



Newsletter

May 2017

Teen Drinking and Driving – A Dangerous Mix

Car crashes—the #1 killer of teens—take about 3,000 young lives every year. As a parent, you should know that the main cause of teen crashes is driver inexperience. All new drivers—even high academic achievers and “good kids”—are more likely than experienced drivers to be involved in a fatal crash. It’s a fact.

Teen drivers are three times more likely than more experienced drivers to be in a fatal crash. Drinking any alcohol greatly increases this risk for teens.

- An average of one alcohol-impaired-driving fatality occurred every 53 minutes in 2015. (NHTSA)
- One in 10 high school students drink and drive. (CDC)
- Young drivers (ages 16-20) are 17 times more likely to die in a crash when they have a blood alcohol concentration (BAC) of .08% than when they have not been drinking. (CDC)
- Approximately one-third of all traffic crash fatalities in the United States involve drunk drivers (with BAC of .08 or higher). (NHTSA)

As a parent, you have the greatest influence over your teen’s behavior. In fact, leading experts believe parents play a key role in preventing teen car crashes and deaths. Here’s what you can do:

- Understand that most teens who drink do so to get drunk.
- Recognize the dangers of teen drinking and driving and that teen drivers are at much greater risk of crashing after] drinking alcohol than adult drivers.
- Provide teens with a safe way to get home (such as picking them up or paying for a cab) if their driver has been drinking.
- Model safe driving behavior.
- Consider tools like parent-teen driving agreements to set and enforce the “rules of the road” for new drivers. Safe driving habits for teens include the following: never drink and drive; follow state Graduated Driver Licensing (GDL) laws; wear a seat belt on every trip; limit nighttime driving; set a limit on the number of teen passengers; never use a cell phone or text while driving; and obey speed limits.

The good news is that you can make a difference by getting involved with your teen’s driving. Learn about the most dangerous driving situations for your young driver—and how to avoid them. Get your copy of CDC’s parent-teen driving agreement and learn more about safe teen driving at www.cdc.gov/ParentsAreTheKey.





Communities Key to Fighting Opioid Crisis, HHS Secretary Says

In March, President Trump called opioid abuse in the U.S. "a total epidemic," and issued an executive order creating a commission focused on combating the opioid crisis.

On Wednesday, the White House announced it would appoint Massachusetts Gov. Charlie Baker, North Carolina Gov. Roy Cooper, former Rhode Island Rep. Patrick Kennedy and Harvard Medical School researcher Bertha Madras to the commission, which is headed by New Jersey Gov. Chris Christie.

The secretary of health and human services, Tom Price, is now touring communities that have been hit especially hard by painkiller and heroin overdoses. Price spoke to NPR's Rachel Martin shortly after visiting West Virginia. He talked about his agency's role in combating drug addiction, as well as the potential impact of the health care bill recently passed by House Republicans. The interview has been edited for length and clarity.

Interview Highlights

On the administration's approach to opioid abuse in the U.S.

The purpose of this tour is to punctuate the president's commitment to solving the opioid crisis. The numbers, as you know, were absolutely astounding: 52,000 overdose deaths in 2015, [and] 33,000 of those by opioid overdose. So what we're trying to do is to learn from folks on the ground. What are their best practices? What kinds of things are they doing that are working to solve this crisis?

On the resources being promised to state governments

This administration's commitment to this is unparalleled. There are hundreds of millions of dollars that are coming forth to fight the opioid crisis. Just two or three weeks ago we let, from the federal government, over about \$485 million of grants to states. So resources are important but they're not everything, because we're still losing as a nation in this arena.

On President Trump's budget proposal to reduce funding for the Office of National Drug Control Policy by 95 percent

This is an office within the White House — not within the Department of Health and Human Services, but within the White House. I think if you step back and look at the entire federal spending on the opioid crisis, folks will see that, in fact, hundreds of millions of dollars more [in] spending is occurring on the opioid crisis.

The budget's a work in progress, so I don't know that any final decisions have been made [about funding], but the president's commitment to this challenge is unquestioned.

On the health care bill recently passed by House Republicans

Well, the health care proposal itself is an effort to try to save the health care system from the challenges that it currently has. Premiums are going up; deductibles are going up. So, it's failing the very people that it's supposed to help.

The goal of the of the new health care legislation is to improve that system so that every single American has access to the kind of coverage that they want for themselves and for their families.

On the current loophole in the Republican health bill that would allow states to stop requiring insurers to cover essential benefits, including substance abuse treatment

No, what [the bill] does is stipulate where those decisions should be made. Should those decisions be made at the federal level or should they be made at the state level? And there's a mountain of evidence that demonstrates that, when those decisions are made at the state level, they're more responsive to the constituents.

IN THE NEWS

FACT #1

Research on alcohol and drug use, and addiction, has led to an increase of knowledge and to one clear conclusion: Addiction to alcohol or drugs is a chronic but treatable brain disease that requires medical intervention, not moral judgment. (ONDCP)

FACT #2

Long-term studies on patterns of drug use among young people show that very few of them use other drugs without first starting with marijuana. For example, one study found that among adults (age 26 and older) who had used cocaine, 62 percent had initiated marijuana use before age 15. By contrast, less than one percent of adults who never tried marijuana went on to use cocaine. (NIDA)

FACT #3

Teens who are past month heavy marijuana users are significantly more likely than teens who have not used marijuana in the past to: use cocaine/crack (30 times more likely); use Ecstasy (20 times more likely); abuse prescription pain relievers (15 times more likely); and abuse over-the-counter medications (14 times more likely). This clearly denotes that teens that use marijuana regularly are using other substances at a much higher rate than teens who do not smoke marijuana, or smoke less often. (NIDA)

FACT #4

Only 45% of teens believe that abusing cough medicine to get high is risky, which means that over half believe it is not. (CADCA)

DID YOU KNOW...

According to the World Health Organization, the prevalence of heavy episodic drinking among 15-19 year olds is higher in European countries than it is in the U.S.



***We're working to keep kids
drug and alcohol free...
are you?***

**www.cadyinc.org
603-536-9793**



IN THE NEWS

SHATTER THE MYTHS WITH FACTS!

MYTH: Allowing teens to drink at home will make it less likely they will drink elsewhere.

FACT: Parents don't have to drink with their children to teach them responsible drinking. A recent U.S. study shows that when parents don't allow their teens to drink alcohol in high school, their children drink less in college and have fewer negative alcohol-related consequences than do kids of more permissive parents.

MYTH: European teens are less likely to have drinking problems because they are allowed to start drinking at an earlier age.

FACT: A recent European study tested the theory that parents can teach responsible drinking by letting their teenagers have alcohol at home. Researchers found that European teenagers drink more alcohol more often than their American counterparts and get drunk more frequently.

MYTH: The 21 minimum drinking age just makes kids want more alcohol because it is the "forbidden fruit."

FACT: If this were true, teen drinking would have increased after adoption of the legal drinking age. It did not — teen drinking has decreased by 24 percentage points since 1984. And here is another advantage of the law: the drinking habits of 18-year-olds have a big influence on younger teens — 13 to 17. Since the 21 minimum drinking age was enacted, data show a big decline in drinking by 10th and 8th graders too. (Source: FTC)

For information about how to talk to your kids about alcohol - visit www.cadyinc.org.

Congratulations!



Congratulations to the Shelby County Drug Free Coalition's Administrative Assistant Lizzy Clark on her graduation from Shelbyville High School. Congrats Lizzy!

Please join us on June 30th for
Movies in the Park!

Movies in the Park Summer Series

POOL FINDING DORY
Gates Open at 4pm
Dive-In Movie
June 9th
Meridian Park Pool
Sponsored By Cagney's
NO OUTSIDE FOOD OR DRINKS can be brought to the pool!

Nine Lives
Now Showing...
June 30th
Morrison Park
Sponsored By Shelby County Drug Free

NINJA TURTLES
Now Showing...
July 7th
Blue River Park
Sponsored By Shelby County Tourism

POOL SING
Gates Open at 4pm
Now Showing...
July 14th
Meridian Park Pool
Sponsored By Crossroads Community Church
NO OUTSIDE FOOD OR DRINKS can be brought to the pool!

ADMISSION IS FREE!

Movies Start At Dusk
For up-to-date movie information/cancellations check out our social media: Facebook, Instagram or Twitter.
Enjoy your favorite flicks on our GIANT inflatable movie screen. Pack a chair, blanket and a picnic and bring your entire family out for some FREE fun! Come relax and enjoy the show!
Concessions available for purchase on site.