

CHEMICAL HEALTH TREND CORNER:

Alcohol Poisoning-A very Real Threat

We must remember that alcohol is a poison when consumed in large quantities. Do you know the signs of alcohol poisoning? Do your teenagers? Reacting quickly is extremely important and knowing what not to do can save a life. [Read More:](#)

Report Finds Bath Salts Involved in 23,000 ER Visits in One Year



A new national [report](#) reveals that "bath salts," a group of drugs containing amphetamine-type stimulants, were linked to an estimated

22,904 visits to hospital emergency departments in 2011.

The report by the Substance Abuse and Mental Health Services Administration (SAMHSA) is the first national study to track bath salts drugs to hospital emergency department visits since these drugs emerged a few years ago. [Read More](#)

Discrimination Linked With Substance Use Among Latina Youth

A new study, finds that discrimination increases the risk for alcohol, marijuana, and illicit drug use among a sample of

young Latina women, which included underage drinkers. Additionally, Latinas who reported discrimination were more likely to use alcohol and marijuana. The study by Angie Denisse Otiniano Verissimo et al. examined the relationship between discrimination and substance use among Hispanics and the moderating role of gender. [Read More:](#)

SMART Recovery Can be Good Alternative or Addition to AA



For some people in recovery, SMART Recovery groups are a valuable alternative or addition to

traditional 12-step groups, according to a researcher at Penn State University.

SMART Recovery groups are facilitator-led, structured discussion groups that are closely aligned with counseling techniques. Unlike Alcoholics Anonymous and other traditional 12-step groups, SMART Recovery focuses on self-empowerment instead of surrendering to a higher power.

[Read More:](#)

Preventing Underage Drinking Can Prevent Sexual Assault

According to Centers for Disease Control and Prevention, "Sexual violence is any sexual activity where consent is not freely given. This includes completed or attempted sex acts that are against the victim's will or involve a victim who is

unable to consent... Sexual violence impacts health in many ways and can lead to long-term physical and mental health problems." The National Institute on Alcohol Abuse and Alcoholism has pointed out that underage drinking increases risks for physical and sexual assault.

The National Council on Alcoholism and Drug Dependence, Inc., recommends that participating organizations working with media pay attention to issues that are not always addressed in media reports, include sexual abuse.

New Study Shows Global Tobacco Marketing Reaches 5 & 6 Year Olds



In several low and middle-income countries, tobacco marketing efforts reach kids as young as 5 and 6 years

old. That's according to a new study from the Institute for Global Tobacco Control at the Johns Hopkins Bloomberg School of Public Health. [Read More](#)

Heroin Addiction as a Result of Prescription Drug Abuse

Many communities around the country are seeing an uptick in the number of heroin-related overdoses. Much of that is due to people who abuse prescription painkillers switching to heroin after it becomes too difficult to obtain prescription opiates.

A new documentary developed by the Safe Communities Coalition of Hunterdon

and Somerset Counties, available online now, explores this issue. [Read More](#)

Popularity Linked With Alcohol Use Among Middle School Students



Being popular in middle school is a risk factor for alcohol use. Students who were perceived as

popular by their peers were more likely to consume alcohol than students who self-identified as being popular.

Researchers Joan S. Tucker et al. analyzed data from a sample of 1,835 sixth, seventh, and eighth graders to examine the connection between popularity and alcohol use among middle school students. Students were asked to report on their background characteristics, past-month alcohol use, and perceived popularity. The National Institute on Alcohol Abuse and Alcoholism funded this project. [Read More:](#)

Survey Shows Continued Reduction of Prescription Drug Use among Young Adults

The rate of past month nonmedical use of prescription drugs among young adults aged 18 to 25 in 2012 was 5.3 percent—similar to rates in 2010 and 2011, but significantly lower than the rate from 2009 (6.4 percent).

The Substance Abuse Mental Health Services Administration (SAMHSA) report found that the rates of past month drinking, binge drinking and heavy drinking among underage adolescents aged 12 to 17 remained lower than their levels in 2002 through 2009. Marijuana continues to be the most commonly used illicit drug. In addition to marijuana, the use of heroin also rose significantly.

The report showed some other areas of continued improvement, including a drop in the rate of past month use of tobacco products among 12 to 17 year olds. The 2012 report also showed that many Americans needing treatment for a substance use disorder are still not receiving specialty treatment.

[Read More:](#)

Reducing Alcohol Related Crashes



National Highway Transportation Safety Administration points out that teens are at far greater risk of death in an alcohol-related crash than the overall population, despite the fact that they cannot legally purchase or publicly possess alcohol in any state. For example, during 2006, 31 percent of the drivers between the ages of 15 and

20 who were killed had been drinking, according to NHTSA data. NHTSA supports implementation of [graduated driver licensing](#) (GDL) nationwide. [Read More:](#)

Secret Texting Code With Parents Can Help Teens Say No to Alcohol

George L. Askew, M.D., F.A.A.P., chief medical officer for the Administration for Children & Families, urges parents to work out a secret texting code with their teens, so that adolescents have an easy way to signal for help when they are being pressured to engage in underage drinking. "It gives you a way out that says, 'Well, my mom just called. I was supposed to do something, I have to go run and do that, but I will catch up with you guys later,'" he explains.



Dr. Askew also directs parents and other caregiving adults to [Healthfinder.gov](#) for more information to help parents and children stay connected and advice for [talking with young people](#) about alcohol. These Healthfinder tips echo and reinforce "[Talk. They Hear You.](#)" a nationwide media campaign sponsored by the Substance Abuse and Mental Health Services Administration. [Read More:](#)

PROMOTE MENTAL HEALTH

MS & HS students report in surveys that VERBAL bullying is the worst kind. It can actually cause depression, anxiety & fear of coming to school.

Today in the hallway, challenge yourself to say something nice to someone who's not smiling.

