



# Newsletter

Summer 2017  
June/July/August

## College Drinking: Rite of Passage or Risky Business?

Underage college drinking is a significant public health problem, and it exacts an enormous toll on the intellectual and social lives of students on campuses across the United States. Drinking at college has become a ritual that students often see as an integral part of their higher education experience. Many students come to college with established drinking habits, and the college environment can exacerbate the problem.

About 1 in 4 college students report academic consequences from drinking, including missing class, falling behind in class, doing poorly on exams or papers, and receiving lower grades overall. In a national survey of college students, binge drinkers who consumed alcohol at least 3 times per week were roughly 6 times more likely than those who drank but never binged to perform poorly on a test or project as a result of drinking, and 5 times more likely to have missed a class.

Although the majority of students come to college already having some experience with alcohol, certain aspects of college life, such as unstructured time, the widespread availability of alcohol, inconsistent enforcement of underage drinking laws, and limited interactions with parents and other adults, can intensify the problem. In fact, college students have higher binge-drinking rates and a higher incidence of driving under the influence of alcohol than their non-college peers. The first 6 weeks of freshman year are a vulnerable time for heavy drinking and alcohol-related consequences because of student expectations and social pressures at the start of the academic year.

How much is a drink? To avoid binge drinking and its consequences, college students (and all people who drink) are advised to track the number of drinks they consume over a given period of time. That is why it is important to know exactly what counts as a drink. In the United States, a standard drink is one that contains about 14 grams of pure alcohol, which is found in: 12 ounces of beer with 5 percent alcohol content; 5 ounces of wine with 12 percent alcohol content; 1.5 ounces of distilled spirits with 40 percent alcohol content. Unfortunately, although the "standard" drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes. A large cup of beer, an over-poured glass of wine, or a single mixed drink could contain much more alcohol than a standard drink.

Factors related to specific college environments also are significant. Students attending schools with strong Greek systems and with prominent athletic programs tend to drink more than students at other types of schools. In terms of living arrangements, alcohol consumption is highest among students living in fraternities and sororities and lowest among commuting students who live with their families. An often-overlooked preventive factor involves the continuing influence of parents. Research shows that students who choose not to drink often do so because their parents discussed alcohol use and its adverse consequences with them.

Ongoing research continues to improve our understanding of how to address the persistent and costly problem of harmful and underage student drinking. Successful efforts typically involve a mix of strategies that target individual students, the student body as a whole, and the broader college community.

The greatest chance for creating a safer campus will likely come from a combination of individual- and environmental-level interventions that work together to maximize positive effects. Strong leadership from a concerned college president, in combination with an involved campus community and a comprehensive program of evidence-based strategies, can help address harmful student drinking.

(Source: NIH)

# IN THE NEWS

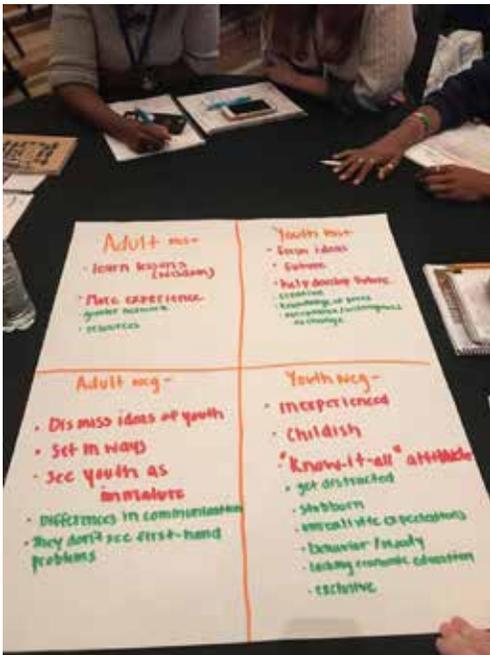
## CADCA Mid-Year Conference

Several Shelby County individuals attended CADCA's Mid-Year Conference in Atlanta, Georgia in July. Local youth attended the National Youth Leadership Initiative (NYLI) training. Morgan Hungerford, an incoming freshman at Waldron High School, was mentored by Kyle Huseman and Lizzy Clark during the program. We hope to bring more students in years to come!



**Pictured: Left to Right:**

Lizzy Clark, Morgan Hungerford, and Kyle Huseman



INTERESTED IN DONATING TO THE  
SHELBY COUNTY DRUG FREE COALITION?  
CONTACT LORI SPRINGER  
AT (317) 398-3135

# IN THE NEWS

## Serving Alcohol to Teens: Unsafe, Illegal, and Irresponsible

The legal drinking age protects kids. Did you know that since laws established 21 as the minimum drinking age, the likelihood that a 15-20 year old driver will be involved in a fatal car crash has dropped by more than half?

The “We Don’t Serve Teens” program, a national program targeting underage drinking, has developed a Website, [www.DontServeTeens.gov](http://www.DontServeTeens.gov), summarizing the available information on teen drinking and the legal drinking age. The site reveals that over the two decades following adoption of the legal drinking age of 21, drinking by high school seniors has dropped substantially. “This is important because teens that drink harm themselves and others,” says Mary Engle of the Federal Trade Commission, the nation’s consumer protection agency. “Our kids are a precious resource, and the data shows that the legal drinking age of 21 is a law that protects them.” She points to a U.S. Surgeon General report showing that about 5,000 kids under the age of 21 die each year from alcohol-related injury, including crashes, homicides and suicides.

Unfortunately, too many teens still say alcohol is easy to get, and a U.S. government survey shows that most of those who drink alcohol do not pay for it. Instead, they get it from older friends, from family members, at parties, or they take it from home without permission. Further, once kids start drinking, most engage in binge drinking, meaning that they have five or more drinks in a short time span with the goal of getting drunk. “This is why the ‘We Don’t Serve Teens’ program targets easy teen access to alcohol. The message is, don’t provide alcohol to teens because it is unsafe, illegal, and irresponsible.” Engle continues. “And most adults agree about this; in fact, only 9 percent of American adults think that it is okay for adults to provide alcohol to underage youth.”

The [www.DontServeTeens.gov](http://www.DontServeTeens.gov) site provides parents with things to do and say to reduce teen access to alcohol. It recommends that parents keep track of alcohol at home and speak up when underage drinking is discussed. “Be frank and tell other parents that you don’t want them serving alcohol to your teen or condoning teen drinking,” says Engle. “And talk to adults who host teen parties. Let them know that it is not okay to serve alcohol to someone else’s teen.” Most teens that drink get alcohol from social sources, like parties and older friends. Teen drinking is linked to injury and risky behavior. We can reduce underage drinking by stopping easy access to alcohol. Talking to your kids about the harmful effects of alcohol and drugs is a first step towards the development of healthy lifestyle patterns. For those parents looking for ways to start the conversation with their child about drugs and alcohol, a number of great free resources are available at [www.cadyinc.org](http://www.cadyinc.org).

Source: FTC



## Synthetic Drugs - FAST FACTS

### **FACT #1**

The term “bath salts” refers to an emerging family of drugs containing one or more synthetic chemicals related to cathinone, an amphetamine-like stimulant found naturally in the khat plant.

(NIDA)

### **FACT #2**

SPICE, a synthetic cannabinoid, can raise blood pressure and cause reduced blood supply to the heart (myocardial ischemia), and in some cases it has been associated with heart attacks.

(NIDA)

### **FACT #3**

Bath Salts typically take the form of a white or brown crystalline powder and are sold in small plastic or foil packages labeled “not for human consumption.” (NIDA)

### **FACT #4**

The American Association of Poison Control Centers supports the nation’s 55 poison centers in their efforts to prevent and treat poison exposures. Poison Centers offer free, confidential medical advice 24 hours a day, seven days a week through the Poison Help line at 1-800-222-1222. This service provides a primary resource for poisoning information and helps reduce costly hospital visits through in-home treatment. (AAPCC)

### **FACT #5**

Molly is dangerous because of the toxic mix of unknown chemicals; users have no idea what they’re taking or at what dose. The formulas for synthetic drugs keep changing, and they’re manufactured with no regard to how they affect the user. (DEA)

### **FACT #6**

“Pink” belongs to a family of deadly synthetic opioids far more potent than heroin or morphine. It is usually imported to the United States, mainly from illicit labs in China. The drug can be toxic—even in small doses. It is typically taken by itself or combined with other drugs such as heroin and fentanyl. (NIDA)

## LET’S TALK ABOUT

# MOLLY

Molly, a form of the synthetic drug Ecstasy, or MDMA, seems to be the social drug of choice for many young people at parties and festivals. Is Molly a New Drug? Molly is the “new” street name for an old drug known as Ecstasy. This new name, along with the misinformation that it is pure, has helped clever marketers sell an illegal and dangerous product. What is Molly? Molly comes in pills, tablets or capsules and is the powder or crystal form of MDMA. It is a synthetic stimulant with hallucinogenic qualities causing a person to feel more energy, euphoria, and connection to others, while distorting their senses and awareness of time. Is Molly Safe? NO. It can cause anything from involuntary teeth clenching, muscle tension, a loss of inhibition, nausea, blurred vision, chills and/or sweating. More serious risks can include increased heart rate and blood pressure, seizures and death. When used in hot crowded conditions, such as a concert venue, Molly can lead to severe dehydration and a dramatic rise in body temperature. This can cause muscle breakdown, serious heart, kidney and liver problems. The MYTH of Molly... To fuel the hype, many celebrities including Miley Cyrus, Madonna, Lil Wayne and Kanye West have sung praises to this harmful drug. Despite claims of being pure, the drug is often “cut” or mixed with other harmful substances. As with all illegal synthetic drugs, Molly is made, packaged and distributed underground. It is imperative that people understand that they never truly know what combination of chemicals they are taking. While pure MDMA is far from safe, the altered drug sold as Molly is even more dangerous – it has killed people and caused reactions that require emergency medical and psychiatric intervention.

Source: NIDA

# Risky Drinking Can Put a Chill on Your Summer Fun

Summer is a wonderful time for outdoor activities with family and friends. For many people, a day at the beach, on the boat, or at a backyard barbecue will include drinking alcoholic beverages. But excessive drinking and summer activities don't mix. Drinking impairs both physical and mental abilities, and it also decreases inhibitions—which can lead to tragic consequences on the water, on the road, and in the great outdoors. In fact, research shows that up to 70 percent of all water recreation deaths of teens and adults involve the use of alcohol.

**Swimmers can get in over their heads.** Alcohol impairs judgment and increases risk taking, a dangerous combination for swimmers. Even experienced swimmers may venture out farther than they should and not be able to make it back to shore, or they may not notice how chilled they're getting and develop hypothermia.

**Surfers could become over confident and try to ride a wave beyond their abilities.** Even around a pool, too much alcohol can have deadly consequences. Inebriated divers may collide with the diving board, or dive where the water is too shallow.

**Boaters can lose their bearings.** According to research funded by the National Institute on Alcohol Abuse and Alcoholism, alcohol may be involved in 60 percent of boating fatalities, including falling overboard. And a boat operator with a blood alcohol concentration (BAC) over 0.1 percent (approximately 4 to 5 drinks) is 16 times more likely to be killed in a boating accident than an operator with zero BAC.

According to the U.S. Coast Guard and the National Association of State Boating Law Administrators, alcohol can impair a boater's judgment, balance, vision, and reaction time. It can also increase fatigue and susceptibility to the effects of cold-water immersion. And if problems arise, intoxicated boaters are ill equipped to find solutions. For passengers, intoxication can lead to slips on deck, falls overboard, or accidents at the dock.

**Drivers can go off course.** The summer holidays are some of the most dangerous times of the year to be on the road. When on vacation, drivers may be traveling an unfamiliar route or hauling a boat or camper, with the distraction of pets and children in the car. Adding alcohol to the mix puts the lives of the driver and everyone in the car, as well as other people on the road, at risk.

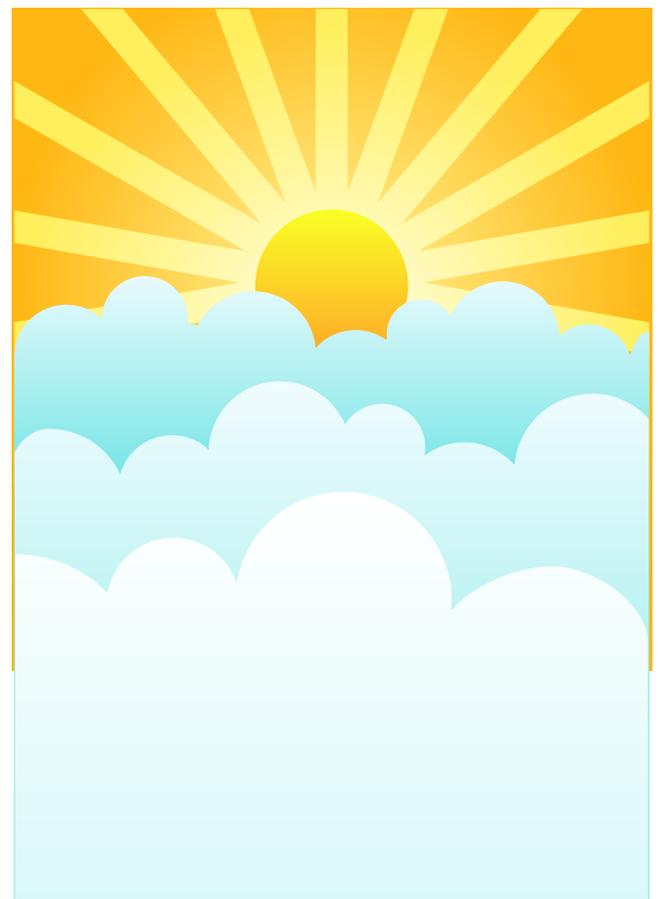
**Stay hydrated and stay healthy.** Whether you're on the road or in the great outdoors, heat plus alcohol can equal trouble. Hot summer days cause fluid loss through perspiration, while alcohol causes fluid loss through increased urination.

Together, they can quickly lead to dehydration or heat stroke. But this doesn't have to happen. At parties, make at least every other drink a nonalcoholic one.

If you're the host, be sure to provide plenty of cold, refreshing nonalcoholic drinks to keep your guests well hydrated.

Summer will end, but consequences can endure. You can have fun in the sun and still be safe. Avoiding beverages that cause mental and physical impairment while piloting a boat, driving a car, exploring the wilderness, and swimming or surfing is a good place to start. Be smart this summer—think before you drink, and make sure that you and your loved ones will be around to enjoy many summers to come.

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). (Source: NIH)



# Marijuana: Shatter the Myths

Do you know the facts about marijuana? Here are some common myths debunked.

**MYTH:** Marijuana is harmless.

**FACT:** Marijuana is the most widely used illegal drug among youth today and is more potent than ever. Marijuana use can lead to a host of significant health, social, learning, and behavioral problems at a crucial time in a young person's development. Getting high also impairs judgment, which can lead to risky decision making on issues like sex, criminal activity, or getting in a vehicle with someone who is under the influence of drugs or alcohol. Getting high also contributes to general apathy, irresponsible behavior, and risky choices.

**MYTH:** You can't get addicted to marijuana.

**FACT:** Don't be fooled by popular beliefs. Kids can get hooked on pot. Research shows that marijuana use can lead to addiction. Each year, more kids enter treatment with a primary diagnosis of marijuana dependence than for all other illegal drugs combined.

**MYTH:** There's not much parents can do to stop their kids from "experimenting" with marijuana.

**FACT:** Most parents are surprised to learn that they are the most powerful influence on their children when it comes to drug use, so this message needs to start with parents. Kids need to hear how risky marijuana use can be. They need to know how damaging it can be to their lives. And they need to begin by listening to someone they trust. By staying involved, knowing what their kids are doing, and setting limits with clear rules and consequences, parents can keep their kids drug free.

-ONDCP



## Mixed Messages ON MARIJUANA

Confusing messages being presented by popular culture, media, proponents of "medical" marijuana, and political campaigns to legalize all marijuana use, perpetuate the FALSE notion that marijuana is harmless. Marijuana and other illicit drugs are addictive and unsafe – especially for use by young people. Marijuana contains chemicals that change how the brain works. The science, though still evolving in terms of long-term consequences of marijuana use, is clear:

MARIJUANA USE IS ASSOCIATED WITH:

- ADDICTION
- RESPIRATORY PROBLEMS
- MENTAL ILLNESS
- POOR MOTOR PERFORMANCE
- COGNITIVE IMPAIRMENT AND OTHER NEGATIVE EFFECTS WITH MEMORY AND LEARNING

Across the country, marijuana use is on the rise. Despite some viewpoints that marijuana is harmless, these figures present a sobering picture of very real consequences and harm:

- Marijuana is the most commonly used illicit drug in the United States. In 2015, 22.2 million Americans, age 12 and older, reported using the drug within the past month (SAMHSA).
- Among youth, heavy cannabis use is associated with cognitive problems and increased risk of mental illness (SAMHSA).
- Over the past two decades, hospital treatment admissions for marijuana have increased significantly, which coincides with the sharp rise in potency of marijuana (ONDCP).

SHATTER THE MYTHS WITH FACTS! For factual and science based information about marijuana visit [WWW.CADYINC.ORG](http://WWW.CADYINC.ORG).

## June is Most Popular Month for College Students to Try Marijuana and Alcohol



A study from the Substance Abuse and Mental Health Services Administration (SAMHSA) analyzed the variation of substance use among college students and discovered a trend: June is the most popular month for trying marijuana and alcohol for the first time.

Substance use experimentation is popular in college, as students are living on their own surrounded by peers. About one in five full-time college students aged 18 to 22 have used illegal drugs in the past month and over half have consumed alcohol. According to National Survey on Drug Use and Health (NSDUH) data, first use of alcohol, cigars, cigarettes, marijuana and/or inhalants peaked in June and July, which the researchers attributed to summer break from classes when students have more idle time. Researchers are interested in learning more about the initiation of drug and alcohol use to inform the development of prevention strategies, both on and off campus.

Alcohol use is defined as having more than a sip or two from a can or bottle of beer, a glass of wine or a wine cooler, a shot of liquor, or a mixed drink with liquor in it. Of the 657,000 full-time college students that were surveyed, about 450,000 were under the legal drinking age when they initiated drinking; this averages to about 1,200 new users per day between 18 to 20 years old. The daily average for first use of alcohol among full-time college students peaked in June with 2,475 new users per day; the daily average for first use was higher in June, July, September and December. Among college students 18 – 22 years old, tobacco use is legal. In the study, cigar and cigarette use are defined as smoking “part or all” of a cigar or cigarette in the past year. The daily average of new cigar users peaked in June and July, when on an average day about 1,700 to 2,200 college students smoked cigars for the first time. The daily average of cigarette use was highest in June, September and October, when on average between 1,300 to 1,400 college students smoked cigarettes for the first time.

Marijuana is the most common type of illicit drug used in the United States, according to the study. Marijuana use can be inhaled through joints or in a pipe, but also can be cooked in food. In the study, about one out of every five full-time college students aged 18 to 22 were current marijuana users, which equals approximately 1.7 million students using marijuana in the past month. On an average day in June, 1,500 college students try marijuana for the first time; in other months, first-time marijuana use was significantly less, averaging between only 900 – 1,200 new users per day.

“These findings show that college students are vulnerable to substance use at any time – not just when they are away at school,” said SAMHSA Acting Administrator Kana Enomoto in a news release. “That means that parents, college counselors, faculty members, staff, mentors, and other concerned people must take every opportunity to talk with college students about the risks of substance use and where they can turn for help.”

Thank you to CADCA for use of this article.

# THE CONNOR PROJECT

Connor Eckhardt was your typical California teen who enjoyed surfing, skateboarding, and snowboarding. But July 11, 2014 was not your typical day and was the worst day imaginable for Connor and his family.

On that day, Connor inhaled one hit, just one hit, of a synthetic drug known as Spice or K2, and slipped into a coma and never woke up again. Connor was just 19 years old at the time of his death. Connor's story begins with his love of his family, of the outdoors and his home town Roseville, California. A suburb of Sacramento, Roseville is one of the largest cities in Placer County with a population of about 130,000 people. Roseville, like so many other US cities, is a great place to live and work and has a relatively low crime rate. In addition to Connor's passion of outdoor activities, he enjoyed music and was going to be a worship leader and songwriter.

Connor also had a passion for mission work. In other words, Connor was a young man with hopes and dreams, looking to his future. In a moment of peer pressure, Connor decided to try this synthetic drug, also known as Spice or K2, (synthetic drugs go by a wide variety of different names), as so many other teens and young adults have done in towns and cities across our nation. However, shortly after just taking that one hit of Spice, Connor didn't feel well and laid down to "sleep it off."

Connor didn't feel well and laid down to "sleep it off." He never woke up again. Synthetic drugs, may seem legal and safe. They can be sold at your local smoke shop or convenience store alongside other items we use every day. They can be packaged with happy cartoon characters and look like candy. It can be marketed as "synthetic marijuana," "fake pot," or a "legal" substitute...but these synthetic drugs are not safe and they are not some sort of alternative to marijuana.

How could they be harmful? Not only are they not safe, they can be deadly and cause severe side effects. Synthetic dugs, (or NPS's-New Psychoactive Drugs as they are known) are really poisons. They are not made in some white-coat laboratory. These NPSs are being fabricated by underground chemists and sold to our youth. There is no regulation and inspection of the chemicals and compounds of synthetic drugs. Each synthetic drug packet varies in strength and the types of chemicals being used can be totally different from packet to packet even within the same brand name. For example, one packet can cause severe side effects, including death, while another packet from the same batch may have milder effects.

Additionally, since each person's brain chemistry is different, the same packet can have significantly different effects from person to person. While these drugs were initially "legal" they continue to be readily available. The underground chemists are continually changing the molecular structures to stay a step ahead of any legislative controls that are enacted making it very difficult to control or regulate synthetic drugs. Synthetic drugs continue to be easy to acquire and are even available over the Internet or at convenience stores, gas stations and head shops. This availability adds to the confusion regarding the safety and legality of these products. One of the most significant dangers of these drugs is the lack of consistency in the manufacturing process (i.e. dosages and chemicals used are inconsistent).

These substances are not tested or approved for human consumption and are often compared to a game of "Russian Roulette" for the user. There are no safe dosages and none of these products are approved by the Food and Drug Administration. Connor thought the same as many kids – this was a legal buzz, easy to find, inexpensive, and safe.

Tragically, thousands of youth all around the world are learning otherwise. Synthetic drugs are marketed towards young kids and teens. They are deceptively packaged to look attractive and safe. Synthetics now even come in liquid and candy forms. This creates a confusing landscape with a lot of deceptive messages. Connor didn't know the facts about synthetic drugs. He didn't have this information and took just one hit of this synthetic drug and had an immediate bad reaction. No one checked on him until the next morning when he was found non-responsive, and only then was he rushed to the hospital.

While at the hospital, Connor's medical tests did not detect Spice/K2 in his system. This is fairly common because synthetic drugs do not show up in the typical drug and alcohol tests. In fact, testing and identifying synthetic drugs is very difficult due to the ever-changing ingredients and components in these drugs, making it very difficult for scientists to develop a standardized way to test for them.

In July 2014, Connor Reid Eckhardt with his family at his side, passed away. His family has dedicated their lives to informing others of the dangers of synthetic drugs. Through their efforts, Devin and Veronica Eckhardt honor the memory of their son Connor. Their hope is that by sharing their tragic story, young people and parents will be educated and made aware of the dangers of synthetic drugs. Please visit the Connor Reid Eckhardt Facebook page. The "ConnorProject" at Instagram and "@stopsynthetics" on Twitter. (Source: DEA)

## **Shelby County Drug Free Coalition announces a Request for Applications 2018 Grant Cycle**

Each year the Shelby County Drug Free Coalition offers funding opportunities to agencies seeking to reduce substance abuse in Shelby County. Grants will be awarded to projects in three areas: Prevention/ Education, Treatment/Intervention and Criminal Justice/Law Enforcement. Proposals requests must be for Shelby County residents/ businesses and must address one of the Objectives contained in the Coalition's Comprehensive Community Plan. Grants will be for a one-year period from January 1, 2018 through December 31, 2018.

Residents/Businesses who meet the objectives above are encouraged to submit an application. Applications will be available on Monday August 28, 2017. Applications can be obtained on line at [www.shelbycountdrugfree.com](http://www.shelbycountdrugfree.com) . Shelby County Drug Free Coalition Community Fund dollars are comprised of alcohol and other drug offender fees collected by Shelby County. Submit an emailed copy to [scdfc.lkspringer@gmail.com](mailto:scdfc.lkspringer@gmail.com) no later than 4:00 p.m. on Friday September 29, 2017.

# JUNE

## FAST FACTS

### FACT # 1

Some parents think that providing alcohol to teens at home decreases the risk for continued drinking as teens get older, and subsequent drinking problems later in life. The opposite is true - parents should be aware that supplying alcohol to minors actually increases, rather than decreases the risk for continued drinking in the teenage years, and leads to subsequent drinking problems later in life. (Partnership for Drug-Free Kids)

### FACT # 2

There is a 40% increase in first-time youth marijuana use during June and July compared to the rest of the year. On an average day in June or July, more than 4,800 youths try marijuana for the first time. (SAMHSA)

### FACT # 3

Parents are the most powerful influence on their kids when it comes to drugs. Two-thirds of youth ages 15-17 say losing their parents' respect is one of the main reasons they don't smoke marijuana or use other drugs. (SAMHSA)

### FACT # 4

Young people drink less often than adults, but when they do drink, they consume more than adults. On average, young people have about 5 drinks on a single occasion, which is considered binge drinking. (NIAAA)

# JULY

## FAST FACTS

### FAST FACT #1

Alcohol remains one of the most widely used drugs by teenagers. In 2016, close to half (46%) of 12th graders and 8.6% of 8th graders reported having been drunk at least once in their life. (MTF, 2016)

### FAST FACT #2

As children mature, it is natural for them to assert their independence, seek new challenges, and try taking risks. Underage drinking is a risk that attracts many developing adolescents and teens. Many want to try alcohol, but often do not fully recognize its effects on their health and behavior. Peer pressure, the desire for increased independence and stress are other reasons why young people begin drinking or using other drugs. (NIDA)

### FAST FACT #3

31.9% of drivers involved in fatal car crashes tested positive for at least one non-alcohol drug. (NHTSA)

### FAST FACT #4

Underage youth who drink are more likely to carry out or be the victim of a physical or sexual assault after drinking than youth their age who do not drink. (NIDA)

# August Fast Facts

## *FACT #1*

The estimated costs related to crime, lost worker productivity and health care of illicit drug and alcohol use in America is \$428 billion dollars a year. (NIDA)

## *FACT #2*

81% of 12th graders and 34.6% of 8th graders report marijuana is fairly easy or very easy to obtain. (MTF, 2016)

## *FACT #3*

*Adding to Club Drug MDMA's (aka: Molly) risks, is that pills, capsules, or powders sold as Ecstasy and supposedly "pure" Molly may contain other drugs instead of, or in addition to, MDMA. Much of the Molly seized by the police contains additives such as cocaine, ketamine, methamphetamine, over-the-counter cough medicine, or synthetic cathinones ("bath salts"). (NIDA)*

## *FACT #4*

*A growing trend among young adults and teens is mixing energy drinks with alcohol. About 25% of college students consume alcohol with energy drinks, and they binge-drink significantly more often than students who don't mix them. (NIH)*