



Community Drug Coalition

Mission:

To improve the health and safety of our community by decreasing alcohol and other drug use among our youth.

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NEWSLETTER

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Please forward this newsletter to anyone who might be interested. Thank you!

DIRECTOR'S CORNER

As the coalition puts the finishing touches on the Drug Free Communities grant application, I can't help but be amazed by the depth of some of our local challenges with youth drug and alcohol issues. The grant request is for \$125,000 annually for 5 years, which can be reapplied for at year 6, for an additional 5 years. We missed this very competitive grant by one point last year and have high hopes for success. The expectation of the ONDCP, Office of National Drug Control Policy (funds the DFC grants), is that 150 grants will be awarded in August, 2010, between new applicants and year 6 applicants. In 2008, there were 769 Communities involved in DFC grant work. This program, enacted by congress is truly one of Washington's rare success stories. Communities funded by these grants do make a measurable difference in youth substance abuse reduction. The program delivers some 93% of federal monies directly to the communities, while maintaining fiscal and programmatic oversight.

One of the keys to a successful grant application is for coalitions to identify environmental strategies for local implementation. Environmental strategies, according to SAHHS, the Substance Abuse and Mental Health Services Administration (who administers the DFC grant) are "prevention efforts aimed at changing or influencing community conditions, standards, institutions, structures, systems and policies". The reason the grant is so focused on these strategies is because they are proven to work; proven to reduce drug and alcohol use among youth. As you would expect, they require massive community dedication and superb collaboration to achieve results.

One of the most frequently employed environmental strategies is implementation of regular alcohol compliance checks by local law enforcement. These checks involve training of undercover as well as underage agents, an appropriate media campaign to give advance notice to retail alcohol outlets of the impending checks, the institution of regular checks and uniform enforcement of violations. Frequent checks are then employed and the results are also published after each series of checks. Compliance rates will typically rise by 10 to 20 points over the period of a year if frequency and consistency of checks and prosecution uniformity is maintained.

Why do we care? Blaine County has an extraordinarily high level of retail alcohol outlets per capita, or per student, with little to no compliance work being done as there is a minimal state budget for compliance work. As of 2006, Idaho had some 4000 retail outlets, restaurants, bars, convenience and liquor stores selling alcohol products and Blaine County had approximately 275. Our outlet ratio per capita is double state averages and over triple outlet per student rates. We had one outlet for every 33 students compared to one for every 112 students statewide!

The great State of Idaho currently has one compliance officer for all 4000 outlets; the national average is one officer for every 275 outlets. Ironically, the national average is the same as our local number of outlets, in other words, we should have a dedicated compliance officer committed to Blaine County on a full-time basis. Idaho alcohol taxes brings in a nice chunk of state revenue, yet our state leaders decide to use these funds for other unrelated revenue needs without leaving a responsible share for this important work, not to mention monies to address the social costs and issues alcoholism creates like under and unemployment, violence, depression, suicide, addiction and treatment.

Communities which commit to regular compliance are able to reduce the availability of alcohol to youth over time and consequently are able to reduce youth usage. Further, causal studies link effective compliance policy with increased adult perception of risk which ties to an increase in adult disapproval of use by youth. These increased perceptions of risk and disapproval of use by adults is causally linked to an increase in perception of risk of using alcohol by youth which has a proven correlation to reduction in usage rates. The Blaine County Community Drug Coalition's logic model captures this theory nicely and will be a focus of our next coalition meeting. Social theorists argue these changes in community attitudes and reduced youth usage around alcohol will spread to other drugs, having similar impacts. The long and short of it is we can reduce our youth alcohol reported usage rates which are double and triple state averages by implementing a compliance policy, as identified above. It is the coalition's hope to receive funding for and convince community leaders of the need to do what the state should be doing but is not, slowing alcohol sales to underage youth.

Stick with us and make a dedicated effort to join our quarterly meetings, stay aware of our efforts, and bring new citizens into our umbrella! Environmental change requires huge political capital from parents, youth advocates and healthy youth; we need your help to convince policymakers of the importance of this work and how it saves young lives from risky behaviors and alcoholism. These costs hurt the individual, the family and all of society! Please join us at the Town Hall meeting next month to continue the dialogue.

Best,
Terry

BCCD Town Hall Meeting

The community dialogue continues!

What is the problem?

What are we doing?

There is a solution and the BCCD can help.

Saturday, March 27th from 9:30 to 11:30

Room 301

Community Campus...

Follow-up to the Winter Wake-Up Conference!

Issues raised at the conference:

Drug prevention

Bullies

Teen pregnancy

Parental connection

Programs for Kids After School

Featured Speaker:

***Dr. Lynn Hanks**

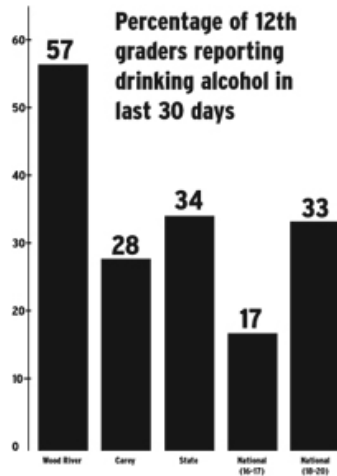
8 am to 9 am

(Special Encore Presentation)

**Dr. Hanks, MD, FASAM, is a graduate of the University of Notre Dame and Georgetown University School of Medicine. He is among the 100 pioneer physicians in the entire country who passed the first certification exam in Addiction Medicine, and he is also an honored fellow of the American Society of Addiction Medicine. Dr. Hanks is a Clinical Professor Emeritus at the University of Washington School of Medicine in the Department of Psychiatry and Behavioral Sciences. He served 13 years as the Director of the Washington Physicians Health Program, and he is also a Past President of the Federation of State Physician Health Programs.*

From the Idaho Mountain Express:

Percentage of 12th-graders reporting drinking alcohol in last 30 days



Drug use among local youth is "substantially higher" than the national average, according to a school survey of students.

Terry Basolo, director of the Blaine County Community Drug Coalition, said Carey and Wood River schools surveyed eighth- and 12th-grade students on drug use and then passed on the answers to the coalition. Basolo has since then compiled the data and compared local drug use to state and national statistics.

National numbers were taken from the 2008 National Survey on Drug Use and Health performed by the U.S. Department of Health and Human Services. State numbers came from the 2008 Idaho Substance Use and School Climate Survey.

Hi-Lites from the Winter Wake-Up Call:

Adolescent brain research

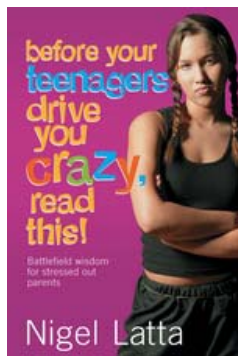
Susan Tapert, UCSD – San Diego

<http://psychiatry.ucsd.edu/faculty/stapert.html>

Social Networking and Teens

<http://www.common sense media.org/social-networks-and-teen-lives>

Book



"By popular demand, New Zealand's most popular parenting writer has drawn on his extensive experience in family therapy and working with the country's most difficult teenagers to write the book that will save the sanity of parents everywhere. Once you've negotiated the terrors of toddlerhood and the perils of primary school you think you've got a pretty good handle on this parenting thing - then along comes Mother Nature with her horrible

hormones and suddenly you're so far behind square one you're starting to wonder if this raging bundle of contradictions screaming at you was switched in the night by evil aliens. With his now trademark humour and pragmatic common sense approach, Nigel debunks the politically correct nightmare of perfect parenting and argues for sanity first - yours - and reclaiming the ground parents have lost in the great 'I'm my child's best friend' debacle. With international sales of Before Your Kids Drive You Crazy, Read This! in Israel, Portugal, Spain, Holland, Italy and Russia, and a major marketing campaign for an Australian edition next year, and a television series based on the first book in the pipeline, Nigel Latta is building a solid reputation in this challenging field."

2/3rds of teens surveyed say they don't want to lose the respect of their parents

Reactions to teen behavior:

- Listen
- Ask
- Take action

For your consideration:

Parenting Wisely

<http://www.familyworksinc.com/>

Family Parenting Partnership

<http://www.parentingpartnerships.com/>

From Rose Quinby:

- Believe in your own power!
- Eat dinner 4-5 times each week
- Set examples
- Recognize your child
- Teen Brains are Different

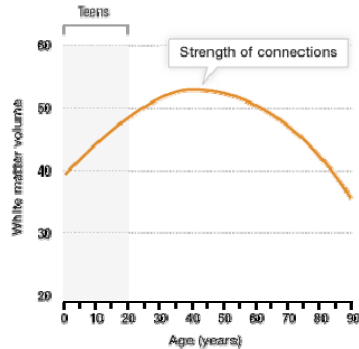
Check out the new BCDC website: blainecountycdc.org



“As a feature length documentary film, **ADDICTION** brings together the nation's leading experts on drug and alcohol **addiction** with a collection of award-winning filmmakers to shed light on **addiction**, its causes and the latest and most prominent developments in treatments.”

This series is now available for loan at the Blaine County Drug Coalition office.

Articles of Interest:



The Teen Brain: It's Just Not Grown Up Yet

When adolescence hit Frances Jensen's sons, she often found herself wondering, like all parents of teenagers, "What were you thinking?"

"It's a resounding mantra of parents and teachers," says Jensen, who's a pediatric neurologist at Children's Hospital in Boston.

Like when son number one, Andrew, turned 16, dyed his hair black with red stripes and went off to school wearing studded leather and platform shoes. And his grades went south.

"I watched my child morph into another being, and yet I knew deep down inside it was the same Andrew," Jensen says. Suddenly her own children seemed like an alien species.

Jensen is a Harvard expert on epilepsy, not adolescent brain development. As she coped with her boys' sour moods and their exasperating assumption that somebody else will pick up their dirty clothes, she decided to investigate what neuroscientists are discovering about teenagers' brains that makes them behave that way.

Jensen's older son Andrew Murphy, now a physics major at Wesleyan, is the reason his mother first started studying the teenage brain. She wanted to find out what was causing his maddening teenage behavior.

Teenage Brains Are Different

She learned that that it's not so much *what* teens are thinking — it's *how*.

Jensen says scientists used to think human brain development was pretty complete by age 10. Or as she puts it, that "a teenage brain is just an adult brain with fewer miles on it."

But it's not. To begin with, she says, a crucial part of the brain — the frontal lobes — are not fully connected. Really.

"It's the part of the brain that says: 'Is this a good idea? What is the consequence of this action?'" Jensen says. "It's not that they don't have a frontal lobe. And they can use it. But they're going to access it more slowly."

That's because the nerve cells that connect teenagers' frontal lobes with the rest of their brains are sluggish. Teenagers don't have as much of the fatty coating called myelin, or "white matter," that adults have in this area.

Think of it as insulation on an electrical wire. Nerves need myelin for nerve signals to flow freely. Spotty or thin myelin leads to inefficient communication between one part of the brain and another.

Jensen's younger son Will Murphy is now a Harvard student. He says he learned a lot about his teenage brain from his mother.

A Partially Connected Frontal Lobe

Jensen thinks this explains what was going on inside the brain of her younger son, Will, when he turned 16. Like Andrew, he'd been a good student, a straight arrow, with good grades and high SAT scores. But one morning on the way to school, he turned left in front of an oncoming vehicle. He and the other driver were OK, but there was serious damage to the car.

"It was, uh, totaled," Will says. "Down and out. And it was about 10 minutes before morning assembly. So most of the school passed by my wrecked car with me standing next to it."

"And lo and behold," his mother adds, "who was the other driver? It was a 21-year-old — also probably not with a completely connected frontal lobe." Recent studies show that neural insulation isn't complete until the mid-20s.

This also may explain why teenagers often seem so maddeningly self-centered. "You think of them as these surly, rude, selfish people," Jensen says. "Well, actually, that's the developmental stage they're at. They aren't yet at that place where they're thinking about — or capable, necessarily, of thinking about the effects of their behavior on other people. That requires insight."

And insight requires — that's right — a fully connected frontal lobe.

Teen Brains Are Not Fully Connected

The brain's "white matter" enables nerve signals to flow freely between different parts of the brain. In teenagers, the part that governs judgment is the last to be fully connected.

More Vulnerable To Addiction

But that's not the only big difference in teenagers' brains. Nature made the brains of children and adolescents excitable. Their brain chemistry is tuned to be responsive to everything in their environment. After all, that's what makes kids learn so easily.

But this can work in ways that are not so good. Take alcohol, for example. Or nicotine, cannabis, cocaine, ecstasy ...

"Addiction has been shown to be essentially a form of 'learning,' " Jensen says. After all, if the brain is wired to form new connections in response to the environment, and potent psychoactive drugs suddenly enter that environment, those substances are "tapping into a much more robust habit-forming ability that adolescents have, compared to adults."

So studies have shown that a teenager who smokes pot will still show cognitive deficits days later. An adult who smokes the same dose will return to cognitive baseline much faster.

This bit of knowledge came in handy in Jensen's own household.

"Most parents, they'll say, 'Don't drink, don't do drugs,'" says Will, son number two. "And I'm the type of kid who'd say 'why?' "

When Will asked why, his mom could give him chapter and verse on drugs and teen brains. So they would know, she says, "that if I smoke pot tonight and I have an exam in two days' time, I'm going to do worse. It's a fact."

There were other advantages to having a neuroscientist mom, Will says. Like when he was tempted to pull an all-nighter.

"She would say, 'read it tonight and then go to sleep,'" he says. "And what she explained to me is that it will take [what you've been reading] from your short-term memory and while you sleep you will consolidate it. And actually you will know it better in the morning than right before you went to sleep."

It worked every time, he says.

It also worked for Andrew, the former Goth. He's now a senior at Wesleyan University, majoring in physics.

"I think she's great! I would not be where I am without her in my life!" Andrew says of his mom.

For any parent who has survived teenagers, there are no sweeter words.

Idaho budget writers approve cuts for substance abuse treatment

By Brian Murphy - bmurphy@idahostatesman.com

Idaho budget writers approved sharp budget cuts for substance abuse treatment, Idaho Public Television and higher education in fiscal year 2011 on Tuesday morning.

SUBSTANCE ABUSE

The budget for substance abuse treatment fell from about \$30 million in the current fiscal year to \$28.7 million in 2011. Of that, \$12.5 million comes from General Funds. The budget also includes money from the Millennium Fund and the Office of Drug Policy.

Democrats on the Joint Finance-Appropriations Committee again suggested ways to increase revenue to pay for treatment. Rep. Wendy Jaquet, D-Ketchum, suggested looking at taxes on beer and wine, a proposal that failed last session. Sen. Nicole LeFavour, D-Boise, said that by delaying the grocery tax credit, lawmakers could free up \$35 million.

"I don't think this is the best we can do," LeFavour said.

Sen. Jim Hammond, R-Coeur d'Alene, said the state is in much better shape than others and suggested that lawmakers consider the positives.

"This is like, 'Is the glass half-full or half-empty?' The glass is 7/8ths full," he said. "We can wring our hands and express sorrow we don't have a full glass. Or we could have no glass at all."