

PARENT MOBILIZATION

Challenging community attitudes & behaviors that support underage alcohol use and other drug use.

Using parents as partners in the prevention of substance use.

Providing awareness and education.

Developing creative messages & campaigns.

PARENTS AS PARTNERS IN PREVENTION

ISSUE 2

DECEMBER 2011

PARENTS...THE MORE YOU KNOW...



- **Teens are under a great deal of stress & pressure to fit in, get good grades, learn who they are, become independent, etc...**
- **There are new drugs being introduced into their world such as K2 & Bath Salts that are extremely dangerous. (see article on p. 2)**
- **The passage of medical marijuana laws, have sent a message to our young people, that using marijuana is "safe" and "no big deal". In the world of substance use, as perception of harm decreases, use will increase.**
- **Alcohol is still the #1 drug being used by teens. Marijuana and RX Drugs are close behind.**
- **Teens are abusing prescription drugs at an alarming rate. If you have RX drugs in your home keep track of them and dispose of them when you are finished with the medication. Contact Kaitlin Fink* for information on RX disposal in Livingston Co.**
- **Allowing underage drinking to take place at your home or providing alcohol to underage youth is illegal and puts teens at great risk of harm.**
- **Teens need and want parents/adults in their world who set boundaries and communicate the importance of making safe & healthy choices.**

ACCESSIBILITY, AVAILABILITY, & ACCEPTANCE OF DRUG USE

When looking at youth drug use, it is important to take a look at the three A's that play a role in use.

Availability: Is the drug available in our community?

Accessibility: Is the drug easily accessible to young people ?

Acceptance: Is there an overall attitude of acceptance of drug use in our community?

It is important to answer these questions for each drug as we design environmental prevention strategies.

An example of **availability** is if someone could purchase marijuana, k2, or heroin in Livingston County.

An example of **accessibility** would be leaving RX medication on the counter which makes it accessible to anyone coming into your home.

An example of **acceptance** would be parents allowing underage drinking to take place at an after prom party or a graduation open house because they believe it is okay and "safe".

Some drugs to consider:

- ◆ Alcohol
- ◆ Marijuana
- ◆ Heroin
- ◆ Prescription Drugs
- ◆ K2 & Bath Salts
- ◆ Club Drugs: Ecstasy
- ◆ Tobacco

Thank you Jo DelVero for your input!

**GET INVOLVED-
GET CONNECTED**

The Hartland Coalition is planning its ' kick-off meeting, January 26, 2012 , 6:30-8pm, Hartland Educational Support Service Center, 9525 Hartland Rd. Contact Anne King-Hudson for more information akh@keycenters.org

Livingston County Community Alliance Meets the 2nd Tuesday of each month 6:30-8pm at St. Joseph Mercy Livingston Hospital . Contact *Kaitlin Fink for more information thelcca@sbcglobal.net

The Pinckney Coalition Meets the 4th Thursday of each month 6:30-8pm at St. Mary 's in Pinckney. Contact Russell Stratton russell@kbamichigan.com

Parent Mobilization Initiative- Parents as Partners in Prevention is looking for interested parents/adults to join a steering committee to plan parent education and awareness activities and campaigns. Contact Kris Nelson for more information knelson@keycenters.org



*Wishing you a Happy
Holiday Season!*

Parents as Partners in Prevention

If you are interested in becoming involved in parent prevention or any substance abuse prevention programs or activities in Livingston County, contact Kris Nelson.

knelson@keycenters.org

Key Development Center 810-220-8192



Get Your COOL PARENT Game On!

cool parent [kūl per-ənt] noun

1. a parent who refuses to provide alcohol to anyone under the age of 21 and refuses to allow underage drinking to take place.
2. a parent who would never "melt" or change his or her mind about underage drinking, especially when a young person turns 18.

Parents Mobilizing for Change is provided through the Livingston Community Prevention Project and funded by The Washtenaw Community Health Organization and the Michigan Department of Community Health, Bureau of Substance Abuse & Addiction Services



It is important to remember during the holiday season and throughout the coming new year, that allowing underage drinking to take place at your home or providing alcohol to anyone under the age of 21 is illegal and unsafe.

Underage Drinking Prevention Campaign

UnderageDrinking.SAMHSA.gov is a public education website developed by the U.S. Department of Health and Human Services, in support of the Surgeon General's Call to Action to communicate to parents about how they can help reduce their child's risk of becoming involved with alcohol.

The site's main focus is to provide parents with information and tools to help them have open and ongoing conversations with their preteen and teen children about the dangers of underage alcohol use. The site also includes information about "risk factors" that increase children's risk of using alcohol.

SAMHSA considers this just one tool that can be used to influence children's lives. Family life is one area of a child's life that affects his or her behavior. Peers, schools, communities, and society all play a role as well. Accordingly, SAMHSA maintains and supports other initiatives that can help reduce children's risk. To learn more about SAMHSA and the research and programs it supports, please visit <http://www.samhsa.gov>.

Real talk starts here.



Real kids are curious about alcohol. 40% have tried it by the time they reach eighth grade. Talking with your children early and often can make a difference. Get the facts, the tools, and the advice you need to start talking real.

A NEW DRUG IN TOWN-K2



The product is a synthetic form of marijuana. It is a mixture of herb-like substances sprayed with man-made chemicals. K2, a.k.a Spice, is marketed as incense/potpourri, but it is being smoked for the high it produces that mimics a high similar to smoking marijuana.

Many young people are smoking it not only for the high it produces, but also because it does not show up on a drug test.

K2 is sold at many gas stations and "smoke shops" around Livingston County and comes in small baggies or plastic containers. Common names include LOL, K2, OMG, IDK, LOUD, Buddah, X2, Happy Smurf, and Mr. Smiley. Some users remove the sticker placed on the product and place it on a personal item, such as a cell phone, binder, music player, etc...

There are many unanswered questions as to its' chemical make-up, addictive qualities, long term health effects, and unknown toxicity be-

cause of it being so new to the market. It is extremely dangerous and many students report adverse side effects such as agitation, seizures, intense anxiety, nausea, and racing heart beats. Hospital emergency room visits, around the country, have greatly increased in the past year as a result of its' use by young people. If you have questions or are concerned about anyone's use of this product, contact a counselor at your child's school or contact any of the agencies listed below.

Key Development Center, Inc.
810-220-8192

Karen Bergbower & Associates
810-225-9550

Catholic Charities
517-545-5944

Family Resource Center
517-548-2200

Community Mental Health
517-546-4126

Livingston Family Center
810-231-9591

"Parents are the most potent and underused tool in the prevention of substance abuse."

Joseph Califano, Executive Director CASA Center for Addiction and Substance



Parent Resources:

www.theantidrug.com
www.kidshealth.org
www.StopMedicineAbuse.org
www.preventionnetwork.org
www.DrugFreeActionAlliance.org
<http://ncadi.samhsa.gov>