

PREVENTIONPRESS

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



COLTS NECK
TOWNSHIP

IN THE NEWS

October's Red Ribbon Week



Each year, October 23rd through October 31st is designated as Red Ribbon Week, a nationwide campaign that originated in 1988 to promote substance abuse prevention awareness and education. During Red Ribbon Week, schools and community

organizations across the country rally their support as part of the red ribbon initiative, sponsored by the National Family Partnership, to show solidarity in the fight against substance abuse, alcohol misuse, tobacco use, and violence.

In honor of Red Ribbon Week and its message, schools host assemblies and guest speakers, provide printed materials, teach classroom lessons, and involve students in activities centered around substance abuse prevention awareness and education. Through wearing red clothing and red ribbons and decorating properties with red ribbons and prevention messages, students, educators, parents, and participating community members display their support for the cause and youths promising to lead healthy, drug-free lives.

Red Ribbon Week began as a way for family, friends, and colleagues to honor the memory of former U.S. Marine and DEA Special Agent Enrique "Kiki" Camarena and his commitment to reducing illegal drug trade. After working undercover in Mexico for four years, Camarena was kidnapped, tortured, and killed while trailing a multi-billion-dollar marijuana and cocaine trafficking ring he had discovered. Camarena was on the brink of exposing the drug

operation when he was murdered in 1985 at the age of 37, leaving behind his wife and three children.

To commemorate Red Ribbon Week, the Colts Neck Alliance has planned "Planting the Promise," an initiative to show support for Colts Neck youths pledging to stay drug and alcohol free.

Red tulips will be planted in the Woman's Club of Colts Neck's section of the community garden, and in front of the Colts Neck Library, red pinwheels will be displayed October 23rd through October 31st.



"These are the Alliance's visual reminders that we and the Colts Neck community support and respect our youths' commitments to live drug and alcohol free," comments acting Colts Neck Alliance coordinator Anita Dedalis. "The red obviously signifies Red Ribbon Week. The tulips represent the promise of life flowers hold, and the pinwheel is a symbol of childhood and the potential each child holds to positively impact our world if they are encouraged to make good choices and stay on the right path."

In addition to Red Ribbon Week, a 2011 Presidential Proclamation designated October as National Substance Abuse Prevention Month. This October also celebrates the 10th anniversary of the globally-recognized National Bullying Prevention Month. The theme of 2016's Red Ribbon Week is "YOLO (You Only Live Once): Be Drug Free!"

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“Save a Life, Call 9-1-1” Wallet Cards: Reminding Teens to Seek Help in Overdose Emergencies


If a Medical Emergency exists, Call 911 Immediately

SAVE A LIFE! CALL 911

In case of an overdose or alcohol poisoning

- CALL 9-1-1 for HELP
- You **MUST** stay with the person
- Talk with authorities
- Neither you or the individual will be charged as per the NJ Good Samaritan and Lifeline Legislation

GGCADA Governor's Council on ALCOHOLISM & DRUG ABUSE



If a Medical Emergency exists, Call 911 Immediately

If a Medical Emergency exists, Call 911 Immediately

SAVE A LIFE! CALL 911

If you see someone with these symptoms:

- Unconscious or semiconscious
- Breathing irregular or less than 10 times per minute
- Cold, Clammy, Pale or Blueish Skin, Lips or Nails
- Can't be awakened by pinching, shouting or prodding
- Vomiting without waking up
- Seizures



If a Medical Emergency exists, Call 911 Immediately

Alliances across Monmouth County, including the Colts Neck chapter, have been distributing “Save a Life, Call 9-1-1” wallet cards as a reminder for teens to call 9-1-1 when they suspect a drug overdose or alcohol poisoning. The small cards, easily tucked inside a wallet, purse, cell phone case, or pocket, serve as a prompt for teens to summons immediate medical help at the first sign of a problem. The cards also list the simple steps a teen should follow in the event of an overdose or other life-threatening medical emergency.

"This is the third printing of 1,000 wallet cards since it was well-received by the Alliances, who distributed them at graduation and prom time this past spring. The wallet-sized cards are much more effective than any other means to get the message out there because they can be easily and discreetly tucked inside a teen's wallet or pocket as a constant reminder of what to do should an overdose or alcohol poisoning emergency arise. The Good Samaritan Law

and 9-1-1 Lifeline Legislation encourage immediate assistance whenever a drug overdose or alcohol poisoning occurs through extending immunity to the callers and overdose victims.”

New Jersey passed the Good Samaritan Law, also known as the Overdose Prevention Act, in May, 2013 in response to the increasing number of overdose deaths that are often preventable with appropriate medical intervention. Under the act, Good Samaritan legal protection is extended to those who call 9-1-1 or seek medical assistance during a suspected prescription or illegal drug overdose; overdose victims receiving the emergency care are also protected. The legislation also allows the administration of opioid overdose antidotes, such as Narcan®, without a prescription in the event of an opioid prescription drug or heroin overdose.

Under the Good Samaritan Law, the callers/witnesses and victims are extended protection from arrest, conviction, or prosecution for illegal drug possession or use.

In a similar vein, the 9-1-1 Lifeline Legislation offers immunity to minors who call 9-1-1 for medical assistance when another underage person's life is endangered by excessive alcohol consumption. The minors must stay with the person in need of medical assistance until help arrives and then speak with the medical and law enforcement authorities dispatched to the scene. The caller and the minor receiving medical treatment are immune from the usual prosecution under law for purchasing, possessing, or consuming alcohol under the minimum legal drinking age of 21.

If you are interested in receiving a batch of “Save a Life, Call 9-1-1” cards for distribution through a local teen organization, please contact the Colts Neck Alliance’s acting coordinator Anita Dedalis at 732-308-4505. A supply of cards can be found at the Colts Neck Library.

School **Stress** Pointers to Share with Your Kids

Back to school for many youths means back to the pressures that can accompany academics, sports, extracurricular activities, and packed schedules. In a survey by the American Psychological Association (APA), young people commonly experience unhealthy stress levels, which peaks during the school year. Teens participating in the 2013 APA survey indicated that school was their top stressor.

Stress can negatively impact physical and emotional well-being and can include nervousness, anxiety, anger, fatigue, trouble focusing, and negative thoughts. Teens suffering from higher levels of stress may neglect responsibilities, feel overwhelmed or irritable, experience changes in appetite and sleeping habits, or engage in substance abuse or underage drinking.

However, with the proper plan of attack, teens can control stress to minimize its negative consequences.

Stress Management Tips

- Regularly participate in enjoyable group or individual physical activities, from team sports to walking or bike riding with a friend
- Increase nightly sleep to nine hours for physical and mental well-being
- Eat nutritious foods to provide energy and maintain a strong immune system
- Balance a busy schedule with plenty of time for relaxation and fun, when worries are put aside; down time should be scheduled as part of a weekly routine so that it is not sacrificed
- Engage in favorite activities and hobbies that highlight natural talents to build confidence and contentedness; volunteer work can also be very rewarding
- Take time to laugh and see the lighter side of potentially upsetting situations
- Share feelings with a trusted adult, such as a parent, grandparent, teacher, mentor, or friend, who can offer advice on stress management and listen with compassion



Parents can also help their children manage stress by acknowledging warning signs and knowing how to offer assistance. Parents should frequently reserve undivided time for regular conversations with their teens and listen and share rather than impose parental expectations; developing a comfortable, ongoing rapport is a great way to increase the odds that a teen will share his or her feelings when a distressing situation arises. Parents should set positive examples of how they handle stress in their own lives. Special family times and shared rituals also create something to look forward to and welcomed breaks from school and work stresses.

If a teen does not seem able to manage his or her stress, it is important to enlist the help of a professional, such as a school counselor, doctor, psychologist, therapist, or certified life coach.

Online resources for more information on youth stress include The Centers for Disease Control and Prevention's (CDC) 'Feelin' Frazzled' on their "Bam! Body and Mind" website (www.cdc.gov/bam/life/frazzled.html) and the APA's website that offers stress management tips for teens and parents: (www.apa.org/help-center/stress-teens.aspx and www.apa.org/help-center/stress-talk.aspx).

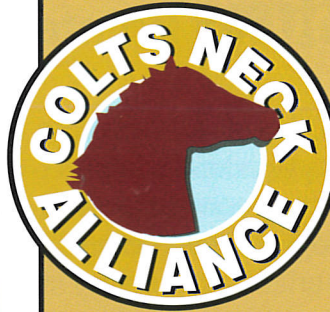
Marijuana Candy Dangers



Last Halloween, the New Jersey State Police issued a public awareness campaign alerting parents to the dangers of marijuana candy in response to increased use, exposure, and health risk. Whether accidentally or intentionally ingested, marijuana edibles such as candy pose serious dangers to youths whose bodies weigh less and are not fully developed. Marijuana consumption can lead to psychosis, paranoia, erratic or hostile behavior, anxiety, and depression; higher levels of tetrahydrocannabinol (THC) increase the risk of these adverse outcomes.

What Parents Need to Know About Marijuana Edibles:

- May look similar to traditional snacks and treats in appearance and packaging
- May have a strange, telltale odor due to the marijuana oil inside
- Contain THC, marijuana's main psychoactive agent that produces the "high"
- Can have THC levels of up to 90% (marijuana cigarettes have 20% or less)
- Are sold online for medicinal purposes but can easily fall into the wrong hands
- May have unregulated, inconsistent, and inaccurately labeled THC levels
- Create toxicity concerns due to slower absorption, a delayed "high" (60 to 90 minutes versus 10 minutes when it's smoked), and longer-lasting effects



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.

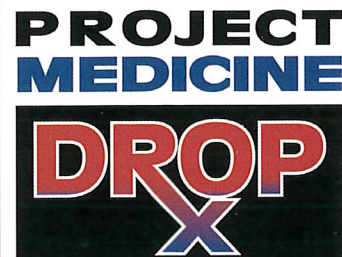
The Colts Neck Alliance can be found online at www.colts-neck.nj.us/local/cnalliance/index.htm.

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.



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/

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