

The Caffeine Nation? by Ross Amico, Education Coordinator

Pediatrics, the official journal of the American Academy of Pediatrics, recently included an article on something most of us don't think twice about, caffeine consumption by our youth as it relates to energy drinks. The article draws the distinction between sports drinks like Gatorade which can be helpful, and energy drinks like Red Bull and this raises concerns in the medical community.

Most of us tend to drink coffee in the morning and think nothing of it. However, today's youth are exposed to a lot more than just coffee. In the last few years, there have been hundreds of new "energy drinks" marketed primarily to our teens and young



adults. Many of these caffeinated drinks contain caffeine in very large amounts and in concentrated doses.

The Pediatrics article notes how caffeine has been studied extensively in adults and can cause problems for those who ingest too much. However, there has been very little research done with young people and caffeine consumption. In 2005, the American Association of Poison Control Centers reported more than 4,600 calls regarding caffeine and the majority involved patients who were younger than 19 years old.

The article goes on to suggest caffeine consumption by youth is much higher than in the past. And we are seeing a host of associated issues like anxiety disorders, sleep deprivation, increased fatigue, irritability, difficulty concentrating, dental issues, obesity and the increasing risk of physical








dependence. The article concludes by saying that schools should prohibit energy drink consumption.


We have seen caffeine doses increase substantially over the last few years from a 16 ounce can of Red Bull with 80mg of caffeine to a two ounce energy drink containing 500mg of caffeine. In addition, caffeine is being added to thousands of foods from breath mints to lollipops and ice cream. When young people binge drink and include energy drinks to try and keep themselves awake, it causes a whole host of other very serious health concerns.

For more information or to schedule a presentation on this growing concern, call Ross Amico at (585) 719-3489.

Content Comparison

5-Hour Energy drink contains about 207 milligrams of caffeine, according to an October 2010 analysis by independent testing group ConsumerLab.com. A comparison of other caffeinated products:

Product	Amount	Milligrams of caffeine
Starbucks Vanilla Latte, 16 ounces		150
Dunkin' Donuts, brewed coffee, 16 ounces		143-206
Red Bull, 8.3 ounces		76
Coca-Cola Classic, 12 ounces		35
Hershey's milk chocolate bar, 43 grams		9



Source: Mayo Clinic, 2009

Bath Salts: An Emerging Trend by Jennifer Faringer, Director of DePaul's NCADD-RA

One of the newer and more dangerous trends to hit our communities and found on both the shelves of local retail outlets selling paraphernalia, as well as virtual/online sites, is bath salts. Bath salts (not to be confused with cosmetic products used in the bath) have been linked to alarming numbers of emergency department visits nationally and have appeared locally. These products are not only marketed as bath salts but also plant food.

Bath salts are typically administered orally, by inhalation or by injection with the worst outcomes associated with snorting or intravenous injection. Bath salts are typically sold in powder or crystal form and appear under a variety of product names to include: "Ivory Wave," "Purple Wave," "Cloud Nine," "Lunar Wave," and others. These products contain various amphetamine-like chemicals. Of particular concern are bath salts products that contain mephedrone, a cathinone derivative chemical, that presents a high risk for overdose. Like cocaine and methamphetamine, bath salts trigger an intense craving and can cause a high risk for abuse and addiction.



Reports from poison centers, hospitals and physicians cite other medical complications associated with ingesting and snorting bath salts. These stimulant components may cause chest pains, increased heart rate and blood pressure, agitation, hallucinations, extreme paranoia, and delusions. In the first quarter of 2011, poison centers reported over 250 calls on bath salts alone, more than reported in 2010.

In July 2011, Governor Cuomo signed legislation which prohibits three synthetic cathinones: mephedrone, methylone and MDPV. The bill was effective 30 days after its signing on August 14.

For more information on bath salts visit the National Institute on Drug Abuse at www.drugabuse.gov or NYS OASAS at www.oasas.gov/AdMed.

For more information or to request a presentation on bath salts or other emerging drug trends, call NCADD-RA at, (585) 719-3489 or visit our website at www.ncadd-ra.org.

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



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Back row: Elaine Alvarado, David Young, Jennifer Faringer, Milagros Rodriguez-Vazquez, Rob Levy, Barb Christensen, and Jerry Bennett.

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NCADD-RA Receives National Recognition

NCADD-RA received an award from NCADD, Inc. at their Annual Conference of Affiliates in Washington, D.C., recognizing NCADD-Rochester Area's 65 years of service!

Jennifer Faringer, Director of NCADD-RA, presented at the NCADD, Inc. Board of Directors meeting that took place following the National Affiliate Conference on the work of the Rochester affiliate.

Jennifer Faringer, Director of DePaul's NCADD-RA, receives an award recognizing 65 years of service presented to NCADD-RA by Robert Lindsey, President of NCADD, Inc., (left) and Austin O'Toole, Deputy Chair NCADD, Inc. Board of Directors, (right).

**NCADD, Inc.
Launches
New Website
www.ncadd.org**

Supporting and highlighting the work of its National Network of Affiliates, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) is pleased to announce the launch of its new website, www.ncadd.org.

Click to View Site

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.

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SPOTLIGHT: Rochester, NY Affiliate Raising Awareness About Drinking During Pregnancy

NCADD-Rochester Area has been dedicated to a broad-based public education effort on alcohol and pregnancy for many years, including education, training, local media coverage and our Parent Networking Support Group. Fetal Alcohol Spectrum Disorder (FASD) is an umbrella term describing the range of effects that can occur when a fetus is exposed to alcohol. Effects may include physical, mental, behavioral, and/or learning disabilities with life-long implications. Disabilities due to prenatal exposure range from mild to severe. Some of the most common myths regularly reported in the media about women, pregnancy and alcohol include:

The science is incomplete and unclear. False
Since 1973, over 3,000 articles in medical literature describe the risks of using alcohol during pregnancy. The conclusion is so overwhelming and clear that, since 1982, the United States Surgeon General has advised women to abstain from alcohol when pregnant due to the risk of birth defects. Thanks to the advocacy efforts of the National Council on Alcoholism and Drug Dependence, Inc. (NCADD), since 1989, an advisory about alcohol and pregnancy has appeared on every container of alcohol distributed in the United States.

Science only shows that heavy or binge drinking can harm a pregnancy and that "moderate" use is harmless. False
The more you drink the greater the risk of effects and the greater the potential range and severity. Heavy drinking throughout the pregnancy is linked to the most serious risk and full Fetal Alcohol Syndrome (FAS). Research clearly shows that moderate alcohol consumption can also be harmful. Occasional drinking has been linked to more subtle effects such as learning and behavior problems such as attention and hyperactivity disorders, problems with judgment and understanding cause and effect.

It is alright to drink beer and wine. Only distilled spirits or liquor are harmful. False
Beer, wine and distilled spirits all contain alcohol, and all pose a risk depending on the amount consumed. The inference that wine or beer are okay because they may be more socially acceptable than distilled spirits demonstrates possible resistance to traditions and customs surrounding alcohol in society, not the facts.

Women are overwhelmed with information on what they should not consume or be exposed to during pregnancy. Alcohol is just like some foods or cosmetics or household products that personal health officials believe could pose a risk. False
Alcohol is a teratogen, a substance that can cause a range of disorders from subtle developmental disabilities to profound brain damage. To even compare the effect of alcohol to the possible effects of foods and most other products, other than specific pharmaceuticals, is a false argument.

False premises lead to false conclusions. When those assumptions are reported by the media it often leads to misinformation. The so-called controversy the media often reports is really the false controversy of myth vs. fact.

There is NO safe level of alcohol use during pregnancy. True
Alcohol-related birth defects are the leading known cause of mental retardation, birth defects and learning disabilities. Fortunately, they are completely preventable. If you stop drinking alcohol at any time during the pregnancy, it will help your unborn child. If you're pregnant, don't drink. If you drink, don't get pregnant.

(Excerpted from the National Organization on Fetal Alcohol Syndrome report, February 2000)

For More Information on our FASD Programs:
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DEPAUL
National Council on Alcoholism & Drug Dependence - Rochester Area

NCADD-RA Raises Awareness About Drinking During Pregnancy

NCADD-RA has been dedicated to a broad-based public education effort on alcohol and pregnancy for many years, including education, training, local media campaigns and a parent networking and support group. The national website, ncadd.org, spotlights this FASD campaign with a link to NCADD-RA's website at www.ncadd-ra.org.

NCADD-RA Annual Luncheon May 25, 2011



Jennifer Faringer, Director of DePaul's NCADD-RA with keynote speaker David Jernigan, Director of the Center on Alcohol Marketing and Youth and Associate Professor in the Department of Health, Behavior and Society at the Johns Hopkins Bloomberg School of Public Health.



Janine Sanger, Helen Guthrie Memorial Youth Advocate of the Year, with Bridget DeRollo, NCADD-RA Total Approach Family Program Coordinator.



Thomas Nightingale, Charlotte C. Hegedus Community Excellence Award winner.

Calls for Problem Gambling Services Increase

by David Young, Problem Gambling Prevention Coordinator

With the ever increasing numbers of gambling and gaming venues in New York state (NYS), it should come as no surprise that calls for services, both prevention and treatment, have risen in the first half of 2011.

Pathological gambling is a significant mental health problem in New York and across the United States. This addiction is recognized by the American Psychiatric Association and is included in its diagnostic and statistical manual of mental disorders, the key reference text in the mental health field. In New York, an estimated one million people currently have a gambling problem. "Twenty percent of adolescents currently have or are at risk of developing a gambling problem. Five percent of adults over 18 have a gambling problem." (NYS OASAS Problem Gambling Survey)

In 2010-2011, New York state-sponsored gambling generated approximately \$3.1 billion in revenue for New York. The projection for the 2011-2012 year is a \$267 million increase in revenues.

We know that increasing gaming or gambling opportunities consequently increases costs to society. Social costs include increased rates of problem and pathological gambling problems. This encompasses: addiction, mental health problems, bankruptcy, fraud, foreclosures, suicide, domestic violence, divorce and embezzlement.

Every new slot machine or video lottery terminal (VLT) at a casino will destroy one job each year by taking money out of the consumer economy, according to John Warren Kindt, business professor at the University of Illinois. Four thousand slots could mean 40,000 lost jobs over a decade. Each VLT or slot machine, conservatively, takes in \$100,000 a year. Kindt predicted that 4,000 planned slot machines will remove \$1.2 billion from the consumer economy each year. That's a loss of \$120 million in sales tax, to set against the \$140 million in county/city profits.

Not to mention a heavy blow to our struggling economy.

Years of academic research show that gambling destabilizes local economies. The state's proposed gambling expansion will only hurt our economy. Up to 90 percent of gambling profits come from VLTs or slot machines. Slot machines don't create jobs.

Costs to government go up as gambling addiction rises (doubling within casino feeder markets). Bankruptcies climb (18 to 42 percent higher in areas around casinos) and crime rates go up (about 10 percent a year). That means costs to government of \$3 for every \$1 in gambling revenue.

Twenty years ago in Illinois, increasing the number of casinos was proposed as a solution to the state's budget problems. Now, Illinois and two other states with large gambling industries (California and Nevada) lead the nation in budget shortfalls.

Funding for problem or compulsive gambling services may be generated by dedicating a portion of new gambling or gaming revenues or through annual licensing fees. New York state currently does not have dedicated funding from gambling revenues for problem gambling prevention and treatment services.

In the best of worlds, we would hope for no further expansion of gambling in NYS. The New York State Association of Substance Abuse Providers proposed half of one percent of new gambling revenue (\$15.5 million) be dedicated to prevention and treating the consequences of problem and compulsive gambling in New York.

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

NCADD-RA hosts Gamblers Anonymous meetings at our 1931 Buffalo Road site. Meetings are held Tuesday and Thursday each week from noon – 1:00 p.m.

NCADD-RA's Finger Lakes Prevention Resource Center

News and Updates

by Rob Levy, FL PRC Training Specialist

The Finger Lakes Prevention Resource Center (FL PRC) held several trainings and workshops this spring including a networking workshop on March 16. This event included a panel of representatives from local colleges and universities who shared some of the alcohol and drug prevention strategies being used at the college level as well as ways to engage colleges in community coalition work. A second networking workshop on June 7 included a presentation by Robert Pezzolesi, Director of the NYS Alcohol Policy Alliance, and focused on the importance of community coalitions in the development of sound alcohol policies. These workshops offered community members and prevention providers the opportunity to share concerns and successes as well as gain valuable information from experts in their respective fields.

The FL PRC is also pleased to announce the Seneca County Substance Abuse Coalition (SCSAC) was awarded a Prevention First!-NY grant. The Seneca County Substance Abuse Coalition is one of eleven coalitions across New York state to be awarded a three-year federal grant to reduce underage drinking. With the help of the PRC, the coalition will plan and implement evidence-based programs, policies and practices (EBPs) that are known to have population-wide benefits. This environmental approach to prevention is widely seen as the best means to "change the water in which we swim" and bring about more pervasive and lasting change. The grant requires the coalition to follow the Substance Abuse and Mental Health Services Administration (SAMHSA) Strategic Prevention Framework, which includes Community Assessment, Capacity Building, Strategic and

Action Planning, Implementation and Evaluation, with an emphasis on Cultural Competence and Sustainability.

The FL PRC has been assisting the coalition as they have begun their Community Assessment, starting with a county-wide Community Underage Drinking survey, to be followed closely by a school-based substance-abuse survey (NYS Youth Development Survey) of students in grades nine through twelve.

The expectation of the grant is that the county as a whole, not just the coalition, will develop its capacity to carry forward with the work of reducing underage drinking and its consequences, beyond the three-year grant period. Capacity is the ability of the coalition to succeed at its mission through targeted membership recruitment, "social marketing" and other strategies.

Once the coalition has built its capacity, it will begin the process of choosing strategies and actions that will have an impact on the local conditions identified as promoting or reducing underage drinking. Throughout the process, all of Seneca County's communities will be called upon to provide their input, and do their part to improve the health and success of their young people, and the population as a whole.

The FL PRC, which has been working with the SCSAC since the PRC began, will provide technical assistance and training throughout the grant period. Seneca County's coalition has worked hard to prepare for this grant. We are proud they have been given this opportunity and we have confidence in their ability to make a change for the better in their communities.

SAVE-THE-DATE

Fetal Alcohol Spectrum Disorder Conference

— Co-Sponsored by NOFAS —

April 20, 2012

9:00 a.m. – 3:00 p.m.

Mario's

2740 Monroe Ave., Rochester

Contact Jennifer Faringer at (585) 719-3480.



Chances are if you are reading this article, you need help, just like I did when I contacted NCADD-RA eight weeks ago...

(A letter from a participant in a recent Total Approach Family Parent Program)



Bridget DeRollo, Total Approach Family Program Coordinator.

I should have done this years ago, but I kept thinking it would either go away, or I could handle it on my own. Twenty years later, I finally got the help I needed. My story is, I'm sure, like many other families today. I come from a very close family who love each other very much, but there was always a situation that we always "just ignored" or kept saying, "One more time and I promise I will say something." And that's how it got away from us.

My parents are in their 80s now and my brother is 56. As long as I could remember he was always

on something. Whether it was marijuana or alcohol, it just became a regular, or normal, way of life.

He never held a job for more than a couple of years. He had a family, that is now broken, and the last straw was, he lived with my elderly parents and after many years, he still expected them to support him and his habit. Last year he finally became somewhat violent and that was when our life changed a little. My parents moved out of their home of 52 years, just so they could get away from this life. Although they lived in a different house, they still supported my brother by paying his rent and living expenses. I was happy, because they weren't living under the same roof anymore. So I justified it that it was alright for them to pay for his rent, I figured one problem at a time to take care of. Finally he got arrested a couple of times, we never knew for what, and was put in jail. After some research and time, we found out he was arrested for two DWIs and for

violating his probation.

A very good friend and colleague suggested we go to the NCADD-RA Total Approach Family Program. I spoke with Bridget DeRollo on the phone prior to our meeting and gave her a brief history of our family. I told her that my parents were older and they do not know how to deal with problems like this. They did not know the tough love side of this addiction. For six weeks, they learned everything to do with being an alcoholic, things that they were seeing every day, and what they thought was normal living.

The six weeks were broken up into; personal experiences, drugs, disease of alcoholism, dysfunctional family systems, and finally treatment and support. Bridget showed them, instead of enabling him, like they have done throughout his life, (paying his rent, giving him money for supposed new careers, paying his bills, it goes on and on) that they can help him in so many other ways. She also told them by enabling him; they were only making his illness worse, something that they never would have thought before attending the Total Approach Family Program.

Bridget educated them about the pattern of alcoholics, something they never understood. This program was a great gift to me. It was like the burden was lifted from my shoulders. Someone else understood what I was trying to tell them all along. My parents could not understand this coming from me, as I am sure there are other parents that do not hear their own children and how other people try to help them. They could only understand it when they were ready and when it was presented to them in this way.

I would highly recommend NCADD-RA's Total Approach Family Program to anyone who has been living with this illness. I was very sad when the six weeks were over. Bridget's caring and thoughtful way makes it very comfortable for me to call her anytime I want. I have done so many times to keep her posted of new events and she always tells me to call her anytime, and I most definitely will, for quite a while to come.

For more information on NCADD-RA's Total Approach Family Program, contact Bridget DeRollo at (585) 719-3483 or brderollo@depaul.org.

Hispanic Prevention Education Program Helps Strengthen Family Communication

by Milagros Rodriguez-Vazquez, HPEP Coordinator

This summer, the Hispanic Prevention Education Program (HPEP) worked collaboratively with the Bi-lingual Parent Group at the Ibero-American Action League in partnership with the Hillside Family of Agencies, and presented the Substance Abuse and Mental Health Services Administration (SAMSHA) program “Vida en La Comunidad Para Todos” to Ibero parents. This interactive program focuses on strengthening and empowering parents to become more motivated and more involved with their children at an earlier age to ensure that their family is healthy, safe and drug free.

With the Ibero parent group, HPEP had the opportunity to share “Vida en La Comunidad” with parents and their teenage children. The group discussed the challenges of setting aside time to sit down and communicate effectively as a family. There has been an increase in single-parent households where the parent is balancing work, school, social, personal and family time. When effective communication was discussed, parents and youth expressed a disconnection. Several techniques to improve communication were also reviewed, as was the importance of making time each day to connect with family members.

The group has participated in several “Vida en la Comunidad” sessions together that included discussions on acculturation, mental

health, and violence. All participants agreed the foundation for a healthier, stronger connection with our families starts with effective communication, and respecting and valuing each individual. Once a solid communication with our youth has been established, they are more likely to approach adults and discuss their concerns.



This spring and summer, HPEP worked with the youth group of Centro Evangelistico Familiar, offering Project Alert, a nationally-recognized, evidence-based program that targets middle school youth. The youth ministers welcomed this opportunity and appreciated the ability of the HPEP-led Project Alert groups that encouraged participating youth to

share their concerns about alcohol and other drugs. Many of the lessons of Project Alert discuss peer pressure: how to recognize it, how to resist it and how to come up with alternatives which do not include drugs and alcohol. It has been a fulfilling experience working with the youth in multiple settings, sharing with them the lessons of Project Alert, and most importantly leaving them with a lasting impression that may positively impact their future choices around alcohol and other drugs.

For more information about HPEP contact Milagros Rodriguez-Vazquez at (585) 719-3486 or mrodriguez@depaul.org.

NCADD-RA Bookstore Highlight

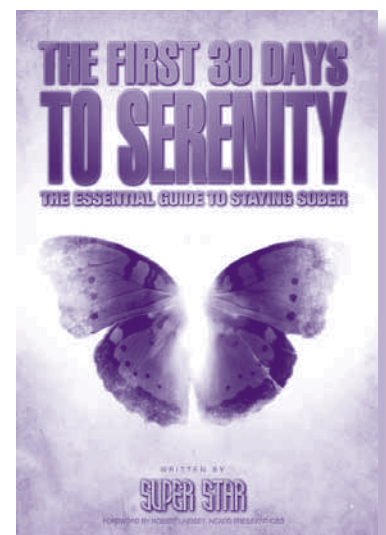


In honor of September as Recovery Month, the NCADD-RA Bookstore is proud to highlight “The First 30 Days to Serenity - The Essential Guide to Staying Sober” by local author Kris Kancler “Super Star”.

In the forward written by Robert Lindsey, President of NCADD, Inc., Lindsey says “Thank you Super Star for so openly sharing your struggles and more importantly, your triumphs of what your life was like in the earliest days of your recovery.”

NCADD-Rochester Area joins in saying, “Thank you for your relentless and passionate dedication to changing the public understanding of addiction and recovery.”

The NCADD-RA bookstore will also carry copies of the Rock Star/Super Star Project’s Serenity CD. “Serenity” chronicles Super Star’s journey through addiction and the hope of recovery.





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NCADD-RA presented a Special Event in Honor of September Recovery Month:



**Celebrating Recovery:
 Rockin' Recovery Tour**
Wednesday, September 28, 2011
 7:30 p.m. – 9:00 p.m.
School of the Arts, Mainstage Theatre

The Rockin' Recovery Tour, a musical and family-friendly sober event that raises awareness to the disease of addiction and celebrates the hope of recovery!

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.