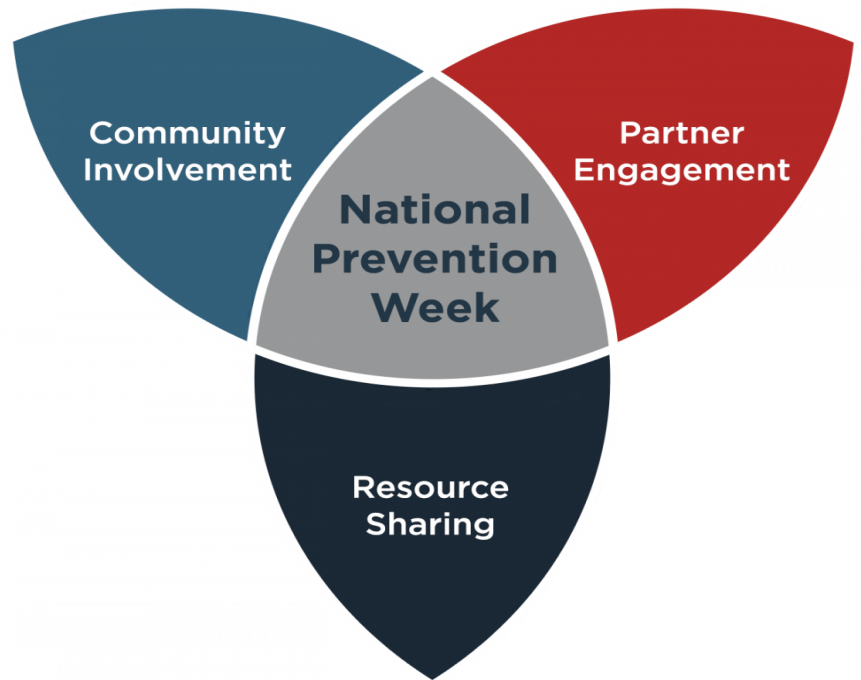


Special Edition

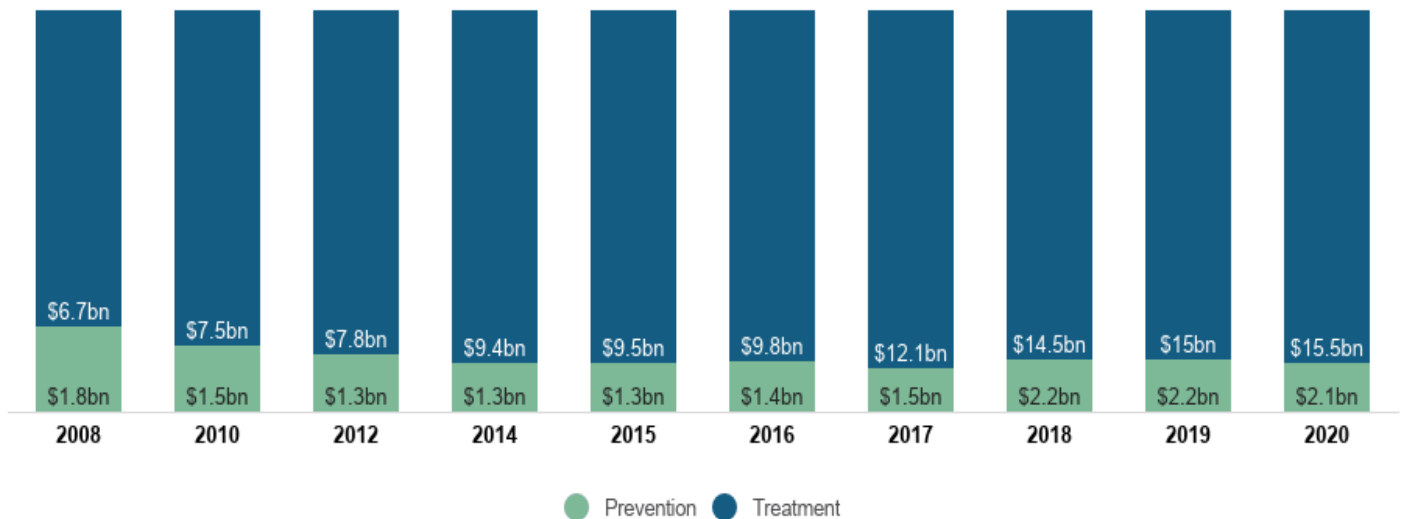
National Substance Abuse Prevention Month

There are approximately 25 million Americans, age 12 and older, that are current illicit drug users. And more than 17 million Americans within this age range are classified as dependent on or abusing alcohol.

Since 2011, October has been National Substance Abuse Prevention Month. This is a time to acknowledge the harm substance abuse can cause to individual and community health. Also to remember those who have lost their lives to drug addiction and to encourage the formation of drug misuse education programs for the youth.



Federal Drug Control spending on treatment and prevention in the United States from 2008 to 2020



Underage Substance Use

Quick Statistics:

- By 12th grade, about two-thirds of student have tried alcohol
- About half of 9th through 12th grade students reported ever having used marijuana
- About 4 in 10 9th through 12th grade students reported having tried cigarettes
- 2 in 10 12th graders reported using prescription medicine without a prescription
- People 12 to 20 years of age consume about one-tenth of all alcohol consumed in the United States

Effects Substance Use can have on Teens:

Multiple studies have shown that excessive drinking in teens can result in delayed puberty and/or negative effects on the reproductive system, bone mineral density, the liver, and shorter limbs and reduced growth potential.



Substance abuse can also have effects on teen brain development by interfering with neurotransmitters and damaging connections within the brain, reducing the ability to experience pleasure, problems with memory, ingraining expectations of unhealthy habits into brain circuitry and inhibiting development of perceptual abilities.

Finally, the social and professional risks that come with underage substance abuse. Several of these consequences could haunt teens into their adulthood. Criminal records that cannot be expunged (ex. Driving drunk), car accidents, assaults, sexually transmitted diseases, unplanned pregnancies, wasted academic opportunities, late start in chosen career path and damaged relationships with friends and family.

Common Reasons Teens

Use Substances:

- Curiosity
- Peer Pressure
- Stress
- Emotional Struggles
- Desire to Escape

Signs of Substance Abuse:

- Red eyes and health complaints, such as being overly tired
- Less interest in school, a drop in grades, and skipping classes or school all together
- News friends who have little interest in their families or school activities
- Smell of smoke or other unusual smells on breath and/or on clothes

Can Teen Substance Use Be Prevented?

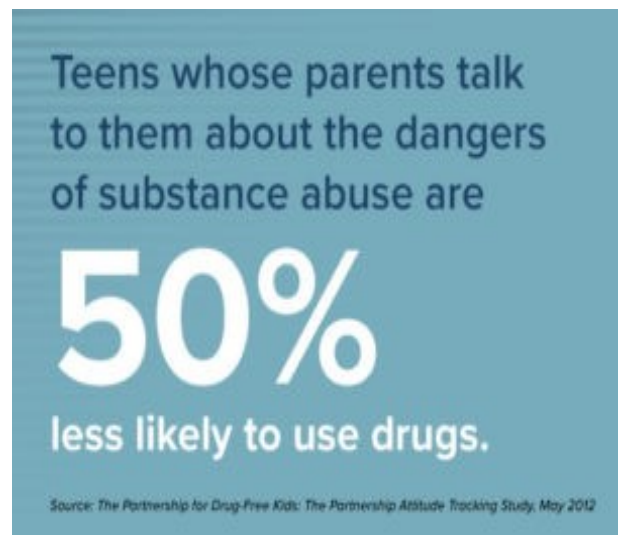
What Teens Can Do:

- Don't Give in to Peer Pressure. Get comfortable saying No to friends who offer alcohol and drugs. And/or surround yourself with friends who avoid alcohol and drugs all together.
- Develop Healthy Habits. Practice a balanced diet with exercise. Being health and active makes it easier for brain and body especially during stressful situations.
- Limit time spent on electronics. Excessive internet stimulation can not only create addictive tendencies by itself but also portray image and video content that glamorizes alcohol and drug use.
- Get involved. Volunteer. Compete in sports. Join an after school club.



What Parents Can Do:

- Be a good role model. If you drink alcohol do so in moderation. Use prescription drugs only as directed by a physician and stay away from illicit drugs.
- Talk to your child early about what you expect in their behavior toward alcohol, tobacco, and other drugs. If your teen thinks that you will allow substance use, they will more likely try drugs or alcohol
- Keep your teen busy with meaningful activities, such as sports, after school programs, or other groups.
- Expect your teen to follow the household rules. Set reasonable consequences for behavior that needs to change, and consistently carry out the consequences
- Keep talking with your teen. Praise your teen for even the little things that they do well
- Know your child's friends. Having friends who avoid cigarettes, alcohol, and drugs may be your teen's best protection from substance use



Schools and Communities on Substance Prevention

What Schools/Teachers Can Do:

- **Be a Good Source of Information:** Provide students with the facts about the harmful effect of underage drinking and drug use. Be open and honest about the dangers of alcohol, marijuana, and opioids
- **Show Them You Care:** Let students know that you care about their health, wellness, and success and tell them how alcohol, marijuana, and other drugs can impede those things.
- **Help Them Build an Exit Plan:** Some students may not have an interest in alcohol and other drugs, but will still feel like they need to partake in order to fit in. Explain that it's okay to say no, and help them think through an exit strategy in case a friend or family member tries to pressure them in the future.
- **Pass out Materials at Parent-Teacher Conferences or Orientation Nights:** Substance Abuse and Mental Health Services Administration (SAMHSA), the CDC and even local resources have tons of hand outs that could be useful for teachers/schools to give to parents.



What Communities Can Do:

- **Build awareness of substance use and misuse as a public health problem:** Community groups and coalitions can host community forums, town hall meetings, and listening sessions, and education and awareness days to foster conversations about substance misuse and substance use disorders and provide opportunities to educate the community, funders, and policy makers.
- **Invest in evidence-based prevention interventions and recovery supports:** Effective community-based prevention programs can reduce substance misuse.
- **Implement interventions to reduce harms associated with alcohol and drug misuse:** A comprehensive public health approach to addressing substance misuse includes implementation of evidence-based programs and policies, including distributing naloxone to first responders and others to reverse overdoses and implementing syringe exchange programs, as appropriate, to reduce the spread of HIV/AIDS and Hep C
- **Mobilize different sectors of the community to encourage change:** Community coalitions and community leaders should work together to mobilize health care organizations, social service organizations, educational systems, community-based organizations, government health agencies, religious institutions, law enforcement, local businesses, researchers, and other public, private, and voluntary entities to work toward reductions in substance misuse and substance use disorders and improve public health.



Opioid Prescription Medication Abuse in Our Communities

This event is brought to you by the following area Coalitions:

StoughtonCARES
Belleville Area Cares
Cottage Grove Cares
Northwest Dane Cares

Deerfield Cares
McFarland RADAR
Monona Cares

*Not recommended for those
under 15 years old.*

**Did you miss the forum last week Tuesday?
Not to worry, the recording is officially up on the
following websites:**

- <https://www.stoughtoncares.org/>
- <https://www.radarmc.com/>
- <https://www.bellevillewicares.org/>
- <https://www.mononacares.org/>
- <https://www.cottagegrovecare.org/>
- <https://www.deerfieldcares.com/>

Select the Community News tab and then select events on the coalition's websites

McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings



For time, day and place of meetings, please contact Cathy Kalina at cakcenters@hotmail.com

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>

The McFarland RADAR Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.