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NATIONAL INHALANTS & POISONS AWARENESS WEEK

The National Inhalant Prevention Coalition (NIPC) is leading the 15th annual National Inhalants & Poison Awareness Week (NIPAW) campaign, March 18-24, 2007. This campaign is designed to mobilize your community to educate and raise awareness about the dangers of inhalant abuse. One in five students in America has used an inhalant to get high by the time he or she reaches the eighth grade. Parents don't know that inhalants, cheap, legal and accessible products, are as popular among mid-

dle school students as marijuana. Even fewer know the deadly effects the poisons in these products have on the brain and body when they are inhaled or "huffed." It's like playing Russian Roulette. The user can die the 1st, 10th or 100th time a product is misused as an inhalant. Prevention through education has proven to work against this popular form of substance abuse. This is why NIPC designed the national awareness week to increase understanding about the use and risks of inhalant involvement.

NIPAW is an inclusive program that involves youth, schools, media, police departments, health organization, civics groups and more. It has proven to be an effective means of mobilizing communities to reduce inhalant use. Almost 2,000 organizations and individuals from 46 states participated in the last NIPAW campaign. If you want to prevent or reduce inhalant use in your community, this campaign is for you.



For more information, visit www.inhalants.org.

Special points of interest:

- **Community Awareness**
- **Education**
- **Prevention**
- **Intervention**
- **Treatment**
- **Recovery**

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Inhalants 102

The Department of Mental Health and Addiction Services in collaboration with the CT Inhalant Taskforce is offering the workshop "Inhalants102" on Wednesday May 28, 2007 from 9:00am -12:00pm at the American Heart Association in Wallingford.

In this workshop, participants will learn:

- An overview of the topic and how inhalant abuse differs from "drug" use
 - What constitutes an abuse-able product and the modes of transmission
 - Physiological effects and dangers including sudden sniffing death
 - Appropriate responses to users and how inhalant abuse affects the family.
- Inhalant abuse is the intentional breathing in of concen-

trated gases and the fumes from solvent-based products in order to produce intoxication. Over one thousand common household, office and shop supplies are abused and abuse often starts as early as third grade. Often misunderstood and overlooked, inhalant abuse goes undetected with serious and potentially lethal consequences.

For more information or to register go to www.ctinhalanttaskforce.org



ONLINE SURVEY ON ATOD USE

The South Central Connecticut Regional Action Council (SCCRAC) is a non-profit organization working to reduce adolescent alcohol, tobacco and other drug (ATOD) use in the Greater New Haven area. This issue has become a widespread problem in both urban and suburban communities. Yet we cannot begin to fight the problem until we know exactly how extensive it is. SCCRAC is urging all parents,

teachers, counselors and prevention professionals to encourage youth between the ages of 13-17 to logon onto www.sccrac.org take SCCRAC's anonymous online survey about their experiences with alcohol, tobacco and other drugs. The survey is conducted online to find trends in alcohol and drug use, youth perceptions of use and consequences of use. The process will assure anonymity for the respondents. The results will help

SCCRAC to determine what kinds of programming and services are most beneficial for the youth in the communities. Please encourage your kids to take our survey about ATOD use. Visit www.sccrac.org for more information or to participate in the survey.



Juvenile Probation Officers Call for New Responses to Teen Drug and Alcohol Use

A national group of probation officers is recommending that juvenile justice leaders take 10 steps to break the cycle of teen drug use and crime. The officers, part of the Reclaiming Futures program funded by The Robert Wood Johnson Foundation, issued their call to action in a new report, *Juvenile Probation Officers Call for New Responses to Teen Drug and Alcohol Use and Dependency*.

"We know teen alcohol and drug use is linked to juvenile crime. Yet, few alcohol-and-drug involved teens in the system get the help they need," said Laura Nissen, Reclaiming Futures national program director. "Reclaiming Futures offers these young people more treatment, better treatment designed for their age group, and greater access to services beyond treatment such as mentors and jobs that will help them flourish in the community and stay out of trouble."

The report, written by a group of juvenile probation officers with extensive experience in juvenile justice, outlines practical steps for other officers to follow in order to make changes in their own juvenile justice systems. The findings are based on the Reclaiming Futures model tested in 10 communities during the past five years. The ground-breaking approach screens each teen that enters the juvenile justice system for drug and alcohol problems, assesses the severity of their drug and alcohol use, and provides prompt access to a treatment plan coordinated by a service team. Reclaiming Futures also connects teens with employers, mentors, and volunteer service projects.

The report offers 10 recommendations for juvenile justice practitioners who want to adopt the Reclaiming Futures approach, such as: collaborating with mental health providers, alcohol

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and drug treatment professionals, school administrators and community partners; knowing which services are available and appropriate for drug-involved youth; tailoring interventions based on the teen's strengths, risk and needs; supporting staff to continue to learn about effective substance abuse treatment; promoting funding for family advocacy, wrap-around services and mentoring; and collecting and sharing data to help all agencies involved in this effort.

For more information go to www.reclaimingfutures.org.

TEENS TURN AWAY FROM STREET DRUGS, MOVE TO PRESCRIPTION DRUGS

A new White House analysis from the National Drug Control Policy that shows alarming trends in teen abuse of prescription drugs and cough and cold medicines to get high. The report shows that teens are turning away from street drugs, like marijuana and cocaine, and are now abusing prescription drugs to get high.

New users of prescription drugs have now caught up with new users of marijuana. Prescription drugs are now the second most commonly used illegal drug by teens to get high, behind marijuana. The report, "Teens and Prescription Drugs: An Analysis of Recent Trends on the Emerging Drug Threat," released today by the Office of National Drug Control Policy (ONDCP), also shows that the majority of teens, who use these products, are getting them easily and for free.

"Parents need to know that teens are turning away from street drugs and increasingly abusing prescription drugs to get high. They should also be aware that suppliers of these drugs might not be sinister characters on the street corner, but are more likely close friends or relatives," said Director Walters. "Too many young people see popping pills as a painless high."

Although illicit drug use among teens has dropped by 23 percent over the last five years, ONDCP and other experts warned parents at a press conference this morning in New York City that teens are intentionally abusing prescription drugs to get high, wrongly believing that they are safer than street drugs. In addition, teens are getting prescription drugs for free and have easy access to them

- taking them from friends or relatives without their knowledge.

The report also shows the following trends:

- New abusers of prescription drugs have caught up with new users of marijuana;
 - Pain relievers, such as OxyContin and Vicodin, are the most commonly abused prescription drugs by teens;
 - One third of all new abusers of prescription drugs in 2005 were 12-17-year olds;
 - Prescription drugs are the drug of choice among 12- and 13-year olds;
 - Girls are more likely than boys to intentionally abuse prescription drugs to get high;
 - The majority of teens (57%), who use these products, say they get prescription drugs for free from a relative or friend (47%), or take them from a relative or friend (10%), without asking. An additional 10 percent buy pain relievers from a friend or relative; and
- Adolescents are more likely than young adults to become dependent on prescription medication.

Although millions of Americans benefit from the proper use of prescription drugs, they can be dangerous and even lethal when taken without medical supervision or mixed with other drugs or alcohol. Teens who abuse prescription drugs to get high can suffer serious consequences including addiction, strokes, addiction, seizures, comas, and even death.

"The explosion in the prescription of addictive opioids, depressants and stimulants has, for many children, made their parents' medicine cabinet a greater temptation and threat than a street drug dealer," said Joseph A.



Califano, Jr., Chairman and President, The National Center on Ad-

iction and Substance Abuse at Columbia University. "The world of children and teens is awash in prescription drugs and some parents can become inadvertent drug pushers by leaving their prescription opioids, stimulants and depressants in places where their kids can get them."

Unfortunately, most parents are not talking to their teens about the dangers of abusing prescription drugs, despite the fact that teens think they're safer than street drugs. More than a third of teens believe that prescription drugs are much safer to use than illegal drugs because they are prescribed by a doctor, according to teens who responded to surveys on prescription drugs. And about seven million teens believe there's "nothing wrong" with using prescription drugs without a prescription "once in a while." But only one third of parents say they have discussed the risks associated with the abuse of prescription drugs and cough and cold medicines with their teen.

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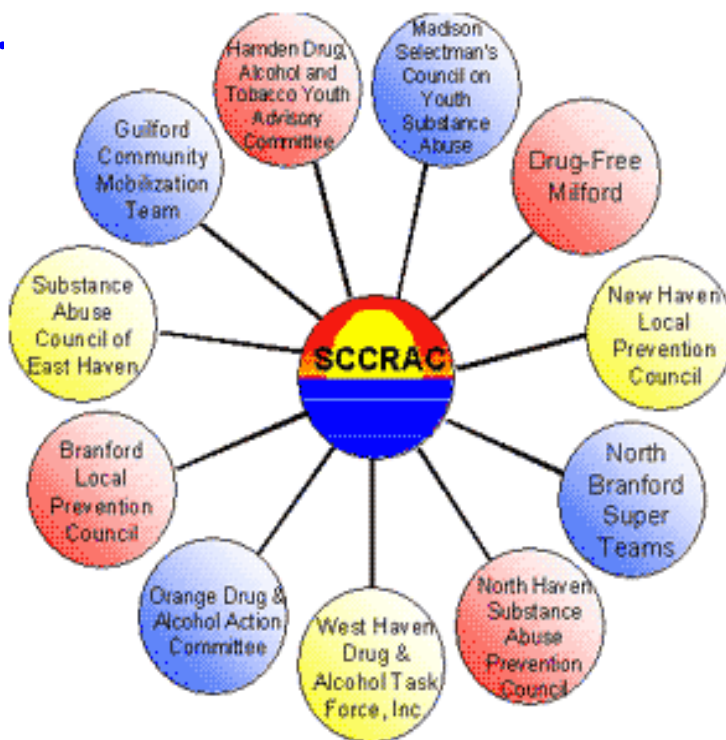


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Shining a Light on Prevention that works



TEENS TURN AWAY FROM STREET DRUGS, MOVE TO PRESCRIPTION DRUGS CONT'D.

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"Between adolescence and young adulthood, teens are trying to discover who they are and find where they fit in, which can make them vulnerable to peer pressure, including abusing prescription drugs. *Seventeen* wants to inform our 13 million readers and their parents about this dangerous trend on the rise—why they should resist the peer pressure and how to get help if they are already struggling with addiction," said Ann Shoket, editor-in-chief, *Seventeen* magazine. *Seventeen* reports in its March 2007 issue that over a third of

teens say they feel some pressure to abuse prescription drugs, and nine percent say using prescription drugs to get high is an important part of fitting in with their friends. ONDCP is calling on parents to educate themselves about the dangers of prescription drug abuse and talk to their teen about the risks. They can also take some concrete steps to protect their teen from prescription drug abuse:

- Keep track of quantities of prescription drugs in your own home, and the homes of relatives;
- Talk to the parents of your teen's friends and ensure they have the same policy in their home;

- Discard old and unused prescriptions;
 - Set and enforce clear rules about drug use, including prescription drug abuse, and establish consequences; and
- Be observant and look for indications that your child may be abusing prescription drugs.

For more information about what parents can do and should know about prescription drug abuse, they can visit the National Youth Anti-Drug Media Campaign's Web site for parents: www.TheAntiDrug.com.

