

CC-ASAP

Choose Life, Not Drugs

AUGUST 2009

SPECIAL POINTS OF INTEREST:

- Lock your med's or dispose of them at the Sheriff's Office
- Know how to properly quench your thirst
- Don't forget to RSVP for the Celebration Luncheon—By Fri, Aug 14

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Social Norms Conference

Our Project Director and Alcohol Education Coordinator recently attended the Social Norms Conference in Minneapolis. The premise of social norms is to try to close the gap between our perceived realities and actual realities. It uses a variety of methods to correct negative misperceptions, and to identify, model and promote the healthy, protective behaviors that are the actual norm in a given population. For instance, most teenagers believe that their peers are smoking, drinking alcohol and smoking marijuana. However, the reality of what their peers are actually doing, or not doing

as the case may be, is very different. When we educate teens, and they realize that they are in the majority by not experimenting with these risky behaviors, they are far less likely to try those behaviors. Research shows us that the social-norms approach is far more successful than scare tactics or other methods. Those methods essentially hope to frighten individuals into positive change by insisting on the negative conse-



quences of certain behaviors. That kind of strategy has not changed the behaviors.

Social norms choose to celebrate the positive choices that

teens are making rather than to exaggerate or to focus on the minority of bad choices that a few make.

Our CARE Coalition at Murray State University has had success with using this technique on campus and we hope to take this approach into the local high schools and middle schools.

CELEBRATION LUNCHEON!

You won't want to miss out on this month's CC-ASAP meeting!

Join us on Friday, August 21, at the Murray Board of Education for this year's *Celebration Luncheon!*

We will start the luncheon with a catered meal provided by



the coalition at 12:30.

Dr. Kala Chakradhar, the coalition's evaluator, will

present the main points of the 2008 Kip Survey data. This is a survey taken by 6, 8, 10 and 12th graders every two years in the Murray and Calloway County



Schools on their alcohol, drug and other behavioral habits.

We all need to be aware of what is going on in our community

so we can work together to make a difference in preventing substance abuse.

Your attendance is strongly encouraged! We hope to see you there!

The CADCA Mid-Year Experience

CC-ASAP sent 5 representatives to Louisville, KY, July 27-30 for the Community Anti-Drug Coalitions of America (CADCA), training.

The CADCA conference opened my eyes to the desperate need for faith based and community coalitions to come together in preventing addiction and substance abuse. I learned valuable information to help aid in this much needed combination. This conference reaffirmed the passion I have to help churches reach out to the addicted community and added my desire to help churches come together with community coalitions to prevent addiction and substance abuse. I am excited to use what I

have learned at CADCA to strengthen my programs and teachings toward the faith based community. —Madea Erickson
 CADCA Mid Year Training provided a tremendous opportunity for learning. I was able to attend many sessions that gave us new tools to help organize better and sustain ourselves into the future. One particular training was for coalition staff and our responsibilities. I was reminded again how vitally important it is that we have a solid infrastructure and how this provides for stability for our future. Coalitions belong to the community and really work. There are benefits to membership, strength in numbers, relationships, diversity and resources, and finally, challenges. Successful coalitions

work on 2 levels – Inward work (staff, structure, evaluation) and Outward Work (tasks carried on by partners to achieve coalition goals). We are doing all of this very well but can always improve. I am here to see that we continue to improve in both of these areas. Other information I received involved environmental strategies on reducing underage drinking, and new information on sustainability. We had the chance to network with friends from New Hampshire to share our media plan and show the wonderful work by our Coalition Network Coordinator. We also met with other KY Coalitions for a special time of discussion regarding the direction of our state and substance abuse prevention. All those attending CADCA Mid Year Training made great use of this time of training and will do our best to apply all that we learned to make this a better community. —Dottie Kraemer



PRESCRIPTION DRUG ABUSE--A RISING PROBLEM

Most people take medications only for the reasons doctors prescribe them. But an estimated 20% of people in the United States have used prescription drugs for non-medical reasons. This is prescription drug abuse. It is a *serious and growing problem*.

Abusing prescription drugs can cause an addiction to:

- *Narcotics
- *Sedatives and tranquilizers
- *Stimulants

Experts don't know why this type of drug is increasing. The availability of them is probably one reason.



Doctors are prescribing more drugs for more health problems than ever before. Also, online pharmacies make it easier to get the prescription drugs, without a prescription, even for youngsters.

*Every day, 2,500 youth (12-17) abuse a prescription pain reliever for the first time.

*1/3 of all new abusers of prescription drugs in 2006 were 12-17.

*Prescription drugs are the drug of choice among 12 to 13 year olds; 13 is the average age of the first non-prescribed use of sedatives and stimulants.

*60% of teens (12-17) who have abused prescription painkillers first tried them before age 15.

*In 2006, about 3.1 million people aged 12-25 had used an OTC cough and cold medication to get high and nearly 1 million of those had done so in the past year.

*Fewer than 1/2 of teens believe that abusing cough medicine is risky.

*Nearly 1/2 of teens who have abused prescriptions painkillers also report use of two or more other drugs (most commonly alcohol and marijuana).

*Most people aged 12-25 who used OTC cold remedies to get high in the past year also used alcohol and illicit drugs; approximately 60% engaged in binge drinking too.

*4 out of 10 teens think prescription medicines are safer

to abuse than illicit drugs.

*3 out of 10 teens believe prescription painkillers—even if not prescribed by a doctor—are not addictive.

We need to know the truth, this is a dangerous and rising problem.

This is happening right in our own town, in the recent KIP Survey, the Murray and Calloway County students took in 2008, 14% of 12th, 17% of 10th, 6% of 8th and 4% of 6th graders claimed to have “taken other drugs including OTC drugs in order to get high in their lifetime”.



Also, 22% of 12th, 27% of 10th, 11% of 8th, and 5% of 6th graders reported taking narcotics, or drugs that require a doctor's prescription, without a doctor telling them to in their lifetime (2008 Kip Survey data).

This IS happening in our community!

Talk to your kids about the dangers of prescription drug abuse, and properly dispose of unused or expired medications to the Sheriff's Office in order to keep them out of others hands.

Properly dispose of unused or expired prescription drugs to the local Sheriff's Office.

Inhalant Abuse



When asked, "On how many occasions (if any) have you sniffed glue, breathed the contents of an aerosol spray can, or

inhaled other gases or sprays, in order to get high in your lifetime?" Of Murray and Calloway County Students, 14% of 12th, 16% of 10th, 13% of 8th and 11% of 6th graders reported trying these substances at least once.

When asked about the last year and last 30 day usage, the numbers decreased, though is still a serious, life threatening problem in our community.

What's so dangerous about a bottle of spray paint or can of deodorant spray? Plenty. Huffing these common household products can provide a quick high. As harmless as it may seem to kids, the risks of huffing and other types of inhalant abuse are real — and potentially lethal. Inhalants are ordinary household products, including hair spray, nail polish remover, vegetable oil spray, cleaning fluids and

spray paint. Huffing, sniffing or bagging concentrated amounts of these products can produce a quick high, usually lasting only a few minutes. Huffing is sometimes used as a generic term for any type of inhalant abuse. Specifically, however, there are various ways to abuse inhalants:

Huffing. To huff an inhalant, you soak a rag in an inhalant and press the rag to your mouth.

Sniffing. To sniff an inhalant, you sniff or snort fumes from an aerosol container. You may even spray an aerosol product directly into your nose or mouth.

Bagging. To bag an inhalant, you inhale fumes from a product sprayed or poured into a plastic or paper bag.

At first, huffing, sniffing or bagging causes a sense of euphoria. Abusing the inhalant repeatedly over several hours can prolong or intensify the high. For many kids, inhalants provide a cheap and accessible alternative to alcohol, according to

Mayo Clinic. And it may happen more often than you think. An estimated 1.1 million adolescents in the United States alone abuse inhalants every year, according to the National Survey on Drug Use and Health.

What are the risks of huffing?

The initial euphoria of huffing, sniffing or bagging may be followed by dizziness, slurred speech, and loss of coordination, inhibition and control. Some kids become agitated or irritable. Hallucinations and delusions are possible.

If an inhalant causes the heart to begin working too hard, a rapid, irregular heartbeat (Dysrhythmia) may trigger lethal heart failure. This can happen even to first-time inhalers — especially those who abuse butane, propane and chemicals in aerosols.

Chronic huffing, sniffing or bagging can cause weakness, fatigue, and serious liver and kidney damage. Permanent brain damage and hearing loss are possible as well.

Other devastating effects of huffing, sniffing or bagging may include:

Asphyxiation, when inhalants displace oxygen within the lungs, suffocation, when inhalants block air from entering the lungs, choking, seizures, loss of consciousness and even death.

"Madea, Transformed,"

a CD created

by Madea Faith Ministries, will be released in

September. This is a spiritual collection of songs to encourage all. The CD contains 2 newly released songs, as well as, original arrangements to familiar praise songs. Among these is

Madea's new single, "I Will Carry You."

You will feel the pull of the Holy Spirit as you listen to this passionate collection of songs praising Jesus and what He

Madea, Transformed!

has done for Madea and her family.

If you would like to purchase a CD please contact Madea Faith Ministries, Inc. at madeaf@gmail.com or call 270-293-1256.

The CD's can be purchased for \$15.90 (tax included). Pre-paid orders can be mailed to Madea Faith Ministries, Inc. P.O. Box 1858, Murray,

KY 42071. Please include: name, address, phone number,

quantity of CD's ordered along with payment. You will be able to pick up your CD at FBC of Murray, or the ministry office at 1704 Keenland Dr., Murray, KY 42071.

These will make great gifts of encouragement to anyone.

Be watching for information about a CD Release Concert to be held in September!



"You will feel the Holy Spirit as you listen to this passionate collection of songs"

Quench Your Thirst

Quench Your Thirst:

Wednesday, August 5, 2009.

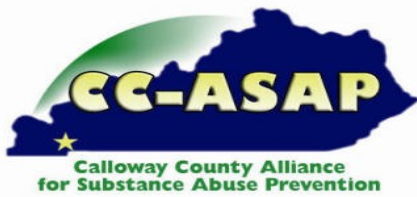
12:00 to 12:30 pm

in the Center for Health and Wellness Classroom.



Join Rebecca Wright, Registered Dietitian, for a discussion on

healthy ways to stay hydrated in the summer heat and throughout the year. So many products claim that they have all you need to stay hydrated, but many may contain more than you need and may do more harm than good. Join us and find out what to look for and what to avoid when you want to quench your thirst.



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Be Drug Free in Calloway County!



Blow Bubbles, Not Smoke

Annually due to secondhand smoke:

- 53,000 non smokers die
- 150,000-300,000 new cases of bronchitis and pneumonia in children under 18 months
- 8,000-15,000 hospitalizations of young children
- 60% of children 3-11 are exposed

- Causes respiratory symptoms in children and slows lung growth
- Sudden infant death syndrome
- Acute respiratory infections
- Ear problems
- More frequent and severe asthma attacks in children
- Secondhand smoke causes 30 times as many lung cancer deaths as all other air pollutants combined and is particularly harmful to children
- Contains at least 250 chemicals known to be toxic and more than 50 that cause cancer
- No amount of secondhand smoke exposure is safe

Blow bubbles with your children not smoke!!!

Upcoming Meetings/Events

Next CC-ASAP Meeting:

Celebration Luncheon!

Friday, August 21

12:30-2 pm

Murray Board of Education

**Please RSVP by Friday, Aug 14
to 762-7333 or**

lauren.ballantyne@calloway.kyschools.us

August 1—Fall Ball—Youth Baseball and Softball begins

Sign up at the parks office

August— Adult Co-Ed Softball begins—sign up now at the parks office

August 5—Calloway County back to school

August 11—Murray back to school

August 9— Make a Difference Day— 9am—1 pm at Roy Steward Stadium, MSU

August 22— Playful City USA Celebration of Play

August 24—Grandparents Raising Grandchildren—support group 12pm @ the Murray Board Office

(Anyone is welcome who is interested in resources and support in raising a family member)

August 26—Cubs Meeting—12pm @ Glendale Road Church of Christ

(The results of the recent United Way Community Survey will be presented outlining core priorities identified)

August 28— Cardiovascular Health—12-12:30 Center for Health and Wellness Classroom

(Join Kaylene Cornell, Health Educator with the Purchase District Health Department, for a discussion on how to guard your cardiovascular health in the summer heat as well as some precautions you may need to take for the winter months as well. You will also learn some of the warning signs of cardiovascular distress)