



May, 2008

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

"Building Bridges, Closing Gaps"



Opening the Lines of Communication

Students Against Destructive Decisions (SADD, formerly Students Against Driving Drunk) has a pamphlet to help you open the lines of communication with your children. There are three levels of communication: using ice breakers to get started; continuing the conversation by going deeper; and helping to make a commitment to stay safe, including how to get out of an unsafe situation.

There is an online version of the brochure which is a quick introduction to the topic. The full version can be downloaded as a pdf:

<http://www.sadd.org/lifesaving.htm>



SAMHSA



nc department
of health and
human services



NC Division of Mental Health,
Developmental Disabilities and
Substance Abuse Services



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3005 Mail Service Center
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Parent Chronicles: "The Gap"

<http://www.theantidrug.com/advice/chronicles-home.aspx>

See a video from the point of view of four families that shows the differences between what parents and teens think about drugs, the pressure to use, and the internet. The website includes action items to help you get to know your teen better and a forum where you can share what you have learned with other parents.

New Report on Underage Drinking

Drinking by individuals under 21 years may be related to heavy drinking and alcohol problems in adulthood. The report says that those who drink before age 21 are more likely to engage in violent behaviors, attempt suicide multiple times, have unprotected sex, and have more sexual partners.

A new report released on March 31, 2008 describes the quantity and frequency of alcohol use among underage drinkers. The main findings are:

- Underage drinkers consume more alcohol than people over 21 each time they drink.
- In 2005 and 2006 an average of 28% of 12-20-year-olds reported using alcohol in the past month.
- Those that reported drinking in the past month drank on an average of 6 days out of the month drinking an average of 5 drinks each time.

To download the entire report go here:

<http://oas.samhsa.gov/2k8/underage/underage.pdf>

SAMHSA Research Says Screening Works

The Substance Abuse and Mental Health Services Administration (SAMHSA) has screened 600,000 people through their Screening, Brief Intervention, and Referral to Treatment (SBIRT) program. Of these people, about 23% have substance use problems. Not every young person who is using drugs becomes addicted. If the youth continues to use drugs or alcohol, they are at risk for developing a substance abuse disorder which is more serious. Early screening helps teens get access to treatment earlier, hopefully preventing them from ever developing a substance abuse disorder.

An assessment questionnaire called the Global Appraisal of Individual Needs or GAIN is being promoted across North Carolina. This assessment can help identify both substance use and mental health problems in people of all ages and helps them get the treatment that best fits their needs. If you suspect that your son or daughter has a substance use problem please consider getting him or her assessed.

Do you need to know where to go to get help for your child and get him or her screened? We have created a factsheet** with contact numbers: http://www.uncg.edu/csr/asatp/pdf_pages/Help.pdf

****An important note if you downloaded this factsheet before April 18, 2008. The numbers for the Mecklenburg County LME were incorrect and have been updated. They are 704-566-3410 (Emergency) and 704-336-3793 (Non-emergency).**