



September

News from A Sobering Choice

Volume 1 Issue 5

Special points of interest:

- Information on Certified AOD Counselors
- ASC's funding will continue!!!
- Learn how FNL Teens stay out of trouble and what drives them to live life to the fullest.
- Learn a little about a new growing trend in prescription drug abuse

Inside Edition

Chairman's Note	1
~	
Renewed Grant	1
An Evening with FNL	2
~	
Marijuana Update	2
Teens and Prescription Drug Abuse	3
Up Coming Events	3
VIP Update	4
~	
Becoming a Volunteer	4

Chairman's Note: Certified AOD Counselors - By Charles Horner

Many people are involved in Substance Abuse and Addiction Counseling/ Treatment. Over the last seven years the State of California along with shareholders in the field put minimum requirements into California Code of Regulation; specifically Chapter 8, Division 4, Title 9 CCR, section 13005 – 13075. These regulations are applicable to all counselors working in programs that are licensed, funded (grants or Medi-Cal), certified through the state. Although there are a few exceptions, DUI Programs have additional state requirements to meet. As with



all professions, change has to take place. State of California and shareholders are working to bring the Substance Counseling Field to a higher standardized place. The minimum requirements and various levels within the field are being reestablished. Nine out of the original ten

Certifying Organizations (CO) still exist. Most of these are working together with the State Department of Alcohol and Drug Programs (ADP) to bring everything together to comply with federal laws being implemented throughout the health care industry. These changes

will take some time to complete. The governor has his timeline in mind. The federal government has a timeline. Only time will tell if all can be accomplished as planned. If you want more information about these changes, please contact me.

-Charles Horner

ONDCP AWARDS \$125,000 TO LOCAL COALITION TO PREVENT YOUTH SUBSTANCE USE IN SHASTA COUNTY

(Washington, D.C.) – Gil Kerlikowske, Director of the Office of National Drug Control Policy (ONDCP), announced \$7.9 million in new Drug-Free Communities Support Program (DFC) grants. A Sobering Choice Coalition from Shasta County was one of the grant recipients, and will received \$125,000 in DFC grant funds to involve and engage their local community to prevent substance use among youth.

The DFC Program provides grants of up to \$625,000 over 5 years to community coalitions that facilitate citizen participation in local drug prevention efforts. Coalitions are composed of community leaders, parents, youth, teachers, religious and fraternal organizations, health care and business professionals, law enforcement, the media, and others working together at the local level.

“America’s success in the 21st century depends in part on our ability to

help young people make decisions that will keep them healthy and safe,” said Gil Kerlikowske, Director of National Drug Control Policy. “We congratulate this coalition on its work to raise a generation of young people equipped to remain drug free and ready to prosper in school, in their communities, and in the workplace. While law enforcement efforts will always serve a vital role in keeping our communities safe, we know that stopping drug use before it ever begins is always the smartest and most cost-effective way to reduce drug use and its consequences.”

“Efforts to keep our youth drug-free are critical to healthy and safe communities here in Shasta County,” said Cathy Grindstaff, Project Director. “The Drug Free Communities Support Program recognizes the great potential of A Sobering Choice Coalition to help save young people’s lives. This new funding will allow A Sobering Choice to mobilize and organize their community to

prevent youth substance use.” A Sobering Choice Coalition will specifically work to address alcohol, marijuana, prescription drug and other drug use by our youth.

The rate of overall drug use in the United States has declined by roughly 30 percent since 1979. To build on this progress and support public health approaches to drug control, the Obama Administration has requested over \$10 billion in FY 2013 for drug prevention programs and support for expanding access to drug treatment for people suffering from substance use disorders. This will build upon the \$30 billion already spent over the past 3 years on drug use prevention and treatment.

For more information about the Office of National Drug Control Policy or the Drug Free Communities Support Program, visit: www.WhiteHouse.gov/ONDCP

An Evening with Shasta County Friday Night Live

Things FNL teens do or are going to do to stay out of trouble:

- Weight lifting
- Zumba
- Spartan Racing
- Start a band
- Skateboarding
- Cage fighting
- Learn to play and instrument
- Start a new life at SOU
- Do things out doors
- Write
- Paint
- Act
- Make videos and start a YouTube Channel
- Tumblr
- Hang out with friends and just have a good time coming up with new and creative things to do.

For more information of



the Shasta County FNL Group contact Sarah Hartley at 241-5958

“What is your favorite unusual pizza topping?” This is how a normal Tuesday night FNL meeting starts. A question is picked out of the “Gnome Box” and the whole group has to answer the question along with their name and maybe what school they go to. I was honored to attend the weekly Friday Night Live meeting Tuesday night and I felt my answer of “artichoke hearts” would be somewhat exotic in this crowd but, oh how I was wrong. Some of the other answers: green olives, feta cheese, grilled pesto chicken, Skittles, steak sauce, and nachos. Mostly I listened as the conversations continued to more food and fancy dips like Sabra Tuscan Herb hummus dip. It was a bit of a challenge to get them off the topic of food, but I finally had the opportunity to ask what excites them. I wanted to know what it is that keeps them from the



world of drugs and alcohol and what they are looking for in their future. Not only did I learn a lot from conversation that followed but I was inspired by their creativity. Max, 17 is into Spartan Racing. A Spartan race is more than just running. It involves crawling under barbed wire, climbing over and through things and running through a gauntlet of human obstacles. Tommy is a senior this year and he said that he is, “Stoked about way more things” because he has to be creative and find more exciting things to do. Tommy described a time when he was depressed and

didn’t have many people to hang out with. During this time he spent his hours discovering interest in as many things as he could and tried to be as productive as possible. He did all kinds of things like starting a band, creating a radio station, learned to play the guitar, and skate boarding. Andrea is going to be starting a new life as a college student at Southern Oregon University. Mackenzie is into the arts; she paints, writes, and even has her very own YouTube channel. Each teen that shared had absolutely no time for drugs or alcohol. They are living life and looking forward to its adventures. They all expressed a sense of freedom being drug free and see drugs as boring and confining.

One of the youth has this tattoo on his arm. It represents a straight edge band. More on “Straight Edge” next month.



Marijuana Updates

Teens who smoke marijuana see their IQ’s drop as adults, and deficits persist even after quitting, according to a new study. Teens who regularly smoke marijuana are putting themselves at risk of permanently damaging their intelligence as adults and are also significantly more likely to have attention and memory problems later in life, than their peers who abstained, according to a new study conducted by Duke University and London’s King’s College.

This study is among the first to distinguish between cognitive problems the person might have had before using marijuana, and those that were caused by the drug. The research found that adults who started smoking pot as teenagers

and used it heavily, but quit as adults, did not regain their full mental powers. In fact, “persistent users” who started as teenagers suffered a drop of eight IQ points at the age of 38, compared to when they were 13.

Researchers noted that a low IQ can contribute to a challenging life and even an early death. Those who consistently smoke marijuana may simply make less intellectually stimulating choices at critical points in their lives. For instance, pot users may be less inclined to attend classes or do activities that give the brain a workout. Getting off track early on can also limit future opportunities and thereby

reduce IQ’s. They said it seemed that many young people see marijuana as a safer alternative to using tobacco. The most recent Monitoring the Future study found that, for the first time, **more American high school students are using marijuana than tobacco.** Teens need to view cannabis as not an entirely benign compound, but as something that can impair their judgment and might not be great for their brain. The study is detailed August 27 in the journal, Proceedings of the National Academy of Sciences.



Prescription Drug Abuse

A growing trend today is the abuse of prescription drugs. The perplexing thing is that these drugs are not illegal, they are prescribed by a doctor and meant to be helpful and sometimes healing. For teens these drugs can be the easiest to access. They are in the bathroom cabinet, in mom's purse, or on grandma's kitchen counter.

A new kind of party has formed out of this fad. It is called a Pharm party. Teens bring all of the narcotic, tranquilizing, buzzing drugs that they can get their hands on and throw them all into a bowl. Each partier grabs a handful of the mix and swallows them all. The effects are a dangerous mystery that will only be revealed with time. This mix is also referred to as trail mix. In high schools today, the teen who just had knee surgery or whose mom is on muscle relaxant medication becomes a target of malicious interest. Many teens who are addicted to prescription drugs like vicodin and oxycotin are not typical druggies. They could be the clean cut athletes or doctors' children. These drugs carry a certain prestige because they are legal, and expensive and access to them can be very easy if you come from the right home or know the right people who just had a surgery or have chronic pain. One vicodin has been known to

cost twenty dollars or more.

If you have prescription drugs lying around the house here are some tips on how to properly dispose of them or at least discourage their misuse:

1. Keep medicine in its original child-resistant container.
2. Scratch or mark out the patient information on the label.
3. Place some water into the containers for solid medications, such as pills or capsules.
4. Add something nontoxic that tastes bad, such as sawdust, kitty litter, charcoal or powdered spices (for example, cayenne pepper).
5. Close and seal the container lids tightly with packing or duct tape.
6. If discarding blister packs of unused medicines, wrap in multiple layers of duct tape.
7. Place medicine containers in durable packaging that does not show inside (such as a cardboard box).
8. Place in the trash close to garbage pickup time

You can also dispose of your medications at the Drug-Take-Back event on September 29th at the Sears parking lot of the Mt. Shasta Mall from 10 am to 2pm, put on by Shasta County Health and Human Services.



Upcoming events!

**Sept. 12th– 10:00 am ICP
5:00 pm VIP**

**Sept. 23rd– Happy Birthday
Charles!!!**

**Sept. 24th
4:30 pm ASC Exec.
Committee Meeting
5:30 pm ASC Coalition Meeting**



**Sept. 11, 18, 25th 9:00 am
Board of Supervisors Meeting**

**Sept. 29 Drug take back 10 am
to 2 pm at the Mt. Shasta Mall**

Victim Impact Panel August Statistics

- In the Pre survey 94.4% of participants said that the number one reason NOT to drink and drive was because they could hurt or kill someone. After the presentation that number increased to 97.3%
- 97.3% of participants said they are very unlikely to continue to drive under the influence
- 26% said that in the future they will never drink again
- 86.1% said that they learned something from the speakers. A few of those responses were: "Drinking and driving can hurt a lot of people", "I can hurt much more than myself"

Impaired Driving

A Sobering Choice is pleased to be working with Redding Police Officer Jacob Provencio in keeping our streets safe for us and our children. Officer Provencio's continued diligence in recognizing drivers who are impaired is what we strive for in Shasta County and the City of Redding. Keeping our streets safe is our ultimate goal.

A Sobering Choice through their VIP program has seen an increase in DUI offenders who have also been impaired by drugs while driving. Historically, Shasta County has ranked at the top in DUI offenders per year and we are working to change that statistic.

Marijuana is the most prevalent illegal drug detected in impaired drivers, fatally injured drivers and crash victims. Benzodiazepines, cocaine, opiates and amphetamines also are implicated, the National Institute on Drug Abuse reports.

Test results can show a drug was in the system, but determining impairment at the time of the arrest is a challenge.

Often it falls on the officer to prove the impairment in court. The Redding Police force has 4 certified drug-recognition experts. Officer Provencio and a colleague became the first officers to receive training and certification and now serve as instructors. Their training helps fellow officers determine why some drivers, whose breath does not smell of alcohol, appear impaired. Often in proving impaired driving, it simply comes down to how well the officer can explain in court what led up to the arrest, making the training to become a drug recognition expert that much more essential.

Thank you, Officer Jacob Provencio and Redding Police Department for your work in keeping our streets safe.



A Sobering Choice

P.O Box 493777
Redding , CA 96049

Phone: 530-241-5958
Fax: 530-247-0915

Providing:

Education - Support - Prevention

asoberingchoice.org

Mission Statement

A Sobering Choice is a community-based youth and adult led coalition dedicated to reducing incidents of driving under the influence of alcohol and other related drugs among the youth and adults of Shasta County.

Executive Committee:

Charles Horner
Chairman

Evie Van Veen
Vice Chairman

Carol Grandbois
Treasurer

Trisha Henningson
Secretary