



Direct Link Identified

Between marijuana and mental health

A number of prominent studies have identified a direct link between marijuana use and increased risk of mental health problems. Recent research makes a stronger case that cannabis smoking is a causal agent in psychiatric symptoms, particularly schizophrenia. During the past three years, these studies have strengthened that association and further found that the age when marijuana is first smoked is a crucial risk factor in later development of mental health problems. *Findings include:*

- Young people who use marijuana weekly have double the risk of developing depression.
- Teens aged 12 to 17 who smoke marijuana weekly are three times more likely than non-users to have suicidal thoughts.
- Marijuana use in some teens has been linked to increased risk for schizophrenia in later years.

(Cont'd on page 4)

Fewer Retailers Selling Cigarettes to Youth

Retailers continue to reduce sales of tobacco to children under age 18, according to data recently released by the Substance Abuse and Mental Health Services Administration (SAMHSA).

The national retailer violation rate dropped to 12.0 percent in reports submitted by states in 2005, down from 12.8 percent reported in 2004 and 40.1 percent since annual tobacco retailer inspections began in 1996.

The findings are based on reports submitted by states in response to federal law established in 1992 restricting access to tobacco by youth under age 18. The measure, known as the

(Cont'd on page 5)

Membership Revitalized

What is Coalition Membership?

During Coalition strategic planning sessions last fall, we grappled with questions like "What does it mean to be a Coalition member?" In an effort to redefine and personalize Coalition membership and maximize volunteer involvement, a brief survey will arrive in the mail shortly. Executive Committee members Kimberly Shepard and Ray Goodman have been working with Coalition staff to make the Coalition more accessible to its members.

(Cont'd on page 4)



Coalition Resource Fair at Kimball Park

"Parents overwhelmingly (81 percent) believe that, due to the potentially harmful effects of its products, the alcohol industry has a special responsibility to avoid exposing young people to messages encouraging alcohol consumption."

Source: www.marininstitute.org

NH Road Map to Success *Everyone Must Pitch In*

The September 2005 report, facilitated by New Futures, lays out a statewide strategy to reduce underage drinking. "Recommendations for Success: New Hampshire's Strategy to Reduce Underage Alcohol Problems," contains close to fifty recommendations for individuals, communities, and the state as a whole, and makes New Hampshire one of the first states in the nation to create a single state strategy on the subject.

The report, supporting materials, and information on the research, best practices, policy options, and actions that you can take to reduce underage alcohol problems in your community and our state can be found online at www.new-futures.org or by calling New Futures at (603) 431-1770.

Silver Anniversary Celebration

MADD estimates 300,000 lives saved in first 25 years

Think back 25 years to 1980. Ronald Reagan is elected President. Ted Turner launches CNN. And, a group of women whose lives were devastated by the impact of drunk driving formed an organization that would forever change the societal fabric of our nation. Officially established September 5, 1980, Mothers Against Drunk Driving (MADD) estimates they have helped save more than 300,000 lives since its inception.

Glynn R. Birch, MADD's new and first male national president notes, "One of the 300,000 lives we have helped save may have been your own."

Thanks to MADD and its partners...

- ◆ Alcohol-related traffic fatalities have decreased by 44 percent since 1980.
- ◆ The national 21 minimum drinking age law was passed 21 years ago, perhaps saving more than 19,000 lives.
- ◆ The national illegal drunk driving level is .08 percent blood alcohol concentration (BAC), enacted in every state this year.

(Cont'd on page 2)

This Issue

Direct Link Identified	1
Fewer Retailers Selling	1
Membership Revitalized	1
NH Road Map to Success	1
MADD Turns 25	1
Frequent Family Dinners	2
Substance Abuse Round-Up	3
Prevention Messages Work	3
Moving Forward	3
Reclaiming Futures	4
CATz Corner - Speak Out	5
Leadership Retreats	5
Chat with the Coalition	6



Coalition Information

Executive Committee:

- Karen Billings
- Gene Connolly
- Barbara Crouse
- Jim Doremus
- Ray Goodman
- Melissa Heinen
- David Keller
- Thom Linehan
- Jerry Madden
- Amy Pepin
- Lisa Remick
- Heather Sargent
- Deb Samaha
- Kimberly Shepard
- Debbie Turgeon
- Bill Whitmore

Kelley Argie, ex officio
Laura Marron, ex officio

Staff:

Kelley Argie, Coalition Coordinator
Julie Clermont,
Communications Coordinator

Rundlett Achieves After School Program Staff

Sarah Foynes, Program Director
Justin Smith, Lead Program Aide and
Volunteer Coordinator
Justin Fairfield, Program Aide
Will Snyder, Program Aide

Contact Information:

Concord Substance Abuse Coalition
46 South Main Street
Concord, New Hampshire 03301
Phone: (603) 223-2023
Facsimile: (603) 228-0395
Email Contacts
info@concordprevention.org
afterschool@concordprevention.org
youth@concordprevention.org

This newsletter is funded in part by the Substance Abuse and Mental Health Services Administration's Drug Free Community Support Program Grant.

**Parents' Corner: Frequent Family Dinners
CUT TEENS' SUBSTANCE ABUSE RISK IN HALF**

A recent report, *The Importance of Family Dinners*, published in September this year by The National Center on Addiction and Substance Abuse at Columbia University(CASA), finds that one factor can greatly determine the level of risk for substance abuse among teens.

As stated by Joseph A. Califano, Jr., Chairman and President of CASA, "The tragedy of a child's substance abuse can strike any family; there are no silver bullets, but one factor that does more to reduce teens' substance abuse risk than almost any other is parental engagement, and one of the simplest and most effective ways for parents to be engaged in their teens' lives is by having frequent family dinners."

The impact of this report definitely hits home. The difference is in a back-to-school survey of the attitudes of teens and those, like parents, who most influence

them. CASA's survey takes into account lifestyle factors that help determine the risk and likelihood of future alcohol, tobacco, or other drug abuse in the future of youth.

Research, relative to the age of onset of substance use, has demonstrated that young people who do not use/abuse alcohol, tobacco, and other drugs prior to the age of 21, are likely not to abuse these substances as they grow older.

The CASA report indicates that research has consistently shown that the more often teens have dinner with their families, the less likely they are to smoke, drink or use drugs. This report finds that, compared to teens who have five or more family dinners per week, teens who have two or less are at an increased risk of substance abuse. See the corresponding chart from the report or visit the source: www.casacolumbia.org.

Percent of Teens Who Smoke, Drink, Use Marijuana (by frequency of family dinners)		
	5 to 7 dinners per week	0 to 2 dinners per week
Cigarettes	14	34
Alcohol	30	52
Marijuana	12	35

MADD Turns 25

(Cont'd from page 1)

- ◆ MADD served more than 31,000 victims/survivors of drunk driving in 2004.
- ◆ Increased its potential to help with the establishment of a 24-hour national helpline this year, 1-877-MADD-HELP.
- ◆ Ribbons became a tool for safety. The red ribbon "Tie One On For Safety" public awareness campaign launched in 1986 and is MADD's most recognizable and longest running national campaign.
- ◆ "Designated driver" is now a household term.

"The real success is that we have made the drunk driving issue real and personal by bringing the stories of the countless victims/survivors to the forefront of the nation's consciousness," adds Birch. "As we celebrate lives saved, we also honor the lives ended and injured as a result of a 100 percent preventable crime."

Still today, someone dies about every 30 minutes in an alcohol-related crash, accounting for nearly 17,000 deaths annually. A half a million others are injured each year.

Source: Press Release dated August 31, 2005, visit www.madd.org/25

**Got News? Email
info@concordprevention.org**

1-877-MADD-HELP



Substance Abuse Round-Up

Number of First Time Non-Medical Users of Prescription Pain Relievers Remains Rivaling Marijuana; Number of New Ecstasy Users Declines

The number of people who used prescription pain relievers for non-medical purposes for the first time was nearly equal that of new marijuana users in 2002, according to data from the National Survey on Drug Use and Health (Source 1).

From 2001 to 2002, the number of new marijuana users decreased to slightly less than 2.6 million. At the same time, the number of Americans who reported non-medical use of prescription pain relievers for the first time remained at a peak level of nearly 2.5 million users (Source 1).

According to the most recent National Survey on Drug Use and Health Report (2005), 20.8 million Americans aged 12 and over have used prescription-type stimulants non-medically at least once in their lifetime. Past year dependence on or abuse of stimulants was most prevalent among ages 12-17 and 18-25. The class of stimulants most frequently reported was methamphetamine. (Source 2)

Also noteworthy was the dramatic decrease in the number of new ecstasy users, from a peak of 1.8 million in 2001 to 1.1 million in 2002. These findings support other indicators of increased non-medical use of prescription pain relievers in the United States (Source 3).

Source 1: CESAR FAX online at www.cesar.umd.edu, Vol. 13, Issue 49;

Source 2: www.theantidrug.com;

Source 3: CESAR FAX, Vol. 13, Issue 44.

Check it out: New Look, New Features New Futures

www.new-futures.org

Working together to reduce underage alcohol problems and increase access to treatment in New Hampshire.

Drug Prevention Messages Work

New data from the Substance Abuse and Mental Health Services Administration (SAMHSA) shows that youth who reported seeing or hearing media messages on preventing drug use are significantly less likely to report substance use.

“Teenagers exposed to prevention messages through the media are less likely to use alcohol and illicit drugs,” SAMHSA Administrator Charles Curie said. “Clearly, the media is one of the many avenues we must use to communicate with young people that drinking and drug use are dangerous and wrong.”

SAMHSA extracted the data from the 2003 National Survey on Drug Use and Health, which asked youth ages 12-17 if they had seen or heard any alcohol or drug prevention messages from posters, pamphlets, radio, TV or other sources. The survey also asked about alcohol and drug use.

The data also show that youth who reported talking to at least one parent about the dangers of tobacco, alcohol or drug use in the past year were significantly less likely to report past month binge alcohol use.

In 2003, 14.6 million youth ages 12-17 reported that they had talked to at least one parent during the past year about the dangers of using tobacco, alcohol or drugs. Youths ages 12-15 were more likely to have talked to a parent than those ages 16 or 17.

As a parent or guardian, use every opportunity that comes your way: share this newsletter with youth, talk about commercials you hear or see, or pick up brochures the Coalition distributes. Together, we are making a difference!

Source: cadca.org 8/4/05 article;

Note: SAMHSA’s report is online at www.oas.samhsa.gov.



Resource Fair '05

Moving the Coalition Forward Resource Fairs just the beginning

Last fall, strategic planning sessions at the Coalition identified “engaging a broader community” as a goal for Coalition membership and information dissemination.

Since accepting the position of Coalition Coordinator last December, Kelley Argie has combined her knowledge and enthusiasm toward prevention to further the vision of the Coalition. As a result, awareness and participation from a larger portion of the Concord community is on the rise.

Kelley continues to recruit youth and instill the necessity of active participation by Executive Board members of the Coalition. She has implemented changes to the Coalition-sponsored resource fairs. One fair was moved to a public park, improving visibility

and attendance, and youth activities and music were added to both resource fairs. Kelley initiated monthly “volunteer interest meetings” (the next one will take place October 26th from 4:30-5:30 at the Coalition office), and a new media campaign on local radio stations. All of these initiatives are moving the Coalition forward.



Kelley Argie

From Girl Scout troop to court-involved youth and beyond, Kelley is helping Concord area youth bring forward their ideas and concerns as active and reliable members of the Coalition. A Coalition hosted community forum and a youth outreach meeting this summer were eye-opening for youth and adults as the impact of different lifestyles came to light.

Simply listening to some of the difficulties different groups of youth face can help both youth and adults understand the path towards the use of and addiction to alcohol, tobacco, or other drugs. Every day, our youth cope with things like peer pressure, struggles with parents, hopelessness, and boredom. By opening up a dialogue and connecting youth to adults who know how to listen, we create a safe haven for youth to explore their challenges. This is part of prevention.

On behalf of the Coalition, the Coalition staff, and Executive Committee...

Thank you Kelley Argie for that personal touch, quiet persistence, and youth-minded vision that we can all see as the future of the Coalition.

David Keller, Chairperson
Coalition Executive Committee



Organization Highlight: Reclaiming Futures New Hampshire

The Facts

- An estimated 13,600 New Hampshire teens, 12% of the states young people, have an alcohol or drug problem
- NH teens need – but are not receiving – treatment for drug abuse
- Half of all teens involved in crime also abuse alcohol and other drugs
- Without treatment, teens are more likely to commit new crimes
- Connections to positive adults and activities play an invaluable role in the recovery process
- Treatment services that do exist often are not designed to address the unique challenges teenagers face
- Putting a young person in jail costs more than \$40,000 a year, while providing drug and alcohol treatment costs as little as \$3,000.

The Response

In response to those facts, Reclaiming Futures New Hampshire, a Robert Wood Johnson Foundation-funded project, seeks to change the way courts, police, detention facilities, treatment counselors, businesses, schools, families, and others work together with teens in trouble with the law. Reclaiming Futures' goal is to improve the way local courts and communities respond to the needs of young people who abuse drugs and alcohol and commit crimes.

The New Hampshire project is designed to serve 100 youth annually in four pilot sites: Nashua, Concord, Plymouth and Belknap County. In order to meet that goal Reclaiming Futures NH works with its urban and rural partners to assist with the following step-by-step process.

The Process

- Screen youth for substance abuse problems
- Refer identified teens to Juvenile Drug Court
- Assemble a treatment team to access and coordinate services
- Provide teens appropriate services including alcohol and drug treatment, mental health counseling, family therapy, and vocational skills development
- Engage young people in positive opportunities such as athletics, community service, employment, and recreation
- Involve community members and professionals in providing time, guidance and resources to these young people to prevent re-entry into the justice system

The Outcome

Becoming more engaged in community-based relationships help teens to maintain a clean and sober lifestyle.

As Kira, a young woman from New Hampshire, wrote to a judge, "I know my successes in Drug Court weren't sheer dumb luck, but to have people like you involved that actually care about me is really truly very lucky."

If you or your organization would like to learn more, go online and visit www.reclaimingfutures.org or Contact Ray Goodman at rgoodman@courts.state.nh.us, call (603) 271-6418, or write to Reclaiming Futures, Office of the Administrative Judge, PO Box 389, Concord, NH 03302-0389.

Membership

(cont'd from page 1)

Coalition membership is free and open to EVERYONE in the community. We're seeking to cultivate more personal relationships with members who would like to get involved.

Membership information and the survey will be mailed later this fall. Make sure you are on the mailing list, and that your information is up to date: visit www.concordprevention.org. Membership registration, the survey, and a description of the membership levels are available online.

Remember, your membership is important to the Coalition at any level. The revised membership levels are listed below. Please tell us which level best suits you and/or your organization.

Informed Member: As an informed member you will receive the Coalition's quarterly newsletter, e-weekly updates, and notification of upcoming Coalition activities and events.

Supportive Member: In addition, this membership level includes a volunteer commitment of 5 hours per year.

Community Leader Member: This membership level includes a volunteer commitment of ten hours per year with Coalition activities/events or participation on a Coalition subcommittee.

Direct Link

(cont'd from page 1)

-- A British study found that as many as one in four people may have a genetic profile that makes marijuana five times more likely to trigger psychotic disorders.

-- A recent SAMHSA report found that adults who first used marijuana before age 12 were twice as likely as adults who first used marijuana at age 18 or older to be classified as having serious mental illness in the past year than were adults who first used marijuana at age 18 or older.

"The nonchalance about marijuana in Europe and the U.S. is worrisome," said Neil McKeganey, Ph.D., Professor of Drug Misuse Research and Director of the Centre for Drug Misuse Research, University of Glasgow, Glasgow, Scotland. "Marijuana is the first illegal drug that many young people use and teens don't view it as a serious drug, and when children are exposed only to advice from kids like themselves, the risks seem meaningless. We're starting to see marijuana in a new light given recent research into the connection between marijuana and mental illness."

Source: 05/03/05 article : www.mediacampaign.org





CATz Corner – Concord Area Teens Speak Out

The CATz are youth involved with the Coalition and interested in making the Coalition more about us and our friends. This quarter we are reporting in with some comments to post. First you should know that we are back at school and trying to get our survey together, so we can tell you what is really going on in Concord.

Area youth were asked two questions. Answers from Concord Area Teens are posted below. We are also including one of the longer comments we received in response to the last article.

How should Parents talk to you about drugs?

↔ It doesn't matter how you approach them. You can do it any way, but over all, you really should do it some how. Sit them down and have them listen. Tell them you're only trying to protect them.

↔ A good way to approach your child about not using drugs or alcohol might be to try not to corner them. Don't ask or talk to them about it when they feel uncomfortable.

↔ Do it casually. For example ask your son or daughter to go workout, go shopping, get your nails done or anywhere that the two of you can talk. Approach them simply with the question.

↔ Don't make it seem like such a big deal. It is so much easier to talk to a parent when there's no pressure. It also helps when you are in a good mood.

Do you notice other youth in the community using?

↔ Yes, I've seen other teens smoking or using drugs.

↔ Sometimes, you can smell smoke on someone which means they are smoking or someone they live with or are around a lot of smoke.

↔ Yes, so heartbreaking as well as angering but it's true.

↔ Sometimes you can help prevent — it other times you can't.

↔ Just do your best to stay away from drugs, that's the major thing.

Concord Area Teen Speaks Out:

"As a kid in Concord I do hear about other kids doing drugs. So far I haven't actually seen anyone doing drugs, but I know kids who do. What's important though is that you keep yourself safe from drugs, and don't use them, even if you're pressured by kids you see using them. Also if you see any of your friends doing drugs, it's your responsibility as a friend to talk to them, and try to help them understand that they are ruining their lives. It's hard but it's needed."

? 's or ! 's - email

youth@concordprevention.org

Retail Sales to Youth Decline (from page 1)

Synar Amendment, and its implementing regulations, requires states and U.S. territories to enact and enforce youth tobacco access laws; conduct annual random, unannounced inspections of tobacco outlets; achieve negotiated annual retailer violation targets; and attain a final goal of 20 percent or below for retailer non-compliance. The Synar law was named for the late Representative Mike Synar of Oklahoma.

"As a nation, we have made great strides in reducing tobacco use among youth. The progress states have made in reducing youth access to tobacco products is truly commendable,"

SAMHSA Administrator Charles Curie said. "However our work is far from complete. Despite the well-known consequences, young people are still using tobacco products at alarming rates. We are committed to continuing our work with states and communities to keep young people from starting to use tobacco products in the first place and encourage those who have started to stop."

Visit the Source:
www.samhsa.gov



Community Resource Fair

Hey, folks, we'll keep asking and posting back some responses, and we hope to have our survey results ready for the next newsletter.

Until next time,

The CATz

PS — Send us your letters or emails-- you might see it in the CATz Column where teens speak out!

Community Leadership Initiative

New Futures announces its Community Leadership Initiative 2005-2006 Retreat schedule.

New Futures is a nonpartisan, nonprofit, advocacy organization working to reduce underage alcohol problems and increase access to treatment in New Hampshire. New Futures strategies for change include leadership and policy development, information dissemination and advocacy.

The Community Leadership Initiative (CLI) is a statewide, informal network of advocates concerned about underage drinking and the need for treatment in New Hampshire. The network is periodically mobilized by New Futures to take action on public policy issues that affect underage drinking and treatment.

Participants in the CLI attend a one-day leadership retreat designed to enhance advocacy skills and an understanding of the NH Legislature. Please contact Linda King at lking@new-futures.org or visit their website at www.new-futures.org.

Retreat Schedule 2005-2006: December 1st in Lebanon, February 14th in Laconia, and March 7th in Portsmouth



Return Service Requested

Non-Profit Org.
US Postage
PAID
Concord, NH
Permit # 940



You're Invited ---- November 15, 2005 --- to Catch-Up and

Chat with the Coalition

Bring your family, friends, and co-workers and be part of this year's Annual Meeting

At Rundlett Middle School, Concord from 6pm to 8pm featuring

Entertainment, provided by Youth & Refreshments, served by Youth

Enjoy this networking and voting opportunity for All Coalition Members

While we "chat" about:

Operating Guidelines, Executive Committee Members, and NEW Membership Levels

Please, RSVP no later than 11-08-2005.

Call (603) 223-2023 or email kelly@concordprevention.org

Check us out : ONLINE.....

WWW.CONCORDPREVENTION.ORG

community leaders for prevention