

# PARENT THE POWER OF PARENTS YOUR CHILD

## Parenting & Prevention Newsletter



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### December is National Drunk & Drugged Driving (3D) Prevention Month

A Comprehensive  
Approach to Teen Driver  
Safety.

It's not just good parenting; it's a matter of life and death. You need to talk to your kids about traffic safety early and often - before they reach driving age. When your teenager begins driving, we recommend that you set rules and then clearly outline the consequences of breaking the rules.

We know that getting through to your teen can be tough, but research tells us that teens listen to their parents, and that you influence your kid's driving habits. Remind your teenager that driving is a privilege - a privilege they will lose if they don't drive by your rules.

#### Set the standard

You need to teach safe driving behavior from the beginning. As the parent, you can start by modeling safe driving behavior anytime you drive your kids anywhere, even before they begin to drive.

Talk to your teen about safety issues and the rules you are setting. Explain each one of your rules and the consequences for breaking it. Write up a contract with your teen driver to make sure they drive by the rules and drive as safely as possible. Include the most important issues. Here's how:

#### Spell out the rules

1. Alcohol: Absolutely No Alcohol
2. Seat belts: Always Buckle Up!
3. Cell phone/texting: No talking or texting while driving
4. Curfew: Have the Car in the Driveway by 10 p.m.
5. Passengers: No more than one at all times
6. Graduated Drivers' License: Follow the state's GDL law
7. Parental Responsibility: Set your house rules and consequences

#### Holiday Stress Survival Guide

By Nancy Williams,  
Licensed Counselor and  
Life Coach

“’Tis the season to be jolly,” so the song says. But is it that easy?



For some, the excitement is building as the season unfolds and anticipation grows. The music, the lights, gifts, decorations, and time with family and friends all ignite a spirit of joy and merriment. And yet, for others, it is a time filled with stress and depression.

Some tend to envision the 'perfect holiday,' often leading to unrealistic expectations for themselves and others.

For great tips to help survive the holiday season and remain emotionally healthy

To read more: [click here](#)



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## With Marijuana Legal in Washington and Colorado, Police Worry about Keeping Stoned Drivers Off Roads

*Washington Post*



It's settled. Pot, at least certain amounts of it, will soon be legal under state laws in Washington and Colorado. Now, officials in both states are trying to

figure out how to keep stoned drivers off the road.

Colorado's measure doesn't make any changes to the state's driving-under-the-influence laws, leaving lawmakers and police to worry about its effect on road safety.

For the full article: [click here](#)

## 2011 National Survey on Drug Use and Health Finds Marijuana Use Continuing To Rise Among Youth

The 2011 National Survey on Drug Use and Health, released Monday by the Substance Abuse and Mental Health Services Administration (SAMHSA), showed a continued increase in marijuana use rates among youth and adults. For example, the percentage of those 12 or older who were current users of marijuana jumped from 6.9 percent (or 17.4 million) in 2010 to 7 percent (or 18.1 million) in 2011, continuing the upward trend seen over the past few years.

For the full article: [click here](#)

## Taken a Medicine Chest Inventory?

*By UPI*



A U.S. public health campaign has been started to challenge people to take part in a five-step effort to reduce the risk of prescription drug abuse.

The program challenges people to:

- Take inventory of your prescription and over-the-counter medicine.
- Secure your medicine chest.
- Dispose of your unused, unwanted, and expired medicine in your home or at an approved disposal site.
- Take your medicine(s) exactly as prescribed.
- Talk to your children about the dangers of prescription drug abuse.

For the full article: [click here](#)

## Youth Lead the Way in Painkiller Abuse, UCD Study

*Denver Post*

Teenagers and young adults are driving the epidemic in opioid painkiller abuse, according to a new study by University of Colorado Denver professor of public health.

Americans age 15 to 27 are abusing painkillers at a rate 40 percent higher than what is expected for their age group, a sharp change from patterns of abuse in other substances such as marijuana, said Richard Miech. Miech's peer-reviewed paper is being published in the Journal of



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Adolescent Health. The higher rates of misuse hold true even when accounting for historically high drug use among youth, and adjusting for changes in drug trends over time, Miech said.

To read more: [click here](#)



### Latest Designer Drug Called 'Smiles' Linked To Teen Deaths

By Stephanie Pappas

Several teenagers' deaths have law enforcement officials concerned about the next in a long line of illegal synthetic drugs: 2C-I, also known as "Smiles."

The drug, a hallucinogen, has been linked to two deaths in East Grand Forks, North Dakota, though little is known about this drug's dangers. Other synthetic drugs, including K2 or "fake weed," have caused problems by proliferating before being made illegal.

For the full article: [click here](#)

### 5-Hour Energy Shots

By Barry Meier

A highly caffeinated energy shot called "5-Hour Energy" is cited in reports of 13 Deaths. The disclosure of the reports is the second time in recent weeks that F.D.A. filings citing energy drinks and deaths have emerged. Last month, the agency acknowledged it had received five fatality filings mentioning another popular energy drink, Monster Energy.

For the full article: [click here](#)

### New Research Stresses Health Dangers of Bath Salts

Community Anti-drug Coalitions of America

National Institute on Drug Abuse research published in this week's Neuropsychopharmacology shows that MDPV, a synthetic chemical commonly found in the drugs referred to as "bath salts," is potentially more dangerous than cocaine when tested in rodents. In this study, MDPV prolonged the effects of two neurotransmitters, dopamine and norepinephrine (by blocking reuptake at brain nerve cells) and produced hyperactivity, rapid heart rate and increased blood pressure, which are highly dangerous symptoms.

For the full article: [click here](#)

### New State-By-State Report Shows A Significant Decrease In Adolescent Smoking During Past Decade

Current cigarette smoking among 12- to 17-year-olds fell significantly from 2002 to 2010 in 41 states, according to a report by SAMHSA.

"Although this report shows that considerable progress has been made in lowering adolescent cigarette smoking, the sad, unacceptable fact remains that in many states about 1 in 10 adolescents smoked cigarettes in the past month. ...we must collectively redouble our efforts to better educate adolescents about the risks of tobacco and continue to work with every state and community to promote effective tobacco use prevention and recovery programs."

For the full article: [click here](#)

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A graphic with a white background and a black border, tilted slightly. It features several overlapping circles in shades of purple, blue, green, and light blue. The text is in a bold, blue, sans-serif font. At the bottom right, there is a logo for PACT (Partners for Action and Collaboration in Treatment) featuring three stylized figures and the text "PACT for Families Collaborative".

**WHO HAS MADE  
A DIFFERENCE IN  
YOUR LIFE?**

**PAY IT FORWARD,  
BY HELPING  
SOMEONE ELSE &  
MAKING A DIFFERENCE  
IN THEIR LIFE**

**MENTAL HEALTH MATTERS**

**PACT**  
for Families Collaborative