

### CPY receives 2nd Drug Free Communities Grant



The Coalition for Placer Youth (CPY) just received word, the community-based coalition serving western Placer County, has been awarded a second five-year Drug Free Communities Support Program (DFC) grant beginning October 2014!!

DFC grants fund partnership and collaboration between groups that organize to prevent youth substance use. The philosophy behind the DFC Program is that local drug problems require local solutions with all sectors of the community coming together to work with a collective and comprehensive strategic approach. Recent evaluation data nationwide indicate that where DFC dollars are invested, youth substance use is lower.

CPY, initially formed in 2007, is comprised of committed Placer County residents, local agencies, parents, and youth partnering to reduce drug/alcohol use among our young people.

We are excited about this opportunity to continue CPY's prevention work and remain firmly committed to the notion that change only happens when all sectors of the community come together to find solutions. We celebrate our youth and adult partners as we embark on another five years investing in our future through community-level change.

### Support CPY

All tax-deductible contributions are applied directly to programs that benefit the youth of Placer County. Donors to the Coalition for Placer Youth can submit donations via check or PayPal.

[Make a donation>](#)

### Events in October

#### Save the Date 5th Annual Health, Education & Resource Fair

Helping youth and families in transition.

**October 18th, 2014  
9am - 12 noon**

To reserve a booth please contact: Judy Fischer  
916-786-5181

[jfischer@rjuhsd.us](mailto:jfischer@rjuhsd.us)

Toni Marquez  
916-786-0793 ex. 1306

#### Red Ribbon Week October 23 - 31st

Check out the Website  
[www.redribbon.org](http://www.redribbon.org)

## Parenting Skills

# DISCIPLINE AND POWER STRUGGLES

How to gain the skills needed to reduce power and discipline struggles in your relationship with your child. Recognize and overcome the entitlement mentality of today's culture. This material is applicable for all ages.

Featured Speaker: Peggy Harper Lee

(Author of "Spoiled: Fresh Ideas for Parenting the Entitled Child at Any Age")



TUES. OCT. 21, 2014

6:30 - 8:00 PM

and again on

WED. OCT. 22, 2014

10:00 - NOON

at

St. Joseph Marelo Parish

Rooms 4 & 5

7200 Auburn Folsom Rd.

Granite Bay 95746

All trainings are ecumenical, free and open to the public. For questions or more information on upcoming parenting events, Contact:

Parenting Ministry Chair, Joana Jullien  
916 - 521 - 7203 or [Julien@surewest.net](mailto:Julien@surewest.net)

**Discipline and Power Struggles**  
**Free Parent Training**  
**St. Joseph Marelo Parish**  
**Granite Bay**

Tues. Oct. 21st 6:30pm - 8pm

Repeated Session

Wed. Oct. 22nd 10am - 12noon

Contact: Joanna Jullien

(916) 521 - 7203

[julien@surewest.net](mailto:julien@surewest.net)

**Teen Meetings**  
**South Placer Teen Center**  
**3860 Oak St. Rocklin**  
**Fridays 7pm - 9pm**  
**All teens welcome**  
**Wed. 8/20 10 - 11:30am**

## Resources

[Join the Conversation on Underage Drinking](http://www.alcoholfreechildren.org/)

<http://www.alcoholfreechildren.org/>

[Answering your child's tough questions about alcohol](http://www.samhsa.gov/underagedrinking)

[www.samhsa.gov/underagedrinking](http://www.samhsa.gov/underagedrinking)

[A Parent's Guide to the Teen Brain - Skills, Tools & Tips](http://www.teenbrain.drugfree.org)

[www.teenbrain.drugfree.org](http://www.teenbrain.drugfree.org)

## *K2 and Spice More Potent than Natural THC*



**Marketed as "harmless", synthetic marijuana can cause dangerous medical and psychiatric emergencies**

Synthetic cannabinoids, better known on the street as "K2" or "Spice," have pharmacological effects that are up to 100 times more potent than THC, the active ingredient in marijuana, says a new study.

Often called "synthetic marijuana", in reality these drugs are very different from marijuana. They contain powerful chemicals that can have dangerous health effects.

These synthetic products contain dried, shredded plant material and chemical additives that are responsible for their mind-altering effects. They mimic physiological and psychoactive effects of THC, but are more intense, commonly resulting in medical and psychiatric emergencies. Its effects are unpredictable - akin to playing Russian roulette. A hit might have little effect; while another might prompt a state of acute psychosis, kidney failure or a heart attack.

K2/Spice products are popular among young people. Easy access and the misperception that Spice products are "natural" and therefore harmless have contributed to their popularity. Also, the chemicals used in Spice are not easily detected in standard drug tests.

Learn more about synthetic marijuana drugs and make sure your teen is aware of the facts.

<http://www.cadca.org/resources/detail/synthetics-such-k2-and-spice-have-effects-100-times-more-potent-natural-thc>

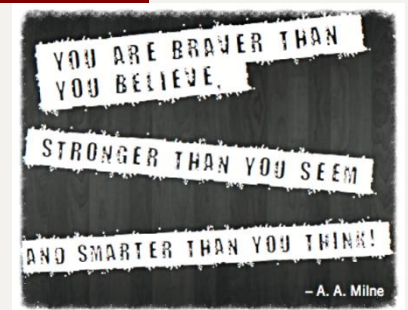
**HELPLINE:**  
**1-855-DRUGFREE**  
**Parents Toll-Free Helpline**  
**1-855-378-4373**  
**Monday to Friday,**  
**10 am - 6 pm ET**  
**(English and Spanish)**

### **Time to Act**

*Think your teen is using?  
Step-by-step guide for parents who suspect their teen is using alcohol or drugs*

[www.timetoact.drugfree.org](http://www.timetoact.drugfree.org)

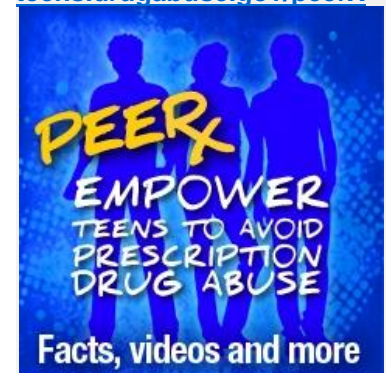
### **Teen Plan**



### **PeerX**

*facts for teens about prescription drugs*

[teens.drugabuse.gov/peerX](http://teens.drugabuse.gov/peerX)





# Marijuana and Teens; a bad mix

## **MJ Use Before Age 17 Linked to High School Drop Out and Suicide**

Youth who use cannabis daily before age 17 are over 60% less likely to graduate from high school compared to those who never used the drug, according to new research published in The Lancet Psychiatry Journal.



These daily users are also seven times more likely to attempt suicide; have an 18 times greater chance of becoming dependent on marijuana and are eight times as likely to use other drugs later in life.

Even occasional marijuana use (less than once a month) was found to adversely affect teenagers. Other recent research has suggested that heavy marijuana use can have a negative effect on central nervous system development including lowering IQ.

The research is confirming that marijuana use presents a much greater danger to youth than was previously believed. There is a growing concern that with the growing acceptance and sometimes legalization of marijuana, young people will increasingly have access to the drug at a time in their lives when they are particularly vulnerable to its adverse effects.

Read more at:

<http://www.cadca.org/resources/detail/youths-who-use-cannabis-daily-age-17-are-60-percent-less-likely-graduate>

<http://www.inquisitr.com/1465145/study-marijuana-has-several-harmful-effects-on-teens-including-more-drop-outs-and-suicide/#XJ20vPYyIKZL62sl.99>

**Placer County Youth Commission**  
[www.YouthCommission](http://www.YouthCommission)

## **Placer Sheriff's Activity League (PSAL):**

activities for youth -  
Mondays 2pm - 4:30pm  
Wednesdays 3pm - 5:30pm  
Fridays 3pm - 5:30pm  
Rock Creek Elementary, Auburn  
Contact Detective Jason Davis  
(916) 652-2422



## **Parent Resources**

**The Partnership at Drugfree.org**  
[www.thepartnershipdrugfree](http://www.thepartnershipdrugfree)

**Parent Tool Kit**  
[www.theparenttoolkit.org](http://www.theparenttoolkit.org)

**Parent Pledge**  
[www.parentpledge.org](http://www.parentpledge.org)

**Parent Handbook**  
handbook for talking with college students about the consequences of alcohol.  
[www.parenthandbook](http://www.parenthandbook)

## Teen Athletes Abuse Prescription Painkillers



Approximately 7.5 million American teens play high school sports. Injuries are a common occurrence. According to a recent study published in the Journal of Child and Adolescent Substance Abuse, the abuse of prescription painkillers by high school student athletes is on the rise, and highest among football players.

The study found teen athletes used illegal substances more frequently than their peers who do not play sports.

The study looked at results from a survey of almost 2,300 high school seniors. The researchers found 12 percent of male athletes and 8 percent of female athletes reported abusing painkillers (morphine and codeine) in the past year, an increase from previous surveys.

Boys were more likely than girls to abuse substances, and football players were found to be the worst offenders. Researchers believe that opioid abuse is worse with males because of the masculine image of "staying tough" after a painful injury. Also, predominantly male sports like football and wrestling can cause multiple painful injuries as the body is repeatedly hit. Injured athletes don't want to let their team down. They use pain medicine to help them push themselves harder, taking more and more to keep going.

*With high school sports underway, it's important for parents to talk with their teen athletes about the risks associated with taking/abusing prescription pain medications; as well as insuring that medications in their home are secured and monitored.*

<http://www.drugfree.org/join-together/teen-athletes-abusing-prescription-painkillers-study-finds/>

### The Locking Cap

secure your medications safely and easily

[www.thelockingcap.com](http://www.thelockingcap.com)



**Small conversations can make a big impression**

SAMHSA'S PSA campaign helps parents and caregivers start talking to their children early about the dangers of alcohol

[www.samhsa.gov](http://www.samhsa.gov)

### **Spanish Language Parent Resources**

#### HablaConTusHijos

free, bilingual online resource

[www.theparenttoolkit.org](http://www.theparenttoolkit.org)

#### Bilingual Tool-Free helpline

1-855-378-4373

(Monday-Friday 10am-6pm EST)

#### Compromiso de los Padres

[www.coalitionforplaceryouth.org](http://www.coalitionforplaceryouth.org)

# Greater Risk of Opioid Misuse for Boys

Philip Veliz, Ph.D., of the Institute for Research on Women and Gender at the University of Michigan, led a study that examined opioid medication use by female and male high school athletes.

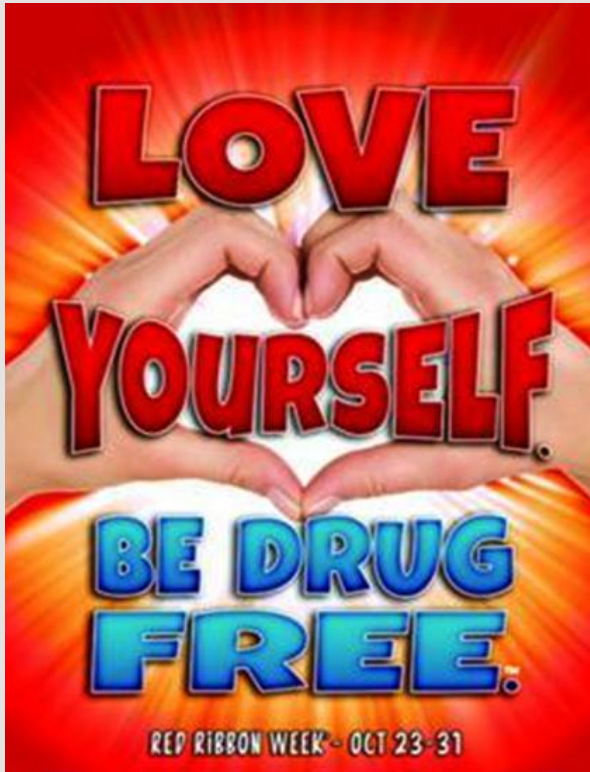


Of the 1,540 athletes involved in the study, he noticed that male athletes were more at risk for opioid misuse than female athletes and non-athlete males.

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# *Love Yourself - Be Drug Free* Celebrate Red Ribbon Week (October 23-31)

The Red Ribbon Campaign® is the oldest and largest drug prevention program in the nation reaching millions of young people and families across the nation since 1988.



## **DID YOU KNOW . . .**

Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't, yet only a quarter of teens report having these conversations.

## **DON'T LET THIS OPPORTUNITY PASS YOU BY**

- Talk with your teen about the risks of alcohol and drug use.
- Set clear expectations with your children about not using alcohol or drugs.
- Take the parent pledge to keep alcohol and drugs away from kids [www.coalitionforplaceryouth.org](http://www.coalitionforplaceryouth.org)

Look for more ideas on the Red Ribbon Campaign website  
[http://redribbon.org/blog/2014\\_red\\_ribbon\\_social\\_media/](http://redribbon.org/blog/2014_red_ribbon_social_media/)

## Research Shows - Women are more sensitive to THC



In a recent study led by Professor Craft of Washington State Universities, researchers found that women are more susceptible to the effects of THC in marijuana than males are. The study focused on the pain-relieving effects of THC in both male and female rats and found that after 10 days of treatment, females showed significantly greater tolerance to the substance and increased vulnerability to the negative side effects - anxiety, paranoia, and addiction.

Previous studies also found that women are more prone to marijuana abuse and dependence than men. Withdrawal symptoms of irritability, sleep disruption, and decreased food intake was more severe and the likelihood of relapsing when quitting the drug was higher in women.

[www.medicalnewstoday.com/articles/281998.php](http://www.medicalnewstoday.com/articles/281998.php)

## Have You Taken? - The Parent Pledge

The Parent Pledge is entering its 5th Year of enrolling Parents, Guardians, Households and Families in our Campaign to do what ever it takes to **STAND UP** for Youth in our Community.

Please join the hundreds of other responsible and dedicated individuals who have signed on to this **important campaign!**

Follow the link below to learn the details about what you can do to ensure that our

Community Continues to become a safer place for youth to learn, grow and become the young adults we all want them to be!

**[TAKE THE PLEDGE](#)**



# Take a

Join over 2,000 Placer County parents who have signed the pledge and made a commitment to not allow underage drinking in your home.

**S**ecure medicines and alcohol in your home

**T**alk with your teens about the dangers of alcohol and drugs

**A**ssure alcohol and other drugs are not available at parties

**N**etwork with other parents

**D**rug test your teen



[info@coalitionforplaceryouth.org](mailto:info@coalitionforplaceryouth.org)  
(530) 889-7238

Stay In Touch



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