

PREVENTION PRESS

January Events

Dr. Dean Wright, Arizona Pharmacy Board Director of Controlled Substance Prescription Management Program (CSPMP) addresses prescribers Jan. 7. Area Drug Enforcement Agency Licensed prescribers must register and utilize CSPMP. Dr Wright will explain the ins and outs and answer questions over breakfast, Jan. 7, at Holiday Inn Express. Prescribers or their delegates must RSVP by Jan. 5 at 928-358-1645 or apncdp@gmail.com

Shredathon & Drug Take Back is Jan. 18, 11 am to 1 pm, at Pinetop Lakeside Sanitary District, 2600 W. Alisa Ln, Lakeside. Bring unlimited sensitive documents to destroy for identity theft protection.

Pinetop Lakeside Police Dept., will stand by to receive any unused, unwanted and outdated prescription drugs for proper disposal. Keeping prescription drugs out of the hands of youth and potential abuser keeps our community safer.

Both events are free but tax-deductible donations are appreciated!!!

Happy New Year!

5 Reasons Kids Use Drugs

By Theresa Londoño

Many people make assumptions about kids who get drawn in to a problem with drug or alcohol use. Some common beliefs are that kids who run with a “bad crowd” are the ones most likely to use, or that the warning sign for parents is rebellious behavior. Although it is true that peers have a significant influence over kids’ choices, and that rebellion is a cause for concern, these ideas do not paint a complete picture of youth substance abuse risks.

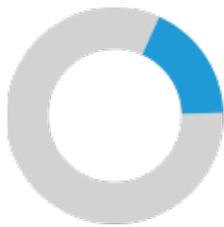
There are a number of ways in which that type of thinking is problematic. First, there are no “bad” kids, only those who may be communicating a need for help, guidance and support. Also, if a parent only relies on their child’s level of compliance to indicate whether or not they may be engaging in drinking or drug use, that parent may miss other telling indicators.

Reasons kids turn to drugs and alcohol are as diverse as kids themselves. When parents have a greater awareness of the variety of contributing factors, they will be more effective in protecting their kids and preparing them to successfully handle risky situations. Let’s look at some common reasons kids use substances.

- ◆ Curiosity – Due to the nature of the adolescent stage of brain development, teens tend to be impulsive, acting without considering potential negative consequences. Their brains are often wired to seek novel challenges, which may or may not be safe.
- ◆ Body image – Kids are exposed to many unrealistic expectations regarding masculine and feminine beauty standards and sometimes they believe that taking certain kinds of drugs will help them to slim down or bulk up.
- ◆ Academic performance – With all the pressures stemming from the emphasis on test scores and the competition to win scholarships to be able to attain higher education, sometimes kids get the idea that certain types of drugs will help them to perform better academically or to study more effectively.
- ◆ Athletic performance – Our kids have been exposed to many incidences in the media of high profile athletes who were discovered to have been “doping.” These influences can encourage a belief that such drug use is acceptable and/or necessary if one is to do well on the court or on the field.
- ◆ Coping mechanism – mental health concerns, like depression and anxiety, are common enough among adolescents. If they lack necessary supports and interventions, they may run the risk of attempting to manage their problems by escaping through drug or alcohol use.

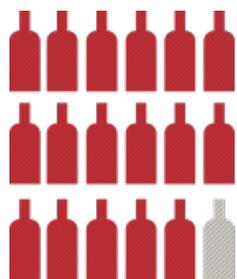
Being aware of the myriad causes of youth substance abuse can help parents be more effective in their prevention and/or intervention efforts. Have the conversation about substance abuse with the young people in your life. Find a wealth of tools to have that conversation by visiting www.ncdp.rock. Our team can help. Custom programs and presentations are available to groups small and large. Learn the signs and symptoms of abuse, trends and dangers on the horizon. Contact apncdp@gmail.com for information or call 928-358-1645.

Addiction by the Numbers



16%
AGES 12 AND OLDER HAVE A SUBSTANCE PROBLEM

16% (40 million) of the U.S. population ages 12 and older meet clinical criteria for a substance problem or are addicted to nicotine, alcohol or other drugs.



>90%
BEGAN SMOKING, DRINKING OR USING OTHER DRUGS BEFORE AGE 18

More than 90% of people with a substance problem began smoking, drinking or using other drugs before age 18.



>1 IN 6
OF THOSE WITH A SUBSTANCE PROBLEM HAVE MULTIPLE SUBSTANCE DISORDERS

This includes:

- Nicotine (approximately 9%)
- Alcohol (approximately 7%)
- Illegal drugs (approximately 2%)
- Prescription drugs (approximately 1%)

Note: The percentage of the population with each type substance problem adds to more than 16% because some people have more than one type.

Risky Business Includes:

Risky substance use refers to people who use any nicotine, illegal drugs, misuse a prescription drug, drink more than moderately as defined by the Dietary Guidelines Exceeding the National Institute on Alcohol Abuse and Alcoholism (NIAAA) guidelines for alcohol use:

***Men** – no more than 4 drinks on any day or 14 drinks in a week

***Women** – no more than 3 drinks on any day or 7 drinks in a week



MORE THAN 4 DRINKS ON ANY DAY (14/WEEK)



MORE THAN 3 DRINKS ON ANY DAY (7/ WEEK)



LESS THAN 2¢ GOES TO PREVENTION AND TREATMENT

Each year federal, state and local governments spend close to \$500 billion on addiction and substance abuse, but for every dollar that federal and state governments spend, only 2 cents goes to prevention and treatment.