, and legal standpoints, beyond the health and well-being risks that underage drinking presents."

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) states that 4,358 youth under the age of 21 die each year from alcohol-related car crashes, homicides, suicides, alcohol poisonings, and other injuries (<http://www.niaaa.nih.gov/alcohol-health/special-populations-co-occurring-disorders/underage-drinking>). According to the Center for Disease Control and Prevention (CDC), youth ages 12 to 20 drink 11% of the total amount of alcohol consumed in the U.S., with 90% of this amount representing binge drinking (<http://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>).



Social host liability laws, which vary from state to state and by municipal ordinances, can hold adults legally responsible for allowing alcohol consumption by youth under the legal drinking age of 21. This includes owned, rented, leased, or managed properties, and the law can apply if alcohol is consumed by minors on the property, regardless of who actually served the alcohol.

"Parents Who Host Lose the Most" will take place just ahead of the spring and summer months that are packed with prom and graduation parties for high school juniors and seniors.

Call Anita Dedalis, Colts Neck acting Alliance coordinator, at 732-308-4505 for further details on "Parents Who Host Lose the Most."

Colts Neck Schools Focus on the Well-Being of Students Through Annual Colt Fest and Health & Wellness Committee

See page 2 for details

APRIL IS ALCOHOL AWARENESS MONTH!

See the back cover for details.

Colts Neck Schools Focus on the Well-Being of Students Through Annual Colt Fest and Health & Wellness Committee

"In my opinion, the greatest asset of the Colts Neck Township School District when it comes to addressing at-risk behaviors among students is that we put great effort into preventing these negative behaviors before they even start. To this end, we strive to provide a comfortable and engaging school environment for all students, with a focus on healthy behaviors and plenty of opportunities to get involved in the school and community. You can see this happening throughout all three schools in the district," says Tim Mulligan, the district's kindergarten through fourth-grade health teacher. Mulligan also serves as the district's health and wellness committee chairperson and the middle school cross-country and track and field coach. "For example, at Cedar Drive Middle School, there are days where more than half of the student population stays after-school to participate in clubs, intramural sports, the school play, or extra help sessions with teachers. When students are identified as 'at-risk,' after-school involvement is typically at the top of our list of solutions."



One school-based activity students and staff look forward to is the annual Colt Fest at Cedar Drive Middle School each spring, which provides students with the opportunity to explore extracurricular activities and interests they may have otherwise never considered. Over the past few years, some of the more popular areas of interest presented at Colt Fest have included cooking, martial arts, weight training, make-up and skin care, fashion, and mountain biking, with staff and adult volunteers from across the community leading the activities. At Colt Fest, an after-school event, students rotate through sessions of their choice. Adult volunteers participating in the event include local business owners, community organization members, high school sports and club representatives, and teachers and school staff members with special skills, knowledge, and hobbies.

Colt Fest also focuses on student well-being, character building, and enhancing the middle school community and student experience. "Along with the activities, we want to provide the middle schoolers with knowledge and skills pertaining to the social, emotional, and physical health-related issues and challenges they may face," comments Mulligan. Sessions that cover these topics have included cyber-bullying, safe dating, oppression of women, goal setting, body image, and CPR and first aid.

To cap off the fun at Colt Fest, the students enjoy live music, refreshments, and raffles. "One of the greatest attributes of Colt Fest is that the entire Colts Neck community benefits from the interaction. When students are involved in community activities and become an integral part of what is going on, they are far less likely to make poor decisions. When students are busy doing positive behaviors, there is less time to get into trouble. Colt Fest provides a starting point for many students to become involved in extracurricular activities, their school, and their community," shares Mulligan. "Plus, the local businesses and organizations participating in Colt Fest gain exposure. It truly is a win-win and very rewarding experience for all those involved."

As chairperson of the Colts Neck School District's health and wellness committee, Mulligan collaborates with other teachers, school nurses, administrators, school staff, and parents to make recommendations and create opportunities that enhance health and wellness across the school community. This school year, the committee has focused on providing healthier school lunches, and they are piloting a new primary school menu packed with whole food choices.

For more information on this year's Colt Fest, please contact Cedar Drive Middle School at 732-946-0055.

Vaping and E-Cigarette Use Among Teens Is Cause for Concern

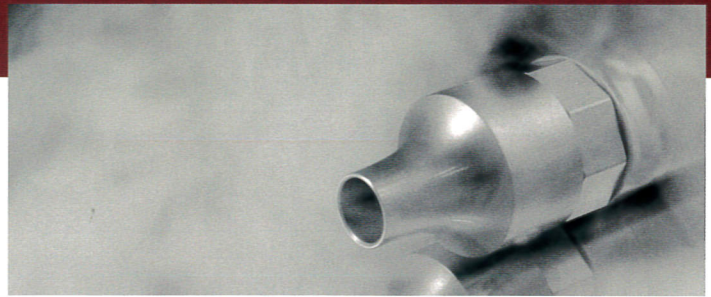
In the Centers for Disease Control and Prevention's (CDC) most recently released report, the *2014 National Youth Tobacco Survey*, the use of electronic cigarettes and other electronic smoking devices tripled since 2013 among middle and high school students. According to the report, approximately two million high schoolers and 450,000 middle schoolers had used electronic cigarettes, or "e-cigs," as they are commonly called. The survey also revealed that smoking electronic cigarettes, or "vaping," has surpassed smoking of all other tobacco products, including traditional cigarettes, for the first time since the survey was implemented in 2011.¹

E-cigarettes and their smoking solutions are often marketed and manufactured with teen buyers in mind, with their sweet flavors, catchy names, and attractive accessories. They eliminate the tell-tale burning smell and lingering odor of traditional cigarettes, which often alert parents that their kids may be smoking. E-cigs are readily available for purchase online, without proof of identification. Vaping is also portrayed as more acceptable, cleaner, and glamorous than traditional cigarettes by advertisers and the media.

The *2014 National Youth Tobacco Survey's* findings are alarming, as although e-cigarette proponents often claim vaping is a safer alternative than smoking traditional cigarettes and tout using e-cigarettes as a means to quit smoking, health professionals and anti-tobacco advocates would argue otherwise. Dr. Thomas Frieden, the current director of CDC, warns parents that "...nicotine is dangerous for kids at any age, whether it's an e-cigarette, hookah, cigarette or cigar. Adolescence is a critical time for brain development. Nicotine exposure at a young age may cause lasting harm to brain development, promote addiction, and lead to sustained tobacco use."²

According to the 2012 U.S. Surgeon General's executive summary, *Prevention Tobacco Use Among Youth and Young Adults*, 90% of all smokers first tried cigarettes as teens; three out of every four teen smokers continue smoking into adulthood.³

E-cigarettes are relatively new, gaining popularity in the U.S. only over the past decade, which means data



concerning the chemicals included in the tobacco liquids they use is limited. One Food and Drug Administration (FDA) study identified several toxic, cancer-causing chemicals in the nicotine solutions, and there has been an alarming rate of poisonings related to concentrated exposure to liquid nicotine.⁴ The chemicals vary from brand to brand and are not yet regulated.

Another major area of concern surrounding "vaping" is the fact that electronic smoking devices provide a smokeless, odorless means to consume marijuana in the form of a concentrated oil. Smoking marijuana via electronic smoking devices can deliver THC concentrates as high as 90%, causing users to pass out after only one hit. Barbara Carreno, a spokeswoman for the Drug Enforcement Administration (DEA), said in a *New York Times* article, "If you go on Instagram, you will find hundreds of thousands of postings by kids on how they are using variants of e-cigarettes, or e-cigarettes themselves, to smoke pot in the presence of their parents and at school, and getting by."⁵

According to recent research conducted by the Harvard T.H. Chan School of Public Health, diacetyl was identified in 75% of e-cigarette flavors; the chemical diacetyl can be tied to severe respiratory diseases and lung damage, including the permanent condition bronchiolitis obliterans, also known as "popcorn lung."⁶

The FDA wants to include e-cigarettes, hookahs, and certain cigars under their tobacco-control jurisdiction and limit sales only to those 21 and over. In New Jersey, a 2010 law prohibits the sale or furnishing of e-cigarettes and tobacco products to people under 19 years of age.

¹ <http://tobacco21.org/wp-content/uploads/2015/06/ama-assn.org-AMA-Strengthens-Policy-on-Electronic-Cigarettes-to-Further-Protect-Youth.pdf>

² <http://www.cdc.gov/media/releases/2015/p0416-e-cigarette-use.html>

³ <http://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/exec-summary.pdf>

⁴ <http://www.cancer.net/navigating-cancer-care/prevention-and-healthy-living/tobacco-use/health-risks-e-cigarettes-smokeless-tobacco-and-waterpipes>

⁵ http://www.nytimes.com/2015/01/13/health/with-the-e-joint-the-smoke-clears-.html?_r=0

⁶ <http://www.hsph.harvard.edu/news/press-releases/e-cigarette-flavoring-chemicals-linked-to-respiratory-disease/>

APRIL IS ALCOHOL AWARENESS MONTH

Since 1987, April has been nationally recognized as Alcohol Awareness Month. The National Council on Alcoholism and Drug Dependence, Inc. (NCADD) founded and sponsors the annual event to help lessen the stigma often associated with alcoholism through prompting community-level education and awareness about the disease.

This year, Alcohol Awareness Month's theme is "Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use," calling attention to the positive impact parents can have in the prevention of teen alcohol consumption. The weekend of April 1st is Alcohol-Free Weekend, which is dedicated to raising public awareness about alcohol and its impact on

families, individuals, businesses, and communities. During Alcohol-Free Weekend, NCADD encourages people to commit to three days without any alcohol consumption. If a participant has a hard time making it through the three days, it may be a sign that help is needed through NCADD's local affiliates, Alcoholics Anonymous (AA), or Al-Anon.

For more information on NCADD, Alcohol Awareness Month, alcoholism, and how to get help, visit NCADD online at www.ncadd.org. NCADD also extends 24-hour affiliate referral at 1-800-NCA-CALL.



Empty your medicine cabinet and save a life! Drop unwanted prescriptions in the Project Medicine Drop box at the Colts Neck Police Department during regular business hours.

www.njconsumeraffairs.gov/meddrop/



For more information on the Colts Neck Alliance, community events, or how to get involved, contact Anita Dedalis, acting Alliance coordinator, at 732-308-4505.

The Colts Neck Alliance can be found online at www.colts-neck.nj.us/local/cnalliance/index.htm.

This newsletter is made possible by GCADA funding.



<http://gcada.nj.gov/alliance>

Please note, the Colts Neck Municipal Alliance is not responsible for any resources referred. This publication is for informational purposes only, and we do not endorse any of the listed resources.

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(Newsletter writing by Christa Riddle of All About Writing and production by Linda Coppolino of Little Hat Marketing & Design.)