



Monster Energy Drink Cited in Deaths

by Barry Meier

Five people may have died over the past three years after drinking Monster Energy, a popular energy drink that is high in caffeine, according to incident reports recently released by the Food and Drug Administration.

The reports, like similar filings with the F.D.A. in cases involving drugs or medical devices, do not prove a link between Monster Energy and the deaths or other health problems. The records were recently obtained under the Freedom of Information Act by the mother of a 14-year-old Maryland girl who died in December from a heart arrhythmia after drinking large cans of Monster Energy on two consecutive days.

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

What Do Bullying and Youth Substance Use Have in Common? More Than You Might Think

Written By: Frances M. Harding, Director, Center for Substance Abuse Prevention

On the surface, bullying and youth substance use may seem like separate problems. However, from research, we know that youth who use substances are at risk for other problem behaviors during their teen years. In fact, [new findings](#) suggest that middle and high school

students who bully their peers are more likely to use alcohol, cigarettes, and marijuana.

To read more: [click here](#)



Online oopses can hurt college chances

by: Katie Humphrey,
Star Tribune

A 2012 survey by Kaplan Test Prep found that more admissions officers are checking out candidates online and finding potentially damaging information.

The carefully crafted college application -- essays, recommendations and all -- now has a digital wild card: Admissions officers are peeking at prospective students' online profiles.

A survey released this month by Kaplan Test Prep found that more than a quarter of college admissions officers browse applicants' digital footprints, and in an increasing number of cases find evidence that lowers students' chances of getting in. Thirty-five percent of the college officials who responded said that their 2012 online searches yielded questionable information -- from essay plagiarism to alcohol consumption in photos -- up from 12 percent in 2011.

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



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Big Alcohol Dives Headfirst into Youth- Friendly Drink Pouches

From Alcohol Justice

A little over a year ago, Alcohol Justice called attention to a disturbing, new marketing/packaging brainchild - single-serve alcopops in soft-sided pouches that are cheap and highly portable - in other words, very appealing to youth. Since then, the product category has exploded from a fringe element made by start-up manufacturers like Gasolina to an integral portfolio product for some of the world's largest brands like Diageo's Captain Morgan/Parrot Bay and Smirnoff. As multiple media sources have recently indicated, there are not many alcohol producers that haven't jumped on board with the idea.

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



Did You Know?

www.cdc.gov/vitalsigns

- The percentage of teens in high school who reported they drink and drive has [decreased by more than half](#) since 1991.
- Still, [one in ten high school teens](#) drinks and drives—that was nearly one million teens in 2011.

- Effective interventions to reduce teen drinking and driving include enforcement of [minimum legal drinking age laws](#), [zero tolerance laws](#), and [graduated driver licensing systems](#).

Reduction in Abuse of Prescription Drug & Binge Drinking

There has been a reduction in abuse of prescription drug use in the age group of 18-25 year olds and binge drinking among 12-20 year olds.

- The number of people aged 18 to 25 who used prescription drugs for non-medical purposes in the past month declined 14 percent. Non-medical use of prescription drugs among children aged 12 to 17 and adults aged 26 or older remained unchanged.
- Binge drinking and heavy drinking among underage people continued a decline from 2002. Past month alcohol use among 12 to 20 year, binge drinking (consuming 5 or more drinks on a single occasion on at least 1 day in the past 30 days) and heavy drinking all declined in 2011
- Marijuana continues to be the most commonly used illicit drug. Among youths aged 12 to 17, the rate of current marijuana use remained about the same from 2009 to 2011. Increases in the rate of current marijuana use occurred from 2007 to 2011 among

adolescents (ages 12-17), young adults (ages 18 to 25), and adults (ages 26 or older).

For complete survey findings: [click here](#)

Advice Corner

Local Expert: Betty Rehmann LADC AA

Question:

Is it really necessary for my family member to complete a support system outside of completing treatment?

Answer:

In regards to AA, NA, and aftercare programs, continued attendance after treatment is vital for ongoing recovery and support for abstinence and changes that are made.

Recovery requires changes from the lifestyle we were comfortable with when using/drinking, as well as living without the effects of a drug. These lifestyle changes can be uncomfortable and unfamiliar therefore the support from these groups meets the needs of the person until the changes become comfortable and continue to support recovery.

AA, NA, and Aftercare are attended by other people who are experiencing the same changes and can support the one who is struggling. Understanding of the struggle especially in the early stages of recovery is essential. Support group tend to bridge treatment to recovery

There is a lot of misunderstanding regarding AA, NA, and Aftercare. Comments heard over the years include brainwashing, shaming, put downs, for example. However, the support become the person he/she was created to be is enormous.

It is the choice each person makes.



You've lived through 2 AM feedings, toddler temper tantrums, and the back-to-school blues. **So why is the word "teenager" causing you so much anxiety?**

When you consider that the teen years are a period of intense growth, not only physically but morally and intellectually, it's understandable that it's a time of confusion and upheaval for many families.

Despite some adults' negative perceptions about teens, they are often energetic, thoughtful, and idealistic, with a deep interest in what's fair and right. So, although it can be a period of conflict between parent and child, the teen years are also a time to help kids grow into the distinct individuals they will become.

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

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MENTAL HEALTH MATTERS

PACT for Families Collaborative

November 2012