

PREVENTION PRESS

Store Home RX Safely

To make prescription drug storage safe at home, NCDP Drug Free Community Coalition now offers RxArmory storage boxes. These sturdy, lightweight, reinforced boxes easily mount permanently into a cabinet, drawer or shelf. A heavy-duty mechanical combination lock restricts access to prevent theft, accidental ingestion by children, intentional or unintentional misuse by guests, family members or roommates. Available in two sizes, either for \$35, the units are sold as a fundraiser for the coalition's youth and community prevention programs. For additional information or to order, go to www.ncdp.rocks/events or contact ncdpncdp@gmail.com or 928-358-1645.

Drug Impairment Training July 25-26

The DITEP Course is to enable secondary educational professionals to recognize the signs and symptoms of drug and/or alcohol impairment, in order to:

- ¥ Prevent an impaired student from driving away from campus and/or
- ¥ Serve as a treatment intervention tool to reduce future instances of DWI.

DITEP training is for two days. It is best suited for those who will actually conduct the hands-on evaluations, more likely school nurses, administrators, counselors, or those working with at-risk kids in the schools, 8 am to 5 pm, attendance required both days for certification. Show Low Police Department classroom, 620 E McNeil, Show Low AZ, Course participation is capped at 20 participants, first come, first serve. To RSVP contact bclark@showlowaz.gov.

Summer Teen Empowerment

Mpowrd®, a 12-step program addressing behavior and support with teens, meets Fridays, at 11:45 am, at the White Mountain Youth Center, 1593 Johnson Dr, Lakeside (behind Larson Library). July 1, 8, 15, 22. All teens age 13 to 18 are welcome. This is a teen-led, peer directed program for all teens. For the latest info, go to Facebook [Mpowrd—Teen Addiction Anonymous Pinetop-Lakeside & Show Low](https://www.facebook.com/Mpowrd-Teen-Addiction-Anonymous-Pinetop-Lakeside-&Show-Low)

Summer: A Time for Experimenting

Summer is a time of reprieve for kids. Out of school and a daily routine, lurking boredom and curiosity are the perfect combination for experimentation. Some trending activities to watch for or warn your kids about this summer:

I-dosing

In this age of technology, it's not surprising that entrepreneurs are trying to create a way to get high online. The result is a phenomenon called "I-dosing," which attempts to alter consciousness via sound. The Internet craze has teens plugging in their headphones to listen to downloadable MP3s that are said to have effects akin to getting high on actual drugs. There are various tracks designed to elicit the same "high" as specific drugs. Anywhere from five to 30 minutes long, the tracks contain binaural beats, in which a tone of one frequency is played into the right ear and a slightly different frequency is played in the left ear. While some parents have expressed concern that the trend could lead to future use of other narcotics, researchers say that I-dosing itself is harmless.

Purple drank

Popularized in the late 90s rap scene, purple drank has been abused by teens for decades. Rap music is still peppered with references to the substance, and more teens have been brewing the concoction at home. By adding cough syrup with dextromethorphan to a soft drink and candy (usually Sprite and Jolly Ranchers), tweens and teens create what they consider a quick remedy for tension, anxiety and aggression. The drink can be made with the over-the-counter medications like Robitussin DM. Normally used as a cough suppressant, in large doses this substance causes hallucinations. A single use can be lethal to an inexperienced user. Other possible side effects include drowsiness, inability to concentrate, slowed physical activity, constipation, nausea, vomiting and slowed breathing.

Vodka eyeballing

Afraid to be caught with the smell of alcohol on their breath, many kids have taken up the vodka eyeballing trend. Instead of throwing back a shot, teens hold the bottle to their eye and pour the liquid directly into the eye, which is laden with blood vessels. Here, the alcohol is quickly absorbed through the mucous membrane and enters the bloodstream immediately through the veins at the back of the eye. Eyeballing may yield a quick buzz without the bad breath but there can be extreme consequences: Because most vodkas are between 40 and 50 percent alcohol, it can scar and burn the cornea, and even cause blindness.

Overdosing on supplements

Studies indicate that as many as 40% of all young athletes take protein enhancements, which are available in forms ranging from bars to shakes to powders. While teens may take the supplement to improve muscle growth, muscle recovery and overall athletic performance, there is no evidence that supplements are any more "enhancing" than a nutritious diet. In fact, such supplements can have harmful effects, such as weight gain, muscle cramping, high blood pressure, and heart problems. Creatine, found in many products, can actually interfere with a growing adolescent's own natural production of creatine, making the body reliant on supplements. Overuse can actually cause blood acidity, which then draws calcium from the bones to counteract the higher acidity of pH in the blood, leading to declining bone strength and kidney stones formed by excess calcium. Advertisements for protein enhancements are ubiquitous in sports magazines, and the substances will likely continue to be popular because of the high protein to low carbohydrate and fat ratio, but parents and athletic coaches should monitor their use and encourage a healthy diet for teen athletes.

—greatschools.org

Adverse Childhood Experiences: Addressing Child Health

Professional Flagstaff Preventionist Jacque Gencarelle spoke to 20 community members about Adverse Childhood Experiences and their long-term effects as adults. Early exposure to family violence, abuse, neglect, exposure to alcohol and drug abuse, and/or separated/divorced parents can lead to health and social problems, risk-taking behaviors and a shortened lifespan. Safe, stable and nurturing relationships and communities can break the cycle of abuse and maltreatment. Nexus Coalition for Drug Prevention hosted the workshop at Blue Ridge High School June 23. Sponsors included the school and Navajo County Juvenile Probation Dept. Further trainings are planned.

The Big Talk You Must Start Now – (K-3rd grade)

Would you believe that when you search Amazon.com you'll find more books on cooking than you will on parenting? It's true; I searched and found about 80,000 cookbooks and 40,000 parenting books. As parents, it would be great if we could follow a recipe and "poof," the perfect kid comes out of the oven 18 years later.

At DrugFreeAz.org we have a recipe for helping guide children to good choices at every stage of development. Our kids will be asked if they want to drink, smoke or use a drug at some point. If you have a child in Kindergarten through third grade, keep this in mind. Five-to-8-year olds are still tied to family and eager to please, but they're also beginning to explore their individuality.

In addition, your grade-schooler begins to spend more time at school and with peers and to collect information (including messages about drugs and alcohol) from lots of new places. It's very important to continue talking to your child about a healthy lifestyle and stress that of all the voices your child hears, yours should be the guiding force. Plus, kids who learn about the risks of drug and alcohol use are 50% less likely to use.

Here are 4 tips from DrugFreeAz.org and (local coalition name) to help you connect with your child at this age:

1. **Keep your discussions about tobacco, alcohol, and other drugs factual and focused on the present.** Long-term consequences are too distant to have any meaning. Let your child know that people who drink too much alcohol get sick and throw up, or that smoking makes clothes stink and causes bad breath.
2. **Set clear rules and behave the way you want your kids to behave.** Tell them the reasons for your rules. If you use tobacco or alcohol, be mindful of the message you are sending to your children.
3. **Work on problem solving by focusing on the**

types of problems kids come across. Help them find long-lasting solutions to homework trouble, a fight with a friend, or in dealing with a bully. Be sure to point out that quick fixes are not long-term solutions.

4. **Give your kids the power to escape from situations that make them feel bad.** Make sure they know that they shouldn't stay in a place that makes them feel uncomfortable or bad about themselves. Also, let them know that they don't need to stick with friends who don't support them.

Substances in your K-3 child's world can include:

Tobacco, Alcohol, Ritalin

Practice Scenario:

Your child has expressed curiosity about the pills she sees you take every day—and the other bottles in the medicine cabinet.

What to Say

Just because it's in a family's medicine cabinet doesn't mean that it is safe for you to take. Even if your friends say it's okay, say, "No, my parents won't let me take something that doesn't have my name on the bottle."

Save the Date
Sept 10, 7:30-9:30 am
Fundraising Breakfast
@ White Mountain Nature Center