



North Country Substance Abuse Prevention Newsletter

SUMMER 2009

DID YOU KNOW...

- 2.1 million youth, ages 12-17, admit to abusing prescription drugs.
- 5.4 million people die per year due to tobacco use.
- If you quit smoking right, now, your body will start repairing itself.

Read on for more information!

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Youth Grants a Success

The North Country Health Consortium's Community Substance Abuse Prevention (CSAP) Team is proud to announce the success of their pilot Youth Leadership Project (YLP). The 13 youth groups were each awarded \$1,000 to perform prevention activities that address substance abuse problems that they saw in their own communities, from Colebrook to Lincoln.

The goal of YLP is to empower youth to be the driving force to prevent substance use among their peers. The three areas being addressed currently are prescription drugs abuse, underage alcohol consumption, and tobacco use by youth.

Some of these projects include implementing prescription drop off locations in partnership with local police departments and/or hospitals; Buyers Beware programs informing young and older adults about the penalties for providing alcohol to minors; Kick Butts Day activities with store report cards that identify the advertising strategies used by tobacco companies to target youth; social norms campaigns informing youth of the number of their peers who do not use drugs or alcohol to combat the idea that "everyone is doing it;"



Stratford's Students Helping Students Make Good Choices Group pictured here wearing their Buyers Beware t-shirts, presented to the group by NH Liquor Commissioner Cameron Brown.

educational campaigns promoting information for proper disposal of prescription medications in safe places like local pharmacies; radio public service announcements developed for youth and parents to raise awareness of substance abuse.

The efforts of these 13 youth groups have been noticed in their communities. Future funding cycles will take place. For more information, contact Diana Gibbs at 837-2519 or dgibbs@nchcnh.org.



Prescription Drug Abuse: A Growing Concern



DEA Special Agent Lisa Remick presented information on the growing popularity of prescription drug abuse to the Juvenile Justice Project.

Prescription Drug Abuse has become a growing concern across all generations. Surveys indicate that teen usage rates of illegal street drugs, such as cocaine and heroin, has declined substantially as teens are choosing to get high from more

accessible prescription drugs instead. They believe the myth that "it's a safer high."

In 2006, 2.1 million teens, ages 12-17, had reported abusing prescription drugs according to the National Survey on Drug Use and Health. This is three times the

number of teens who reported using illegal street drugs, such as cocaine, ecstasy, methamphetamine, and heroin.

The truth is, when prescription drugs are abused, they are just as harmful, and possibly deadly, as illegal street drugs.

"Most teens get their prescription medications directly out of the medicine cabinet at home..."



The Androscoggin Valley 4-H Horse Club collected 3 bags of old/unused prescription drugs at their take-back day at AVH in Berlin, NH on 5/9/09.

Parents: Protect Your Teens by Taking These Action Steps

- Talk to your teens!**
Parents who talk to their children about the dangers of Prescription Drug Abuse will drastically reduce the chances that their son or daughter will abuse prescription drugs.
- Monitor quantities and control all access to the medications.**
Keeping track of the medications in your home allows you to detect if they were being taken. Most teens get their prescription medications directly out of the medicine cabinet at home or at a friend or relative's house.
- Set clear rules about drug use.**
Assure that your teens use all medications as directed.
- Be a good role model.**
Be aware of your own behavior and be sure to practice what you preach.
- Properly dispose of old or unused prescription drugs.**
Medications should be properly disposed of in the trash or at a prescription drug drop off location near you.
- Mixing old or unused prescription drugs with undesirable substances, like coffee grounds or kitty litter, and throwing them in the trash will prevent teens from getting their hands on them.
- Ask family and friends to safeguard their medications as well.**
Teens are getting prescription drugs from their friends as well; usually for *free*.
For more information regarding Teen Drug Abuse, contact us or visit: www.theantidrug.com/.

Tobacco: Get the Facts

Worldwide, tobacco kills 5.4 million people a year, most dying from lung cancer, heart disease and other illnesses. If the rate of people smoking continues, that number will increase to more than 8 million people dying a year by 2030. Tobacco use is a risk factor for 6 of the 8 leading causes of death in the world.

Smoking is the single largest *preventable* cause of disease and premature death. It is a major factor in the development of heart disease, stroke, and chronic lung disease. It can

cause cancer of the lung, larynx (voice box), esophagus, head and neck, stomach, and bladder, and contributes to cancer of the cervix, pancreas, kidneys, and leukemia.

Smoking cigarettes kills more Americans than alcohol, car accidents, suicide, AIDS, homicide, and illegal drugs combined.

For more information on quitting tobacco, contact us or visit: www.smokefree.gov/

or the NH Quitline: www.trytostopnh.org/.




Cigarette smoke can cause the body's immune system to attack lung tissue, causing damage that can lead to incurable and nearly medicinally untreatable respiratory diseases.

After You Quit Smoking...

- **After 20 minutes:** Blood pressure drops to individual's normal rate and the temperature of hands and feet increases to normal.
- **After 8 Hours:** Carbon monoxide level in blood drops to normal.
- **After 24 Hours:** Chance of heart attack decreases.
- **After 2 weeks to 3 months:** Circulation improves and lung function increases up to 30%.
- **After 1 to 9 months:** Coughing, sinus congestion, fatigue, and shortness of breath decrease and cilia regain normal function in the lungs, allowing the lungs to clean themselves and reducing lung infections.
- **After 1 year:** Risk of coronary heart disease reduces to 50% of that of a smoker.
- **After 5 years:** Risk of stroke reduced to that of a non-smoker.
- **After 10 Years:** Lung cancer death rate decreases to about half that of a continuing smoker. Risk of other cancers also reduced.
- **After 15 years:** Risk of coronary heart disease decreases to that of a non-smoker.

Project Mbnitor Dedicated Tip Lines

Project Monitor  is a locally based prevention program inspiring *all* community members to take action in the North Country against underage drinking. If you have information about parties where minors may have access to alcohol, please call your local tip line:

Berlin 752-3131
 Colebrook 237-4487
 Gorham 466-3336
 Groveton 636-1430
 Lancaster 788-4402
 Littleton 444-2422

Pittsburg 237-4487
 Stewartstown 237-4487
 Whitefield 837-9086
 NH State Police Troop F
 846-3333
 Northern Grafton County
 1-800-564-6911

Coalition Information

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Prevention Coalitions

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Coos County Coalition
*
Juvenile Justice Project
*
Littleton Area
ATOD Task Force
*
ADAPT Coalition
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**"Working together to create healthier
communities for our children."**

The **Youth Substance Abuse Prevention Coalitions** are initiatives of North Country Health Consortium, a network of North Country health and human services providers.

If you would like to be added to the North Country Prevention Monthly Email Newsletter, Contact **Valerie Herres** at **vherres@nchcnh.org**.



This newsletter is supported by funds from SAMHSA through a Drug Free Communities Support Program Grant.

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