

# SAFE Spotlight

November/December 2010



THE SAFE COMMUNITY NETWORK IS AN INITIATIVE OF THE IOWA DEPARTMENT OF PUBLIC HEALTH'S BUREAU OF SUBSTANCE ABUSE PREVENTION & TREATMENT IN THE DIVISION OF BEHAVIORAL HEALTH

## Heavy Alcohol and Marijuana Use Puts Teens At Risk for Mental Deficits

Heavy alcohol and marijuana use puts teenagers at risk for mental deficits that could persist into adulthood, according to a new study.

The researchers found that teens who had abused alcohol and pot scored lower than their abstinent peers on tests measuring a wide range of intellectual abilities.

Robert Thoma, associate professor of psychiatry at the University of New Mexico School of Medicine, the study's lead author, said the researchers wanted to see if heavy substance abuse caused "neuropsychological deficits" in teens similar to those already shown in adult alcoholics and drug abusers.

"The worry is that kids who start drinking early, and drinking heavily, may be affected for their entire life. The data is just beginning to suggest this is true," said Thoma, a clinical neuropsychologist.

Memory was also negatively affected but only by marijuana, not alcohol use, the study found.

The study, reported online on October 19, 2010 in *Alcoholism: Clinical & Experimental Research*, placed 48 teenagers, aged 12 to 18, into three groups: 19 in a substance-

abusing study group, 15 healthy non-users in a control group and 14 non-users whose parents had been alcohol abusers. All 19 substance abusers were diagnosed with alcohol addiction or dependency. Twelve were also diagnosed with marijuana dependency.

The study-group teens, who were two years older on average than the others, reported drinking six to 20 drinks a day during a three-month period prior to the last time they drank. The more alcohol consumed, the worse the teens scored on the battery of tests, especially one measuring executive function.

The study-group teens also reported spending 30 percent of the 90 days surveyed drinking heavily. Those who used marijuana recalled spending 40 percent of that time period smoking marijuana.

Thoma acknowledged that the data might suggest that kids who had poor executive function were more inclined to drink heavily.

Thoma said large longitudinal studies could sort out the causes and effects in drug and alcohol-abusing teens, but noted the research "remains severely underfunded."

Source: [www.healthday.com](http://www.healthday.com), October 19, 2010

### SAFE Recertifications:

- Henry County Substance Abuse Coalition

### Funding Availability\*:

- **Dorsey & Whitney Foundation**  
[www.dorsey.com/about/foundation/](http://www.dorsey.com/about/foundation/)
- **Land O'Lakes Foundation**  
[www.landolakesinc.com](http://www.landolakesinc.com)
- **McKee Foundation**  
[www.mckeefoundation.org](http://www.mckeefoundation.org)
- **Nickelodeon's The Big Help Grant Program**  
[www.nick.com/thebighelp/](http://www.nick.com/thebighelp/)
- **Office Depot Foundation**  
[www.officedepotfoundation.com](http://www.officedepotfoundation.com)
- **Starbucks Foundation**  
[www.starbucksfoundation.com](http://www.starbucksfoundation.com)

\*Funding opportunities published here are selected for their news value and do not signify endorsement by IDPH

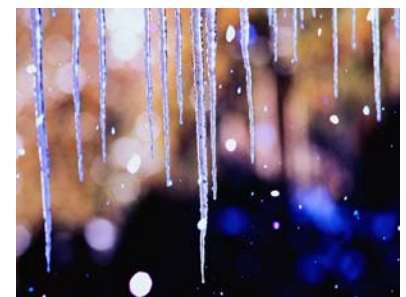
## CADCA's National Coalition Academy Returns to Iowa

The National Coalition Academy is a comprehensive training program developed by CADCA's National Coalition Institute and offered without charge through a partnership with the National Guard Bureau at facilities in Pennsylvania, Iowa and Mississippi. Coalitions participating in the Academy learn about creating and maintaining partnerships, sustainability, cultural competency, assessment, prevention planning and implementation and evaluation.

The Academy will take place in Iowa on February 14-18, 2011, May 23-27, 2011 and August 8-12, 2011. Training will occur through the Midwest Counterdrug Training Center at Camp Dodge in Johnston.

This Academy is a year-long innovative training program that combines three-weeks of classroom training, distance learning and Web support to support and or sustain a highly effective anti-drug coalition.

To find out more information or to apply to participate in this training, go to [www.cadca.org/trainingevents/training\\_coalitions/national-coalition-academy](http://www.cadca.org/trainingevents/training_coalitions/national-coalition-academy).





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## History of the SAFE Community Network

In 1989, the Iowa SAFE Community Network was launched in response to needs and concerns expressed about substance abuse issues across the state. Initially, SAFE was an acronym for “Substance Abuse Free Environment” but now the SAFE format can be used to focus on many prevention-related issues. Offered by the Iowa Department of Public Health, this program helps communities collaborate to reduce substance abuse, crime, violence and other related problems. The Iowa SAFE Community Network is designed to enhance, recognize and support existing prevention services and initiatives in the community and to be a resource to its citizens.

## Upcoming Training Opportunities

### SUBSTANCE ABUSE PREVENTION

**ETHICS ON NOVEMBER 30, 2010**  
IN JOHNSTON. TO REGISTER, GO TO  
[WWW.COUNTERDRUGTRAINING.COM](http://WWW.COUNTERDRUGTRAINING.COM)

### RAISING DRUG-FREE KIDS

**WEBINAR ON DECEMBER 2, 2010.**  
TO PARTICIPATE, GO TO  
[WWW.CADCA.ORG/CADCA\\_TV/RAISING-DRUG-FREE-KIDS-0](http://WWW.CADCA.ORG/CADCA_TV/RAISING-DRUG-FREE-KIDS-0)

IF YOU HAVE ANY UPCOMING TRAININGS THAT YOU WOULD LIKE PUBLISHED IN THE SAFE SPOTLIGHT, PLEASE EMAIL JULIE HIBBEN AT [JHIBBEN@IDPH.STATE.IA.US](mailto:JHIBBEN@IDPH.STATE.IA.US)



### Bath Salts

A new cocaine substitute called “ivory wave” or “bath salts” is being used in neighboring states. Bath salts, a crystal-like substance whose main ingredient, Methylenedioxypyrovalerone, is similar to meth. It is smoked or snorted by users.

Bath salts can be purchased in some liquor stores, convenient stores or head shops and is currently legal to use.

This substance has been reported to cause adverse effects similar to those of amphetamine-like drugs, including heart and circulatory problems as well as agitation and hallucinations. Dangerously raised body temperature, risk of renal failure and altered blood pressure may also occur.

### Congratulations to Van Buren County SAFE!

Congratulations to the Van Buren County SAFE Coalition of Keosauqua on their recognition in the Coalition of the Year category of the 2010 Got Outcomes! Coalition of Excellence Award. The award is sponsored by the Community Anti-Drug Coalitions of America (CADCA), National Coalition Institute. The Van Buren County SAFE Coalition demonstrated long term outcomes for multiple substances and will be recognized at CADCA’s National Leadership Forum, February 7-10, 2011. Contact Heidi Bainbridge [hnbainbridge@yahoo.com](mailto:hnbainbridge@yahoo.com) for more information.

### American Medicine Chest Challenge

Prescription drug abuse is a problem in our country. The 2007 National Study of Drug Use and Health found that 70% of people who abuse prescription pain relievers indicated they got them from friends or relatives, and the National Institute of Drug

## Coalition Update & News

Abuse (NIDA) reports that upwards of 9 million people use prescription medication for non-medical uses.

The American Medicine Chest Challenge is a community based public health initiative, with law enforcement partnership, designed to raise awareness about the dangers of prescription drug abuse and provide a nationwide day of disposal – at a collection site or in the home - of unused, unwanted, and expired medicine. This event will be held on November 13, 2010 in communities across the country.

The American Medicine Chest Challenge provides a unified national, statewide, and local focus to the issue of medicine abuse by children and teens. It is designed to generate unprecedented media attention to the issue of prescription and over-the-counter medicine abuse and to challenge all Americans to take the Five Step American Medicine Chest Challenge:

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

For more information about the American Medicine Chest Challenge, go to [www.americanmedicinechest.com](http://www.americanmedicinechest.com). To find out which Iowa communities are participating, [click here](#).