

### Teenagers Avoid Early Alcohol Misuse through Personality Management

In a study published in the very first issue of the new journal JAMA Psychiatry, researchers from Sainte-Justine University Hospital Center, University of Montreal and King's College London have shown that personality-targeted school interventions delivered to high risk adolescents manage to reduce and postpone problem drinking, which is responsible for 9% of the deaths in young people between the ages of 15 and 29 in developed countries. Furthermore, by delaying alcohol uptake in at-risk youth, low-risk youth apparently gain group immunity due to reduced drinking within their social network.

"Two factors determine problem drinking: personality and peer pressure," explains Dr. Patricia Conrod, the study's first author, who supports the assumption that approaching at-risk youth from the angle of mental health rather than information on the dangers of alcohol is more effective at preventing early-onset alcohol misuse. "Teaching young people how to better manage their personality traits or vulnerabilities helps them make the right decisions in given situations," she explained, "whether it is a matter of overcoming their fears, managing thoughts that make them very emotional, controlling their compulsions, analyzing objectively the intentions of others or improving their self-perception."

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



### Parents Numb to Misuse of Narcotic Pain Meds by Youth

Newswise  
Ann Arbor, Mich. -

Despite data on rising rates of abuse and overdoses of narcotic pain medicines across

all age groups, in a new poll from the University of Michigan, most parents said they are not very concerned about misuse of these medicines by children and teens.

In addition, parent support was lukewarm for policies that would discourage abuse of drugs like Vicodin or Oxycontin, according to the most recent University of Michigan Mott Children's Hospital National Poll on Children's Health.

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

### Marijuana Still a Drug With No Accepted Medical Use, Court Says

Los Angeles Times  
By David G. Savage

Marijuana will continue to be considered a highly dangerous drug under federal law with no accepted medical uses, after a U.S. appeals court Tuesday refused to order a change in the government's 40-year-old drug classification schedule.



The decision keeps in place an odd legal split over marijuana, a drug deemed to be as dangerous as heroin and worse than

methamphetamine by federal authorities, but one that has been legalized for medical use by voters or legislators in 20 states and the District of Columbia.

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

### Mirror, Mirror In My Phone

Washington Post  
by Maggie Fazeli Fard

New app shows how drinking might make a person look prematurely old.



Ever wonder about the impact all that drinking has on your looks? "Drinking Mirror," a new smartphone app, aims to show you. The free app, part of the "Drink Smarter" campaign by the Scottish government to make people aware of the line between social drinking and binge drinking, plays on people's vanity and specifically targets women.

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

### Are Energy Drinks Safe?

Boston Globe  
by Karen Weintraub

Caffeinated energy drinks, heavily marketed to young people, have exploded in popularity in recent years, with the market growing by triple digits and projected to reach \$20 billion in sales next year.



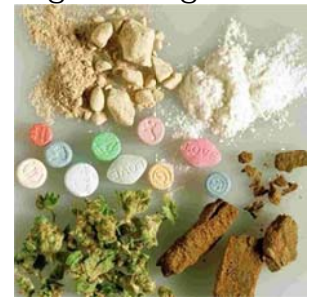
But new questions are being raised about their safety, and the lack of government oversight of these popular beverages.

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

### Seeking 'Higher' Ground: The Dangers of Designer Drugs

By Harry Leider  
Scientific American

Since ancient times, humans have been fascinated with ways to alter consciousness, and have gone to great lengths to reach a "higher" ground. From naturally occurring substances such as opium and betel nuts, to synthetic drugs like LSD, people have long experimented with mind-altering substances. This long history of experimentation with psychoactive substances even pre-dates the existence of the word "drug."



For example, Native Americans' use of mescaline, extracted from peyote cacti, began as long as 5,700 years ago. Use of the Betel nut - the seed of a palm tree fruit - to alter consciousness may not be well-known in the U.S., but this practice has existed for thousands of years. In fact, it is estimated that among intoxicants, only nicotine, alcohol and caffeine are more popular globally than chewing Betel nut extract.

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



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### Are Doctors to Blame for Prescription-Drug Abuse?

Time Magazine  
By Zachary F. Meisel, M.D. & Jeanmarie Perrone, M.D.

Prescription painkillers are creating a massive public-health crisis. Since 1990, deaths from unintentional drug overdoses in the U.S. have increased by over 500%. Most of this rise can be attributed to prescription painkillers, which now kill more people more than heroin or cocaine combined. Where are all these pills coming from? Not Mexico. Not all from those "Florida pill mills." Much of those pills are coming from prescriptions generated by doctors like us who are seeking to help our patients with real pain. It's true: conscientious and well-trained doctors are partially to blame for the rapidly rising death rate among thousands of Americans every year from prescription pills.

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

### You May Be Boozing Your Brain Cells Away

NBC News  
Naomi Piercey

A throbbing headache isn't the only side effect of overloading on alcohol. Chug too many cocktails and you may be putting your actual gray matter at risk. According to a new study from Rutgers University, consumption of alcohol, from moderate-level drinking to



binge drinking (drinking less during the week and more on the weekends), can decrease the creation of adult brain cells by as much as 40 percent.

In this study researchers examined the brain cell development of rodents after consuming alcohol. When the blood alcohol level of the rats reached 0.08 percent--the legal driving limit--researchers found the number of nerve cells in the hippocampus of the brain were reduced by nearly 40 percent compared to those in the sober group. The hippocampus--where new neurons are made--is a section of the brain associated with long-term memory and some new types of learning.

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

### Lower Drinking Ages Can Have an Impact on Later Drinking Patterns

Psypost Alcoholism Clinical and Experimental Research

Lower minimum legal drinking age (MLDA) laws have been associated with short-term effects such as a greater number of traffic fatalities and teen suicides.

A new study has investigated the long-term and persistent linkages between permissive MLDA laws and specific drinking behaviors such as average alcohol consumption, frequency of drinking, patterns of binge drinking, and moderate drinking. Findings support an association with problematic drinking behaviors that persist into later adulthood, such as more frequent binge episodes.

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



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### Do You Want Free Advice In Surviving The Teenage Years?

Subscribe to INFOCUS, the free newsletter from Focus Adolescent Services on teen and family issues.

## Medicine or Candy?



**Can you tell the difference? Can your children or grandchildren?**

- Tips:**
- Store medicines out of reach, preferably in a locked cabinet
  - Dispense or sort medications over a bowl or plate to catch any that may fall or roll away if dropped
  - Take inventory. Know what you have and how much.
  - Child resistant caps are not "child proof." Experiments have found that kids as young as 4 and 5 figure out these caps quickly.
  - Properly dispose of unused or expired medications at a *Take It To The Box* location — don't stockpile.

***Take It To The Box is easy and free!***

The *Take It To The Box* collection boxes accept both over-the-counter and prescribed medications from households, and are available 24 hours a day, 7 days a week.

Leave the medicine in its original container, with the name of the medication visible. Cross off any personal information. Needles and sharps not accepted.



- Take It To The Box locations:**
- ✓ McLeod County Sheriff's Office, 801 East 10th St., Glencoe
  - ✓ Hutchinson Police Dept., 10 Franklin St. South, Hutchinson
  - ✓ Winsted Police Dept., 201 1st St. North, Winsted

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