

SAFE Spotlight

May/June 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

New National Study Reveals 12 Year Olds More Likely to Use Potentially Deadly Inhalants than Cigarettes or Marijuana

More 12 year olds have used potentially lethal inhalants than have used marijuana, cocaine and hallucinogens combined, according to data by the Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA data from the 2006-2008 National Surveys on Drug Use and Health show a rate of lifetime inhalant use among 12 year olds of 6.9 percent, compared to a rate of 5.1 percent for nonmedical use of prescription type drugs; a rate of 1.4 percent for marijuana; a rate of 0.7 percent for use of hallucinogens; and a 0.1 rate for cocaine use.

Young people sniff products such as refrigerant from air conditioning units, aerosol computer cleaners, shoe polish, glue, air fresheners, hair sprays, nail polish, paint solvents, degreasers, gasoline or lighter fluids. Youngsters intentionally inhale these substances to get high. Most parents are not aware that use of inhalants can cause "Sudden Sniffing Death" - immediate death due to cardiac arrest - or lead to addiction and other health risks.

"Parents must wake up to the reality that their child might try huffing and the consequences could be devastating," said SAMHSA Administrator Pamela S. Hyde, J.D. "That's

why SAMHSA is leading the way to get information out to healthcare providers, kids, parents and everyone in the community so that our children hear a consistent message about the dangers of huffing."

Dr. Timothy Condon, deputy director of the National Institute on Drug Abuse (NIDA), noted: "As risky as inhalants are, many kids don't see the drugs that way. In our latest Monitoring the Future study, there's a disturbing downward trend among high schoolers who see "great risk" in using inhalants once or twice a week. At the same time, the survey shows that inhalant use isn't declining as much as it has in recent years among eighth and tenth graders. If today's attitude translates into future use, we have reason to be concerned."

SOURCE: SAMHSA News Release, March 11, 2010



What's the Buzz About K2?

Legal alternatives to marijuana are becoming increasingly popular with youth populations across the country. Loosely known as "legal bud," these herbal combinations include salvia divinorum and K2. Law enforcement and legislative officials are taking note and have begun steps that will lead to the prohibition of some of these "legal buds."

K2 is a combination of chemicals and herbs that is marketed as incense. Its two synthetic cannabinoids, JWH-018 and JWH-073, mimic the brain's reaction to marijuana. Users report highs that last between 30 minutes and two hours, and at times describe out-of-body experiences. K2 is widely available for

purchase online and in smoke shops. JWH-018 and JWH-073 were developed in the 1990's and tested only on mice. No extensive testing has been done to determine the effects on humans.

In March, Kansas became the first state to ban K2 and similar products, adding them to the state's list of controlled substances. Missouri may soon follow, making the marijuana-mimicking substance as illegal as a baggie of the real thing.

Do you need to renew your SAFE certification? Go to www.idph.state.ia.us/bh/sa_safe_network.asp for more information

Funding Availability*:

- **All State Foundation**
www.allstate.com/foundation/apply-for-a-grant.aspx
- **Learn and Serve America**
<https://egrants.cns.gov/espan/main/login.jsp>
- **Lego Children's Fund**
www.legochildrensfund.org/
- **Nutter Family Foundation**
www.nutterfoundation.org/grants.html
- **Office Depot Foundation**
www.officedepotfoundation.com/grant_guidelines.asp
- **Wal-Mart Foundation**
<http://walmartstores.com/CommunityGiving/9632.aspx>

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





Iowa Department of Public Health Promoting and Protecting the Health of Iowans

SAFE Contact Information

Julie Hibben, Prevention Consultant
Iowa Department of Public Health
321 E. 12th Street
Des Moines, Iowa 50319

Phone: 515-725-7895

Fax: 515-281-5354

E-mail: jhibben@idph.state.ia.us

Web site:

www.idph.state.ia.us/bh/sa_safe_network.asp

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

CREATING A CAMPUS PRESCRIPTION DRUG ABUSE PREVENTION PROGRAM

ON MAY 18, 2010 VIA WEBINAR. TO REGISTER, GO TO

WWW.HIGHEREDCENTER.ORG

SOCIAL NETWORKING: ACT LOCAL, LISTEN GLOBAL

ON MAY 19, 2010 VIA WEBINAR. TO REGISTER, GO TO

WWW.CADCA.ORG

2010 ID UPDATE: WHAT'S IN YOUR WALLET?

ON MAY 20, 2010 VIA WEBINAR. TO REGISTER, GO TO

WWW.UDETC.ORG

ADDRESSING UNDERAGE DRINKING IN MILITARY COMMUNITIES

ON JUNE 17, 2010 VIA WEBINAR. TO REGISTER, GO TO

WWW.UDETC.ORG

SUBSTANCE ABUSE PREVENTION

ETHICS ON JULY 1, 2010 AT THE MIDWEST COUNTERDRUG TRAINING CENTER IN JOHNSTON. TO REGISTER, GO TO

WWW.COUNTERDRUGTRAINING.COM

DOES YOUR AGENCY OR COALITION HAVE ANY TRAINING INFORMATION THEY WOULD LIKE TO SHARE IN THE SAFE SPOTLIGHT? IF SO, E-MAIL JULIE HIBBEN AT [JHIBBEN@IDPH.STATE.IA.US](mailto:jhibben@idph.state.ia.us).



Coalition Update & News

New Alcohol Screening Resource Available

AlcoholScreening.org is a free service of Join Together, a project of the Boston University School of Public Health. AlcoholScreening.org helps individuals assess their own alcohol consumption patterns to determine if their drinking is likely to be harming their health or increasing their risk for future harm. Through education and referral, the site urges those whose drinking is harmful or hazardous to take positive action, and informs all adults who consume alcohol about guidelines and caveats for lower-risk drinking. Since the launch of AlcoholScreening.org in April 2001, over one million people have completed the screening questionnaire and received scientifically-based feedback on their drinking patterns.

SAMHSA Launches National Underage Drinking Campaign

More than a quarter of youth aged 12 to 20 (27.6 percent) drank alcohol in the past month, according to a survey by SAMHSA. Alcohol is the most widely used substance of abuse among America's youth. Alcohol contributes to the three leading causes of death among 12- to 20-year-olds (unintentional injury, homicide, and suicide). And research shows that those who start drinking before age 15 are six times more likely to have alcohol problems as adults than those who start drinking at age 21 or older.

In a major effort to combat the epidemic of underage drinking, SAMHSA and the Ad Council recently launched a new series of national public service advertisements (PSAs) to encourage parents to talk to their children

about drinking alcohol at an early age. The new PSAs aim to reach parents of children ages 11-15, with an emphasis on parents of middle school children who have not yet started drinking. The television, radio, magazine, newspaper and Internet ads are designed to reduce and delay the onset of underage drinking by increasing communication between parents and youth. The ads encourage parents to talk early, talk often and get others involved.

The ads and additional information for parents can be found at www.underagedrinking.samhsa.gov/default.aspx.

Choosing Cost Effective Prevention Programs

Communities can use cost-benefit analysis to help guide their decisions and develop better comprehensive prevention strategies based on their unique needs and characteristics. Substance Abuse Prevention Dollars and Cents: A Cost-Benefit Analysis is a report designed to help policymakers and other stakeholders use the results of cost-benefit analysis as an information tool for decision making and for selecting the substance abuse prevention programs that address their needs, given available resources.

The report, created by the Center for Substance Abuse Prevention, can be downloaded for free by going to <http://download.ncadi.samhsa.gov/prevline/pdfs/SMA07-4298.pdf>.