

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

“How to Get High Naturally” Comes to Colts Neck High School

In February, Dr. Matt Bellance, a youth motivational speaker, psychologist, and stand-up comedian, delivered his “How to Get High Naturally” presentation to Colts Neck High School freshman, an engagement sponsored by the Colts Neck Municipal Alliance and the Governors Council on Alcoholism and Drug Abuse (GCADA).



To Bellance, it is essential that young people realize they have the power to make positive choices when it comes to expressing their emotions and responding to stress as they navigate through challenges with resiliency and control.

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2018's Theme: “Changing Attitudes: It's Not a Rite of Passage”

The National Council on Alcoholism and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness Month each April since 1987 to increase public awareness and understanding, reduce stigma, and encourage local communities to focus on alcoholism and alcohol-related issues, with events sponsored at the local, state, and national levels.

This year's Alcohol Awareness Month theme is “Changing Attitudes: It's Not a ‘Rite of Passage,’” aimed at the treatment and prevention of alcoholism, particularly among youth, and the role parents can play in educating children about the impact alcohol can have on their lives. Through this theme, NCADD is focusing on the unique set of challenges parents face as their kids move through adolescence, a time of heightened risk-taking, peer pressure, and exposure to alcohol and drugs.

During Alcohol Awareness Month's Alcohol-Free Weekend, March 30th to April 1st, Americans of all ages were encouraged to participate in three alcohol-free days. Those who encounter a problem or

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ATTENTION PARENTS!

Vape and E-Cig Parent Information Session on April 25th!

When: 6:30pm, **Where:** Colts Neck High School, **For:** ALL Parents and Concerned Adults

By: Courtesy of the Freehold Regional High School District

Find answers to your questions such as, “What are vapes and e-cigs? What do they look like? How do they work? What are teens inhaling through vapes? What are the dangers e-cigs pose?”

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"How to Get High Naturally" Comes to Colts Neck High School

During his "How to Get High Naturally" presentations where laughter is deemed a "superpower," Bellance combines stand-up comedy, interactive demonstrations, and inspirational stories to accomplish his program's youth learning objectives:

- understand the basic science behind natural highs
- identify their own sources of natural highs
- know how natural highs serve as coping mechanisms during stressful times
- discuss marijuana and alcohol's effects on the pre-25-year-old brain
- value friends who are also alcohol, drug, and tobacco-free
- associate prevention with having fun

Through his youth-directed programs and presentations delivered worldwide since 1995, Bellance has presented to over one million people at public and private schools, colleges, national and regional conferences, and military events.

In 1993 at Bucknell University, Bellance formed the student prevention group C.A.L.V.I.N. and H.O.B.B.E.S.: Creating a Lively Valuable Ingenious New Habit of Being at Bucknell and Enjoying Sobriety. The group—run by students, for students—sponsored sober evening events as alternatives to late-night parties with alcohol and drugs. Eventually, Bucknell trustees approved renovating a former fraternity house so group members would have a place to live and socialize that was dedicated to their mission. Today, the prevention group remains active at Bucknell and has inspired other universities to adopt similar student groups focused on sober living and socialization.

Beyond his comedic and speaking talents, Bellance has a Ph.D. in clinical psychology with a subspecialty in clinical neuropsychology, the study of the brain and behavior. He also authored *A Better High*, a book on the topic of natural highs published in 2012.

Bellance's main message shares how "young people need to feel empowered in their schools and communities. It is not enough to ask them to stay away from drugs and alcohol; we need to show them there are positive things they can do for themselves and others. They must all be leaders in their lives."

2018's Theme: "Changing Attitudes: It's Not a Rite of Passage"

who would like to know more about alcoholism and its early symptoms can reach out to local NCADD affiliates (<https://tinyurl.com/y7u939x9>) and other resources (see below) for education and assistance.



Some parents consider underage drinking an inevitable, normal, and expected "rite of passage," choosing to sit back and hope their kids will navigate through these years okay on their own; other parents play a proactive role, influencing their kids' attitudes toward alcohol and drugs. In this area, however, efforts pay off, with research showing that kids who have conversations with their parents and receive education about the dangers of alcohol and drugs are 50% less likely to use the substances.

According to Andrew Pucher, president and CEO of NCADD, "Alcohol and drug use is a very risky business for young people, and parents can make a difference. The longer children delay drinking and drug use, the less likely they are to develop any problems associated with it."

What cannot be ignored is the fact that underage drinking is extremely dangerous to the individual and to society, leading to traffic accidents and deaths, violence, suicide, depression, educational failure, overdose, unsafe sex, and unhealthy impacts on the body and brain—even when addiction and dependence are not factors.

Youth need to understand that alcohol and substance abuse are not signs of being cool or independent and are not necessary to feel confident or have a good time. Instead, alternatives to finding happiness and security should be identified and pursued, such as sports, hobbies, special events, time outdoors, and social engagements without alcohol and drugs. See our cover article "How to Get High Naturally" to learn more.

For additional information on Alcohol Awareness Month and "Changing Attitudes: It's Not a 'Rite of Passage,'" visit:

<https://www.ncadd.org/aam>.

2018 NCADD Resources and Referrals:

- **Al-Anon/Alateen Family Groups**
757-563-1600, www.al-anon.org
- **Alcoholics Anonymous (AA)**
212-870-3400, www.aa.org
- **The Center on Alcohol Marketing & Youth (CAMY)**
443-287-1917, www.camy.org
- **National Institute on Alcohol Abuse & Alcoholism (NIAAA)**
301-443-3860, www.niaaa.nih.gov

For the complete list of resources, visit <https://tinyurl.com/ycz9s7b2>



Avoid a Prom Night Tragedy through Conversation and a Plan

The onset of spring means the arrival of prom season for high school juniors and seniors who look forward to a night of celebration and glamour. While most of the preparation focuses on date selection, dresses, tuxedos, limousines, and after-prom party venues,

proactively discussing potential prom night dangers with teens and empowering them to make pre-planned positive choices are critical to keeping the night safe and free from potentially life-altering consequences.

According to “Parenting to Prevent Childhood Alcohol Use” by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), research indicates that teens think their parents should have a voice in their decision to drink underage and that teens raised in a loving and encouraging home with appropriate discipline are more likely to respect their parents’ rules and limitations.

Parents consciously and unconsciously contribute to their children developing healthy attitudes toward drinking while minimizing the risks associated with underage or binge drinking—through their own behaviors as adults observed by their children, conversations with their teens, and the boundaries they set for their teens (<https://tinyurl.com/y9c8f2rq>).

Discuss Prom Night Dangers:

According to surveys by AAA, Liberty Mutual, PEMCO Insurance, and *Seventeen* magazine/Centers for Disease Control, data from Mothers Against Drunk Driving/ Chrysler, and a study in the *Journal of the American Medical Association*,

- Accidents are the top cause of death for youth ages 12 to 19; motor vehicle accidents are highest on the list, peaking between April and June for alcohol-related fatalities
- 41% of 16-to-19-year-olds said they or their friends would drink alcohol or use drugs on prom night
- 84% of teens said their friends would be more likely to drive after drinking than to call home for a ride; 22% said they would get in the car with someone who was impaired rather than call their parents

- 1 in 10 teens who said they never drove under the influence also said they have occasionally driven after drinking
- 54% of teens who admitted to drinking on prom night said they consumed 4 or more alcoholic beverages during or after the prom
- 75% of teens felt pressured to drink and 49% were encouraged by friends to try drugs during prom
- Teens whose parents view underage drinking as totally unacceptable are 80% less likely to drink than teens with more lenient parents
- 51% of adults felt parents should forbid their teen from going to an after-prom party with alcohol; 20% said it was fine as long as a chaperone was present
- 1 in 5 female high school students is the victim of physical or sexual abuse during a date; the number is suspected to be higher on prom night due to alcohol
- 1 in 4 teens will contract a sexually transmitted disease or infection, some of which will occur on prom night
(statistics from <https://tinyurl.com/y72wpjom>)

Have a Safe Prom Plan:

- Agree with friends ahead of time to check on one another
- Stay with a buddy at all times
- Refuse to fall to peer pressure to drink, smoke, do drugs, or have sex
- Avoid risky behaviors and dangerous situations
- Do not drink and drive or get in a car with a driver who has been drinking
- Plan transportation in advance to and from all stops
- Tell a trusted adult where you will be at all times and stick to the plan; alert the adult whenever plans change
- Be aware of your surroundings and what is happening to those around you
- Report any abusive or dangerous situations to 9-1-1 or a trusted adult
- Reach out at the first sign of trouble to someone you can trust

The Resurgence of Meth



Although eclipsed by the opioid prescription pill and heroin epidemic, the use of methamphetamines (known as meth, crystal meth, crank, ice, glass, or speed) remains a concern, with a steady incline in nationwide use and local availability. Between 2005 and 2015, stimulants (mostly meth) saw a 255% increase,

according to the Centers for Disease Control and Prevention, with approximately 6,000 deaths.

Meth, a highly addictive and synthetic stimulant, can be snorted, injected, smoked, or taken orally, creating a rush of energy, well-being, hyperactivity, and happiness that leaves users awake for long periods of time. Some users say they are addicted after their first use. Meth usually comes in crystalline white power, pill, or crystal form, with crystals that resemble chunks of ice. Meth can cause erratic behavior, aggression, hallucinations, panic, psychosis, convulsions, seizures, exhaustion, malnutrition, severe tooth decay, organ damage (heart, brain, kidneys, and lungs), and death.

Today's meth is purer, cheaper, and more lethal, offering users almost 100% pure meth for about \$5 a hit. In some cases, people with opioid addiction may turn to meth to offset the extreme fatigue-like symptoms caused by opioids; because today's meth is so strong, some meth users combine it with heroin to take the edge off.

Mexican drug cartels have become a considerable source of meth today as the number of large-scale meth labs in the U.S. has decreased due to national and state legislation and pseudoephedrine purchase tracking—over-the-counter pseudoephedrine can be used to make meth. With the drop in meth's pricing, drug cartels have turned their attention to the potential yields of the East Coast market, expanding on the meth plague that has battered rural areas of the Midwest and West.

For more information on meth, reference the sources used in this article:

Partnership for Drug-free Kids, "Methamphetamines":
<https://drugfree.org/drug/methamphetamine-meth/>

The New York Times, "Meth, The Forgotten Killer, Is Back. And It's Everywhere.": <https://tinyurl.com/ycz9s7b2>



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.

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<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/meddrops/

Educate yourself about substance abuse on the go! Get the "Partnership for Drug-Free Kids' Drug Guide for Parents" app in your Apple or Android device!

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"Writing help is just a call or click away!"

