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CACY COMMUNICATOR

ALCOHOL AWARENESS MONTH

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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.

Public Information Meeting on Problem Gambling

CACY will be hosting a FREE public info meeting on problem gambling and ways to prevent it on Wednesday, April 9, 2014 from 4:30-6:30pm at the Richland County Longview Center, Room 235. Come learn about signs, symptoms and prevention strategies from Derek Longmeirer, MBA, OCPsII, Drug Free Action Alliance Program Manager.



“Help for Today. Hope for Tomorrow”

“Help for Today. Hope for Tomorrow” is the theme for April’s Alcohol Awareness Month designated by the National Council on Alcohol and Drug Dependence (NCADD).

CACY will host a town hall meeting on Richland County’s underage consumption on April 30, 2014 from 6:30-7:30pm at the Longview Center. Panel

discussion by area professionals will be available to answer questions.

According to the 2011 Richland County Health Assessment, almost half (41%) of all Richland County youth (ages 12 to 18) have had at least one drink of alcohol in their life.

35% of those who drank, took their first drink before the age of 12. 56% of the youth who reported drinking in the past 30 days had at least one episode of binge drinking. More than half (51%) of Richland County adults had at least one alcoholic drink in the past month and 10% were considered frequent drinkers (drank an average of three or more days per week). 11% of adults drove after having five or more drinks.

Many toolkits and resources are available for parents and children to help prevent alcohol abuse. Substance Abuse and Mental Health Services Administration (SAMHSA) recently launched “Start the Talk,” an interactive, online simulation tool that helps parents and caregiv-

ers practice tough conversations about alcohol. It is the newest component of SAMHSA’s national underage drinking campaign, “Talk. They Hear You.” “Start the Talk” is an evidence-based behavioral tool that uses life-like avatars to engage in interactive conversations. The link to the website is on page two of this newsletter.

According to NCADD, ways to prevent youth alcohol use include connecting with your child’s friends, make connections with other parents, promote healthy free time activities, establish clear family rules about drugs and alcohol, set a positive example, keep track of your child’s activities and make sure your home is not a source of alcohol for your child or their friends.

Risky Definition of “Designated Driver”

According to a survey conducted by Liberty Mutual and Students Against Destructive Decisions (SADD), 4 percent of teens describe their designated driver as the most sober person in the group. One in five teens say their designated driver is allowed to have “a little” alcohol or drugs, as long as they are not too impaired to drive.

“Teens seem to think that unless they’re really falling-down drunk, that it’s OK for them to drive,” David Melton, Managing Director

for Global Safety at Liberty Mutual, told Bloomberg News.

68% of those who admitted to driving under the influence of alcohol say they have done so after having more than three alcoholic beverages.

“While many teens seem to have gotten the message about these driving dangers, the real challenge is

to make sure they understand that even a sip of alcohol or a quick text at a red light can be deadly,” Melton explained.

According to the National Highway Traffic Safety Administration, the driver was intoxicated in about 18 percent of fatal crashes involving drivers ages 16 to 20 in 2011.

Preventing drunk driving starts with communicating with teens about driving under the influence, explaining the consequences, setting clear rules and knowing who with and where your teen is going.



Resources



“Start the Talk” Underage Drinking Interactive Tool

<http://www.samhsa.gov/underagedrinking/>

April-Alcohol Awareness Month

<http://www.ncadd.org/index.php/programs-a-services/alcohol-awareness-month>

Alcohol Prevention Tips For Youth

<http://www.ncadd.org/index.php/for-youth/prevention-tips>

Alcohol Prevention Tips for Parents

<http://www.ncadd.org/index.php/for-parents-overview/prevention-tips>

Parents Who Host Lose the Most

<https://www.drugfreeactionalliance.org/parents-who-host>

7 Ways to Prevent Teen Drinking and Driving

<http://www.today.com/moms/7-ways-stop-teens-drinking-driving-real-718976>

The Partnership at Drugfree.org

<http://www.drugfree.org/>

Drug Free Action Alliance

<https://www.drugfreeactionalliance.org/>