



# Newsletter

September 2017

## FAMILY DINNERS MAKE A DIFFERENCE

While it's true that children often idolize sports heroes and celebrities, they also idolize YOU. As a parent or caregiver, you have the power to help shape their attitudes about drugs. One way to do that is by talking to them regularly about what is going on in their lives. Kids who learn about the risks of drugs and alcohol from their parents are up to 50 percent less likely to use than those who do not.

Talking to your child about drugs and alcohol doesn't mean lecturing. In fact, there are many things you can do (or may already do!) to provide the type of environment that may keep your child from experimenting with drugs or alcohol. One is to spend more time with your child. A national survey about the importance of family dinners revealed that 18 percent of teens said they would like to spend more time with their parents.

Family dinners are an excellent way to spend time with your child. And make no mistake—those family dinners matter. Teens who have fewer than three family dinners per week are almost four times as likely to have used tobacco, more than twice as likely to have used alcohol, and two and-a-half times as likely to have used marijuana. Imagine! Simply spending time with your children may make them less likely to try drugs or alcohol.

Family dinners don't have to be elaborate or expensive. Think of simple, inexpensive ways to make the meal fun, such as eating a picnic meal in the back yard, having a contest to see who can create the best pizza, or setting up a burger bar with outrageous toppings. Enjoy the process, and spend the time together talking with your children about their day.

Simply being there for your child—day or night—is also helpful. A child who feels you are available will be more likely to come to you with questions about drugs, or challenges with peer pressure or other situations that make your child feel uncomfortable. It is especially important to be there for your child during times of transition, such as changing schools, moving, or divorce, because the risk of drug use increases greatly during these times. As children advance from elementary school to middle school, for example, they face new social situations. They will be exposed to cigarettes and alcohol—if they haven't been already—and friends may encourage them to try new things. Later, as they go from middle school to high school, they will face a larger variety of substances and have more of a desire to fit in or seem cool to their classmates.

Additionally, teens who attend religious services four or more times a month are less likely to have used tobacco (11 percent vs. 3 percent), consumed alcohol (27 percent vs. 13 percent), or used marijuana (15 percent vs. 5 percent) than those who attend such services less frequently or not at all.

Remember, preventing the first use prevents abuse, and preventing abuse prevents addiction. You can change your child's future. For more information on how to encourage drug-free behaviors and guide good choices, visit our website at [www.cadyinc.org](http://www.cadyinc.org).



# It's not pestering...it's parenting

Every day it seems that we hear about kids using a new drug, such as K2, Molly, or Bath Salts. Although the drugs change over time, alcohol is still the most widely used substance among teens in America, followed by tobacco and marijuana. Also, kids still sniff glue to get high, but now they also sniff household products such as spray paints and aerosol sprays, shoe polish, gasoline and lighter fluid. While news on drug trends may be discouraging to you, take heart. Two-thirds of kids say that losing their parents' respect and pride is one of the main reasons they don't smoke marijuana or use other drugs. What can parents do to monitor their teens effectively?

The following are some steps you can take to monitor your teen and help protect him or her from risky behaviors:

- Talk with your teen about your rules and expectations, and explain the consequences for breaking the rules. Talk and listen to your teen often about how he or she feels and what he or she is thinking.
- Know who your teen's friends are and their boyfriend or girlfriend.
- Get to know the parents of your teen's friends.
- Set expectations for when your teen will come home, and expect a call if he or she is going to be late.
- If your teen does break a rule, enforce the consequences fairly and consistently.
- Make sure your teen knows how to contact you at all times. Your words and actions DO matter. Remember, silence isn't golden, it's permission—have a talk with your kids today—send this message: underage drinking and drug use is unhealthy, unsafe, and unacceptable!



*Thankful*  
TO BE DRUG FREE  
FEATURING SPEAKER BRANDON SUTTON

 RED RIBBON BREAKFAST

NOVEMBER 3, 2017  
REGISTRATION 8:30 A.M.  
BREAKFAST 9:00 A.M.

MAXIM EVENTS  
1415 EAST MICHIGAN ROAD

RSVP: SCDFC.LKSPRINGER@GMAIL.COM  
OR (317) 398-3135

Working for a   
**Drug Free Community**  
Shelby County Drug Free/Drug Free Shelby County

# SEPTEMBER FAST FACTS

## FACT #1

September is National Recovery Month; the belief that recovery is possible provides the essential and motivating message of a better future: that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them. (SAMHSA)

## FACT #2

Individuals who use illicit drugs are more likely to commit crimes, and it is common for many offenses, including violent crimes, to be committed by individuals who had used drugs or alcohol prior to committing the crime, or who were using at the time of the offense. (NIDA)

## FACT #3

Cigarette smoking is the leading cause of preventable disease and mortality in the US, and is usually initiated in adolescence. Even as early as 8th grade, almost 10% of students have tried cigarettes. (MTF, 2016)

## FACT #4

Children of hands-on parents are far less likely to smoke, drink or use other drugs. Highly engaged parents are more likely to notice some of the warning signs of substance use. (National Center on Addiction and Substance Abuse)

# Congratulations

Congratulations to Vicky Harris, SCDFC grantee. She was recently awarded the Sunshine Award from Shelby Senior Services for a program she does for seniors. The program is funded through a grant from the Shelby County Drug Free Coalition.



**People with mental health issues are more likely to experience an alcohol or substance use disorder than those not affected by mental illness.**

**\* SAMHSA**

***Educate ■ Engage ■ Empower***



54 W Broadway St - Suite 2  
Shelbyville, Indiana 46176  
317-398-3135  
[www.shelbycountdrugfree.com](http://www.shelbycountdrugfree.com)



# Mental Health Fast Facts

## FACT #1

Among youth, heavy cannabis (marijuana) use is associated with cognitive problems and increased risk of mental illness. (SAMHSA)

## FACT #2

Individuals who use prescription opiates, other than as ordered by a doctor, are more likely to consider suicide than those who use these medications appropriately or not at all. (NIDA)

## FACT #3

Both drug use disorders and other mental illnesses are caused by overlapping factors such as underlying brain deficits, genetic vulnerabilities, and/or early exposure to stress or trauma. (NIDA)

## FACT #4

Marijuana use can worsen depression and lead to more serious mental illness such as schizophrenia, anxiety, and even suicide. (ONDCP)

## FACT #5

Addiction is a chronic, often relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. (NIDA)

## FACT #6

Some people develop mental health problems related to their compulsive drug use, and some people take drugs in an attempt to alleviate symptoms of mental health disorders. Whatever symptoms appear first, it is important to treat all mental illnesses at the same time. (NIDA)

## Mental Health and Substance Use Disorders

Mental health problems and substance use disorders sometimes occur together. More than one in four adults living with serious mental health problems also has a substance use problem. Substance use problems occur more frequently with certain mental health problems, including depression, anxiety disorders, schizophrenia and personality disorders – because:

- Certain illegal drugs can cause people with an addiction to experience one or more symptoms of a mental health problem.
- Mental health problems can sometimes lead to alcohol or drug use, as some people with a mental health problem may misuse these substances as a form of self-medication.
- Mental health and substance use disorders share some underlying causes, including changes in brain composition, genetic vulnerabilities, and early exposure to stress or trauma.

Someone with a mental health problem and substance use disorder must treat both issues. Treatment for both mental health problems and substance use disorders may include rehabilitation, medications, support groups, and talk therapy. Shared decision making allows an individual and their healthcare provider to together determine the most appropriate treatment or care choices. It is a fundamental process in primary care and behavioral health care integration — making it vital that individuals with behavioral health conditions acquire skills to participate in decisions with their healthcare providers. For more information on mental health and substance use disorders, visit [samhsa.gov](http://samhsa.gov)

