

**Addiction
Resource
Council, Inc.**

The Advocate

Volume II, Issue 8

September 2009

An Affiliate of the National
Council on Alcoholism and
Drug Dependence since 1971

ARC Celebrates National Alcohol and Drug Addiction Recovery Month

INSIDE THIS ISSUE:

September is National Recovery Month

1

Of the 23.2 million people who needed treatment for a substance use disorder, only 3.9 million actually received it. An estimated 2.7 million people aged 12 or older used an illicit drug for the first time in the past year. With startling results such as these from the 2007 National Survey on Drug Use and Health being announced every year, the 20th anniversary of the "National Alcohol and Drug Addiction Recovery Month" hasn't come a moment too soon. This September's *Recovery Month* encourages our community to recognize the importance of substance abuse treatment and the life-changing assistance it offers to addiction sufferers and their loved ones.

Decline in Impaired Drivers on the Road

1

This year's theme, "*Together we learn. Together we heal*" promotes the idea that spreading the word about recovery and becoming an advocate for it is a team effort. Recognizing addiction as a serious disease that can cause its sufferers to feel tremendous amounts of loneliness, shame and fear is the first step. The second step is coming together as a community to support and raise awareness for treatments that will help addicts to feel joy, confidence, and relief.

Waukesha County Prescription Drug Collection 10-3-09

2

Changing the Drinking Norm at Quinceaneras

2

The Addiction Resource Council of Waukesha County will be hosting its first **Walk for Recovery** in Minooka Park on September 26, 2009. All ages are welcome from 12:00 – 2:30 pm to enjoy scenic 1 or 2 mile walking paths, a picnic lunch (cost included in the entry donation), a raffle, and other activities. Enjoy a beautiful autumn afternoon and strengthen the voice of recovery by showing your support for a great cause.

ADHD Drug Abuse on the Rise

3

Corn Roast Fund-raiser and Up-coming Events

4

Walk for Recovery

September 26th, 2009

12:00pm - 2:30pm

Minkooka Park

1927 E. Sunset Drive, Waukesha

Contact bduffy@arcouncil.net for registration materials or for additional information.

Survey Shows Decline in Impaired Drivers On the Road

Article from CADCA's 7-16-09 online newsletter

<http://www.cadca.org/CoalitionsOnline/article.asp?id=2248>

In 1973, 7.5 percent of drivers had a blood alcohol concentration (BAC) of .08 or higher. In the latest survey, that figure fell to 2.2 percent—a 71 percent decline. It is illegal to operate a vehicle with a BAC of .08 or higher in all 50 states and the District of Columbia.

Previous roadside surveys conducted by NHTSA have measured only alcohol. But the 2007 survey used new screening techniques that detected other substances as well and in the future may help show the extent of drug impairment among drivers.

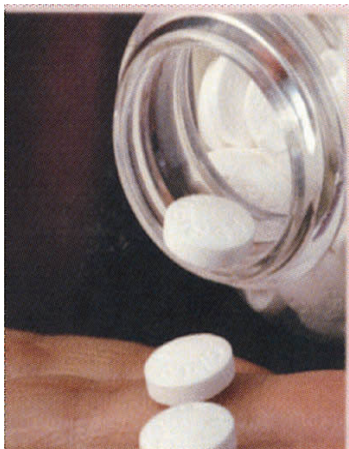
The survey found 16.3 percent of nighttime weekend drivers were drug positive. The survey focused on weekend nighttime drivers and found that the drugs used most commonly by drivers were: marijuana (8.6 percent); cocaine (3.9 percent); and over-the-counter and prescription drugs (3.9 percent). NHTSA is conducting further research to assess how drug traces correspond to driver impairment since some drugs can remain in the body for days or even weeks. The 2007 survey involved more than 300 roadside locations throughout the U.S.

Waukesha County Prescription Drug Collection and Awareness Program Announced

Countywide prescription drug collection to take place on October 3rd, 2009

Official Press Release from the Waukesha County Executive's Office, 8-26-09

WAUKESHA, Wis. – County Executive Dan Vrakas announced today a prescription drug collection that will take place countywide on October 3rd in an effort to reduce prescription drug abuse and accidental poisonings in Waukesha County as well as help protect local waterways.



"Public safety and the well-being of our citizens is very important to me," Vrakas said. "This organized drug collection will ensure that these drugs are disposed of properly and kept out of the hands of our children and out of our water."

According to a recent survey of students from the School District of Waukesha, prescription drugs are the number one drug of choice among children ages 12 to 17. Local law enforcement has reported an increasing amount of prescription drug abuse and accidental poisoning among teenagers in recent years. These facts have further illuminated the need for a collection of this type.

Five sites Countywide have been designated for the collection on Saturday, October 3rd: **Menomonee Falls:** Community Memorial Hospital (9 a.m. to 12 p.m.), **Elm Grove:** Pilgrim Park Middle School (9 a.m. to 12 p.m.), **Pewaukee:** WCTC (9 a.m. to 1 p.m.), **Waukesha:** Waukesha West High School (9 a.m. to 12 p.m.) and **Oconomowoc:** Oconomowoc Memorial Hospital (9 a.m. to 12 p.m.)

Residents are encouraged to bring their unwanted and unused medications to any one of the five locations on October 3rd. Prescription medications, over the counter medications, ointments, sprays, inhalers, creams, vials, herbals and pet medications will all be accepted by pharmacists on the day of the event. Residents are asked not to bring biohazardous material and household hazardous waste.

The collection is the result of months of work from partnering agencies including Waukesha County, the School District of Waukesha, Waukesha County Technical College, ProHealthcare, Waukesha County Drug Free Communities, Community Memorial Hospital, Elmbrook Parent Network and a number of law enforcement agencies.

On Wednesday, October 7th, Elmbrook Parent Network will host a follow-up awareness program for parents titled "Drugs, Alcohol & Today's Teens," at Pilgrim Park Middle School in Elm Grove. At the event, experts will discuss the current trends in recreational use of prescription drugs, warning signs of abuse and preventative advice, as well as treatment options.

For more information on the collection including addresses and directions for the locations, residents are encouraged to visit www.waukeshacounty.gov/drugcollection.

Coalition Tries to Change Norm of Drinking at Quinceañeras

Article from CADCA's 8-13-09 online newsletter

<http://www.cadca.org/CoalitionsOnline/article.asp?id=2269>

For young girls in the Hispanic community, turning 15 is a special occasion that symbolizes their passage into womanhood. To celebrate that transition, families throw a "quinceañera," or coming out party. Once an honored tradition focused on a girl's faith and values, today quinceañeras have become lavish parties where there is no shortage of alcohol. Mirza Martinez, from the Fontana Community Coalition in Fontana, Calif., decided to go against that norm by throwing her daughter an alcohol-free quinceañera.

With roots dating back to prehispanic traditions, today quinceañeras typically include a religious ceremony meant to strengthen the birthday girl's Catholic faith followed by a reception that is often characterized by the consumption of large amounts of alcohol. Mirza said the decision to not serve alcohol at her daughter Lupita's quinceañera was really a way to honor her daughter.

"When I talked to my daughter about her party, I realized that it wasn't her choice to have alcohol and that we should honor what she wanted," Mirza said. "And we wanted to model the same behavior that we expected of her and to change the focus of her quinceañera to the importance of strong values and of making healthy choices in life. Alcohol just detracts from the true meaning of a quinceañera."

Mirza said part of the reason quinceañeras are so much about alcohol is because they have become an industry unto themselves. "All of the quinceañera packages offered at hotels include alcohol and when you tell them that no alcohol will be served, they often won't call you back," she noted.

Luckily for Mirza, she was able to find a community center that doesn't allow alcohol at parties where youth are present. *Continued on Pg. 3*

ADHD drug abuse calls flood poisons centers

Teens popping the pills for buzz or alertness can lead to scary side effects

Printed: Mon., Aug 24, 2009 http://www.msnbc.msn.com/id/32538503/ns/health-kids_and_parenting/from/ET

CHICAGO - Calls to poison control centers about teens abusing attention-deficit drugs soared 76 percent over eight years, sobering evidence about the dangerous consequences of prescription misuse, a study shows.

The calls were from worried parents, emergency room doctors and others seeking advice on how to deal with the problem, which can be deadly. Four deaths were among cases evaluated in the study. Kids taking ADHD drugs to get high or increase alertness may not realize that misuse of the drugs can cause serious, sometimes life-threatening symptoms, including agitation, rapid heartbeat, extremely high blood pressure.

"They say, 'It's FDA approved drug, how dangerous could it be?'" said Steve Pasierb, head of The Partnership for a Drug-Free America, based in New York.

In the study, researchers from Cincinnati Children's Hospital Medical Center evaluated 1998-2005 data from the American Association of Poison Control Centers. During that time, nationwide calls related to teen abuse of ADHD drugs, specifically stimulants, increased from 330 to 581 yearly, and there were four deaths. Overall, 42 percent of teens involved had moderate to severe side-effects and most ended up getting emergency-room treatment.

The true number of teen abusers who have bad side effects is likely much higher, because many cases don't result in calls to poison control centers, said study author Dr. Randall Bond, medical director of the hospital's Drug and Poison Information Center.

The surge, from 1998 to 2005, outpaced calls for teen substance abuse generally. It also paralleled an 86 percent rise in ADHD medicine prescriptions for kids aged 10 to 19, from about 4 million to nearly 8 million during that time.

"It's more bad news on an entrenched problem," Pasierb said. His nonprofit group was not involved in the study. Its own research suggests that about 19 percent of teens have abused prescription drugs including medicine for attention deficit hyperactivity disorder.

Government-sponsored surveys suggest that teen abuse of stimulants including ADHD drugs has declined in recent years. The new study was for release Monday in the August edition of Pediatrics.

Hazardous buzz

Mark Stein, a psychiatry professor and ADHD expert at University of Illinois at Chicago, said abuse typically involves crushing and snorting the pills, which speeds up the effects and can produce a buzz or sense of euphoria — along with dangerous side effects.

Kids who develop serious side effects should be taken to the emergency room, where sedatives can be used to treat the problem, Stein said.

The study lacks information on whether abusers were teens with ADHD, but anecdotal evidence suggests many are not.

Stein said the study should not deter use of ADHD drugs in teens who really need them, particularly since there's evidence that kids with ADHD who don't get medication are at risk for abusing illicit drugs.

Norm of Drinking at Quinceañeras continued...

Dr. Eduardo Hernandez, who has written about alcohol use among the Hispanic community, said part of the problem is that drinking alcohol at social events like quinceañeras is more than just a social norm, it's a cultural norm.

"Research by noted experts, including Dr. Marilyn Aguirre Molina, professor of social work at Columbia University in NYC, indicates that Hispanics are convivial drinkers, meaning that a lot of Hispanic consumption is in a social or cultural context," said Dr. Hernandez, who directs CADCA's international programs and is the Deputy Director of Dissemination and Coalition Relations for CADCA's National Coalition Institute. "We also know that in certain Hispanic populations, alcohol problems are related to these cultural events." As a result, Dr. Hernandez added, changing this norm is no easy feat. "To change this, we're going to need both individual and policy changes, meaning individual families choosing to limit or eliminate the consumption of alcohol at these events, combined with policies put into place by the companies who run these party venues," he noted.

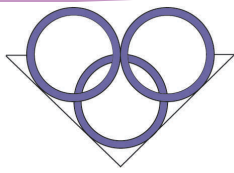


Beverly Spencer, a prevention specialist with the Central Valley Prevention Program of Mental Health Systems, Inc. and member of the Fontana Community Coalition, said they decided to publicize the alcohol-free quinceañera to send a message to the community that alcohol doesn't have to be part of this celebration.

"It's the norm, so we're trying to publicize that it doesn't have to be," Spencer explained. "We want people to think twice and to realize that they have a choice."

Birthday girl Lupita hopes her decision will inspire her peers to do the same. "I made the choice and I am proud that I have the freedom to make the choice not to serve alcohol at my quinceañera...for me other things are more important like the music, the food, and dessert," she said.

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



Addiction Resource Council, Inc.
W228 N683 Westmound Drive
Waukesha, Wisconsin 53186

Phone: 262-524-7921

Fax: 262-524-7932

Email: info@arcouncil.net

ADDICTION RESOURCE COUNCIL, INC.

Help and Hope

We're on the Web!

www.arcouncil.net

The ARC can earn a donation every time you search the Internet and shop online!!!

GoodSearch & GoodShop



Search the web with Yahoo-powered **GoodSearch.com** and they'll donate a penny to the ARC each time you search!

Shop at more than 600 **GoodShop.com** merchants including Amazon, Best Buy, Toys R Us, and others, and a percentage of each purchase will go to the **ARC!**

ADDICTION RESOURCE COUNCIL SUMMER FUNDRAISER: NEW BERLIN LIONS CORN ROAST



THANKS TO ALL WHO PARTICIPATED IN THE NEW BERLIN STATE FAIR CORN ROAST ON AUGUST 9, 2009! ARC HAD OVER 20 VOLUNTEERS WORK THE STAND AND SOLD OVER 7,000 EARS OF CORN! THANKS FOR HELPING RAISE FUNDS FOR THE NEW BERLIN LIONS CLUB AND ARC!

Upcoming Council Events

WALK FOR RECOVERY

The Addiction Resource Council's 2009 Walk for Recovery will take place at Minooka Park on **Saturday, September 26th** from 12:00-2:30 pm.

Come and enjoy an autumn afternoon of scenic 1 or 2 mile walking paths, a picnic lunch (cost included in the entry donation) as well as a raffle, music and other activities.

Contact Brianna Duffy at bduffy@arcouncil.net or 262-524-7921 to receive registration forms and information.

Addiction: Why Can't They Just Stop?



A Free Community Education Lecture Series based on the HBO **ADDICTION** Documentary

Monday Evenings 6-8pm
October 5, 12, 19, and 26

Waukesha Co. Mental Health Center
Multipurpose Room
1501 Airport Rd.
Waukesha, WI 53188

No fee to attend and no is required. Call 262-524-792 with questions.