

**Addiction
Resource
Council, Inc.**

An Affiliate of the National
Council on Alcoholism and
Drug Dependence for over 36
years

The Advocate

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Prescription Drug Abuse Prevention Awareness Encouraged

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Prescription medications such as pain relievers, tranquilizers, stimulants, and sedatives are very useful treatment tools, but sometimes people do not take them as directed and may become addicted. Pain relievers make surgery possible, and enable many individuals with chronic pain to lead productive lives. Most people who take prescription medications use them responsibly. However, the inappropriate or nonmedical use of prescription medications is a serious public health concern. Nonmedical use of prescription medications like opioids, central nervous system (CNS) depressants, and stimulants can lead to addiction, characterized by compulsive drug seeking and use.

In 2006, 16.2 million Americans age 12 and older had

taken a prescription pain reliever, tranquilizer, stimulant, or sedative for nonmedical purposes at least once in the year prior to being surveyed.

*Source: National Survey on Drug Use and Health; <http://www.samhsa.gov/>. The NIDA-funded 2007 Monitoring the Future Study showed that 2.7% of 8th graders, 7.2% of 10th graders, and 9.6% of 12th graders had abused Vicodin and 1.8% of 8th graders, 3.9% of 10th graders, and 5.2% of 12th graders had abused Oxy-Contin for nonmedical purposes at least once in the year prior to being surveyed. *Source: Monitoring the Future <http://www.monitoringthefuture.org/>.**

To help prevent prescription drug abuse in your home, store prescription drugs where teens cannot get them, watch for

missing drugs, keep an eye out for drugs in a teen's possession, and look for physical signs of use. Prescription drugs are easy to buy on the Internet, so look at the history of Web sites your teen has visited and check credit card receipts.

Still, there is more to prevention than being watchful. Youth take cues from their parents. So, set a good example in your approach to prescription drugs:

- Only use medications when necessary. Being quick to seek prescriptions and to constantly reach for the medicine cabinet can give kids the idea that there's a "pill for every ill."

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A&E Network to Help NCADD Affiliates

Highlight Stories of Recovery for National Recovery Month



The national office of NCADD, in partnership with A&E, is planning a series of activities to celebrate National Recovery Month this September. A **"Recovery Rally"** will be held in New York City where a human chain will be formed -- a living symbol of recovery -- across the historic Brooklyn Bridge on **Saturday, September 27, 2008**.

NCADD and A&E are working with the Addiction Resource Council, local NCADD affiliate, to extend this effort, highlight the issue of recovery in our community, and make the NYC Recovery Rally a national celebration. To accomplish these goals, the selection of a **"Recovery Delegate"** from Wisconsin is happening now to join those from the other forty-nine states. **"Recovery Delegates"** are people who have successfully confronted addiction, been in recovery for over 10 years and are now active in the promotion of addiction awareness in the community.

Recovery Delegates will:

- Lead the procession of thousands of recovery supporters across the Brooklyn Bridge.
- Be recognized by the host at the event.

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Prime for Life Lifestyle Risk Reduction Training for Parents of Teens

Are you a parent concerned about the choices that your child is making or will be making about alcohol and other drugs? Do you wish you had better skills to help persuade your child(ren) to make low-risk choices? If you answered “yes” to either question, we invite you to attend the *Prime for Life Lifestyle Risk Reduction Training for Parents* beginning September 10th. The information and skills taught in PRIME for Life have been carefully selected to give parents science-based information to reduce the likelihood their children will experience an alcohol or drug problem—now or at any time in their lives. Each unit will provide new information and will build on what was taught in previous units. The first sessions will teach parents *what* to say about alcohol and drugs, and the last session will teach *how* to say it.

This training is being provided by the Addiction Resource Council in collaboration with the Partnership for Children’s Mental Health in Waukesha County. For more information or to register, contact James Pearson at 262-524-7921 or Marie Anderson at 262-548-7263.

Join the Voices for Recovery

Millions of people who once suffered from a substance use disorder have reclaimed their lives through treatment and long-term recovery. Across the country, people are learning how the destructive power of alcohol and drug addiction can negatively affect lives, families, and communities.

Overall, use rates for alcohol, tobacco, and illicit drugs among America’s adolescents aged 12 to 17 have declined since 2002; this includes a significant drop in drug use within the past month (11.6 percent in 2002 versus 9.8 percent in 2006).^{1,2} However, while signs of healthier behavior exist, steps must continue to be taken to assist and encourage those in need to turn to treatment and seek recovery.

A substance use disorder means that a person is dependent on or abuses alcohol and/or drugs, including prescription drugs.³ Substance use disorders affect people nationwide, regardless of race, class, gender, ethnicity, or employment status.⁴ It is important to recognize that, like other mental disorders and chronic ailments, substance use disorders are medical conditions that can be treated.⁵

Raising awareness of the true stories of treatment and long-term

recovery can influence those currently struggling with addiction. In 2006, of the 22.6 million people in need of treatment for an alcohol and/or drug use problem in the past year, only 4 million received some form of treatment.⁶ To bridge this gap, it is necessary to raise awareness and expand the dialogue about substance use disorders, as well as about the substances that are commonly misused.

There is still much work to be done to increase awareness of treatment and recovery. As individuals and communities, you have an opportunity to participate in this call to action. You can help by showing support for people with substance use disorders and offering forums where people can share their stories in your community. As you read the following facts about alcohol and drug abuse in the United States, consider the consequences on families, neighbors, and society as a whole.

September marks the 19th Annual National Alcohol and Drug Addiction Recovery Month (Recovery Month). For more information, visit www.recoverymonth.gov.

SOURCES

¹ *Results from the 2006 National Survey on Drug Use and Health: National Findings*. DHHS Publication No. (SMA) 07-

4293. Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Office of Applied Studies, September 2007, p. 2.

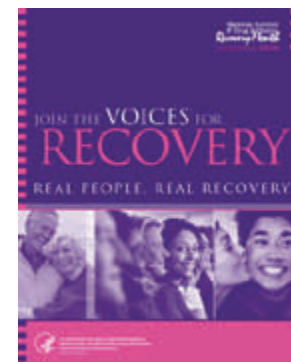
² *New National Survey Reveals Drug Use Down Among Adolescents in U.S. - Success in Substance Abuse Recovery Highlighted*. U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, news release, September 6, 2007.

³ *The NSDUH Report: Patterns and Trends in Nonmedical Prescription Pain Reliever Use: 2002 to 2005*. Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Office of Applied Studies, Rockville, MD. April 6, 2007.

⁴ *Results from the 2006 National Survey on Drug Use and Health: National Findings*, pp. 23, 71-74.

⁵ *Ibid*, p. 69.

⁶ *Ibid*, pp. 6, 69.



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Prescription Abuse *(continued from page 1)*



- Consider non-drug measures such as exercise, relaxation, meditation, or massage for relief of minor pain or other situations when prescription drugs are not vital to your health. Tell your kids about these options and when they apply.
- Show caution in taking prescription drugs or giving them to family members. Openly read instructions regarding prescribed doses, time between doses, and the need to avoid substances such as alcohol and certain other medications or foods when taking a prescription.
- Keep medicine containers closed and out of the reach of young children and pets.
- Ensure safety. Check labels about what not to do—for example, driving, using machinery, or climbing ladders when taking prescription drugs—and enforce these safeguards with family members.
- Be consistent. Making exceptions because you're too stressed out, uncomfortable, or in a hurry undermines your stance on prescription drugs.
- Start early. Reinforcing a message of caution and restraint before your child reaches adolescence can build a solid foundation for resisting temptations and outside influences.

While most teens do not abuse prescription drugs, the rapid growth of the problem shows that parents need to pay attention. Stay alert, set a good example, and talk to your child about the dangers of abusing prescription drugs.

For more information on addiction to prescription medications, visit www.drugabuse.gov/drugpages/prescription.html.

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National Recovery Rally Event
(Continued from Cover)

- Be promoted to local and national media outlets

To assist in selecting the **Wisconsin Recovery Delegate** applications from candidates in our area who meet the criteria were solicited and forwarded to the committee.

In addition, ARC is determining interest in chartering a bus(es) to escort Wisconsin Recovery Advocates to New York to participate in this exciting event. If you are interested in joining us on a ride to New York, please contact ARC immediately at info@arouncil.net with “Bus to NY Recovery Rally” in the subject line. Once interest is determined, we’ll be able to provide more information on cost and other logistics.

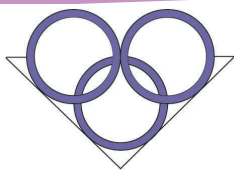
Ride Safe-Ride Sober Cookout
Fundraising Event

to benefit the Addiction Resource Council

Saturday, August 23rd
11:00 am—3:00 pm
at Wisconsin Harley Davidson
1280 Blue Ribbon Drive, Oconomowoc

- **Brats • Burgers • Music**
- **Cycle Safety Information**
- **Local Celebrities**

To volunteer call 262-524-7921 or
info@arouncil.net
or just stop in!



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ADDICTION RESOURCE COUNCIL, INC.

Help and Hope

We're on the Web!
www.arcouncil.net

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• Since 1971, the Addiction Resource Council, Inc. has been providing affordable, cost-effective solutions to help address substance abuse and dependence problems.

*****UPCOMING EVENTS*****



Adolescent Community Reinforcement Approach (A-CRA) training with Dr. Robert J. Meyers

November 17-19th

Contact Carol Hanneman-Garuz:

egaruz@arcouncil.net or

262-524-7921 for more information

Wisconsin's 8th Annual Rally for Recovery

Saturday, September 20, 2008

Elver Park, Madison, WI

12:00—4:00 pm

Back to School Tips

With the back-to-school season fast approaching, more and more colleges, universities, and their students are taking steps to prevent underage drinking and its harmful consequences. The National Institute on Alcohol Abuse and Alcoholism's **College Drinking: Changing the Culture** website provides a one-stop resource for parents and others who need comprehensive research-based information and valuable resources on alcohol abuse and binge drinking among college students—and what to do about it. Links to underage drinking prevention resources for campuses and communities are included. To learn more, go to: <http://www.collegedrinkingprevention.gov/NIAAACollegeMaterials/parentBrochure.aspx>.

But college isn't the only back-to-school environment where underage drinking and its harmful consequences raise concerns. Schools have a strong influence over decisions young people make about risky behaviors such as alcohol use. IAs a parent, if you are not already involved in your child's

school and know what the alcohol education curricula and alcohol policies are, now is a good time to connect. The Addiction Resource Council is urging parents, educators, and schools to support and follow the recommendations in *The Surgeon General's Call to Action To Prevent and Reduce Underage Drinking* and in the companion guides to action:

The Surgeon General's Call to Action To Prevent and Reduce Underage Drinking

Surgeon General's Call to Action To Prevent and Reduce Underage Drinking: A Guide to Action for Families

Surgeon General's Call to Action To Prevent and Reduce Underage Drinking: A Guide to Action for Educators

Surgeon General's Call to Action To Prevent and Reduce Underage Drinking: A Guide to Action for Communities

Following are some important tips:

- **Parents**—Work with the schools to ensure that protective rules around adolescent alcohol use are in place, that the penalties are well known, and that enforcement is sure and uniform.
- **Teachers**—Work to increase students' involvement in their school, a factor that has been found to predict less alcohol use.

- **Schools**—Restrict the sale of alcoholic beverages on campus or at campus facilities such as football stadiums and concert halls.

-Reprinted with permission from <http://www.stopalcoholabuse.gov> a comprehensive portal of Federal resources for information on underage drinking and ideas for combating this issue. All resources mentioned are available through that site.