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### A Very Dangerous New Synthetic Drug Emerging... Pump-It



It is marketed as a plant vitamin and children have easy access to it in places such as gas stations. It act like speed and can cause serious complications. Seizures, hallucinations and death can occur with use. It can be snorted, eaten or shot up. At this time it is not illegal to sell unless selling for human consumption.

New link reporting Grandmothers concern about this new emerging drug.

For full article, [click here.](#)

### Chemical Health Trend Update:

*Alarming rate of prescription drug abusers are progressing to Heroin.*

by Conrad Wilson, Minnesota Public Radio

As parents in McLeod County, we are often asking if the drug trends we are seeing around the state and nationally are also the trends here. Unfortunately the answer is yes. Heron is making a comeback and is coming back strong. Over the past few years the abuse of opiate-based prescription drugs has been on the increase. The cost, modifications for slow release made to these pills has caused several to make the switch over to heroin.

For full article, [click here.](#)

**“As high-potency heroin moves into rural areas, people are dying across Minnesota”**

### Most Teens Text While Driving, CDC Says



More than half of high school seniors admit they text or email while driving - the first federal statistics on how common the dangerous habit is in teens.

An anonymous national survey conducted last year found that 58 percent of high school seniors said they had texted or emailed while driving during the previous month. About 43 percent of high school juniors acknowledged they did the same thing.

For full article, [click here.](#)

### Summer Is Peak Time for Teens to Try Drugs, Alcohol

More teenagers start drinking and smoking cigarettes and marijuana in June and July than in any other months, U.S. health officials say.

During each of those summer days, more than 11,000 teens on average use alcohol for the first time, 5,000 start smoking cigarettes and 4,500 try marijuana, according to the report, which was released Tuesday by the U.S. Substance Abuse and Mental Health Services Administration.

For full article, [click here.](#)



### Study Shows Self-Harm Starting in Elementary School.



A new study suggests that kids in elementary school cut and otherwise injure themselves at about the same rate as older children. "One of our main messages is: This happens earlier than you think. And then it's: How are kids at different ages doing this and what do you need to look for?" said study author Benjamin Hankin, an associate professor of psychology at the University of Denver.

For full article, [click here](#).

### What Do I Say to My Graduating Senior About College Next Year and All the Drinking?

by Jeff Wolfsberg

There's good news and bad news. The bad is that those students drinking on college campuses are drinking more. However, the good news is there is an increase in students who abstain completely from alcohol or drink moderately.

Additional good news is more and more colleges are taking the issue of underage drinking and dangerous alcohol use seriously. Higher education is developing comprehensive prevention strategies that are making a difference like Social Norms, Brief Interventions and Alcohol Screening.

For full article, [click here](#)



### Parent Influence & Parent Role Model Safe Driving Behavior

*89% of teens said their parents are influential in encouraging safer driving (Allstate Foundation)*

#### Driving the Car

Your teen sees a driver's license as a step toward freedom, but you might not be sure your teen is ready for the road. One thing is certain: teens aren't ready to have the same level of driving responsibility as older adults. Teen drivers have more fatal crashes, mainly because of their immaturity and lack of experience. They speed, they make mistakes, and they get distracted easily - especially if their friends are in the car. To help your teen stay safe behind the wheel, 46 States and the District of Columbia now have graduated driver licensing (GDL) programs that limit high-risk driving situations for new drivers. These programs can reduce your teen's crash risk by as much as 50 percent.

#### What can you do?

- **Learn** about your State's GDL program, if there is one. Know the restrictions placed on your teen's license and enforce those limits. Even if your state doesn't have an official program, you can lay some important ground rules for your teen driver. Restrict night driving and passengers, prohibit driving while on the phone, and require seat belt use at all times.



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- **Be a good role model.** Remember that your child looks to you as a driver, so practice safe driving yourself. Set aside time to take your teen on practice driving sessions. It can be a great way to spend time together and to allow your teen to improve some basic driving skills. Your teen's learning starts at home.
- **Don't rely solely on a driver's education class** to teach your teen to drive. Remember that driver's education should be used as just part of a GDL program.
- **Bottom line:** You have more influence on your teen than you may think.

### State Laws Cut Teen Drinking and Driving

Graduated licensing and use-alcohol-and-lose laws have made a big difference. Two kinds of state laws can help reduce drinking and driving by teens, a large new study finds. Graduated driver licensing laws limit new drivers to less risky driving situations until they acquire enough skills to become fully licensed. Use-and-lose laws permit the suspension of a teen's driver's license if they are caught using alcohol.

For full article, [click here.](#)



Safe Use • Safe Storage • Safe Disposal

McLeod County **MEDICATION** Safety Program

### Where are the disposal boxes located?

- McLeod County Sheriff's Office
- Winsted Police Department
- Hutchinson Police Department

Thank you McLeod County! We have collected and disposed of over 1,300 lbs. of prescription drugs at our drop off sites this year.

Prescription drug abuse remains a major problem...teens generally get these prescription drugs from friends and family, whether given, bought or stolen.



### Looking for needle and syringe disposal options?

For more information, [click here.](#)



### MEADA's Battle of the Bands

Aug. 16, 3:00-7:00 PM  
McLeod County Fair  
Cheer on your favorite band:

Electric Aquarium ~~~ Endless Encounter  
The Detours ~~~ 360 ~~~ Triple Beef Taco



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### \*Back to School Tips for Parents:

- Be upbeat. If your student is anxious about going to school, tell them you know they will do well. Children can absorb their parent's anxiety, so model confidence for your child.
- Don't overreact. If the first few days are bumpy, try not to get anxious yourself. Young children especially may exhibit shyness or separation anxiety, but teachers are trained to help them adjust. Reassure your child that that you love him/her and will be waiting to see them at the end of the day.
- Keep in mind that your influence runs deeper than you think. Most teens say they want to spend more time with their parents; teens choose friends that have their parents' core values. Keep making time for your child throughout the tween and teen years. Even when it doesn't show, you provide the solid ground they know they can always come home to.
- If your child demonstrates problems that are extreme, schedule a time to meet with your child's teachers and the school social worker. They will provide you with ideas and suggest resources to help your child.
- Any day is a good day to talk to your child. Talk to your child about not using drugs or alcohol. They will be less likely to use if they know you disapprove.



\*Provided by professionals serving on PACT for Families' 5-25/5 Committee