



NATIONAL FAMILIES IN ACTION

Parent Corps®



Study: Tidal Wave of Underage Drinking Cost

A study by the **Pacific Institute on Research and Evaluation** estimates that underage drinking costs the U.S. \$62 billion each year.

Lead research Ted Miller, Ph. D. notes that every drink consumed by underage youth costs the nation \$3,000. "That's far more than the 85-cent price tag those drinks carry," he said. "It dwarfs the 10 cents in taxes we collect or the 40 cents in profit the alcohol industry reaps."

The study also found that every year:

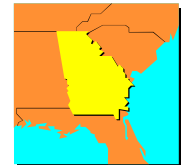
- 3,200 youth die from alcohol related causes.

- 2.6 million other harmful events happen to underage drinkers, including: car crashes, violence, teen pregnancies, drowning, alcohol poisonings, burns, high risk sex, sexually transmitted diseases, rapes, and assaults.
- Underage drinking costs an average of \$4,680 per underage drinker.
- Underage drinking generates \$18 billion in tax revenues.
- Alcohol kills four times as many young people

than all illegal drugs combines.

- At least 16 percent of all alcohol sold is consumed by underage drinkers.

To discover the cost by state from this study, go to www.iaaonline.org/profiles.php



Despite Their Rebellion, Teens Want More Time With Their Parents

Moody, short-tempered, isolated.. All words that are typically used to describe a teen. But according to a survey by "Family Circle", beneath that angst-ridden façade is a kid who is much different than he or she appears.

70 percent of teens said they were happy with how much attention they get from their parents. And nearly a quarter wished

they could spend more time together.

A child may not, especially a teenager, may not come right out and say 'mom, dad I want to spend more time with you.' But what numbers and research say is, kids do want it and parents may just need to approach the children and say, 'let's do something together.'

Tips for Parents:

Spending time with your children is essential to their development. Parents are the best source of education for their children.

Use time together as an opportunity to talk about what's going on in your teen's life, how their day was and what they want for their future.

Teens say it's simple things—like taking walks, sharing meals, playing cards or watching TV together and talking more with each other—

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Special points of interest:

- Talk to your friends about joining Parent Corps and start a networking group that will help you in your efforts to keep your child drug free.
- Have them contact Pat Giuliani, pat.giuliani@parentcorps.org TODAY and join the Parent Corps. It is a FREE membership but the benefits are PRICELESS.

Things Parents Need To Know About METH

What is Meth?

Methamphetamine is a powerfully addictive stimulant that dramatically affects many areas of the central nervous system. The drug can easily be made in laboratories from relatively inexpensive, over-the-counter ingredients, can be purchased at a relatively low cost and can be made in the comfort of one's own home. The recipe is available on the Internet.

Meth is sometimes referred to as "speed", "meth", and "chalk". In its smoked form it is often referred to as "ice", "crystal", "crank", and "glass"

Meth comes in many forms: powder– crystalline– or rock-like chunks and can be smoked, snorted, injected or orally ingested. Injecting or smoking the drug produces an immediate and intense rush that could last 12 hours or more. The euphoria effect that results from snorting or ingesting the drug is not as intense and requires more time to take effect-3 to 5 minutes for snorting and 15 to 20 minutes for oral ingestion.

Meth is a white, odorless, bitter tasting crystalline powder that can be easily dissolved in water or alcohol.

Meth is addictive and dangerous. It can cause paranoia, hallucinations and psychotic behavior. Meth can also cause liver, kidney and heart damage-all of which can be fatal.

Why Some Young People Are Using Meth?

To Get a Rush

Immediately after smoking or injection, the user experiences an intense sensation, called a "rush" or "flash", that lasts only a few minutes and is described as extremely pleasurable. However, this is often followed by a "crash" during which the user begins to come-down off the drug and can experience extreme depression and disorientation.

To Boost Self-Esteem

Meth often provides users with a feeling of self-confidence which translates into a loss of inhibitions. Therefore, some teens believe that meth puts them at ease in social situations, when in fact it is only producing a façade for them to hide behind.

To Self-Medicare

Teens will sometimes turn to drugs for a quick fix their problems as a means to self-medicate. Because meth causes a release of Dopamine (a chemical that we naturally produce, which makes us feel happy) into the body, users may experience a feeling of euphoria when they first take the drug, which can be highly addictive.

To Lose Weight

One of the side effects of meth is a loss of appetite, which in turn may cause a person to lose weight. This can be particularly attractive to teenage girls struggling with self-confidence. In most cases, however, trying to control a substance which has an ability to control you is an unsuccessful battle. People using for weight loss purposes may unintentionally become addicted-and shedding a few pounds will then be the least of their worries.

To Stay Awake

Meth can cause users to stay up for hours, giving them energy and focus. However, these effects can wear off and turn to nervousness, paranoia, hallucinations and depression.

Percent of Students Reporting

Methamphetamine Use, 2004–2005⁷

	8th Grade		10th Grade		12th Grade	
	2004	2005	2004	2005	2004	2005
Past month	0.6%	0.7%	1.3%	1.1%	1.4%	0.9%
Past year	1.5	1.8	3.0	2.9	3.4	2.9
Lifetime	2.5	3.1	5.3	4.1	6.2	4.5



DEA Says Misuse of Cough Syrup/Soft Drink Mix on Rise

Users are mixing prescription cough suppressants containing promethazine and codeine with soda or sports drinks, sometimes adding a Jolly Rancher candy and ice. The mix causes euphoria and impairs motor skills and is becoming a popular drink to get high in some parts of the U.S.

Another popular use of cough medicine is called “robotripping”. This involves the abuse of Robitussin® cough syrup or any cold and flu pill that contains dextromethorphan also known as DMX.

It is an opioid drug used as a cough suppressant found in tablet and liquid form in various over-the-counter cough medicines.

It causes a prolonged state of euphoria or a high, rapid heartbeat, high blood pressure, dilated pupils and loss of appetite.

If taken with alcohol, DXM can cause vomiting, hallucinations and seizures, irritability, loss of consciousness and in some cases, death.

If is popular among teens and they are getting it at drugstores the medicine cabinet at home, on the street or at school from dealers and the Internet.



The drug’s nicknames are “Triple C”, “Robo”, “C-C-C-”, “Skittles”, “Red Devils”, “DXM”, “Dex”.

DMX is found in more than 200 different brands.

While the drug is relatively harmless when taken in correct dosages, it can kill if ingested in high dosages with other drugs or alcohol.

From the time DMX is ingested it takes 30 minutes to feel the effects—usually a prolonged feeling of euphoria—that can last up to six hours.

Teens as young as 11 are taking the drug for recreational use—often without their parents knowledge.

Signs of Abuse Related to Particular Substances

If you are noticing unexplained changes in physical appearance or behavior, it may be a sign of substance use— or it could be a sign of another problem. You will not know definitively until a professional does a screening.

Signs of Alcohol Intoxication

Slurred speech or difficulty expressing a thought intelligibly

Lack of coordination, poor balance

Can’t walk a straight line

Can’t focus on your eyes

Red eyes or flushed face

Morning headaches, nausea, weakness or sweatiness

Odor of alcohol on breath or in sweat

Signs of Marijuana Use

Bloodshot eyes (or bottles of eye drops to clear up red eyes)

Smell in hair or on clothing (sweet, pungent odor)

“Munchies” or sudden appetite

Wetting lips or excessive thirst (known as “cotton mouth”)

Burned or sooty fingers (from “joints” or “roaches” burning down)

Seeds left in devices used to clean marijuana (Frisbees are a typical tool used for this purpose or items used as makeshift smoking devices (bongs made out of toilet paper rolls and aluminum foil for example)

Signs of Cocaine Use

Jumpy, nervous behavior

Restlessness

Excessively talkative, rapid speech

Pupils dilated (enlarged) in well-lit room

Runny nose or bloody nose (no cold or other illness associated)

Periods of high energy followed by long sleep or exhaustion

Signs of amphetamine Use

Unusually elated (manic)

Jumpy, shaky hands, restlessness

Fast speech, possibly incoherent

Poor appetite and/or weight loss

Hyperactivity

Insomnia

Periods of sleeplessness, followed by long periods of “catch up” sleep

Poor attention span

Signs of Inhalant Use

Types of inhalants used might be found in your household: glue, paints, gasoline, aerosol chemicals, paint thinners, White Out, finger nail polish remover, Redi-Whip, etc.

Aggressive or hostile behavior

Violent outbursts

Moves slowly, as if lethargic (drugged appearance)

Slurred speech

Inability to focus

Stupor

Lack of coordination

Seizures

Vomiting

Trouble moving

Unable to speak intelligibly



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*Parent Corps
Drug Prevention Starts Here*

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'Cocaine' Drink Banned from 7-Eleven Stores

Responding to parent complaints, the 7-Eleven convenience-store chain asked its managers not to stock or sell the controversial 'Cocaine' energy drink. "Our merchandising team believes the product's name promotes an image which we didn't want to associated with", spokesperson Margaret Chabris said.

This product is being sold at the Exxon convenience market at the corner of Johnson Ferry Road and Roswell 120 across from Starbucks if you are interested in speaking with the manager about removing it from their shelves. I have already visited the store and made by request.



This product contains 280 mg of caffeine which is three and a half times more than the popular Red Bull drink. Parents and teens should know that not only does caffeine have strong and easily noticed effects on the 'drinker', it is a very addictive drug!!

Nicotine and What it is Doing to Your Teen

With each puff of a cigarette, a smoker pulls nicotine into his or her lungs where it is absorbed into the blood. In eight seconds, nicotine is in the brain, changing the way the brain works. This process happens so fast because nicotine is shaped like the natural brain chemical acetylcholine. Acetylcholine is one of many chemicals called neurotransmitters that carry messages between brain cells. Neurons have special spaces called receptors, into which specific neurotransmitters can fit, like a key fitting into a lock. Nicotine locks into the receptors in different parts of the brain, rapidly causing changes in the body and brain. Nicotine raises the heart rate and respiration rate, and causes more glucose, or blood sugar, to be released into the blood. This might be why smokers feel more alert after smoking a cigarette.

Nicotine also attaches to neurons (brain cells) that release a neurotransmitter called dopamine. Nicotine stimulates neurons to release unusually large

amounts of dopamine. Dopamine stimulates the brain's pleasure and reward circuit, a group of brain structures called the limbic system involved in appetite, learning, memory and feelings of pleasure. Normally, pleasurable feelings come from food, comfort, and the company of people you love. But smoking cigarettes causes a flood of dopamine in the smoker's brain. It's this flood of dopamine that gives the smoker intense feelings of pleasure.

In 40 minutes, half the effects of nicotine are gone. So smokers get the urge to light up for another dose of the drug. After repeated doses of nicotine, the brain changes. To adjust to too much dopamine, the brain cuts production of the neurotransmitter and reduces the number of some receptors. Now, the smoker needs nicotine just to create normal levels of dopamine in his or her brain. Without nicotine, the smoker feels irritable and depressed. The smoker has trained the limbic system to crave tobacco.

These changes in the brain and body make nicotine highly addictive. Tobacco smoke contains more than 4,000 chemicals. Besides nicotine, the most dangerous chemical in cigarette smoke are tar and carbon monoxide. Tar causes lung cancer, emphysema, and bronchial diseases. Carbon monoxide causes heart problems, smokers are at high risk for heart disease.

Smokers also have a dulled sense of smell and taste, reduced stamina for exercise and sports, and they smell of smoke. After smoking for a long time, smokers find that their skin ages faster and their teeth turn brown or discolored.

Finally, research has shown that teen smokers are more likely to have panic attacks, anxiety disorders and depression because nicotine hurts blood vessels in their brain.

Each year, nearly half a million Americans die from tobacco use.