

ADSGC NEWS

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Alcohol & Drug Services of Gallatin County

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STOP UNDERAGE DRINKING

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What You Can Do

No matter what issues your child is facing, one of the best things you can do to prevent them from turning to alcohol is to talk with them.

- **Short, frequent discussions can have a real impact on your child's decisions about alcohol.** Talking to your child at an early age about drinking is the first step toward keeping them alcohol-free. But as they enter junior high and high school, the pressure to try alcohol increases. It's important to continue the conversation throughout adolescence.
- **Remember that the conversation goes both ways.** Although talking to your child about your thoughts about alcohol is essential, it is also important to hear their point of view. Give your child the opportunity to ask you questions, and listen to what they have to say. Young people who have parents who listen to their feelings and concerns are more likely to say "no" to alcohol.
- **What you do is just as important as what you say.** In addition to talking often with your child about alcohol, it's important to set a good example. If you choose to drink, you can positively influence your child by drinking in moderation and NEVER driving when you have been drinking. Be aware of where you keep your alcohol, and always remind your child that the alcohol in your house is off-limits.

Learn More > <http://www.samhsa.gov/underage-drinking-topic/contributing-factors-what-you-can-do>





Empowering Teens to Take a Stand



Power of You (th) Teen Booklet

Powerofyouth.com

MADD asked teens what they thought of our Power of You(th) Booklet – and they shared insight into what REALLY motivates them not to drink, what role peer pressure plays, and how parents impact their decisions.

MADD is pleased to share their NEWLY revised Power of You(th) Teen Booklet.





Perceptions of e-Cigarettes and Noncigarette Tobacco Products Among US Youth

Stephen M Amrock, MD, SM, Lily Lee, Michael Weitzman, MD

We examined views of the comparative harm of multiple noncigarette tobacco products including e-cigarettes in a nationally representative sample of US youth. Compared with their views on cigars and smokeless tobacco products, adolescents nationwide are more confident in their views on e-cigarettes and see e-cigarettes as less harmful than cigarettes. We document that beliefs about the comparative safety of e-cigarettes have increased markedly over the past few years, coinciding with increased use of these products.

Although youth cigarette smoking rates have declined over the past decade, use of electronic cigarettes (e-cigarettes) has increased. Such trends are concerning in light of the marked uncertainty surrounding the safety of these products. Although e-cigarettes may aid smoking cessation efforts by adults, concerns have been raised about these products' safety profile, potentially misleading advertisement to youth, and potential to predispose youth to later combustible tobacco use.

BACKGROUND: Electronic cigarettes (e-cigarettes) are now the most commonly used tobacco product among US youth. The extent to which perceptions of e-cigarettes' harm and addictiveness differ from those of other products remains unknown, as does whether these perceptions have changed over time

METHODS: Data from the 2012 and 2014 National Youth Tobacco Survey, a repeated cross-sectional survey of grade 6 to 12 students, were used. Cross-tabulations and logistic regression models were used to describe correlates of perceptions of harm and addictiveness of e-cigarettes, cigars, and smokeless tobacco compared with cigarettes. Trends in perceptions of e-cigarettes' harm among different demographic groups were also assessed.

CONCLUSIONS: Most US youth view e-cigarettes as less harmful and addictive than cigarettes. Far fewer think similarly about cigars and smokeless tobacco. Increases in e-cigarettes' perceived safety mirrors rapid increases observed in their use. Perceived safety correlates with use of each tobacco product.

Source:

PEDIATRICS OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEIDIATRICS
October 2016

<http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2015-4306>



Number of US Foster Kids Rises; Parents' Drug Abuse a Factor

After dropping sharply between 2005 and 2012, the number of children in the U.S. foster care system has increased for a third year in a row, according to new federal data.

A major factor: Worsening substance abuse by parents.

The annual report from the Department of Health and Human Services tallied 427,910 children in the foster care system as of September 30, 2015, up from about 414,429 a year earlier. The peak was 524,000 children in foster care in 2002, and the number had dropped steadily to about 397,000 in 2012 before rising again.

According to the report, the foster care population rose in 2015 in nearly three quarters of the states, with the largest increases in Florida, Indiana, Georgia, Arizona and Minnesota.

"The national number of children in foster care is still far below where it was 10 years ago, but any increase is cause for concern," said Mark Greenberg, Acting Assistant Secretary for Children and Families, U.S. Department of Health & Human Services.

Seeking to explain the increase, HHS said parental substance abuse was cited as factor in 32.2 percent of the 2015 cases in which a child was removed from home — up from 28.5 percent in 2012.

Officials at HHS's Administration on Children, Youth and Families interviewed child welfare directors in states experiencing the highest increases in foster care numbers, and were told that a rise in parental abuse of opioids and methamphetamine was a major factor.

The state officials said substance abuse is sometimes affecting entire extended families and neighborhoods, often making a child's placement with relatives unfeasible.

"Investing in prevention, treatment and innovative approaches is critical to keeping children safe and families together and strong," said Rafael Lopez, commissioner of the Administration on Children, Youth and Families. "We can, and must, do better."

Read More> <http://abcnews.go.com/Health/wireStory/number-us-foster-kids-rises-parents-drug-abuse-43116831>

Source: ABC NEWS

David Crary, AP National Writer