



News from A Sobering Choice

Volume 2 Issue 8

August

Special Points of Interest

- ASC Went to the CADCA mid year in Austin Texas
- Learn about the dangers of cough medicine
- Look for information on the two youth programs that are starting up soon.

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ASC Goes to the CADCA Mid-Year Conference

Community Anti-Drug Coalitions of America Mid-Year Conference welcomed Betty, Cindy and Cathy. The conference was held in Austin, TX and over 1700 substance abuse prevention and treatment specialists from across the country were there to gain new skills to tackle their community's drug and crime problems.

This was a one-of-a-kind-intensive training opportunity that covered a wide range of topics, including how to address prescription drug abuse, the abuse of synthetic drugs, developing policies to reduce marijuana use and underage drinking, to name a few. They had the opportunity to hear from several federal leaders and national experts in their respective fields and discussed how coalitions, such as ours, can take our work in the community to the next level

to create social population-level change.

Most notable this year was the fact that CADCA welcomed nearly 50 international attendees who had traveled from 15 countries to take part in this unique training experience. Also, approximately 300 youth participated in the Mid-Year as part of CADCA's National Youth Leadership Initiative (NYLI), where they learned leadership skills and the steps necessary to create change in their communities.

The Mid-Year offered something for everyone, and Betty, Cindy and Cathy look forward to sharing their knowledge and information with the coalition, to work towards a safer, drug free environment for our youth and community.



Some facts about Over the Counter Medicine , and Prescription abuse:

- Some over the counter medicines being abused are, cough suppressants, anything containing DXM, sleep aids, antihistamines, and other cold remedies.
- When taken in extremely high doses, DXM can produce a powerful high, hallucinations and an "out-of-body" feeling. It also can cause a loss of coordination, dizziness, nausea, disorientation, seizures, panic attacks, addiction, brain damage, and risk of coma and even death.
- A person can be charged with a DUI if he/she is driving erratically while using a legal medicine that makes him/her groggy.
- It is illegal to use a prescription drug without a valid prescription that is in one's name.
- Being intoxicated as a result of ANY drug in a public place is illegal

Take Action Now to Curb Cough Medicine Abuse

(info provided by CADCA article, dated 7/18/2013)

Can you believe it? 1 in 20 teens abuse over-the-counter cough medicine to get high. Many teens say they abuse this medicine because it is easy to get – they can take it from a home medicine cabinet or purchase it themselves.

Millions of Americans every year safely rely on OTC cough medicine containing dextromethorphan (DXM) to relieve their cough symptoms. Abusers ingest excessive amounts of DXM to get high – sometimes 25 times or more than the recommended dose of these medicines. This means teens ingest multiple packages of pills or bottles of liquid OTC cough medicines. You should be aware of the slang terms for DXM abuse – "triple c's", "robotripping", "skittling", and "dexing."

A Sobering Choice and other coalitions around the country are working on the passage of a national law that would limit teen

access in the fight to prevent teen cough medicine abuse. The Preventing Access to Cough Treatments (PACT) Act (S.

644), introduced by Senators Bob Casey (D-PA) and Lisa Murkowski (R-AK), would prohibit those under 18 from purchasing these medicines and would ensure that only legitimate entities can buy raw, unfinished (bulk) DXM.

Visit <http://act.stopmedicineabuse.org/> to ask your U.S. senators to cosponsor the Preventing Abuse of Cough Treatments (PACT) Act (S.644). We all need to be working together to keep our youth safe.



Marijuana Updates



Seven Great Myths about Marijuana

Starting next month, we will be focusing on the seven great myths about Marijuana. We will address each myth separately and in depth. Our information will come from a recent book by Kevin A. Sabet, Ph.D., "Reefer Sanity."

"Compassionate and knowledgeable, Kevin Sabet is the most important new voice in the American drug policy debate. Policy-makers, parents, and concerned citizens should heed his meticulously factual case against marijuana legalization," stated David Frum, Contributing Editor, Daily Beast/Newsweek.

Some sobering facts:

- Less than 5% of people in medical marijuana programs around the country have cancer, HIV, or glaucoma.
- The American Medical Association does not support smoked marijuana as medicine.
- Big Tobacco has been eyeing marijuana

for some time now.

- While 52% of Americans regularly drink and 27% smoke, only 7% use marijuana. Illegality keeps prices high and use relatively low.
- Today's cannabis is 5 to 6 times stronger than in the 1960's and 70's. This increase in potency has resulted in worse health and addiction outcomes.
- 1 in 6 children who use marijuana will become addicted and with regular use, may suffer the loss of 6 to 8 IQ points.

Marijuana, though not as harmful as cocaine or heroin, is subject to many unhelpful myths perpetuated by rhetoric and conjecture. It's a drug that causes damage to an appreciable number of people who use it, and its increased potency is contributing to climbing addiction rates, especially among our children.

Stay tuned and follow us as we discuss these myths and help you to understand the dangers to our youth that marijuana presents.

The School Year is Approaching, Get Ready

Aside from buying new clothes and pencils for school there are some other ways to get your children ready for the school year. Now is a good time to start setting a routine for bed times and getting ready for the next day. It is also a good time to sit down and talk with your children about their goals for their future and what they are going to do to reach those goals.

One of the best ways to ensure that your teens do not get involved in drug abuse is to help them establish positive and attainable short term and long term goals.

The simple goal to not do drugs is good, but it leaves too many gaps. A better goal to set is something positive, i.e. get a 3.0 this semester, join a new club, or try out for volleyball. You can even start with huge goals like becoming a lawyer and work your way back to this semester or this week. There are those who have such a "free spirit" that really long term goals are too much. These individuals might need goals like, becoming a better friend, building leadership skills, building confidence, or discovering a new passion or interest this year. You can also set physical goals like, benching 200lbs., running a 6 min-

BE A PEER MENTOR

SUPPORT A JR. HIGHER IN THEIR LIFE JOURNEY

Hang out with **middle school/Jr. High** students in a safe environment, build meaningful relationships, gain leadership skills, play interactive games, participate in/lead teambuilding activities and gain alcohol, tobacco and other drug education.

"I could talk to someone that would actually listen"

"Mentoring really helps you become a stronger person."

"I learned what it means to have true friends."

CONTACT SARAH-530 241 5958
CHECK YOUR SCHOOL OFFICE TO PICK UP AN APPLICATION



ute mile, doing a back flip, or pitching a curve ball. The "goal" in talking to your teen about their goals is to discover what they are into, and support them in their passions. It also opens up great dialog to start out the next year.

While talking about the future a natural topic that should come up, along with ways to reach the goals, are things that might get in the way. Teens who are thinking about what they want to do with their life and what they want it to look like are going to be able to form stronger convictions about what they don't want it to look like as well.

Once good goals are set and your teens know that you are willing to talk to them about their goals and

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Birthdays

August

22nd Jennifer

27th John

28th Betty



Up coming events

August
14th—VIP

August 19-20
Schools are starting



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Victim Impact Panel Statistics from July

33.9% of respondents said that in the future they will "never drink again"

64.3% said, "drink, but not drive afterword" and 1.8% said, "drink and drive but know when I have had enough"

94.4% of respondents were cited for alcohol, 1.9% for marijuana, and 5.6% for prescription drugs

30.4% said "yes, they have used alcohol and marijuana together"

There were 6 people who had 2 DUIs and 2 who had 3 DUIs

93% said that they are "very unlikely" to drink and drive again.

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support them on their journey to get there, there is one more thing that can really help keep your teens on the right path: a peer support group.

A positive group of friends that have goals for the future, or just goals to have good clean fun, is one of the best ways for teens to make it through jr high and high school with a positive outlook. Sports teams, volunteer clubs, and youth groups are all good places to find that positive support group. ASC would also like to recommend two programs provided by the Shasta County Chemical People:

Shasta County Friday Night Live and Shasta County Peer Mentoring. The two posters on in this newsletter will give you all of the details about how to get your teens involved in these programs. Each program has a drug prevention focus, 90% fun and 10% education=prevention. Both programs are starting soon so mention them to your teens and give Sarah a call a 241-5958

BE THE CHANGE

See your community THRIVE not just survive

COME JOIN
SHASTA COUNTY FRIDAY NIGHT LIVE
TO SEE HOW YOU CAN "BE THE CHANGE"
IN YOUR COMMUNITY!! PARTNER WITH
OTHER YOUTH THROUGH OUT SHASTA
COUNTY TO CREATE A DRUG FREE
COMMUNITY AND PLAN FUN EVENTS FOR
YOUTH IN YOUR COMMUNITY!!!

Like us on Facebook

Shasta County
Friday Night Live

Contact Sarah
for more information
241-5958 or
fnl@chemicalpeople.org

FIRST MEETING OF THE SCHOOL YEAR
AUGUST 27TH
6PM TO 8PM

2515 Park Marina Dr. Suite 203
Redding, CA

A Sobering Choice

P.O Box 493777
Redding, CA 96049

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

Providing:

Education - Support - Prevention

asoberingchoice.org

Other Community Resources

Shasta County FNL
241-5958

Think Again Shasta
Thinkagainshasta.info

Injury Prevention Coalition
225-5458

Executive Committee:

Charles Horner
Chairman

Evie Van Veen
Vice Chairman

Carol Grandbois
Treasurer

Trisha Henningsen
Secretary

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 drugs among the youth and adults of Shasta County.