



An important message from SOCASA...

Underage Drinking is a Prevalent Health Problem Among **YOUTH**

This problem exists at colleges, high schools and even middle schools!

The National Institute on Alcohol Abuse and Alcoholism recognizes underage drinking as a widespread public health problem that poses many risks. Many parents believe that allowing their teenage children and their friends to drink at home with adult supervision leads to a safe and healthier attitude about drinking habits. Unfortunately, nothing can be further from the truth! In fact, underage drinking can lead to serious and negative consequences for both parents and children.

Facts show that allowing underage drinking at home is not an effective reduction strategy and may have many unintended consequences. Alcohol use increases the risk of unintentional injuries, interpersonal violence, risky sexual behavior and sexual assault.

Use of cell phone cameras and instant social media, can subject our children to public embarrassment that potentially could follow them forever and have devastating consequences on their self-esteem and mental health. Social media posts depicting alcohol and partying can also jeopardize college admissions, scholarships and job offers since colleges and prospective employers routinely view social media pages as a means of character reference. Parents who condone, encourage, or simply allow underage drinking may believe that it decreases the risk for continued drinking as teens get older. However, the opposite is true. Recent research from "The Partnership Attitude Tracking Study" (PATS) reveals that teens who perceive their parents to be more permissive about alcohol use are more likely to abuse alcohol and to use other drugs.

Allowing underage drinking in your home as a social host also places you at great legal and civil liability. If an incident, injury or even an automobile accident occurs as a result of alcohol consumed at your home, you may be held liable.

When you think about your own hardworking and responsible teenage son or daughter these consequences may seem out of the realm of possibility, but unfortunately the risk is real—and serious. It is not always easy to be the parent that does not condone underage drinking, but it can protect your children from numerous potentially devastating consequences.

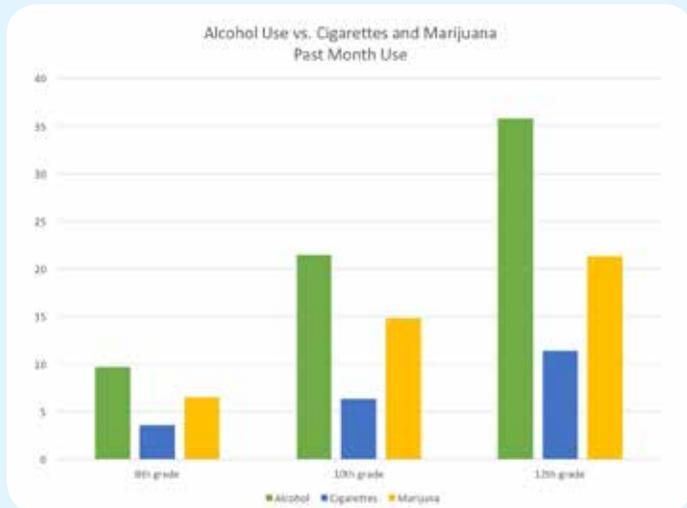
SOCASA is proud to provide resources and information on this important social issue so parents can better make an informed decision.

Please read and share this newsletter and visit www.socasa.wellcore.org



Underage Drinking

As children mature, it is natural for them to assert their independence, seek new challenges, and try taking risks. When young people take part in drinking they often don't understand the risks and damaging effects it can cause. Aside from being illegal, underage drinking is a prevalent health problem among youths.

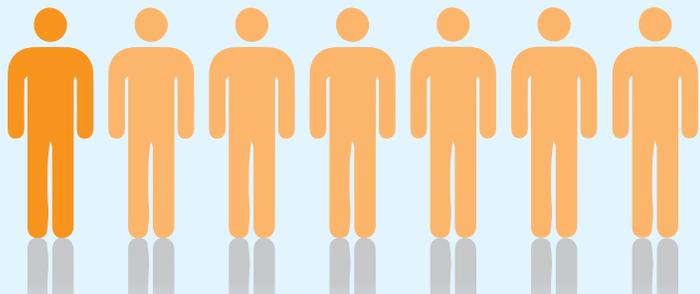


Source: 2015 Monitoring the Future Survey



MORE THAN 30% OF ALL U.S. TEENS HAVE THEIR FIRST ALCOHOLIC DRINK BEFORE THE AGE OF 15

Source: Substance Abuse and Mental Health Services Administration (SAMHSA). 2015 *National Survey on Drug Use and Health* (NSDUH)



1 IN 7 YOUNG ADULTS PARTICIPATE IN BINGE DRINKING

Source: Center for Behavioral Health Statistics and Quality (2015)

“Approximately 40% of individuals who report drinking before age 15 also describe their behavior in ways consistent with a diagnosis for alcohol dependence.”

Source: Surgeon General's Call to Action to Prevent and Reduce Underage Drinking



3 LEADING CAUSES OF DEATH BETWEEN AGES 15 AND 24 CAN BE LINKED TO ALCOHOL-RELATED INJURIES EVERY YEAR

Source: Centers for Disease Control and Prevention



TEENS CONSUME MORE THAN 90% OF ALCOHOL BY BINGE DRINKING, MOST COMMON BETWEEN AGES 12 AND 20

Source: Office of Juvenile Justice and Delinquency Prevention, *Drinking in America: Myths, Realities, and Prevention Policy*

THOSE WHO BEGIN DRINKING
**BEFORE 15 YEARS OF AGE
ARE 4X MORE LIKELY TO
DEVELOP ALCOHOLISM**
THAN THOSE WHO DON'T.

Source: National Institute on Alcohol Abuse and Alcoholism (NIAAA)

**DRINKING CAN CAUSE YOUNG
ADULTS TO MAKE POOR DECISIONS
OR HAVE BEHAVIORAL AND/OR
EMOTIONAL ISSUES.**

THESE ISSUES MAY INCLUDE: STEALING,
FIGHTING, SKIPPING SCHOOL, DRUNK DRIVING,
RISKY SEXUAL BEHAVIOR, VIOLENCE, ETC.

Source: U.S. Surgeon General

**BRAIN DEVELOPMENT CONTINUES
WELL INTO A PERSON'S 20'S.**

ALCOHOL CAN EFFECT DEVELOPMENT
AND CONTRIBUTES TO A RANGE OF
HEALTH PROBLEMS.

Source: NIAAA

ALCOHOL IS A GATEWAY DRUG!

THOSE WHO ABUSE ALCOHOL ARE MORE
LIKELY TO GO ON TO ABUSE OTHER DRUGS
THAN THOSE WHO DON'T.

Source: Journal of School Health, *Prioritizing Alcohol Prevention: Establishing Alcohol as the Gateway Drug and Linking Age of First Drink With Illicit Drug Use*

**DEPRESSION AND ANXIETY
ARE ALSO RISK FACTORS
FOR ALCOHOL ABUSE**

BECAUSE SOME PEOPLE USE DRINKING AS
A COPING STRATEGY FOR DEALING WITH
INTERNAL STRESS.

Source: U.S. Surgeon General

**AS YOUNG PEOPLE GROW OLDER,
THE CHANCE THAT THEY WILL USE
ALCOHOL GROWS.**

BY AGE 18, NEARLY 70% SAY THEY
HAVE HAD AT LEAST ONE DRINK

Substance Abuse and Mental Health Services Administration (SAMHSA)

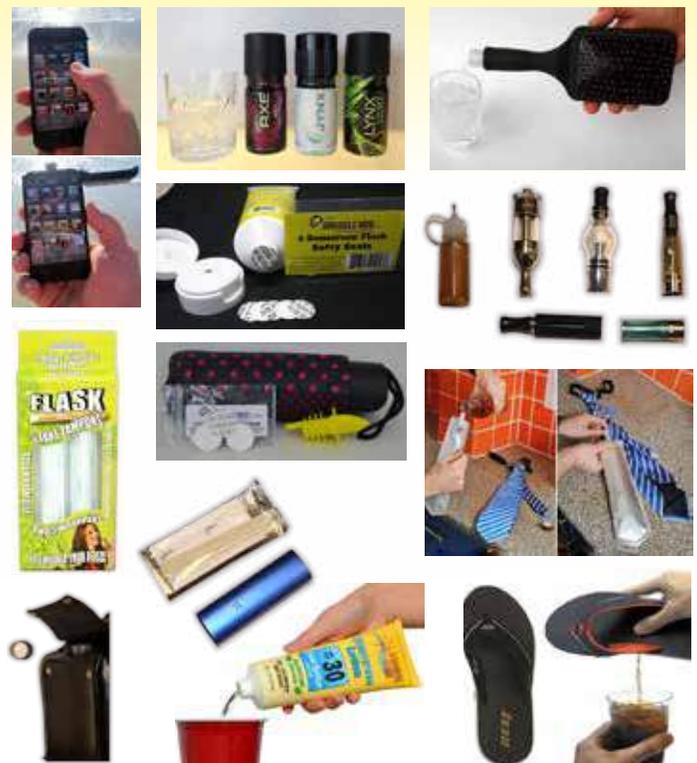


How Teens Conceal Alcohol and Illicit Drugs

Police departments advised that “pre-staging” of alcohol tends to happen at teenage parties. This means that teens hide their alcohol before the party begins. It may be in a wooded area near the house, or within the house. Parents need to frequently patrol the area with great diligence. There should be one entry and exit point in/out of the house. Parents should be monitoring those coming and going, but be aware that alcohol may be being handed in from the outside through a window. Also fake IDs may be an issue of which parents need to be aware.

Source: Mahwah Police Dept.

ASSORTED PARAPHERNALIA USED BY TEENS TO CONCEAL ALCOHOL AND ILLICIT DRUGS



Photos Courtesy of Tim Shoemaker

What Can Parents and Teachers Do?

Starting the conversation –

In talking with your young adult about alcohol, look for opportunities to raise the topic naturally.

Discussions about majors and course selection can lead to a conversation about ways in which alcohol use can disrupt academic success and career options.



Get familiar with the school's alcohol use policy together –

Does the school have different sanctions for student athletes and those attending on scholarships?

Does the school require new students to complete an online course in alcohol use prior to arriving on campus?

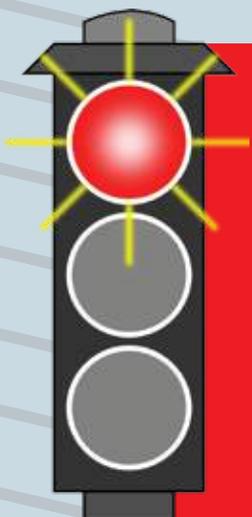
How might eviction from a residence hall, being released from a team, or loss of a scholarship affect your young adult's ability to remain in school?

How to keep the conversation going –

Continue to keep communication between you and your young adult throughout all college years. Regular conversations show your continuing concern about their well being and also provide an opportunity to reinforce your zero-tolerance stance of underage drinking. Regular communication also makes it easier to detect potential alcohol use or early signs of a problem.

“In fact, the vast majority of teenagers (80%) say their parents are the biggest influence on their decision whether to drink.”

– David Bohl, Executive Director of Kiva Recovery



STOP! Can You Recognize Signs of Underage Drinking?

- Academic and/or behavioral problems in school
- Changing groups of friends
- Less interest in activities and/or appearance
- Finding alcohol among a young person's things or smelling alcohol on their breath
- Slurred Speech
- Coordination problems
- Memory and/or concentration problems

Source: SAMHSA

A message from our partners...

“Tobacco products kill 50% of the people who use them and do not belong in a health institution.”

-Maureen Kenney, Director of POW’R Against Tobacco

No doctor
would ever
prescribe
tobacco...

so why do
pharmacies
sell it?

52% of all pharmacies in New York State
still sell tobacco products.

It’s time to end this practice.

Lend your support.

TobaccofreeNYS.org

POW’R
PUTNAM • ORANGE • WESTCHESTER • ROCKLAND
AGAINST TOBACCO



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AGAINST TOBACCO

POW’R Against Tobacco is a grassroots community partnership made up of businesses, non-for profit organizations, and private citizens who are working together to reduce the social and economic burden caused by tobacco use.

Our core initiatives include reducing tobacco marketing in the retail environment, promoting tobacco-free outdoor spaces free from the harmful effects of secondhand smoke, and increasing the availability of smoke-free homes.

Funded through a grant from the New York State Department of Bureau of Tobacco Control and a program of the American Lung Association of the Northeast, POW’R is one of 29 community partnerships across New York State dedicated to making each community a healthier place to live, work and play.

www.powragainsttobacco.org

REALITY CHECK

REALITY CHECK (RC), the youth action component of the New York State Bureau of Tobacco Control Program, has been in existence since 2001. Youth from all over New York work hard to educate their peers, parents, legislators, community members and key decision makers on the tobacco industry’s manipulative marketing practices and how they target youth to become replacement smokers.

The teens of RC have worked on numerous initiatives over the years. RC was instrumental in getting tobacco ads out of certain magazines sent to schools and read by youth. Reality Check is currently working with national leaders and other states to get smoking out of youth-rated films. Currently, Reality Check is also working to eliminate the influence the industry has in retail stores. Reality Check members have also had great success in working with parks and other outdoor spaces, getting them to adopt policies to become smoke-free.

www.realitycheckofny.com

Underage Drinking College Stats



About 25% of students report academic consequences of drinking, including:

Missing class or falling behind, doing poorly on exams or papers, and receiving lower grades overall.



Over 1,500 students die from alcohol-related unintentional injuries, including motor vehicle crashes.

599,000 students are unintentionally injured under the influence of alcohol.

19% of college students meet the criteria for alcohol abuse or dependence.



Almost 700,000 students are assaulted by another student who has been drinking.

97,000 students are victims of alcohol-related sexual assault or date rape.

400,000 students have unprotected sex.

100,000+ students report having been too intoxicated to know if they consented to having sex.

3,360,000 students drive under the influence of alcohol.



5% of students are involved with police or campus security as a result of their drinking.

110,000 students are arrested for an alcohol-related violation.

DRUG & ALCOHOL EMERGENCIES

If you are in crisis and need immediate assistance, call 911 or proceed to the nearest emergency room.

If you require mental health outreach services, help is available 24/7.
RPS - Behavioral Health Response Team (BHRT) Call: 845-517-0400 or
Toll Free: 1-844-255-BHRT (2478).

ADDICTION GROUPS AND SUPPORT

CANDLE
845-634-6677
www.candlerockland.org

Mental Health Association of Rockland
County
845-267-2172
www.mharockland.org

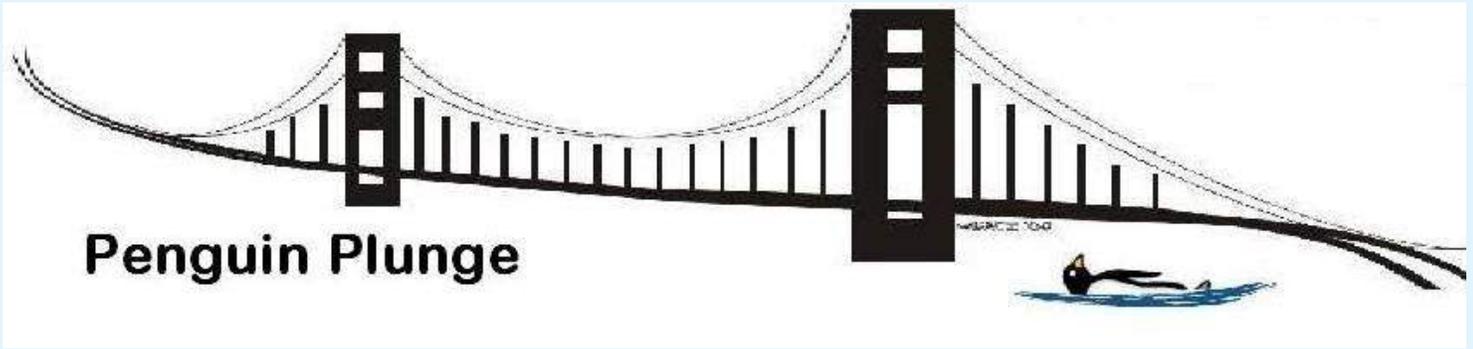
Rockland Council on Alcoholism & Other
Drug Dependence
845-215-9788
www.rcadd.org

Women Supporting Women
wsw4health@gmail.com

Narcotics Anonymous
212-929-NANA (6262)
www.rocklandna.org

New York State HOPEline
1-877-8-HOPENY

Partnership for Drug-Free Kids Helpline
1-855-DRUGFREE



Penguin Plunge

The Penguin Plunge helps the families of seriously ill children in meeting their medical and support costs as they focus on their children's health. The Penguin Plunge gives people the opportunity to take a memorable dip into the icy waters of the Hudson while raising money for a good cause. Since 2008 we have raised over \$300,000 for some incredible young people. For more information and to register, please visit: www.penguinplungeny.com

Penguin Plunge
 Sunday March 6, 2017
 12pm-2pm

Nyack's Memorial Park
 53 Piermont Ave
 Nyack, NY 10960

PARTNERSHIP FOR CHANGE



Being in an unhealthy or abusive relationship is already a difficult situation. Alcohol and drug abuse only make matters worse. When a partner is under the influence, the risks of abuse on all levels - physical, verbal, emotional, digital and sexual - are all amplified, leading to a deeply troubling situation.

Alcoholism and substance abuse are a reality among young people. On average, they have about five drinks on a single occasion, which leads to serious injuries, impaired judgments and increased risk for physical and sexual assault. In a relationship, these factors only hurt the ones they claim to love.

- Teens who suffer dating abuse are subject to long-term consequences like alcoholism, eating disorders, promiscuity, thoughts of suicide, and violent behavior.
- 1.5 million high school students in America are victim to sexual, physical, verbal, or emotional dating abuse.
- 50% of young people who experience rape, physical or sexual abuse will attempt to commit suicide.
- Females between the ages of 16 and 24 are roughly 3 times more likely than the rest of the population to be abused by an intimate partner.

Source: loveisrespect.org

BLAMING THE BOOZE

"It wasn't me, it was the beer talking!"
"I would never do that if I was sober."
"I'm not really that person. That's who I am when I'm high."

PRSRT STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

Local
Postal Customer



MAKING A DIFFERENCE TOGETHER

Established in 2000 under Wellcore, SOCASA, South Orangetown Community Awareness of Substance Abuse adopted the mission to increase awareness of teenage substance abuse between teens, parents, educators and community members in order to promote education and prevention and decrease substance abuse related accidents and fatalities.

In Rockland County, accidents and fatalities resulting from the use of alcohol and drugs by teenagers have been on the rise. In response to this serious problem, SOCASA, together with parents, middle and high school students, and community representatives, initiated a special Drug and Alcohol Task Force. In so doing, SOCASA hopes to prevent needless tragedies that can occur when our children drink or abuse drugs.

www.socasa.wellcore.org