



The Parent's Source Update from the Adolescent Substance Abuse Treatment Project

"Building Bridges, Closing Gaps"



June, 2008

Uniting Against Cough Medicine Abuse - Five Moms

After a personal experience with cough medicine abuse, one mom joined together with four others in a campaign to spread the word on the dangers of cough medicine abuse. They call themselves Five Moms.

Did you know?

- 1 in 10 teens has taken enough cough medicine to get high - as much as 25-50 times the normal dose.
- Teens can easily find and share information including tips and videos on how to abuse cough medicines on the internet.



Some signs that your child may be abusing cough medicine include:

- Cough medicine missing from the medicine cabinet or empty containers in the trash
- Looking at pro-drug web sites that give information on how to abuse dextromethorphan (dex-tro-me-THOR-fan) (the ingredient in the cough medicine that causes the "high")
- Changes in your teens lifestyle including friends, appearance, or sleeping or eating
- Declining grades
- Loss of interest in hobbies or favorite activities
- Hostile and uncooperative attitude
- Unexplained disappearance of household money
- Unusual chemical or medicinal smells on your child or in his or her room

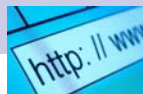
To learn more, meet the moms, and get involved visit <http://www.fivemoms.com/>.



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Check out this website for youth!



<http://thecoolspot.gov/>

This interactive website was created by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) for children aged 11-13. The main features include "Reality Check" - quizzes about how much drinking goes on in the U.S, "Deep Digging" - a page about why alcohol is used as a way to cope with problems, "Peer Pressure Bag of Tricks" - animations to help kids identify "tricks" that others may use to get them to use alcohol, and "Know your No's" - an activity to teach kids many different ways to say no. There are also pages with alcohol facts and information on how to get help.

Need help in North Carolina? Click here: http://www.uncg.edu/csr/asatp/pdf_pages/help0508.pdf

Parental Awareness of Youth Substance Use

The National Survey on Drug Use and Health released a report on April 24, 2008 that looked at rates of parental awareness of youth substance use. In particular, they looked at the use of alcohol, cigarettes, and marijuana. Overall, parents were the most aware of their child's use of alcohol and cigarettes and least aware when it came to marijuana.

The main findings were:

- Youth in one-parent households tended to have higher rates of substances than those in two-parent households. In addition, substance use in father-child pairs was higher than mother-child pairs.
- In both mother-child and father-child pairs, parental awareness of alcohol and tobacco use increased as the youth's age increased.
- Mothers in mother-child pairs had higher rates of awareness than fathers in father-child pairs. Mothers in single parent households were the most aware out of all parental pairs.

To download the entire report go here: <http://oas.samhsa.gov/2k8/parents/parents.pdf>