



SOUTHEAST REGIONAL SUPPORT CENTER

Southeast Regional Support Center

Volume 9, No. 7

Summer Issue

ON-LINE SMOKING CESSATION PROGRAMS

The Internet offers 24/7 support for smokers trying to quit.

Go To:

QuitNet.com

Or

Smokeclinic.com



Source:

Join Together Online, www.jointogether.org, 5/5/03.



PREVENTION:

FORCES IN THE FIELD

STATEWIDE PREVENTION CONFERENCE

JULY 23-24, 2003

KANSAS CITY MARRIOTT-DOWNTOWN
200 WEST 12TH STREET
KANSAS CITY, MO 64105
1-800-228-9290

FOR ADDITIONAL INFORMATION
VISIT ACTMO WEBSITE:

WWW.ACTMISSOURI.ORG

OR CONTACT ACT MISSOURI

1-877-669-2280

SECONDHAND SMOKE: A HAZARD TO CHILDREN'S HEALTH

Secondhand smoke, known as environmental tobacco smoke (ETS), can pose a number of threats to your child's health. These health threats include respiratory infections, bronchitis, pneumonia, ear infections, hearing problems, higher rates of Sudden Infant Death Syndrome (SIDS), asthma, miscarriage, prematurity and low birth weight.

If you choose to smoke or until you are able to quit, The Consumer Federation of America Foundation recommend actions you can take to protect your love ones:

- Keep your home and car smoke free; put away all ashtrays
- Choose to smoke outside even when your child is gone or asleep, ask visitors to do the same
- Choose smoke free childcare providers and other public places such as restaurants
- Ask for help. Nicotine dependence is a difficult addiction to "kick" on your own. Find out about smoking cessation programs

For more information on the risk of secondhand smoke and how to pledge to keep a smoke-free home/car, contact EPA's Secondhand Smoke Website at www.epa.gov/smokefree, EPA's Indoor Air Quality Information Clearinghouse 1-800-438-4318, Missouri Bootheel Healthy Start at 1-888-317-4949 or to take the Smoke-Free Home Pledge call 1-866-SMOKEFREE.



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Underage Drinking and Brain Damage



A new study from the American Medical Association (AMA) issued a report, “Harmful Consequences of Alcohol Use on the Brains of Children, Adolescents, and College Students”. The report reveals that alcohol causes significant and possibly irreversible brain damage among individuals under the age of 21.

Researchers compared images of the brains of 14– to 21 year-olds who abused alcohol with those of non-drinkers. The drinkers had smaller hippocampi; the area deep in the brain that handles memory and learning. Drinkers also sustained damage to the prefrontal cortex; an area tucked just behind the forehead that is used for decision making and reasoning.

According to the AMA report, one of the reasons that people under 21 are drinking is because of television advertisements. The ads target adults over 21, but are also seen by teens, which is leading more youth to drink.

For more information: College Drinking Prevention: **Changing the Culture for Students**
American Academy of Pediatrics: **Children, Adolescents, and Advertising**

Source:

ForReal.org: ACT NOW– Report Links Underage Drinking and Brain Damage, www.forreal.org, 4/30/03



ALCOHOL POISONING

Do You think it’s safer for your best friend to “sleep it off” after drinking too much too fast? How about black coffee or a cold shower to help sober up?

None of these methods work!

If a friend or family member passes out from binge drinking– its time to get help. (binge drinking is consuming 5 or more drinks in a row for boys and 4 or more in a row for girls)

Other signs of alcohol poisoning include:

- Mental confusion, stupor, or coma
- Vomiting
- Seizures
- Slow breathing (fewer than eight breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Hypothermia (low body temperature), bluish skin color, paleness



If you suspect a friend is in danger from alcohol poisoning get medical help! It’s better to be safe than sorry!

Source:

Alcohol Poisoning at FORREAL.org, www.forreal.org, 4/30/03.

Join Together Online

Looking for Money?

Funding News brings you grant announcements, helpful tips and innovative success stories to help you find the funds you need to fight substance abuse.

GO TO:

www.jointogether.org

RESOURCES ON JOIN TOGETHER ONLINE

SOURCE: POSTCARD FROM JOIN TOGETHER

**PREVENTION
IS
THE**



ECSTASY

WHAT'S THE ATTRACTION?



The club drug ecstasy has become more and more popular among youth and even some adults. Ecstasy was used entirely at dance clubs, bars, and raves, but now it is showing up at home and in other settings. Ecstasy gives an energy lift that last for hours. The user experiences positive feelings along with heightened senses. This drug is known as the “love drug” or the “hug drug”.

Research shows that the drug may have a special appeal for people who are lonely. Those who used ecstasy were able to cope with loneliness by looking to a social network for support. Experts say that people who aren't comfortable in social situations turn to ecstasy to loosen up.

WHAT'S THE PROBLEM?



MDMA, the chemical name for ecstasy is illegal. Ecstasy makes it harder for the body to control its temperature and water content. Other effects of ecstasy include increased heart rate and blood pressure, nausea, loss of appetite, jaw tightness, compulsive chewing, teeth clenching, anxiety, panic and depression.

There are safer ways to socially fit in. Talking to a trusted adult or counseling can help you deal with loneliness as well as avoid ecstasy's legal problems and risk to your health.

Source:

ForReal.org: THINK IT THRU– Study Shows...e May Use Ecstasy To Deal With Loneliness,
www.forreal.org, 4/30/03.

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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.

LOOK FOR OUR NEWSLETTERS QUARTERLY NOW!

Please call Leah or Cassie at
(573) 651-5153 if you would like
to add information about your team
and/or community events to
our newsletter. ?



Feel free to look around our web site. It is full of useful information, links, and other resources. If you have any questions, please contact us. (Our contact information is listed at the bottom of each page).

Funding Opportunity Is Here!

Community 2000 Prevention Grant
Amount of Awards: \$1,000 to \$50,000

The purpose/ goal of this funding is "To encourage the development, implementation and evaluation of activities/ approaches to alcohol and other drug abuse prevention, using the risk and protective factor framework and implementing research-based prevention strategies."

Funding Timeline

April 15: RFP Available
June 16: Grant Deadline
Sept. 1: Award Notice
Oct. 1: Funding Available

LIFE'S LITTLE INSTUCTIONS

*Sing in the shower, Treat everyone you meet like you want to be treated, Watch a sunrise at least once a year, Never refuse homemade brownies, strive for excellence, not perfection, Plant a tree on your birthday, Return borrowed vehicles with the gas tank full, Compliment three people every day, Never waste an opportunity to tell someone you love them, Leave everything a little better than you found it, Keep it simple, Think big thoughts but relish small pleasures, Become the most positive and enthusiastic person you know, Floss your teeth, Ask for a raise when you feel you've earned it, Be forgiving of yourself and others, Say "thank you" a lot, Say "please" a lot, Avoid negative people, Remember other people's birthdays, commit yourself to constant improvement, have a firm handshake, Send lots of cards, Stop blaming others, Look people in the eye, Be there when people need you, Never underestimate the power of love, Make new friends but cherish the old ones, Plant flowers every spring, Return all things you borrow, Call your mother, Always accept an outreached hand, Have a dog, Keep your promises, Count your blessings
Source: Unknown*