

PREVENTION PRESS

Community Survey: Prop 205 Has Little Local Support

A recent survey of Pinetop-Lakeside, Show Low and Linden community members shows that only 26 percent of surveyed community members support Proposition 205 to legalize recreational marijuana in Arizona.

Nexus Coalition for Drug Prevention (NCDP) conducted a random survey among 118 community members in October. The 10-question survey was administered in person to youth, teens, parents, teachers and community members.

Respondents also revealed that:

- 84 percent believe legalization will increase availability of marijuana to youth
- 84 percent think marijuana use negatively impacts youth education
- 77 percent feel the potency of marijuana is increasing
- 75 percent believe marijuana is addictive
- 74 percent realize that youth who smoke marijuana are five times more likely to abuse drugs as adults

- 74 percent realize that youth who smoke marijuana are five times more likely to abuse drugs as adults
- 74 percent predict legalization of recreational marijuana will impact communities
- 72 percent believe marijuana is being marketed to children
- 69 percent think youth now obtain marijuana from medical marijuana card holders
- 64 percent recognize teen marijuana users who continue using heavily into adulthood can show a permanent intelligence quotient (IQ) drop of up to 8 points

Marijuana remains illegal under federal law, but a growing number of states are decriminalizing it. Across America, 23 states and the District of Columbia have legalized medical marijuana, including Arizona. Four states have legalized recreational marijuana. Medical marijuana is on the ballot for three states. At least five states, including Arizona, have legislation on the November to legalize recreational use, according to Fortune.com.

Exemption Helps Youth, Taxpayers

Want to make a difference in our community? Keep your state tax dollars on the mountain where they can make a difference—one kid at a time.

Kids in our community need your help. Your state tax-exempt donation to youth substance abuse prevention can direct a child toward a positive future for our community—AND reduce your state tax balance.

Keep your Arizona state taxes in the White Mountains. Winner of two consecutive annual Arizona education award recognitions from Arizona Center for Afterschool Excellence, NCDP Drug Free Community Coalition's annual Junior Leadership Academy (JLA) for "at hope" youth makes a documented positive change in pre-teen attitudes. Friends of Navajo County Anti-Drug Coalition, Inc., qualifies with the Arizona Department of Revenue for Arizona State Charity Tax Credit. The JLA program assists some 80 children annually and is supported **solely** by donations.

Tax credit donations help Friends of the Coalition and Nexus Coalition for Drug Prevention (NCDP) meet the mission to transform community attitudes toward substance abuse. Educational outreach has reduced last 30-day drug use among youth in Show Low and Blue Ridge Schools. Between 2010 and 2014, underage drinking among Show Low 10 graders declined from 69.5 percent to 39.5 percent while prescription drug use among Blue Ridge 12th graders declined from 11.9 percent to 7.1 percent of youth surveyed, according to the Arizona Criminal Justice Commission 2014 Arizona Youth Survey

The state tax credit allows Arizona taxpayers to donate up to \$400

as individuals or \$800 for married couples filing together. This donation can be claimed as a dollar for dollar tax CREDIT on the 2016 Arizona Income Tax return. The donation equally qualifies for a federal charitable contribution tax deduction. The donation should be made to "Friends of the Navajo County Anti Drug Coalition, Inc.", EIN: 26-0468100.

This contribution does not conflict and may be made in conjunction with those to Arizona public or private educational institutions and foster care. Both tax credits may be deducted on the same tax return.

Checks should reach us by April 15, 2017: PO Box 1596, Pinetop, AZ 85934-1596 or may be direct deposited to Friends of the Coalition bank account at BBVA Compass, # 2508156009.

For information and assistance, contact (928) 358-1645, ncdpncdp@gmail.com or www.ncdp.rocks/taxcredit. For further information about this credit, go to: www.azdor.gov/TaxCredits/QualifyingCharitableOrganizations.aspx

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November: Substance Abuse Awareness Month

Use of addictive substances—tobacco/nicotine, alcohol and other drugs during adolescence interferes with brain development, reduces academic performance and increases the risk of accidents, homicides, suicides and serious health conditions, including addiction. Teens and young adults are more inclined than adults to take risks, including smoking, drinking or using other drugs. Use of any addictive substance while the brain is still developing increases the chances of future use of that and other addictive substances.

The Earlier an Individual Starts Smoking, Drinking or Using Other Drugs, the Greater the Likelihood of Developing Addiction

- 9 out of 10 people with addiction involving nicotine alcohol or other drugs began using these substances before they were 18
- Teens who began using addictive substances before age 15 are 7 times likelier to become addicted than those who use age 21 or older .

Our Kids Say the Smartest Things

Three weekly teen leadership Mpowrd groups at Show Low and Blue Ridge schools yield some surprising fruit. From the mouths of teens, here's some recent wisdom they've shared..

"You gotta take the good stuff with the bad stuff so the bad stuff isn't so bad"

"Life isn't an action...It's a story and WE choose how it goes."

"I'm AWESOME because I make NO EXCUSES!"

"I am in control because I count my blessings not my problems!"

"Stars can't shine without darkness."

"Don't look at things as a challenge, look at things as an opportunity."

"Anyone can find the dirt in someone, be the one that finds the gold."

"Show me your friends, I'll show you your future."

"I am thankful, grateful & full of life!"

- Every year that substance use is delayed during brain development, the risk of addiction decreases

Warning Signs of Teen Substance Abuse

Certain symptoms and behaviors are warning signs for substance use in teens, although they may also indicate other problems, such as depression. Warning signs can include:

- Alcohol, smoke or other chemical odors on your child's or their friends' breath or clothing
- Obvious intoxication, dizziness or bizarre behavior
- Changes in dress and grooming
- Changes in choice of friends
- Frequent arguments, sudden mood changes and unexplained violent actions
- Changes in eating and sleeping patterns
- Sudden weight gain or loss
- Loss of interest in usual activities or hobbies
- School problems such as declining or failing grades, poor attendance and recent discipline problems
- Trauma or frequent injuries
- Runaway and delinquent behavior
- Depressed mood or talk about depression or suicide; suicide attempts

What Can a Parent Do About Suspected Drug Use?

- Stay calm, don't accuse your child or let your anger get the best of you.
- Ask your child whether he or she is taking drugs.
- Be open and ready to receive the information that your child will give you. Make it clear how you feel about drugs. Establish a zero tolerance for drug use and set clear expectations.

If you need help, contact your child's school counselor or pediatrician. You may also call the National Clearing house for Alcohol and Drug Information at 1-800-788-2880 or visit the web site www.findtreatment.samhsa.gov for drug abuse prevention information and a listing of the treatment centers closest to you. For more information call Nexus Coalition for Drug Prevention Program Coordinator Vicky Solomon at 928-358-1645 or email vsncdp@gmail.com

Source: CASAColumbia – Addiction Science, Prevention & Treatment Research. Written by Bedford Youth & Family Services