

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

Visit NJ Cares, <https://www.njcares.gov>
for real-time state/county opioid-related stats.

Meet Colts Neck High School's New SAC, Brittany Bocchieri

Contact information: 732-761-0190 ext. 1031 bbocchieri@frhsd.com

As of September, Brittany Bocchieri became Colts Neck High School's new student assistance counselor (SAC), as well as one of two anti-bullying specialists. The role of a school's SAC—as part of the school's counseling department—is to provide students with in-building support for emotional, social, and physical well-being through individual and group counseling. The SAC also coordinates and facilitates relevant, informative assemblies to strengthen the knowledge of students, faculty, and community to promote emotional, social, and physical well-being.



College of New Jersey, along with a minor in deaf studies. She completed her school counseling and SAC internships at Colts Neck High School. While earning her graduate degree, Ms. Bocchieri noticed the recurring theme of substance abuse throughout her coursework and knew she wanted to work at the high school level to champion prevention and early intervention for substance use and mental health counseling.

"Substance use and mental health issues impact just about every family to some extent, and I want to assist students, parents, and families with

education, resources, and support so that these do not become primary struggles in their futures," shares Ms. Bocchieri, who facilitates connections between families and outside support resources, such as substance use and mental health counseling at the individual and group levels.

As an anti-bullying specialist, Ms. Bocchieri also conducts harassment, intimidation, and bullying (HIB) investigations and assists students with moving forward post-resolution, after interventions are put into place.

For Ms. Bocchieri, her favorite part of being a SAC is seeing students achieve their goals and success. She expresses concern over the alarming rise in teen electronic cigarette use.

"I encourage parents to also reach out with questions or concerns, as I am just as much of a support for them as I am for the students," says Ms. Bocchieri. "This way, we can work together to contribute to success. The same goals and interventions used at home can be applied and supported in school. I also want students to know they are active participants in their own care and progress. Seeking help for yourself or someone else is brave, and my door is always open to provide assistance."

Counseling and assemblies cover a wide range of topics, such as substance use, relationship-building, conflict resolution, bullying, mental health awareness, self-harm, consent and dating violence, stress, anxiety, depression, anger management, and eating disorders. Students should reach out to Ms. Bocchieri for themselves or out of concern for the well-being of someone else, should questions or the need arise. As a SAC, Ms. Bocchieri works closely with other school counselors, the child study team, administrators, and teachers.

Ms. Bocchieri earned a Master of Arts in School Counseling/SAC certification and a Bachelor of Arts in Psychology from The

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Alarming Increase in Teen Vaping Reported by 2018 Adolescent Survey



This year's annual Monitoring the Future (MTF) survey* revealed a concerning spike in teen vaping—including nicotine, marijuana/hash oil, and just flavoring—placing vaping just behind alcohol use in the substances surveyed:

- 17.6% of 8th graders reported past-year vaping of any substance
- 10.9% of 8th graders reported past-year vaping of nicotine
- 32.3% of 10th graders reported past-year vaping of any substance
- 37.3% of 12th graders reported past-year vaping of any substance (2017: 27.8%)
- 13.1% of 12th graders reported past-year vaping of marijuana (2017: 9.5%)

It is important to note that adolescents may erroneously assume they are vaping “just flavoring”; the most popular e-cigarette brands do not offer nicotine-free selections.

“Teens are clearly attracted to the marketable technology and flavorings seen in vaping devices; however, it is urgent that teens understand the possible effects of vaping on overall health; the development of the teen brain; and the potential for addiction,” said Nora D. Volkow, M.D., director of the National Institute of Drug Abuse (NIDA). “Research tells us that teens who vape may be at risk for transitioning to regular cigarettes, so while we have celebrated our success in lowering their rates of tobacco use in recent years, we must continue aggressive educational efforts on all products containing nicotine.”

(<https://tinyurl.com/ydgtotzw>).

Visit the website below to learn about the 2018 Monitoring the Future survey findings on underage drinking and other teen substance use, including marijuana, opioids, and tobacco. Our April issue of *Prevention Press* will discuss these areas of concern.

Parent Resources for Education and Action:

2018 Monitoring the Future Survey
(National Institute of Health):
<https://tinyurl.com/ycmnaym7>

Dangers of Vaping/E-cigarettes
(Centers for Disease Control and Prevention):
<https://tinyurl.com/ya9r27k8>

Tobacco Prevention Toolkit (Stanford Medicine):
<https://tinyurl.com/ycrhxhj5>

“How to Help Teenagers Quit Vaping”
(*The New York Times*):
<https://tinyurl.com/y86q4v8e>

*The Monitoring the Future survey has been conducted annually since 1975 to measure adolescents' drug, tobacco, and alcohol use and attitudes nationwide. Participating 8th, 10th, and 12th graders answer questions about lifetime, past-year, and past-month drug use, with this year's survey including 44,482 students from 392 public and private schools. The survey is conducted by the University of Michigan and funded a government grant through the National Institute of Health's (NIH) National Institute of Drug Abuse (NIDA).

Is Youth Substance Use Impacted by Parenting, Social Status & School Environment?

Is Substance Abuse an Equal-Opportunity Destroyer?

Recent data and survey findings may surprise you!

Reference the original article, “Does Socioeconomic Advantage Lessen the Risk of Adolescent Substance Use?” at the Hazelden Betty Ford Foundation website, <https://tinyurl.com/y7xhqugy>, for more details.

“Does Socioeconomic Advantage Lessen the Risk of Adolescent Substance Use?” examines several key questions regarding the impact of parenting, socioeconomic status*, and home and school environments on adolescent substance use. The recently written publication pulls information from new and on-going studies to shed light on how environmental risk and protective factors influence youth alcohol, drug, and tobacco use.

- Excessive drinking by adolescents is associated with upper-middle-class families and parents who have college degrees and higher incomes
- Youth marijuana use is more closely associated with its acceptance in the school environment, rather than education or income
- Youth smoking is associated with socioeconomic disadvantage and less parental education
- Teen drug/alcohol use is highly predictive of adulthood problems, like substance use disorder, and is not necessarily outgrown
- Parental zero tolerance rules, open communication, and involvement play key roles in lessening or delaying adolescent substance use risk
- Harm-reducing parental rules aimed at only *limiting* excessive drinking yielded 150% higher youth alcohol consumption than zero tolerance

One Arizona State University study followed two groups of students from affluent northeastern suburbs for 10 years spanning high school to adulthood, finding concerning rates of later substance use in the population who used drugs and alcohol during adolescence. In the end, little evidence was found to indicate that the subjects matured out of substance use. The study revealed a higher nonmedical use of prescription stimulants (double that of national norms), presented the likelihood of a lifetime diagnoses of substance use disorder two to three times above the national



average, and showed strict parental rules against substance use delivered in a supportive, nurturing household to be a strong protective factor against underage drinking and marijuana use.

Another study based on national adolescent-to-adult health data found school-level marijuana use was a significant predictor of use 14 years later. Young adults with more-educated parents were more likely to have used marijuana recently than those with less-educated parents.

In the end, no group is immune from substance use or substance use disorders; different youth are at risk for different reasons, such as higher availability in disadvantaged environments and pressures for achievement and popularity and more disposable income in wealthier suburban areas. Affluent parents may also worry less about substance use because they see their children as committed to achieving academic and extracurricular success—youth who would never engage in substance use.

**Socioeconomic status measures a person's or family's sociological and economic position—or class standing—based on education, income, and occupation.*

NJ Connect for Recovery

**Call the free, confidential call line at
855-652-3737**

**10 a.m.-8 p.m. weekdays,
5 p.m.-10 p.m. weekends**

<https://www.njconnectforrecovery.org/>

If you or someone you know is struggling with a substance use disorder, **NJ Connect for Recovery (855-652-3737)** is a free, confidential call line offering emotional support, education, treatment resources, and on-going family and peer guidance. Live assistance from certified alcohol and drug counselors and highly-trained peer specialists is available weekdays 8 a.m. to 10 p.m., 5 p.m. to 10 p.m. weekends, and 3 p.m. to 10 p.m. on holidays.

In 2015, the Mental Health Association in NJ launched NJ Connect for Recovery as a free, confidential resource for all callers, including concerned family members, friends, and peers as well as people directly struggling with a substance use disorder. The call line receives hundreds of calls per month from all 21 counties. Within seconds, callers are connected with live information specialists who assess the individual's needs.

NJ Connect for Recovery provides real-time information on treatment options, as well as treatment and recovery resources and assistance with navigating private and public health insurance benefits for treatment coverage. After the first call, on-going support is extended through follow-up calls; specialists and counselors can also be accessed directly through the call line.

Visit NJ Connect for Recovery's website for more information (<https://www.njconnectforrecovery.org/>) and free online recovery resources for families, including a "My Crisis Plan" template (a proactive plan of action should an addiction-related crisis or emergency arise), a list of 10 key questions to ask potential substance use disorder treatment providers (to ensure they deliver quality, credible programs with the right level of care), family education workshops (with free Narcan training/kits), and connections to family self-help support groups.



Empty your medicine cabinet and save a life! Drop unwanted prescriptions in the Project Medicine Drop box at the Howell Police Department. Anonymous and available 24-7.

www.njconsumeraffairs.gov/meddrop/

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



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.

Assistance & Support Resources:

National Suicide Prevention Lifeline:
800-273-TALK (8255) (bilingual, 24/7)

SAMHSA's National Helpline/
Treatment Referral Routing Service:
800-662-HELP (4357)
(bilingual, 24/7, mental and/or substance use disorders)

2nd Floor Youth Helpline: 888-222-2228 (text or call)

Crisis Text Line: Text "HOME" to 741741

NJ Connect for Recovery: 855-652-3737

Partnership for Drug-Free Kids Parent Helpline:
855-378-4373

Monmouth ResourceNet (support resources):
www.monmouthresourcenet.org

Alcohol and Drug Prevention/Treatment/
Recovery Services in Monmouth County:
<https://tinyurl.com/ybhxbwqg>

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!

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

