



SOUTHEAST REGIONAL SUPPORT CENTER

Southeast MO State University

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SEPTEMBER: NATIONAL RECOVERY MONTH

September is SAMSHA’s National Alcohol and Drug Addiction Recovery Month, which is a time to celebrate the success of individuals who have engaged in treatment or are in recovery, along with recognizing those in the treatment field who dedicate their lives to helping those with addictions.

Recovery Month serves to educate the public on substance abuse as a national health crisis, that addiction is a treatable disease, and that recovery is possible.

For more information look on the website: <http://www.dasis.samhsa.gov/dasis2/index.htm>

A QUICK GUIDE TO FINDING EFFECTIVE ALCOHOL AND DRUG ADDICTION TREATMENT

If you or someone you care for is dependent on alcohol or drugs and needs treatment, it is important to know that no single treatment approach is appropriate for all individuals. Finding the right treatment program involves careful consideration of such things as the setting, length of care, philosophical approach and your loved one’s needs.

Here are 12 questions to consider when selecting a treatment program.

1. Does the program accept your insurance? If not, will they work with you on a payment plan or find other means of support for you?
2. Is the program run by state-accredited, licensed and/or trained professionals?
3. Is the facility clean, organized and well-run?
4. Does the program encompass the full range of needs of the individual (medical: including infectious diseases; psychological: including co-occurring mental illness; social; vocational; legal; etc.)?
5. Does the treatment program also address sexual orientation and physical disabilities as well as provide age, gender and culturally appropriate treatment services?
6. Is long-term aftercare support and/or guidance encouraged, provided and maintained?
7. Is there ongoing assessment of an individual’s treatment plan to ensure it meets changing needs?
8. Does the program employ strategies to engage and keep individuals in longer-term treatment, increasing the likelihood of success?
9. Does the program offer counseling (individual or group) and other behavioral therapies to enhance the individual’s ability to function in the family/community?
10. Does the program offer medication as part of the treatment regimen, if appropriate?
11. Is there ongoing monitoring of possible relapse to help guide patients back to abstinence?
12. Are services or referrals offered to family members to ensure they understand addiction and the recovery process to help them support the recovering individual?

The U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration’s Center for Substance Abuse Treatment (CSAT) provides a toll-free, 24-hour treatment referral service to help you locate treatment options near you.

For a referral to a treatment center or support group in your area, call: 1-800-662-HELP or 1-877-767-8432 (Spanish)

Things to Remember

“Recovery is a journey between two stations. One station represents total chaos, and the other represents total serenity. What is important is not where you are, but what direction you are facing.”

-Unknown

“Success is the ability to go from failure to failure without losing your enthusiasm.”

-Winston Churchill

“Change only happens when the pain of holding on is greater than the fear of letting go.”

-Unknown

“Give us the fortitude to endure the things which cannot be changed, and the courage to change the things which should be changed, and the wisdom to know one from the other.”

-Oliver J. Hart

“Don’t be afraid to take a big step. You can’t cross a chasm in two small jumps.”

-David Lloyd George

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GEARING UP FOR A DRUG-FREE SCHOOL YEAR

Going back to school signifies a time of new beginnings. It can also be a time of new challenges for many young people when it comes to drugs. Every day, approximately 4,400 American youth ages 12-17 try marijuana for the first time.

Research shows that involvement in supervised activities during the school year lowers a teen's risk of using marijuana and other illicit drugs. In fact, according to the National Household Survey on Drug Abuse, teens who participate in team sports are 40 percent less

“Youth face difficult challenges in and around their schools daily. Threats to youth safety are real and could have long-lasting negative impact on children's lives. It is time for a reality check, a new school year is here and children need to be prepared.”

likely to have used marijuana in the past month than those who do not. Also, teens who participated in two or more youth activities in the past year were half as likely to have used an illicit drug in the past month as other teens.

The good news is that parents make a difference in their teen's decision to stay drug-free. Two-thirds of kids say that upsetting their parents or losing the respect of family and friends is one of the main reasons they do not smoke marijuana or use other drugs. Parents can also help keep their kids drug-free by monitoring where they are, who they are with and setting rules with clear consequences for breaking them.

ALTERNATIVE CIGARETTES MAY DELIVER MORE NICOTINE THAN CONVENTIONAL CIGARETTES

Clove Cigarettes are composed of 60 to 80 percent tobacco and 20 to 40 percent ground clove buds. Sometimes referred to as “trainer cigarettes.” In 2002, prevalence of clove cigarette smoking in the past year was 2.6% for 8th graders, 4.9% for 10th graders, and 8.4% for 12th graders.

Bidis are small, brown, hand-rolled cigarettes in assorted flavors. The 2002 survey reported that 2.7% of 8th graders, 3.1% 10th graders, and 5.9% 12th graders have smoked bidis in the past year.

Additive-Free Cigarettes are made with whole leaf tobacco and contain no chemical additives, preservatives, or reconstituted tobacco. Scientific evidence believes that additive-free cigarettes are more harmful or more addictive than ordinary cigarettes.

NATIONAL FAMILY DAY: SEPTEMBER 22ND

President Bush has proclaimed September 22 National Family Day, highlighting the critical role parents play in discouraging their children from risky behaviors such as using marijuana and other drugs.

Kids say their parents are the single most important influence when it comes to drugs. In addition to talking to their kids, parents are encouraged to stay involved in their child's life by providing guidance, spending time together, asking questions and knowing where their kids are and who they are with. Regular family activities provide parents with

natural opportunities to communicate important messages, while also enhancing relationships with their teens.

In fact, recent studies from the National Center on Addiction and Substance Abuse at Columbia University found that teens from families who eat dinner together were less likely to use illegal drugs, alcohol and cigarettes, while teenagers who rarely eat dinner with their parents were more likely to engage in these activities.



ALCOHOL ALERT

Underage drinking is a major public health challenge because by the time they reach the eighth grade, nearly 50 percent of adolescents have had at least one drink, and over 20 percent report having been “drunk.” It has been found that underage alcohol use is more likely to kill young people than all illegal drugs combined. Some of the most serious and widespread alcohol-related problems among adolescents are discussed below.

***Drinking and Driving:** motor vehicle crashes are the leading cause of death among youth ages 15 to 20. Adolescents are already at increased risk through their relative lack of driving experience, and drivers younger than 21 are more susceptible than older drivers to the alcohol-induced impairment of driving skills. The rate of fatal crashes among alcohol-involved drivers between 16 and 20 years old is more than twice the rate for alcohol-involved drivers 21 and older.

***Suicide:** alcohol use interacts with conditions such as depression and stress to contribute to suicide, the third leading cause of death among people between the ages of 14 and 25. In one study, 37 percent of eighth grade females who drank heavily reported attempting suicide, compared with 11 percent who did not drink.

***Sexual Assault:** sexual assault, including rape, occurs most commonly among women in late adolescence and early adulthood, usually within the context of a date. In one survey, approximately 10 percent of female high school students reported having been raped. Research suggests that alcohol use by the offender, the victim, or both, increases the likelihood of sexual assault by a male acquaintance.

***High-Risk Sex:** research has associated adolescent alcohol use with high-risk sex (for example, having multiple sexual partners and failing to use condoms). The consequences of high-risk sex also are common in this age group, particularly unwanted pregnancy and sexually transmitted diseases, including HIV/AIDS. According to a recent study, the link between high-risk sex and drinking is affected by the quantity of alcohol consumed. The probability of sexual intercourse is increased by drinking amounts of alcohol sufficient to impair judgment, but decreased by drinking heavier amounts that result in feelings of nausea, passing out, or mental confusion.

Cite: National Institute on Alcohol Abuse and Alcoholism

Parents. The Anti-Drug.

More teens enter treatment each year for marijuana use than all other illicit drugs combined.

*Parents and teachers play a critical role in reducing the chance of kids engaging in risky behaviors or choices.

Visit these websites for helpful information:

[Http://www.theantidrug.com/](http://www.theantidrug.com/)

[Http://www.freevibe.com/](http://www.freevibe.com/)

Free Brochures Available:

Marijuana Awareness Kit-[Www.MediaCampaign.org](http://www.MediaCampaign.org)

“Keeping Your Kids Drug-Free: A How To Guide for Parents and Caregivers”-[Www.TheAnitDrug.com/pdfs/Version3General.pdf](http://www.TheAnitDrug.com/pdfs/Version3General.pdf).

“Wake Up to the Risks of Marijuana: A Guide for Parents”-[Www.MediaCampaign.org/Marijuana/Talk_Brochure.pdf](http://www.MediaCampaign.org/Marijuana/Talk_Brochure.pdf).

CONGRATULATIONS DR. DOBBINS!

On July 11, 2003 Kenneth W. Dobbins, president of Southeast Missouri State University was elected president of the Council on Public Higher Education (COPHE) for 2003-2005.

The Council of Public Higher Education is comprised of 13 public four year colleges and universities in Missouri and the University of Missouri system. Southeast Missouri State is one of those council members. COPHE institutions are committed to a strong, coordinated system of higher education that provides for student access and success, institutional strength and public engagement.

The president of COPHE works with the state's four year institutions, the Missouri Community College Association, the Coordinating Board for Higher Education and the commissioner of higher education and the commissioner's staff to ensure collaboration on mutual issues.



RECRUITING: RAC MEMBERS

Who: Regional Advisory Council on Alcohol and Drug Abuse

-Members should have a broad compilation of backgrounds with interests in alcohol and other drug problems.

-At least one-half of the members shall be consumers and no more than one-fourth of the members shall be vendors, or employees, members of boards of directors, officers of vendors, or any of their spouses.

What: The Regional Council acts as an advisory body to the Missouri Advisory Council on Alcohol and Drug Abuse, along with the Director of the Division of Alcohol and Drug Abuse. Also, the Council prepares regional plans and annually reviews, advises, and recommends the plans before they are transmitted to the State Advisory Council and the Division Director. The Council reviews current and proposed legislation which impact substance abuse prevention issues and services to substance abuse clients, along with making recommendations to the State Advisory Council.

Councils Tasks:

1. To promote awareness of the effects of the problems of alcohol and drug abuse to communities by recommending appropriate programs, methods and solutions to the Regional Advisory Council.
2. Recommend to the State Advisory Council community needs for improving and upgrading current prevention activities in the service delivery system.
3. Support the implementation of community programs, both as individuals and as a concerned group.

When: Tuesday, October 21, 2003 meeting

Where: Bill Orr's new office.
1903 Northwood Drive, Suite 4
Poplar Bluff, MO.

C2000 UPDATE

**Congratulations to Cape, Sikeston,
Bollinger County and Perry County
C2000 Teams on receiving funding
from ADA Prevention!**



Way to Go!!

SOUTHEAST REGIONAL SUPPORT CENTER
Southeast Missouri State University
*MS 7650 *Parker Rm. 204/205
Cape Girardeau, MO 63701

**Note new address as of 2/26/03
Phone: 573-651-5153
Fax: 573-651-2856*

*Dr. Ed Leoni eleoni@semo.edu
Leah Shrum shrum@semo.edu
Jim Maginel jmaginel@semo.edu
Lori Sarantakis lsaranta@hotmail.com*

LOOK FOR OUR NEWSLETTERS
QUARTERLY NOW!

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



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

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).

"The reasonable person adapts to the world."

"The unreasonable one persists in trying to adapt the world to themselves."

"Therefore, all progress depends on the unreasonable person."

-George Bernard Shaw