

Children Impacted by Addiction

Over 22 years ago, I began working with children impacted by addiction in their families. The issues these children face are often the same. Their lives contain disruption, confusion, guilt and pain.

In the United States, an estimated 27.8 million children are affected by or exposed to a family alcohol problem. Not all children of addiction are impacted the same, though many share the common belief that they have caused the issue. Many fail to express their emotions, making the healing process difficult.

I recently facilitated a six-week program for children ages five to eight, helping them to understand the impact of addiction. The words of an eight-year-old resonate in my mind. She clung to the idea that her mother's addiction occurred because she was born.

Her mother and multiple family members reinforced this belief by telling her this was true. This child now struggles to keep family life problem-free. She has stretched a canvas of inaccurate beliefs into a behavior pattern which interferes with the necessary developmental tasks of childhood.

Research has documented that children with substance-abusing parents are more at risk than their peers for alcohol and other drug use, delinquency and depression, as well as poor school performance.¹ Literature suggests

that children most affected have at least one parent who displays offensive behaviors (i.e. they abuse or embarrass the child) while children least affected have a parent who becomes passive and carefree. The most negatively affected children have both a chemically dependent and a non-chemically dependent parent

whose parenting skills are seriously impaired. The National Institute on Alcoholism and Alcohol Abuse states that children of addiction experience greater physical and mental health problems and higher health care costs (32 percent more) than children from non-alcoholic families. These children are more likely to begin drinking at a young age and to progress to drinking problems more quickly.²



Approximately one in four children is exposed to alcohol abuse or alcohol dependency in the family before age 18.³ Over 8.3 million U.S. children under the age of 18 lived with at least one parent who was dependent upon or abused alcohol or an illicit drug during the past year.⁴ U.S. Census Bureau population data for New York state reflects a total of 167,940 youth under the age of 18 in Monroe County. Based on these figures, it is possible that we have an estimated 20,000 – 42,000 youth impacted by substance abuse or dependency in Monroe County.

Help is available. If you know someone affected by a loved one's addiction, contact Bridget DeRollo at DePaul's NCADD-RA (585-719-3483) and ask about the Total Approach Family Program (TAFP). Services are available for children and adults. For more information, visit the National Association for Children of Alcoholics at www.nacoa.org.

Bridget DeRollo, *Family Program Coordinator*

¹ SAMHSA Office of Applied Studies. (March 2006). *Children of Substance Abusers; Children at Risk Because Of Parental Substance Abuse*.

² NIAAA... (January 2006). *Alcohol Alert No. 67. Underage Drinking: Why Do Adolescents Drink, What Are The Risks, And How Can Underage Drinking Be Prevented?*

³ Grant B.F. (2000). *Estimates Of U.S. Children Exposed to Alcohol Abuse And Dependence In The Family*.

⁴ SAMHSA NSDUH 2002-2007.

⁵ *American Community Survey 2006-2008 U.S. Census Bureau*

Congratulations to the 2009-2010 ACCT Class

Congratulations to the 19 graduates of NCADD-RA's Addictions Counselor Credential Training (ACCT) class. They have completed 16 months of classes and shared the following comments about their educational experience.

- "This program is invaluable."
- "I learned so much and look forward to using all I learned in the field."
- "Cannot say enough about a life-changing experience."
- "I enjoyed this course tremendously...loved it."
- "I have learned so much about myself throughout this experience. I would recommend it to anyone."
- "It is a great pleasure to be a part of this program. Thank you for the opportunity."

Congratulations to the following December 2010 graduates:

James Burns, Kimberly Carroll, Sarah Coluccelli, Gerry Daniels, Jeannie Ferranti, Audrey Jackson, Russell Kamerow, Neal Ligon, Bruce Molser, Allen Moxley, Heather O'Connor, Ann Olin, Arito Pebble, Angela Sandlin, MaryLou Szewczyk, David Thompson, Timinipre Viator, Darrell Vickers, and Mark Wandtke.



The staff at NCADD-RA wishes each of our graduates every success as they take the next steps toward becoming Credentialed Alcohol and Substance Abuse Counselors through the New York State Office of Alcoholism and Substance Abuse Services. We look forward to working with this year's ACCT Class of 2011-12.

NCADD-RA Services...

- Total Approach Family Program
- Hispanic Prevention/ Education Program
- Community Education and Advocacy
- Problem Gambling Prevention Program
- Addictions Counselor Credential Training
- Resources and Referrals
- Finger Lakes Prevention Resource Center

NCADD-RA Staff...

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Front row: Aracelis Ramos, Ross Amico and Bridget DeRollo.
Back row: Elaine Alvarado, David Young, Jennifer Faringer, Milagros Rodriguez-Vazquez, Rob Levy, Barb Christensen, and Jerry Bennett.

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Problem Gambling Awareness Week

March 6-12, 2011

Sports Gambling Facts and Statistics

What are the odds of...

- A college player becoming a pro football player: 3,000 to 1
- Being struck by lightning: 576,000 to 1
- Winning a Powerball jackpot: 140,000,000 to 1

The Facts

- 85 percent of American adults have gambled at least once in their lifetime
- 65 percent at least once in the past year
- 30 percent at least once in the past month
- 15 percent at least once in the past week
- Two to three percent of American adults meet criteria for a gambling problem
- Upward of 80 percent of high school students report having gambled for money

College Athletes and Gambling

In 2008, three percent of male athletes and 0.4 percent of female athletes were considered to have a gambling problem or to be at risk of having a gambling problem. Twenty-six percent of male athletes reported they started gambling prior to high school; 66 percent began in high school. Thirty percent of male student-athletes reported they have wagered on sports in the last year. An average of nine percent of athletes across 11 different sports reported they wager on sports at least once per month.

Sports Gambling

According to an ESPN survey, about 118 million Americans gambled on sports in some manner in 2008. About 67 percent of all college students bet on sports. Sports betting is second to poker in popularity of gambling games among college students. A recent survey revealed that 44 percent of 12th grade males reported wagering on sports at least once. Sports betting is the most popular form of gambling among youth ages 14 - 22. Nearly a quarter of males bet on sports in an average month.

For further information or to request a presentation on problem gambling, contact David Young at **(585) 719-3485** or at dyoung@depaul.org.

Risk Factors for Gambling Problems

- Male
- Athlete
- 18-24 years old
- Substance use/abuse
- Easy access to gambling and money
- Family history of addiction
- Belief in own skill
- Belief in luck/superstition
- Racial/ethnic minority
- Gamble illegally
- Early onset
- Early big win
- Highly competitive

Student athletes who met at least one criterion for gambling addiction were much more likely to...

- Receive traffic tickets
- Buy on impulse
- Steal
- Enjoy taking risks
- Have a parent with a gambling problem
- Have friends who gamble
- Have five or more drinks in one sitting
- Have multiple sexual partners
- Engage in risky sexual behaviors

Statistics from: The National Council on Problem Gambling

<http://www.npgaw.org>

In 2011, Gamblers Anonymous (GA) meetings will now be held at DePaul's NCADD-RA office located at 1931 Buffalo Road. Meetings are Tuesdays and Thursdays from noon - 1:00 p.m. For more information, call GA at (888) GA-HELPS (888-424-3577) or visit the GA website at www.gamblersanonymous.org/mtgdirny.

Supersized Alcopops, “A Binge In A Can,” Pose A Public Health Threat

It didn't take long for the makers of Four Loko, the most widely-known alcoholic energy drink, to bounce back following the Food and Drug Administration (FDA) ban on alcoholic beverages containing caffeine or other stimulants. Other caffeinated energy drinks included in the FDA's ban include Joose and Max, Moonshot, Spiked, and Core High Energy.

In early January 2011, manufacturers announced, “In the new year, we'll continue to introduce exciting new products that consumers love. We built our business by responding to what consumers want, and Four Loko XXX Limited Edition continues that tradition.” Claiming their new Green Apple and upcoming Blueberry Lemonade-flavored malt beverages are “designed to satisfy



consumer demand,” Four Loko's co-founder explains that, “This product line represents the latest evolution of the Progressive Adult Beverage category.”

Like the previous Four Loko beverages, these Progressive Adult Beverages will be sold in 23.5 ounce cans, with 12 percent alcohol, the equivalent of five drinks in one serving. One can, which resembles other “tall boys,” is the equivalent of a binge (five or more drinks for men, four or more for women) - thus the popular sub-title, “binge in a can.” The tendency of young people to “chug” multiple cans is well-documented.

Researchers at Boston University found that people who drank alcohol energy drinks were three times more likely to leave a nightclub highly intoxicated and four

times more likely to leave with the intention of driving. Removing caffeine and cardiac stimulants from these products may reduce the wakefulness of consumers, but the fruit-flavored, quadruple-strength beverage will continue to encourage over-consumption of alcohol, with all the attendant risks, including alcohol poisoning and death.

One wonders whether the marketing departments of the supersized alcopops believe that adults



will be the primary consumers of their new brew, or if they are intentionally tapping into the 11 billion dollars that flow from underage drinkers to the beverage industry each year. Delusional or not, the producers

of these products will continue to contribute to the progression from underage drinking to adult alcoholism, guaranteeing them a continuing market at the cost of young lives.

Rob K. Levy

FL PRC Training Specialist



Finger Lakes Coalitions Graduate from CADCA Academy

Four community coalitions from the Finger Lakes region have completed a six-month National Coalition Academy, sponsored by the Community Anti-Drug Coalitions of America (CADCA). NCADD-RA's Finger Lakes Prevention Resource Center worked with the coalitions throughout the process, which included three weeks of workshops, webinars, and the completion of the required strategic prevention framework components.

The Academy graduates are: The Partnership for Ontario County, the Seneca County Substance Abuse Coalition, the Steuben Prevention Coalition, and the Tompkins County Community Coalition for Healthy Youth. Each coalition sent two representatives to each of the week-long workshops, which were held in Albany, Ellenville and Rochester, New York.

Each coalition has created a detailed community assessment,

a logic model, a strategic and action plan, an evaluation plan, and a sustainability plan. These items were posted on a “workstation” website, where they could be viewed by other coalitions and assessed by the CADCA facilitators, Dave Shavel and Rhonda Ramsey-Molina. Sixteen coalitions from across New York state took part in the academy.

NCADD-RA congratulates the four Finger Lakes coalition graduates who joined us for a graduation ceremony at the CADCA National Leadership Conference in Washington, D.C. recognizing their achievement. NCADD-RA congratulates New York State Office of Alcoholism and Substance Abuse Services (NYS OASAS), also recognized in Washington, D.C. for their efforts in bringing the CADCA Coalition Academy to New York!

From K2 to K3 to K4...

Not Your Typical Mountain High

K2, K3 and K4 are synthetic marijuana drugs, made from herbs sprayed with various chemicals that mimic the high of THC, the active ingredient in marijuana.

Recently the DEA made K2, a synthetic marijuana look alike, illegal as of December 24, 2010. The ban will last at least 12 months and possibly longer. K2 has been called Spice, Blaze and other street names. Other similar substances are making their way into the Rochester area, such as K3, sometimes referred to as "Kryptonite."

One smoke shop owner in Texas states there are between 75-100 herbal blends on the market and that he gets calls daily from different distributors offering to sell him one kind or another. Sold often as herbal incense with the warning, "not for consumption," these drugs are gaining in popularity primarily with youth and young adults who think these drugs are safe and legal alternatives to marijuana. Head shop owners say they don't sell these types of products for the high but for their use as "incense." They are well aware of

how these products are being used.

Whether used as incense, smoked or ingested, the effects vary with the herb, the specific synthetics added to it, and the person using it. Users on YouTube describe highs similar to marijuana, sometimes stronger, sometimes weaker, while some hardly notice a difference. There have been hospitalizations due to K2 and other synthetic marijuana drugs. Jeremiah Morris, a forensic scientist for the Johnson County Criminalistics Laboratory in Mission, Kansas said,

"The psychoactive drug can cause users to experience rapidly increased heart rates, loss of consciousness, paranoia and, occasionally, psychotic episodes. One hospitalized user claimed he could see his heart beating out of his chest. Individuals have different reactions to the drug, though users do not have to smoke excessively to experience potentially harmful symptoms."

There are so many versions of synthetic marijuana and dealers are often one-step ahead of the legal system.



As specific substances like K2 are banned, newer versions crop-up around the country and are advertised as legal by their distributors.

Parents, schools, and law enforcement need to be aware of these substances, how they are packaged, and their effects. While some of these products remain legal, many times they are not as innocent as they seem. Unfortunately, it is just another way young adults are getting high and risking potential harm.

Ross Amico

Community Education Coordinator



Left to right: Kathleen C. Plum, Ph.D., RN, Director, Monroe County Office of Mental Health; Jennifer Faringer, MS.Ed, CPP, Director of the National Council on Alcoholism and Drug Dependence - Rochester Area; Keenan Allen, representative of former Rochester Mayor Duffy, and Robert J. Lindsey, President of the National Council on Alcoholism and Drug Dependence, Inc.

Celebrating Recovery

In celebration of National Alcohol and Drug Addiction Recovery Month, NCADD-RA hosted a screening of the movie, "When Love Is Not Enough – The Lois Wilson Story," in September at the School of the Arts in Rochester, New York. Robert Lindsey, President of NCADD, Inc., was the keynote speaker at the event which was co-sponsored by the Substance Abuse and Mental Health Services Administration. Over 150 people attended the evening event where a joint county/city proclamation was presented announcing September as Recovery Month. On the same day, in the Democrat and Chronicle, reporter Chris Swingle authored an article detailing the impact of addiction on families.



NSDUH Survey Cites Increases in Teen Marijuana Use

Two recently released national surveys, the National Survey on Drug Use and Health conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the University of Michigan's Monitoring the Future data, have shown increases in teen marijuana use, marked by a decreased perception of harm in the drug.

"The basic rule with any drug is if the drug becomes more available in society, there will be more use of the drug," Thomas Crowley, a University of Colorado psychiatry professor and director of the University's Division of Substance Dependence, told The Denver Post. "And as use expands, there will be more people who have problems with the drug."

In treatment centers locally, statewide and nationally, clinicians report increasing numbers of teens and young adults with marijuana as their primary drug of choice. As NCADD-RA continues to facilitate and host a county-wide Methamphetamine (and other Drugs) Task Force, participating members from law enforcement, treatment and prevention continue to cite the fortunate absence of methamphetamine in our community but do point to increases in crimes related to teen and young adult marijuana use as well as prescription drug misuse/abuse. Substance abuse prevention professionals note the direct relationship between the increased use of marijuana and a decrease in the perception of risk associated with marijuana use.

In Colorado, a state that has legalized marijuana for medicinal

use, clinics report a dramatic increase in numbers of teens in treatment for marijuana abuse. At the Denver Health Medical Center alone, treatment referrals tripled, with 83 percent of the teens who smoke marijuana daily reporting that they obtained their drug from a medical-marijuana patient. In these states where marijuana is legal, access and availability has sharply increased further compounding the problem.

The National Institute on Drug Abuse (NIDA) allocated money for health advocates to study the effects of medical-marijuana policies on broader drug use and public health. NIDA officials decided to offer the funding after seeing a rapid change in marijuana policies across the country — 15 states and the District of Columbia now have medical-marijuana programs.

The New York Society of Addiction Medicine (NYSAM) maintains that, "Smokeable marijuana should be subject to a Food and Drug Administration approval process which includes clinical trials to determine its efficacy as a medication, a position similar to the American Medical Association. Smoking is a method of administering marijuana that, like smoking tobacco, has been found to be harmful."

We encourage members of our community to join us (NYSAM, NCADD-RA, NCADD, Inc., and Councils on Addictions of New York State) in strong opposition to legislation that would permit the medical use of marijuana in smokeable form in New York state.

Jennifer Faringer

Director, NCADD-RA

National Take Back Day April 30, 2011

The National Council on Alcoholism and Drug Dependence-Rochester Area is again proud to partner with the Drug Enforcement Administration (DEA) to promote the second annual DEA National Take Back Day scheduled for Saturday, April 30. Nineteen sites throughout a nine-county Finger Lakes region participated in last September's event, safely and successfully collecting 3,000 pounds of pharmaceuticals, according to Timothy Kernan, resident DEA agent.

In 2010, there were also 8,209 pounds of pharmaceuticals collected from 3,497 residents at 70 sites throughout Monroe County. That's over four tons of unwanted prescription and over-the-counter medications that will not be diverted to the street and fall into the hands of our youth! The pharmaceuticals collected were safely disposed of with no negative impact to our shared environment!

Please commit to safely disposing all unused pharmaceuticals at the safe drop site near you on National Take Back Day, as well as throughout the year at one of the many safe drop sites in Monroe County. To find a Monroe County safe drop site near you, go to www.monroecounty.gov/hhw. To find a safe drop site outside of Monroe County, visit the national DEA site at www.justice.gov/dea/index.htm.

For more information, or to schedule a presentation on the risks of prescription drug abuse/misuse, go to our website at www.ncadd-ra.org, or call (585) 719-3489.

What's in your medicine cabinet?



Strengthening Parental Communication Skills

through

Vida en La Comunidad Para Todos

With each new year, many individuals set new goals or resolutions and work toward making healthy changes in their lives; to lose weight, return to school, a change in career, etc. For many it includes maintaining a balanced lifestyle and engaging in different activities to promote overall health and a sense of well-being. In difficult times, it is important to maintain balance and be free of stress, fatigue and depression and remember the importance of mental health. It's also vital to maintain healthy relationships with our children, family and loved ones. Encouraging children at an early age to have a balanced lifestyle allows them to develop self-confidence and diverse skills. Communication is key to achieving success. When parents/adults have strong, solid, open communication with youth, they are less likely to consume alcohol and succumb to peer pressure to use drugs.

The Hispanic Prevention Education Program (HPEP) provides community presentations to adults and youth along with printed

resources for parents and youth in both Spanish and English. One of our programs, Vida en La Comunidad Para Todos, developed by the Substance Abuse and Mental Health Services Administration (SAMHSA), is a program specifically designed for the Hispanic community. The focus of this interactive program is to strengthen and empower parents with tools and information on topics including communication, mental health, substance abuse prevention, domestic violence, and other related topics. The program, described by SAMSHA as evidence-based, includes ten topics that can be presented as a series or individually depending upon the needs of the requesting community group. HPEP also provides both the evidence-based program, Project Alert, and from the National Institute on Drug Abuse, a program for children called "Brain Power Club!"

For more information about the Hispanic Prevention Education Program contact Milagros Rodriguez-Vazquez at 585-719-3486 or mrodriguez@depaul.org.

2011 Addiction Related Calendar of Events

February 13-19 National Children of Alcoholics Week
www.nacoa.net

March 6-12 National Problem Gambling Awareness Week
www.npgaw.org

March 20-26 National Inhalants and Poisons Awareness Week
www.inhalants.org

March 23 Kick Butt Day
www.stamp.org

April National Alcohol Awareness Month
www.ncadd.org

April 30 National Take Back Day
www.justice.gov/dea

May 8-14 National Alcohol and other Drug-Related Birth Defects Week
www.ncadd.org

May 31 World No Tobacco Day
www.who.int/tobacco

September National Recovery Month
www.recoverymonth.gov

September 9 International Fetal Alcohol Syndrome Bell Concordance Day
www.nofas.org

October National "Talk About Prescriptions" Month
www.talkaboutrx.org

October 23-31 National Red Ribbon Campaign
www.nfp.org

November 17 Great American Smokeout
www.cdc.gov/tobacco

December 1 World AIDS Day
www.unaids.org



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Save the Date

**DePaul's National Council on
 Alcoholism and Drug Dependence -
 Rochester Area**
65th Annual Luncheon

When _____

Wednesday, May 25, 2011

11:30 a.m. – 2:00 p.m.

Where _____

Mario's Italian Steakhouse

2740 Monroe Ave., Rochester, NY 14618



Key Note Speaker:
David Jernigan, Ph.D.

Director of the Center on Alcohol Marketing and Youth (CAMY) and Associate Professor in the Department of Health, Behavior and Society at Johns Hopkins Bloomberg School of Public Health.

For more information contact Elaine Alvarado at **(585) 719-3481** or ealvarado@depaul.org.

Community Presentations Available Upon Request...

NCADD-RA provides community presentations on a wide variety of substance abuse related topics upon request. Presentations are customized to fit needs, interests, and timeframes and are available to school/university faculty, PTA/PTSA or school groups, classrooms, outreach and clinical staff, youth and adult faith groups, or workplace organizations.

Topics include:

- Fetal Alcohol Spectrum Disorders
- Signs, Symptoms and Current Trends of Substance Abuse
- Impact of Addiction on the Family
- Consequences of Teen Smoking
- Media Literacy
- Underage Drinking
- Problem Gambling: Impact on Youth and Families
- Methamphetamine: Individual and Community Impact
- Over-the-Counter/Prescription Drug Abuse
- Inhalants/herbals
- Marijuana



For further information or to schedule a customized presentation with one of our staff, please contact Ross Amico, NCADD-RA's Community Education Coordinator at ramico@depaul.org or (585) 719-3489.