

News Updates Sept 8, 2008

Access to Prescription Drugs Easier for Teens

August 14, 2008

News Summary

A survey of 12-to-17-year-olds conducted by the National Center on Addiction and Substance Abuse at Columbia University revealed that teens are finding it increasingly easy to obtain prescription drugs, "problem parents" may be contributing to their teens' drug use, the Washington Post reported August 14.

When asked "Which is easiest for someone your age to buy: cigarettes, beer, marijuana, or prescription drugs such as OxyContin, Percocet, Vicodin or Ritalin, without a prescription?" 19 percent responded that it was easiest to find prescription drugs, compared to 13 percent one year ago. Marijuana remains an easy-access drug for teens, with 43 percent of seventeen-year-olds claiming the drug could be purchased within an hour.

The study also found a correlation between the degree of parental awareness of their teenager's nighttime activity and an increase in illegal and prescription drug use. Of those teens out after 10 pm, one half were with people smoking and taking drugs.

"Half of the teenagers were saying they were out on school nights, but only 14 percent of the parents were out," said Elizabeth Planet, CASA's director of special projects and the study's coordinator. "There are lots of factors at play here. Parents are not paying attention. There are parents who are out in the evening for themselves. There are parents out at work."

Joseph Califano, chairman and president of the center, warns of the danger of parents becoming "pushers," as evidenced by the statistic showing that 34 percent of teenage prescription drug abusers live in the home.

"This is a very different generation of children," said Stephen Pasierb, the president of Partnership for a Drug-Free America. "Prescription drugs are entrenched, and they have not moved for five years, and this generation of parents simply [does] not understand the problem."

HHS' SAMHSA's SUICIDE PREVENTION RESOURCE CENTER ANNOUNCES SEPTEMBER IS SUICIDE PREVENTION MONTH

September is Suicide Prevention Month. Find events in the SPRC Online [Calendar](http://www.samhsa.gov/2k8/calendar/index.asp) [/featured_resources/trainingandevents/calendar/index.asp](http://www.samhsa.gov/2k8/calendar/index.asp).

Download a kit for Suicide Prevention Week (Sept. 7-13) at <http://suicidology.org/associations/1045/files/Kit2008.pdf>.
Learn about World Suicide Prevention Day (Sept. 10) and download flyers in multiple languages

<http://iasp.info/wspd/index.php>.

Learn about Stop a Suicide Day (Sept. 13) at <http://stopasuicide.org/>.

U.S. DEPARTMENT OF JUSTICE ANNOUNCES \$19 MILLION IN AWARDS TO ENFORCE UNDERAGE DRINKING LAWS

On August 21, 2008, the Office of Justice Programs <http://www.ojp.usdoj.gov/> issued the following press release <http://www.ojp.usdoj.gov/newsroom/pressreleases/2008/ojdp08098.htm>:

The Department of Justice's Office of Justice Programs (OJP) today announced block grant awards of more than \$19 million to 50 states, five territories and the District of Columbia to enforce state and local underage drinking laws. The awards are made through the Enforcing Underage Drinking Laws (EUDL) program <http://ojdp.ncirs.gov/programs/ProgSummary.asp?pi=17>, which supports activities in law enforcement, public education programs, and innovative methods for reaching youth.

"We need to do everything in our power to protect the futures of our nation's best and brightest," said Jeffrey L. Sedgwick, Acting Assistant Attorney General for the Office of Justice Programs. "This funding will support law enforcement and community efforts to curb underage drinking and save lives."

The EUDL program, administered by OJP's Office of Juvenile Justice and Delinquency Prevention <http://ojdp.ncirs.gov/> (OJJDP), is the only federal initiative directed exclusively toward preventing underage drinking. As part of this initiative, each state, territory, and the District of Columbia received \$350,000 in the form of block grants.

The awards support a wide range of activities including a strong emphasis on compliance checks of retail alcohol outlets to reduce sales to minors, crackdowns on false identification, programs to reduce older youth or adults from providing alcohol to minors, "party patrols" to prevent access to alcohol at large youth gatherings, and "cops in shops" to deter minors' attempts to purchase alcohol.

Withdrawal symptoms

By Ian Driscoll

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At one time or another, most charities are victims of donor fatigue, when neither marketing nor the appeals of celebrity fund-raisers can stir donors to give. But for charities whose work involves social issues such as drug or alcohol abuse, donor fatigue can be a permanent ailment.

Substance abuse is viewed as a failing of the self - and an ugly one at that. Images of shadow-eyed, drug-taking suburban teens suggest hopelessness rather than helplessness. The stigma of abuse - for both sufferers and their saviours - can be unyielding.

"In some ways, it's harder to raise money for kids with drug and alcohol issues than it is to raise money for fish," says Donna Wiench, development director at Daybreak Youth Services, a Washington state drug and alcohol treatment charity.

"At times, I find that kind of ironic," says the former development director of the Columbia Land Trust. "Salmon aren't blamed for failing to jump fish ladders, manoeuvre past dams and swim up rivers. But sometimes society

blames teens for becoming dependent on drugs or alcohol. It's a disease. We don't blame kids with diabetes or cancer for their illness."

The mental imagery conjured by drug and alcohol abuse doesn't aid these charities, either. As Paul Schervish, director of the Boston College Center on Wealth and Philanthropy puts it: "These organisations aren't sexy."

Stigma aside, several other factors undermine the efforts of drug and alcohol-abuse charities in raising donations.

There is a perception that such groups deal primarily with low-income people who require remedial help and rehabilitation rather than expanded horizons or other opportunities. Instead, "people will give to boys and girls clubs and schools where the programme is to advance the opportunities of select groups that are needy", says Mr Schervish.

A further issue is alumni. Veterans of alcohol or drug abuse programmes are not usually a significant base for donations. "These people may be very grateful, but they don't have the wherewithal to contribute. That is probably the major factor in not having a core group that will provide regular and sustainable funding and the basis for greater fund-raising," says Mr Schervish.

Also, many of the charities lack a significant endowment because most of their funding goes into immediate programme expenses. And while a healthy endowment can dissuade prospective donors, conversely it can make the charity seem more advanced.

Lastly, locally based charities are usually unable to draw on the fund-raising and marketing synergies enjoyed by national bodies.

With all this against them, non-profits that tackle drug and alcohol abuse need to be especially nimble, ferreting out funds wherever they can find them. Appealing to every donor sense - visceral, emotional and rational - is essential.

When Ms Wiench was at the Columbia Land Trust, the organisation's fund-raising efforts benefited from the environmental awareness common to inhabitants of the Pacific Northwest. In her role at Daybreak Youth Services, there is no such broad-based, naturally sympathetic constituency.

Between its Vancouver and Spokane locations, Daybreak treats nearly 1,200 children a year, in both in-patient and out-patient settings. Most are teenagers from disadvantaged homes although the organisation (www.daybreakinfo.org) also works with middle-class children. Not everyone responds to its entreaties.

While blame is one hurdle, Ms Wiench says, stigma is another. "I sometimes think that people turn off because we are dealing with children a little more troubled than they want to think about."

Because of the stigma, Ms Wiench does a lot of person-to-person fund-raising. "I have to pay special attention to what it is the donor is responding to. If I see the eyes getting bigger, or that someone's responding to mention of a special interest, then I'll try and connect," she says. If she can strike a chord on more than one level, better yet.

"We have one donor, a man who lost his father, and a lot of the kids in this programme have lost their fathers, so I will talk to him about the missing parent. But he's also a successful businessman, so I'll talk to him about our success," says Ms Wiench.

About 80 per cent of the children enrolled in the Daybreak programme complete it, a better rate than at comparable institutions across Washington state, says Ms Wiench. Those figures have compelled other local business figures to give to Daybreak, where the average donation is about \$300.

But Ms Wiench says that often it takes some sort of personal experience to move donors. "Whether through a friend or relative, most people have experienced drug and alcohol abuse and have a sense of what it does to people."

Like Ms Wiench, Rosanne Slattery has seen easier fund-raising days. Now development director of the Long Island Council on Alcoholism and Drug Dependence (LICADD), she previously worked as a fund-raiser at the Skin Cancer Foundation. "There", she says, "fund-raising benefited from the support of grateful patients."

At LICADD, though, she's constantly aware of the stigma of abuse. "It affects us at every juncture. Alcohol addiction is seen as a matter of indulgence rather than a true medical condition," says Ms Slattery.

Founded in 1956, LICADD provides chemical and dependency evaluations, treatment referrals as well as prevention education programs. Examples include a parent education workshop called "Roots and Wings" and "Footprints for Life" for primary school-age children. LICADD's employee assistance programme provides critical services to individuals in the workplace, including services addressing alcohol and addiction.

LICADD's direct services benefit up to 3,000 people a year, with even more touched by its education efforts. At a recent workshop for young students, LICADD used images of a well-known pop star to illustrate the impact that substance abuse can have. The effect, she says, was profound.

But maintaining the programmes through voluntary contributions is difficult. "On Long Island there are numerous non-profit organisations serving the community and seeking funding. It's tough to sustain our efforts," says Ms Slattery.

LICADD (www.licadd.org) uses several fund-raising avenues, including annual appeals to a pre-existing list of donors.

The charity has long relied on special events such as an annual golf tournament and the Angel Ball, an event that raised about \$275,000 in 2007.

She is trying to reduce LICADD's dependence on these high-profile functions by seeking the sponsorship of Long Island-based corporations and soliciting the support of more individual benefactors able to give large gifts.

Still, it's at the grand events that potential donors often get to hear and celebrate the stories of success that are at the heart of LICADD's efforts. And often it's these tales of recovery that compel attendees to open their wallets.

This is the fourth in an occasional series of articles that examine the orphans of philanthropy

Learning to view alcoholism as 'an equal opportunity disease'

At 75, Adele Smithers is still promoting the cause of alcoholism education, most recently taking to the lectern at the United Nations to talk about the

relationship between alcoholism and poverty.

The Christopher D. Smithers Foundation was established half a century ago by her late husband, R. Brinkley Smithers, who endured 50 alcohol-related hospitalisations before he stopped drinking. Since then, Ms Smithers estimates her family has given more than \$100m to various alcohol and substance abuse programmes.

"We have zeroed in on education," Ms Smithers says.

Because of her husband's concern about alcohol's impact on people in the workforce, one of the earliest beneficiaries of the family's largesse was Cornell University's Institute of Industrial and Labor Relations. Today, researchers at the university's R. Brinkley Smithers Institute for Alcohol-Related Workplace Studies continue to study lost hours, job stress and other work-related implications of alcoholism. Once seen as a problem of the working class, alcoholism is now viewed as "an equal opportunity disease", says Ms Smithers.

Getting alcoholism acknowledged as a medical condition was another of her late husband's goals. To that end, the Smithers foundation helps fund a programme sponsored by the Alcoholism Council of New York that provides mandated education about alcoholism to medical school residents, during which time they pair up with recovered alcoholics.

Still, Ms Smithers laments that persuading other foundations to follow their lead has been very difficult. Just as the stigma of addiction can prevent alcoholics from seeking aid, Ms Smithers suggests that it's also the prime factor inhibiting charitable giving.

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Dear Advocates of Youth,

We hope you'll take a moment to find out why we would like to team up with you to assist our young people to gain greater calm, joy and confidence about themselves and about life. "Deeksha" is a non-denominational experience that transfers energy through certified facilitators, awakening our connection with the oneness in everything, allowing each of us to deepen our relationship with those we love, with ourselves, nature, with strangers and with our Creator.

The Oneness Blessing is also found to help in the healing of the body and in the discharge of repetitive emotional patterns, resulting in greater ease and comfort with oneself. In relationships it enables a greater sensitivity and connectedness with the other, freeing one

from the limitations of your judgments and conditionings. Oneness Blessings have been effective in reducing substance abuse and domestic violence within 150 villages in the area of the Oneness University in India. Success and prosperity begins with consciousness - a capacity to expand your horizon of thinking and an understanding of the universe around you, the principles governing you.

Why Oneness Blessing?

Opens the doors of consciousness

<http://www.onenessuniversity.org/oneness/cms/home/onenessblessing/doors_n_consciousness.html>

Awakens Intelligence:

enhances memory retention

-
- Increases ability to learn
- Takes you into alpha-brainwave state
- Creates better hemispheric synchronization

Brings love to relationships:

Heals hurts

-
- Increases listening
- Helps experience the other
- Awakens compassion
- Instills affection

Infuses vitality:

heals the body by healing the mind

-
- Improves metabolic activity
- Relaxes the body - calms the nerve system
- Helps build love and appreciation for the body

Enhances experiences:

Creates a prosperity consciousness

-
- Removes blocks that hinder success. Makes possible a mental frame for abundance

A big crowd attended Tony Robbins introduction of the Oneness Blessing during the Wellness Festival. Tony and his wife Sage shared their personal life changing experiences with the Oneness Blessing. Sri Raniji, the founder of the Oneness Movement in North America and Canada had two events during the Festival. She guided people through processes transforming their relationships with deeksha. **We need your support to contact our young people and their parents.**

Our aim is to gather young people for a Youth Workshop this October.

Catherine Scherwenka will come to us from California. She received special training at the Oneness University in India to lead the Oneness Youth Program. (please visit her website: onenessyouthamerca.org) We are contacting you because of the work you do and the relationship you have with the youth in this valley. We would like to meet with you, to share more information and to give you the experience of the Oneness Blessing.

**Please come to our meeting on Thursday,
September 18th, 2008**

From 6:15pm - 8pm.. The event is free.

At the Light of the Mountain Church, 12446 Hwy 75 (close to the Botanical Garden)

Mobile Phones Offer Vehicle for Alcohol Prevention Messages

August 21, 2008

News Summary

A project run by a charity in the Cornwall region of England has determined that alcohol prevention efforts can successfully reach youths through messages sent to their mobile phones, [BBC News](#) reported Aug. 19.

The charity Trelya in early 2008 sent powerful and often humorous video messages to about 1,000 young people, most of whom reported that the messages caused them to rethink their attitudes about drinking.

"We found that young people thought it was cool, they loved getting videos on their phones," said project coordinator Rachel Martin. "It made them think about alcohol in relation to personal safety, sexual conduct and how to avoid risk."

Trelya now is considering the possibility of disseminating the messages more widely across the country. The organization specializes in using projects in the arts to assist children at risk of social exclusion.