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# CACY COMMUNICATOR

VOLUME 1, ISSUE 4

JANUARY 2014

## CACY'S Core

**Purpose:** To provide tobacco, alcohol, violence and drug prevention information, education and coordination by bringing together schools, parents, government, law enforcement, agencies, business and community members who work toward making our county a healthier, safer place to live.

## Problem Gambling Prevention Training

CACY will be hosting a training on January 28, 2014 from 9:00am to 4:00pm. The cost is \$20 per person and lunch will be provided. This training will offer information about prevention of problem gambling. CEUs and RCHs will be available. Registration deadline is January 17, 2014. For more information email [ander-sont@cacyohio.org](mailto:ander-sont@cacyohio.org).



## Hazards of the Popular Club Drug Molly

The drug molly is a form of MDMA (3,4-methylenedioxy-N-methylamphetamine), a chemical used in the street drug Ecstasy. Molly has become the drug of choice for many young people at clubs or parties because it produces feelings of increased energy, emotional warmth towards others and distortions in sensory and time perception.

Molly is sold either as a pressed pill taken orally, or as a powder that is snorted or swallowed. It's effects last approximately 3 to 6 hours; however, it is not uncommon for users to take a second dose before the first dose

begins to fade. This is also referred to as "bumping" among teens.

The affects that molly has on the brain are very serious. It increases the activity of serotonin, dopamine and norepinephrine causing negative after-effects including confusion, depression, sleep problems, drug cravings and anxiety.

Other physical effects include tremors, muscle cramps, chills and sometimes fatal overheating.

According to Drug Abuse Warning's study, from 2004 to 2009 there was a 123% increase in emergency room visits due to MDMA.

Many rappers and singers have included molly in their lyrics making it appealing to youth. Miley Cyrus,

Kayne West, Madonna, Juicy J, just to name a few. A lot of times molly will also have pictures of popular icons etched into the pill. For example, the Superman logo when the new movie came out, or Hello Kitty shaped pills like in the picture below.

Warning signs that your child has taken Molly include sudden loss of appetite, not being able to get out of bed for an extended period of time, jaw clenching, nausea or blurred vision.



## The Mix With Dangerous Risks

Mixing Red Bull and vodka is the most popular drink among college students. A bartender can make it quick and it hides the taste of alcohol, making it attractive to younger drinkers. The problem, it is extremely dangerous.

Energy drinks have a lot of stimulants in them while alcohol is a depressant. By mixing the two, mixed messages are sent to the nervous system which can cause cardiac related problems. According to the National Institute of Health, mixing these two drinks further increases the risk of irregular heart rhythms.

Another reason why this combination is dangerous for health is it can cause severe dehydration. Alcohol alone makes people dehydrated but adding caffeine makes it worse. Caffeine in energy drinks is a diuretic which causes people to lose water through increased urination.

According to the Center for Disease Control, alcoholic beverages mixed with energy drinks are consumed regularly by 31% of 12-17-year-olds and 34% of 18-to 24-year-olds.



People are "tricked" into thinking they are alert enough to do things like drive a car. This is why there is an increased risk for alcohol poisoning. People who drink mixed drinks tend to drink more since they feel "less drunk." Adding caffeine to alcohol can also make drinking more addictive.

Tips for prevention include be aware of what you drink, decide not to sell or serve these types of drinks, know the signs of alcohol poisoning, keep a close eye on how many drinks your guests have and find your guests a ride home.