



Parents Are Heroes

A Newsletter of the Making Sobriety Attractive (MSA) Program,
a SAMHSA-funded Drug-Free Communities Project
to Prevent Adolescent Alcohol and Other Drug (AOD) Use
Supported by the Kent County Prevention Coalition and Mothers Against Drug Driving

October Edition 2009

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- **Teens: If They Drink, They Also Drive Or Ride With A Drinking Driver**
- **Screening Test Shows: Nearly All Teens Who Drink (93%) Need Free Starr Brief Intervention**
- **Did You Know?**

To see previous Parent Newsletters, click below

alertlabs.org/newsletter.php

Boys, Girls, Sex and Alcohol:

Boys are more likely to pursue unprotected sex under the influence of alcohol... 50% of Girls who have intercourse before the age of 16 were intoxicated at the time...

Among 8th grade girls who drink heavily, 37% report attempting suicide, compared to 11 percent who do not drink.

<http://download.ncadi.samhsa.gov/prevline/pdfs/phd858.pdf>

Alcohol the Real Date- Rape Drug, Study Says

Women who have lost control or consciousness

Teens Who Drink Alcohol Also Drive Under the Influence and/or Ride With Drivers Under The Influence

Parents who know that their teenage son or daughter drinks “sometimes,” have been heard to say, “Well, I don’t like it that she drinks, but at least she knows better than to drive after drinking.”

Unfortunately, though teens “know” not to drink and drive, they apparently “forget” after they have had one or two drinks or are with a group. Prior to the beginning of the Making Sobriety Attractive (MSA) Prevention Program at local high schools, **100% of teens who drank five times during the last 30 days reported that they either drove after using AOD or rode with a driver who had used alcohol or other drugs (AOD) before getting behind the wheel.**

Recent survey results show that the MSA program has reduced driving under the influence by 55% - 64% as the result of reducing underage drinking and other drug use by of 25% - 50% (see www.alertlabs.org/accomplishments.php).

The crucial point is that only by reducing underage drinking and other AOD use can we stop teens from driving/riding under the influence. It is almost guaranteed that if a teenager uses AOD, he/she will either drive, or ride with a driver, under the influence.

Teens Who “Only Drink Sometimes” are Revealed to be Suffering from Substance Use Disorders of the Same Kind as Teens Who Drink More Often

Screening Instruments* included in the ALERT Labs Personal Report of Student Perceptions (PRSP) survey reveal that *about 30% of students at Kent County high schools surveyed need further screening* through face-to-face intervention and will probably need help in order to quit drinking and/or using marijuana or other drugs.

*See CAGE and CRAFFT, www.merfweb.org/resources.php?type_idx=4

In fact, survey results indicate that nearly all of the students who drink, even those who drink only once in 30 days, gave answers to screening questions that reveal their need for a professional Brief Intervention, like the STARR Program. **In total, 93% of students who drink need professional intervention.**

due to excessive drinking are more likely to be raped. A specific "date-rape drug" is seldom involved. *British Journal of Criminology* Nov. 2009 issue

The MSA Prevention Program has lead to a 56% reduction of unwanted sexual contact consequences for Kent Co. HS students in the selected schools. www.alertlabs.org/accomplishments.php/

Teenage Drinking: It's not a phase all teenagers go through. Schools and parents can prevent it. Over 70% of Students at MSA High Schools in Kent County did NOT drink alcohol in the last 30 days.

CASA* 2009 TEEN SURVEY REVEALS: IF TEENS SEE PARENT DRUNK, THEY ARE LIKELIER TO GET DRUNK, USE MARIJUANA, SMOKE CIGARETTES.

www.casacolumbia.org/abso-lutenm/templates/PressReleases.aspx?articleid=566&zoneid=66

What/Who is MSA? The MSA Project is Sponsored by the Kent County Prevention Coalition and Implemented by the ALERT Labs Group (Alcohol Laboratories for Education, Research, and Training). MSA is funded by the U.S. Department of Health and Human Services through SAMHSA's "Drug Free Communities Support Program." alertlabs.org*

Did You Know?

Your teenager can conduct a self-test to determine if she needs help to stop using: at www.alertlabs.org/self_test.php. For parents, however, the test is even simpler: If your child drinks, even occasionally, he needs a Screening and Brief Intervention, with referral to substance use or mental health treatment if necessary. (Learn more at www.alertlabs.org/programs.php?program_id=4 and at <http://sbirt.samhsa.gov/about.htm>.) Call STARR at 269-929-2333 or 616-560-5247.

If it is also the case that your families have a history of AOD problems or the child has ADD/ADHD, getting help is URGENT.

MSA Research Results from ALERT Labs:

1. **Drinking by Kent County high school students surveyed nearly doubles from 9th to 12th grades** - a statistically significant finding. The longer we can prevent teens from beginning to drink, the less likely they are to develop Substance Use Disorders.

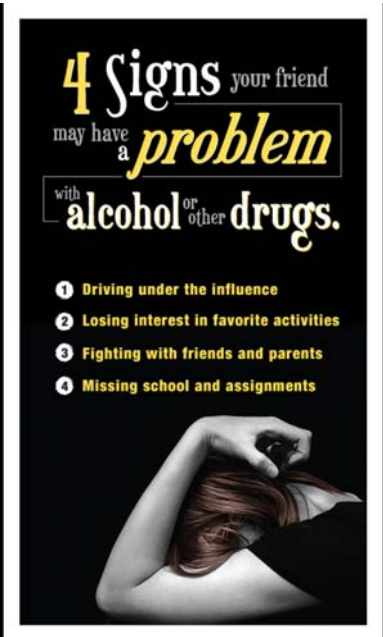
Tell your children that age limits on alcohol use are there to protect them. Learn more at from MADD's "Underage Drinking and the MLDA Law": http://www.madd.org/getfile/2ebe207e-b1d8-44c5-b192-f125fb96c97c/Underage-Drinking-Fact-Sheet_FINAL081908.aspx

2. The screening instruments included in the PRSP Survey confirm that **the younger the binge drinker, the more likely he/she has AOD problems or Substance Use Disorders and needs Intervention.** Those who begin drinking before age 15 have a 50% chance of developing serious drug problems. If your child is under age 21 and drinking, call the STARR Program for help. ("Binge" = 4+ drinks per occasion.)

3. When Kent County high school student surveyed drink, **they typically have 4.7 drinks.** This is well over the binge level and causes **the brain damage of about 10 drinks for an adult.**

4. **The higher a student's perception of risk, the less the student drinks and vice versa** (low perception of risk leads to more drinking). This is a statistically significant finding. So: **Tell your children about the risks** involved in drinking alcohol before age 21. download.ncadi.samhsa.gov/prevline/pdfs/phd858.pdf Also tell them about the risks for cigarette and marijuana use: http://teenadvice.about.com/od/drugsalcohol/tp/drug_facts_hub.htm

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STARR PROGRAM Card