

Cabell County Substance Abuse Prevention Partnership

CCSAPP

United Way of the River Cities
820 Madison Avenue
Huntington, WV 25704
PARTNERS FOR A BETTER COMMUNITY

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Next Steps: Reducing Substance Abuse in Our Community

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If you would like to be removed from this mailing list please contact:

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July 2008

CCSAPP Calendar:

Save the Dates:

- November 18 & 19, 2008 - "Share the Vision" - State-wide Prevention Conference
- November 20, 2008 - Cabell Drug Summit

Partnership Meetings

Meetings are held every third Wednesday of the month at noon. All are welcome, lunch provided.

Please call or e-mail Anne McGee if interested in attending or becoming a partner

(304)523-8929 ext.17

ccsapp@unitedwayrivercities.org

Meeting Location:

United Way of the River Cities
820 Madison Avenue
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If you would like to arrange a presentation for your club, group or organization regarding local substance abuse issues please contact CCSAPP.

We have been adding information to our webpage, go to: www.unitedwayrivercities.org/ccsapp "Quick Links" for more

2007-2008 Cabell County PRIDE Survey Results

Each year Cabell County middle school and high school students participate in the PRIDE Survey. The survey asks students about their attitudes, perceptions and use of alcohol, tobacco and other drugs. Over 3,300 youth participated in the Survey in February, 2008. Listed below are the percentages of youth reporting use of the listed substances on an annual and a monthly basis.

DRUG	ANNUAL	MONTHLY
Any Tobacco	28.6	18.8
Cigarettes	23.0	15.7
Smokeless Tobacco	10.0	6.5
Cigars	17.3	9.3
Any Alcohol	43.6	20.9
Beer	33.4	16.8
Coolers, etc.	32.9	14.1
Liquor	34.3	17.2
Any Illicit Drug	27.0	17.6
Marijuana	23.9	15.6
Cocaine	6.8	4.0
Uppers	9.4	6.1
Downers	9.1	5.7
Inhalants	7.7	4.1
Hallucinogens	6.6	4.0
Heroin	4.5	3.2
Steroids	4.1	3.1
Ecstasy	6.0	3.5
OxyContin	6.8	4.1
Meth	4.3	3.1

Silence Isn't Golden - It's Permission.

Talk to your child early and often about the dangers of drug and alcohol use.

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www.unitedwayrivercities.org
Funded by SPFSIG Grant to the State of WV

77% of Cabell County students who report using illicit drugs report that their parents never or seldom talk to them about the dangers of drugs.
- 2007-2008 PRIDE Survey

Cabell vs. National Drug Use PRIDE Survey Data

Monthly Use (Bold exceeds National Rates)							
	6 th Grade	7 th Grade	8 th Grade	9 th Grade	10 th Grade	11 th Grade	12 th grade
Any Tobacco							
Cabell	4.9%	7.5%	12.5%	22.7%	26.4%	27.9%	32.0%
National	4.6%	7.1%	12.1%	20.1%	23.9%	28.8%	31.6%
Any Alcohol							
Cabell	5.2%	7.3%	14.5%	22.7%	30.8%	30.1%	38.8%
National	5.6%	9.2%	15.7%	24.8%	32.9%	38.4%	44.1%
Any Illicit Drug							
Cabell	6.1%	8.4%	12.9%	22.9%	25.0%	22.7%	25.1%
National	4.3%	5.9%	9.7%	14.2%	18.7%	22.1%	21.9%
Marijuana							
Cabell	4.4%	6.6%	10.9%	20.1%	23.2%	21.1%	23.5%
National	2.3%	3.8%	7.5%	12.0%	16.4%	19.7%	19.5%

Energy Drink Consumption Predicts Risky Teen Behavior

Recent research suggests that teens and young adults who consume energy drinks may be at greater risk of a number of high-risk behaviors, such as unprotected sex, alcohol and other drug problems, and violence, the New York Times reported May 26.

While some young energy-drink users have become physically ill after consuming the products, experts are also worried about the relationship between use of the high-caffeine products and risk-taking. A March 2008 study in the Journal of American College Health, for example, linked energy-drink use among athletes to a variety of

high-risk behaviors.

"It appears the kids who are heavily into drinking energy drinks are more likely to be the ones who are inclined toward taking risks," said study author Kathleen Miller of the University of Buffalo. The beverage industry contends that most energy drinks contain caffeine levels comparable to a cup of coffee, but experts note that because they are served cold, energy drinks can be consumed more quickly than hot coffee drinks. Mixing energy drinks with alcohol also is a growing concern because the stimulants in energy drinks can mask the intoxicating effects of alcohol

and allow drinkers to stay awake longer and consume more alcohol.

"You're every bit as drunk, you're just an awake drunk," said researcher Mary Claire O'Brien of Wake Forest University Baptist Medical Center in Winston-Salem, North Carolina.

<For an interesting report see, Alcohol, Energy Drinks, and Youth: A Dangerous Mix at <http://www.marininstitute.org/alcopops/resources/EnergyDrinkReport.pdf> >



Are You Watching Your Teens Online?...Who Is?

The Internet unsupervised can be a world of temptation. Pushers peddling pills and make-it-yourself drug recipes. Dealers glorifying marijuana. Bogus "pharmacies" filling orders without prescriptions. "Friends" sending text or instant messages about which parties will have pot or alcohol.

Here is a list of tips for parents to monitor their teens' activities and help them navigate the temptations in the digital world:

- Learn about the digital devices your teen uses. Visit his Web page or send a text message to her cell phone.
- Be clear and consistent about what is off limits—including which Web sites, chat rooms, games or blogs— and how to handle information promoting drugs or sex. Discuss consequences for breaking these rules.
- Use technology to help monitor your teen. See for yourself what's posted on social networking sites your teen visits by setting up your own account. Use text messaging to check in with your teen after school.
- Know whom your teen is communicating with. Ask who is on his/her cell phone and instant message contact lists. Use every available opportunity to meet and get to know their friends and their parents.
- Limit your teen's time spent online, and put computers in a common area of the house so you can more easily monitor their use.

For more e-monitoring tips and information on how to use technology to keep your teen drug-free, visit www.theantidrug.com

Should We Be Concerned About Salvia Divinorum?

Although not yet seen as a local problem, the number of websites and media references regarding *salvia divinorum* continue to increase. See recorded salvia experiences on "You Tube" if you want to see what is alarming legislators across the country.

According to the National Institute for Drug Abuse, *salvia divinorum* is a psychoactive mint, used in traditional spiritual practices by the Mazatec people of Mexico and is legal in both Mexico and the United States. However, several states have banned the leafy green, making its possession a felony. The Drug Enforcement Agency has listed

Salvia as a drug of concern and is considering classifying it as a Schedule I drug, like LSD or marijuana.



People who abuse Salvia generally experience hallucinations or delusional episodes that mimic psychosis. Effects have been described as intense but short-lived; they appear in less than 1 minute and last less than 30 minutes. Effects include psychedelic-like changes in visual perception, mood, and body sensations; emotional swings; feelings of detachment; and importantly, a highly modified perception of

external reality and the self, which leads to a decreased ability to interact with one's surroundings.

Since not much is known, it can only be said that harm from *salvia divinorum* most likely occurs from using the drug in a setting in which it is dangerous to be intoxicated from any drug at all (i.e. driving)

Although information about the user population is limited, users appear to be mostly younger adults and adolescents who are influenced by promotions of the drug on Internet sites. Rather than being used as a party drug, Salvia seems to appeal to individual experimentalists.