

Talk To your: Child/Grandchild • Niece/Nephew • Sister/Brother • Friend



About drugs & alcohol abuse

**YOU MAKE A DIFFERENCE
IN OUR COMMUNITY**
whenever you support and encourage a teen
to make positive and healthy choices.

Prevent the consequences of substance abuse

- ▶ Problems in school
- ▶ Problems with law enforcement
- ▶ Adult addictions

- ▶ **Recognize** when youth are doing well. Reward their good choices.
- ▶ **Be** a good role model.
- ▶ **Use teachable moments** from TV shows, movies, commercials, music lyrics and real life stories to explain what you mean.
- ▶ **Be direct.** Spell out clearly and plainly that alcohol and drug abuse will not be tolerated.
- ▶ **Discuss** the consequences.

West Allis • West Milwaukee
Community Coalition



Powerful Voices, Positive Choices

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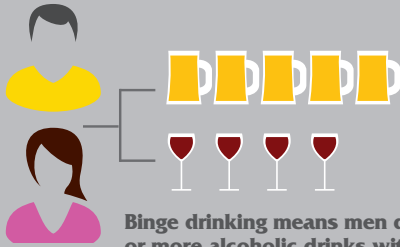
Did You Know?

The human brain is not fully developed

until
age
25



Focus on Drinking



Binge drinking means men drinking 5 or more alcoholic drinks within a short period of time or women drinking 4 or more drinks within a short period of time.



1 Drink =
12 oz. Beer
5 oz. Wine
1.5 oz. Spirits



Here's where we were in

Here's where we were in

Here's where we want to be in

25.2%

Percentage of Wisconsin youth who engaged in binge drinking during the past month.²

2009

24.0%

Percentage of Wisconsin youth who engaged in binge drinking during the past month.²

2011

8.6%

Healthy People 2020 Goal³

2020

What can you do?

- ▶ **What kind of example are we setting for our youth?**
 - ▶ When youth look up to us, we shouldn't always have a drink in our hands.
 - ▶ Don't serve alcohol to children, family members or their friends.
 - ▶ Have alcohol-free family events and parties – show you can have fun without alcohol.

- ▶ First use of alcohol at 12 or younger – prevalence of lifetime alcohol dependence is 41%⁴
- ▶ First use of alcohol at 21 years of age – prevalence of lifetime alcohol dependence drops to 11%⁴



Sources

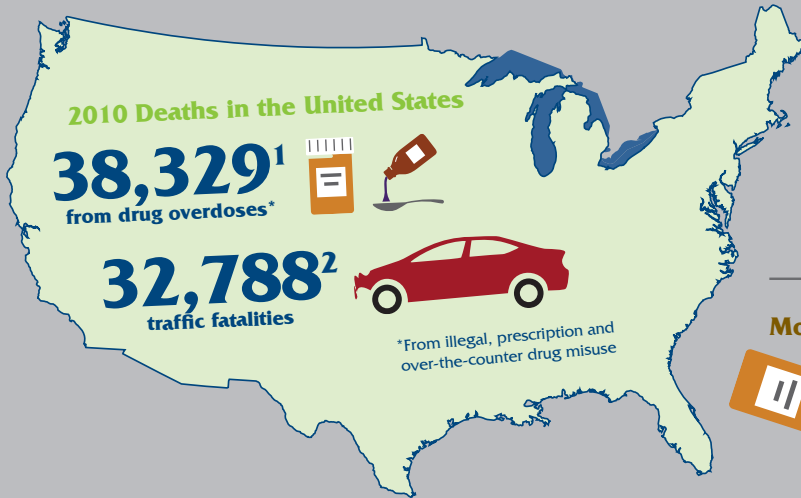
¹CDC Vital Signs – January 2012.

²2011 WI Youth Risk Behavior Survey (YRBS).

³Healthy People 2020.

⁴http://www.cadca.org/files/resources/AAP_Policy_StatementAlcohol_Use_by_Youth_and_Adolescents_A_Pediatric_Concern.pdf
Policy Statement Alcohol Use by Youth and Adolescents: A Pediatric Concern. COMMITTEE ON SUBSTANCE ABUSE. Pediatrics. Published online Apr 12, 2010.

Focus on Prescription Drugs



Prescription drug abuse means taking a prescription medication that is not prescribed for you, or taking it for reasons or in dosages other than prescribed.

Most widely abused prescription drugs³



- ▶ **Pain relievers:** Hydrocodone, Vicodin and OxyContin
- ▶ **Sedatives and tranquilizers:** Valium, Xanax, Ambien
- ▶ **Stimulants:** Adderall and Ritalin

Here's where we were in

20.5%

Percentage of Wisconsin youth who have taken prescription drugs without a doctor's prescription one or more times during their life.⁴

2009

Here's where we were in

18.1%

Percentage of Wisconsin youth who have taken prescription drugs without a doctor's prescription one or more times during their life.⁴

2011

Here's where we want to be in

5.5%

Healthy People 2020 Goal⁵

2020

Sources to obtain prescription drugs for nonmedical use. Averages from 2009-2010⁶

60.1%

from friend or relative for free

27.1%

from a doctor

11.2%

took from friend or relative without asking

What can you do?

- ▶ Lock up your medicine
- ▶ Keep track of your medicine
- ▶ Dispose of your medicine properly
 - ▶ 24 hour drug drop-off box available at:
 - ▶ West Allis Police Department (WAPD)
11301 W. Lincoln Ave.
 - ▶ West Milwaukee Police Department
4755 W. Beloit Rd.

Amount collected in 2012 from WAPD:
OVER 420 lbs!
of miscellaneous medications

Sources

¹National Center for Health Statistics.

²National Highway Traffic Safety Administration.

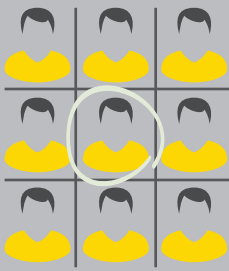
³NIDA Research Reports: Prescription Drugs: Abuse and Addiction, Revised Oct. 2011.

⁴2011 WI Youth Risk Behavior Survey (YRBS).

⁵Healthy People 2020.

⁶Cesar Fax - October 31, 2011 Vol. 20, Issue 41.

Focus on Marijuana



1 in 9 people

who use marijuana become addicted (about the same number as alcohol).

BUT start using marijuana in adolescence, the addiction rates jump to

1 in 6 people¹

Here's where we were in

18.9%

Percentage of Wisconsin youth using marijuana during the past month.²

2009

Here's where we were in

22%

Percentage of Wisconsin youth using marijuana during the past month.²

2011

Here's where we want to be in

6%

Healthy People 2020 Goal³

2020

77%

of US high school seniors thought there is not a great risk of harm from smoking marijuana occasionally.⁴



What can you do?

- ▶ Know the facts
 - ▶ Marijuana is the most commonly abused illegal drug in the US.
 - ▶ 37% of Wisconsin students reported using marijuana at least once in their lifetime.³ But that also means 63% of WI youth have not tried marijuana.
 - ▶ Today's marijuana is not the same as marijuana from the 60's and 70's, it's stronger & more potent.⁵



Sources

¹Budney, A. J., Roffman, R., Stephens, R. S., Walker, D. 2007. "Marijuana dependence and its treatment." Addict Sci Clin Pract, Vol 4, Issue 1, pp 4-10.

²2011 WI Youth Risk Behavior Survey (YRBS).

³Healthy People 2020.

⁴Johnston, L.D., O'Malley, P.M., & Schulenberg, J.E. (December 14, 2011). University of Michigan, 2011 Monitoring the Future Study.

⁵Debunking Marijuana Myths (MCTFT webinar).

Talk

early and talk often about all forms of substance abuse.

YOU CAN MAKE A DIFFERENCE