



The Regional Times

Southeast Regional Support Center

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April is Alcohol Awareness Month

To recognize the serious problem of alcohol abuse, April is designated "Alcohol Awareness Month." April marks the annual observance of National Alcohol Screening Day (NASD). At locations across the United States, people can be screened—anononymously—to see if their drinking habits may be risky.

Participants who come into a screening site in April will have the opportunity to view an educational presentation and pick up educational materials, such as a questionnaire that screens for risky drinking and dependence. People can also meet one-on-one with a health professional to discuss any concerns. The screenings are free and anonymous.

If you suspect that you might have a drinking problem, or you know someone who abuses alcohol, please contact SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI) at 1-800-729-6686 or find a screening site located near you.

Southeast Missouri State University will host a screening site in the University Center, 3rd floor on April 11, 11:00 a.m. to 1:00 p.m.

Source: Samhsa

Warning Signs of Alcohol Abuse

If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- * Do you drink alone when you feel angry or sad?
- * Does your drinking ever make you late for work?
- * Does your drinking worry your family?
- * Do you ever drink after telling yourself you won't?
- * Do you ever forget what you did while drinking?
- * Do you get headaches or have a hangover after drinking?

Source: NICCC



What Are They Trying to Sell Your Teen Now?

New product aimed at your teen

Anheuser Busch has a new product that appears to be targeted at young people. Spkyes are a small, only 2.5-3 oz, malt beverage containing 12% alcohol and are packaged in very slick bottles. Right now, they are only available in a handful of states. Busch is marketing this new product as something to add to beer to improve the flavor, or to pour over ice.

These new products appear to be marketed for young people. Also, as they begin to appear, officers may not realize that these bottles contain alcoholic beverages. They are the size and shape of many small perfume or mouth wash bottles. With the different colors of liquid they could be easily overlooked by patrol officers, especially in a woman's purse.



Spkyes, a new product by Anheuser Busch, could easily be looked over due to their small size--only 2.5 oz.

Source: Michigan State Police Newsletter

Tips for Teens: The Truth About Alcohol

*Alcohol affects your brain.

It leads to a loss of coordination, poor judgment, stowed reflexes, distorted vision, memory lapses and even blackouts.

*Alcohol affects your body.

It can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for a variety of life-threatening diseases.

*Alcohol affects self-control.

It depresses your central nervous system, lowers your inhibitions and impairs your judgment.

*Alcohol can kill you.

Drinking large amounts of alcohol at one time or rapidly can cause alcohol poisoning, which can lead to coma or death.

*Alcohol can hurt you--even if you're not the one drinking.

If you are around people who are drinking, you have an increased risk of being injured or affected by violence.

Source: Samhsa

Know the Signs

If you know someone who has one or more of the following warning signs, he or she may have a problem with alcohol:

- * Getting drunk on a regular basis
- * Lying about how much alcohol he or she is using
- * Believing that alcohol is necessary to have fun
- * Having frequent hangovers
- * Feeling run-down, depressed or even suicidal
- * Having "blackouts," forgetting what he or she did while drinking



Social Drinking Laws

Underage drinking laws

What adults should know:

*As a adult, you cannot give alcohol to your teen's friends under the age of 21 under any circumstance, even in their own home, even with their parent's permission.

*You cannot knowingly allow a minor to remain in your home or on your property while consuming or possessing alcohol.

If you break the law:

*In addition to possible criminal charges, you can be sued if you provide alcohol to a minor and they, in turn, hurt someone, hurt themselves or damage property.

Things you can do as a adult:

*Refuse to supply alcohol to minors in your home or on your property.

*Make sure that alcohol is not brought into your home or onto your property by your friends.

*Talk to and support others about not providing alcohol at other events minors will be attending.

*Create alcohol-free opportunities and activities in your home so minors will feel welcome.

Why 21?

* A minor may become addicted to alcohol in as little as 6 to 18 months.

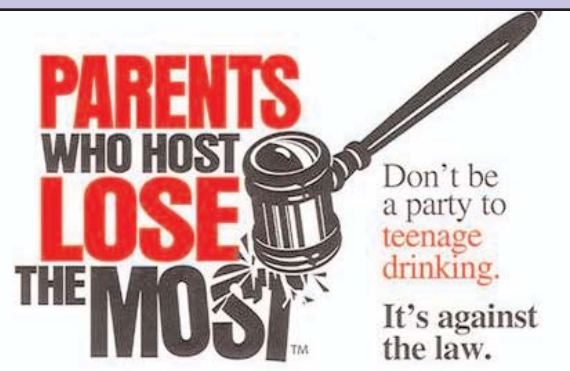
*The risk for alcohol dependency decreases by 14% with each year drinking is delayed after the age of 15.

* Youth who are drinking before age 15 are **four times more likely to become dependent** than those who wait until age 21.

* Youth who drink alcohol are 50 times more likely to use cocaine and 7.5 times more likely to use any illicit drug than young people that never drink alcohol.

Please report violations to local law enforcement.

Source: Missouri Department of Health



Bringing Dinner Back

The importance of the family dinner



The National Center on Addiction and Substance Abuse found that teens who have dinner with their families fewer than three nights a week are more likely to have tried alcohol, tobacco and marijuana. Family Day is September 24.

Source: The St. Louis Post Dispatch



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Our Mission

The mission of Southeast Regional Support Center is to promote and facilitate the development of community prevention initiatives concerning the use and abuse of alcohol, tobacco and other drugs by serving as a catalyst for mobilization and change in the communities of Service Area 21.

We're on the Web!
www5.semo.edu/community2000/

Our site is full of useful information, links and other prevention resources.

Community Calendar

Alcohol Screening Day
 Mineral Area College
 Arts and Science Building
 Room 101
 April 10 10 a.m. to 2 p.m.

Alcohol/Substance Abuse Priority Issue Council
 937 Broadway, Suite 102
 April 26 12 noon

Parent and Community Education Committee
 937 Broadway, Suite 102
 May 8 10 a.m.

National Alcohol Screening Day
 University Center, 3rd Floor
 Southeast Missouri State University
 April 11 11 a.m. to 1 p.m.

Youth Substance Abuse Prevention Coalition
 937 Broadway, Suite 102
 April 24 10:30 a.m.



Reduce Stress/Yoga
 Towers Lounge
 Southeast Missouri State University
 May 1 5:50p.m. to 6:30 p.m.

Blood Drive
 Towers Lounge
 Southeast Missouri State University
 May 2 noon to 5 p.m.