

Happy  
New Year!

# Choose Life, Not Drugs

JANUARY 2010

## SPECIAL POINTS OF INTEREST

- Learn how to start the new year off healthy!
- Cooper Clayton Method to QUIT SMOKING Classes available
- Start 2010 by Recycling at the next Make a Difference Day

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## Drug Court

In the past 20 years, one of the most dramatic developments in the movement to reduce alcohol and other drug abuse issues among the criminal justice population has been the implementation of drug courts across the country. There are now well over 2,300 drug courts operating in all 50 states, with Kentucky being one of the few states that can boast the availability of drug court in all counties throughout the state. The purpose of drug court is to guide offenders identified as alcohol and drug addicted into treatment that reduces drug dependence and improves the quality of life for offenders and their family. Research over the last 20 years has indicated that drug court works very well as a change agent in the cycle of substance dependence issues. American University research estimates that nearly 60% of those who enter drug courts are still in treatment after one year, versus general treatment retention studies that show a 10-

30% retention rate after one year. A key predictor of positive post-treatment outcome is treatment retention. Not only is the benefit felt by those participating in the drug-court programs, societal benefits are felt as well. Drug court generates savings in jail costs, victimization, theft reduction, public assistance and medical-claims costs. Evaluations show that criminal behavior was substantially reduced during participation in a drug court program as well as post-program recidivism for drug-court graduates when compared with matched groups. Successful completion of drug court is a difficult task. Much is required but the outcome is well worth the effort. The Drug-Court program in Calloway County is a minimal two-year experience and is a zero-tolerance program. Intensive supervision which includes 10pm curfews, unannounced home visits with law enforcement, random drug screens with as many as 5 weekly, full-time

employment, full-time school or the equivalent of community service hours are required, completion of a GED, as many as 4 self-help meetings a week, homework, daily journaling, treatment components and implementation of life skills. The tasks are daunting but reinforce the structure required to achieve a new way of living, substance free. Referrals for the drug-court program come through the judicial process with the Judge and Commonwealth Attorney agreeing that the individual may be considered for eligibility in the drug-court program.

*For more information about this program contact Jeanie Carson at:*

*jeaniecarson@kycourts.net.*





*'It's a New Year, so  
make it time to  
choose health for the  
New You!!'*

# New Year, New You!

Would you, or someone you know like to start the new year off by quitting smoking?

Here is an opportunity that will help you do just that!

Starting January 5, 2010 Cooper Clayton Classes will be offered to assist in the quitting process. The Cooper-Clayton method to stop smoking is a 13-week program that provides weekly education sessions in a supportive environment.

The program encourages the use of nicotine replacement therapy and

will be held every Tuesday for 13 consecutive weeks.

Classes will be held from 5:30-6:30 pm in the Center for Health and Wellness Conference Room.

### Registration is Required!

If you would like to sign up, or if you are interested in future classes and would like to have your name put on the waiting list, please call:

Melissa Ross @  
762-1832.

The Murray Calloway County Hospital will also be offering a free community educational session, New Year, New You! This event will be held from 11:30am—12pm Friday, January 8, 2010 at the MCH Wellness Center Classroom.

“Join Rebecca Wright, Registered Dietitian, for a discussion on how to make healthy choices for the upcoming year and learn about how to incorporate lifestyle changes into your routine in place of empty resolutions. It's a New Year, so make it time to choose health for the New You. This offering is open to the public.

## Madea Faith Ministries

Madea Erickson will be the presenter at the Prescription Drug Abuse Workshop, January 26th and 27th in Lexington, KY. She will be representing her

ministry, as well as encouraging all who work in drug abuse situations to keep it up! “I pray that my testimony will give an extra incentive for all participants to go back in to their commu-

nities with new hope about reaching addicts. My session will be called "The face of Hope." Self explanatory!”

Thanks and God Bless, Madea



# National Drug Abuse

Despite some positive signs, the latest Monitoring the Future survey of teen behavior and attitudes indicates troubling trends and perceptions regarding youth drug use. The annual, national survey of 8th, 10th, and 12th graders, conducted by the University of Michigan, this year indicated erosions in young people's perceptions of the harms associated with smoking marijuana, using Ecstasy, drinking alcohol, and using smokeless tobacco. Past surveys have found that such "softening" of teens' perceptions of drug harms has signaled future rises in rates of drug use.

The new data show that the improper use of legal substances, like prescription drugs and inhalants, commonly found in the homes

of teenagers and their friends, has become a significant problem:

- Seven of the 10 drugs most abused by high school seniors are prescription or over-the-counter drugs acquired primarily from teens' friends and relatives.
- The rate of use of inhalants in the last 30 days among 10th graders increased.
- Attitudes toward marijuana use are moving in the wrong direction. Among 8th and 10th graders, the perception of "great risk" associated with marijuana use declined; perceived harmfulness of marijuana deteriorated among 8th graders; and peer disapproval of marijuana use has also declined among 8th graders.

At the same time, the survey showed good news regarding the perceived availability and use of illicit drugs such as cocaine, methamphetamine, and hallucinogens. Among the positive trends:

- Both past year and past 30-day use rates of hallucinogens among 12th graders declined.
- Use of cocaine among 12th graders also was down both for past year and the past 30 days.
- Lifetime methamphetamine use among 8th graders dropped.
- The perceived availability of several types of drugs (including cocaine, sedatives, heroin and crystal meth) declined among 8th and 10th graders.

These survey results indicate that it is more important than ever that we work together to prevent more teens from using drugs. ONDCP is focused on redoubling its efforts to implement robust prevention and treatment programs - such as Drug-Free Communities, High-Intensity Drug Trafficking Areas and the National Youth Anti-Drug Media Campaign - to ensure that all federal, state, and local programs are aimed at addressing current and future challenges, rather than those of the past.

## 2010-Time to Make a Difference

Come be a part of the first Make a Difference Day of 2010!

Organizers from around our community work hard year round to provide an opportunity for us to make a difference, and recycle!

Save up any cans, aluminum, tin, plastic, eye glasses, ink jet cartridges, cell phones, mixed paper, newspaper, cardboard, glass, car oil, clothing, batteries and expired or unused prescription medications.

The Sheriff's office collects RX Meds to properly dispose of them, we know now that flushing them is unsafe for our water system. If you have these items, please bring them to Murray State's Roy Stewart Stadium Saturday, January 9 from 9am to 1pm.

Lets start 2010 by helping to make a difference in our community.

Items donated help some of our local non-profit organizations such as Big

Brothers, Big Sisters, CASA, The Lions Club, the local Sheriff's Office, WATCH, J U Kevil and the Murray and Calloway County Family Resource and Youth Service Centers.



**Research shows that underage drinking is NOT the majority!**

**Those who don't drink until age 21 are 4 times LESS likely to develop alcohol related problems.**

Parents who are actively involved in their kids' lives and set a clear rules and expectations on no alcohol use have a powerful influence on their children's decision to remain alcohol-free.



**What Parents can do:**

- ✓ Set a good example for your children regarding the use of alcohol.
- ✓ Get to know your children's friends & discuss ways your children can avoid drinking when they are feeling pressured by peers.
- ✓ Talk to other parents about ways to send a consistent, clear message that underage drinking is not acceptable or a "rite of passage."
- ✓ Encourage your children to participate in alcohol-free activities.
- ✓ Make sure you are at home for all your children's (alcohol-free) parties.

**CC-ASAP**  
Calloway County Alliance  
for Substance Abuse Prevention

762-7332  
[www.ccasap.com](http://www.ccasap.com)

## Next CC-ASAP

### Meeting:

**Friday, January 15**

**1-2 pm**

**@ Murray Board of  
Education**

**\*Bring a Friend!**

**Jan 1—Happy New Year!!!**

**Jan 5—Cooper Clayton  
Classes Begin**

**Jan 8—New Year, New You:  
MCCH Wellness Center  
Classroom @ 11:30am-12pm  
Free Community Educational  
Session on healthy choices  
and lifestyle changes**

**Jan 9—Make a Difference Day  
9-1 @ MSU Stadium Parking  
Lot**

**Jan 25—Grandparents Raising  
Grandchildren Support  
Group for Murray and  
Calloway County @ 12 pm—  
Murray Board of Education**

# 2010!!!

