

Not What the Doctor Ordered!

They're supposed to help, not hurt, yet the prescription drugs filling Americans' medicine cabinets are increasingly posing more dangers than benefits, especially with today's young people.

The latest indications show that prescription drug abuse continues to be an increasing problem. The National Center on Addiction and Substance Abuse recently released a study revealing that the number of prescription drug abusers in the United States nearly doubled from 7.8 million to 15.1 million, from 1992 to 2003. Among teens, abuse has tripled.

And, according to a Partnership for a Drug-Free America study, teenagers are more likely to have abused prescription drugs than they are to have used illicit drugs, including ecstasy, cocaine, crack and LSD. In fact, the same study cites a decline in use of certain illegal drugs among teens.

Two of the more widely abused medications, Adderall and Ritalin, are showing up more and more on college campuses across the country. Students believe these drugs provide energy and help them better focus on their coursework.



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"It's very much like coffee, but it's a bit more intense," said an anonymous Brown University student in a CBS News report. She claims she had several buyers for her Adderall prescription, which she regularly sold for five dollars a pill.



"People wanted it so often. People would pay almost anything," she said.

Besides rummaging through family members' medicine cabinets, how are so many young people getting these medications?

"Teens today are computer savvy," said Faith Erb-Elliott, acting executive director of Drug Free Pennsylvania. "With the right information and a credit card, they can order prescription drugs online."

The National Center on Addiction and Substance Abuse's study also gauged the Internet's impact on this dilemma. The Center found 141 web sites selling prescription drugs that do not require a legitimate prescription.

Of bigger concern is the growing popularity of "pharm parties." At "pharm parties," each person attending the party brings pills and mixes them into a bowl with a variety of other unknown medications. As the night progresses, each person ingests a certain number of pills, as if they were eating multi-colored jellybeans out of a candy dish. This reckless behavior combined with possible alcohol consumption can only result in negative, if not fatal consequences.

Networking and Learning Opportunities:

The New Jersey Institute for Continuing Education in Tobacco

Five New Workshops Now Available!

Sharing Your Message: The Basics of Marketing Your Organization

Learn how to effectively market your organization and stimulate interest about your organization's mission. Increase your comfort level while networking, improve your presentation skills and heighten your awareness of how you can engage community partners to help you accomplish your goals.

Why Is It Hard to Quit Smoking? The Science of Nicotine Addiction

Learn what it means to be addicted to nicotine and what is involved in quitting tobacco use so you can educate and enlist others to pursue science-based treatment options. Increase your understanding of the characteristics of addiction, learn about social and non-pharmacological factors that make it difficult for smokers to quit, and enhance your skills in supporting others to seek treatment and maintain abstinence.

Tobacco 101: The Harmful Effects of Tobacco

Learn about the harmful effects of first and second-hand smoke. Gain a better understanding of the role tobacco plays in mortality rates, the harmful effects of tobacco on the body, the costs associated with smoking and where New Jersey residents can go to get help quitting.

Evaluating Your Program: A Case Study

Learn how to effectively evaluate various activities performed by your organization. Understand the questions to ask when developing a simple program evaluation, and learn to write a short evaluative commentary for grant applications and program reviews.

Helping Pregnant Women Stop Smoking: The Five A's Approach to Smoking Cessation

Learn how to effectively utilize the "Five A's" brief intervention with pregnant women. Increase your comfort level talking to clients about their tobacco use, heighten your awareness of the quit services available to pregnant women who want to quit smoking, and learn how to implement the "Five A's" in your office or workplace.

Category 1 CHES CECH Now Available!

If you're a Certified Health Education Specialist (CHES), attend an NJICET training! Each training is now being submitted to the Society for Public Health Education Inc. (SOPHE) to award Category 1 CHES Continuing Education Contact Hours. SOPHE is a designated provider of Continuing Education Contact Hours by the National Commission for Health Education Credentialing.

All trainings also qualify for the following continuing education and recertification credits:

- Recertification credits for Certified Prevention Specialists
- Recertification credits for Certified Alcohol and Drug Counselors
- Recertification credits for Certified Tobacco Treatment Specialists
- LE or CE credits for New Jersey Licensed Health Professionals
- Professional/Staff Development hours for Department of Education employees

About NJICET

The New Jersey Institute for Continuing Education in Tobacco (NJICET) offers free trainings across the state to community groups, schools, youth groups, health-care organizations and faith-based organizations. For more information, visit our website at www.njicet.org or call 732-367-0611.

Celebrating Recovery in Middlesex County

NCADD (National Council on Alcoholism & Drug Dependence) of Middlesex County, Inc. celebrates National Recovery Month each September by awarding a “Tree of Hope” to an organization that promotes recovery within Middlesex County.

Too often, the public’s image of an alcoholic or drug addict is that of someone in or one step away from the gutter. The Tree of Hope aims to change that image by bringing together individuals who have experienced the life-changing transformation that true recovery brings. By doing so, it not only helps change the perception that addiction is hopeless, but also provides an example that can serve as a powerful inspiration for those just starting on the road to recovery themselves.



This year’s recipient is Friendship Hall in Piscataway, a cornerstone of many people’s recovery experience in Middlesex County. By opening its doors to the recovery community, Friendship Hall has made it possible for dozens of groups to carry a message befitting its name. There the sick and suffering have found true friends and fellowship to carry them through the good times and the bad.

Past recipients include Crawford House, a halfway house for indigent women in recovery; Rutgers University, for being one of only three colleges in the

TREE OF HOPE CEREMONY

2005

Wednesday, September 28
Friendship Hall
 456 New Market Road
 Piscataway, NJ
 6:30 p.m.

For more information, contact
 Dennis Lee at 732-254-3344, ext. 12

country to offer recovery housing for students; and Raritan Bay Medical Center, one of an ever-shrinking number of hospitals that still offer dedicated addiction treatment services to those who can least afford them.

Each year the recipient and NCADD host a ceremony to dedicate a live evergreen tree - a symbol of the hope that recovery is always possible. Ornaments are sold to commemorate the recovery efforts of individuals, to encourage those still struggling and memorialize those who have passed - whether in recovery, or in the depths of their illness.

All proceeds from the sale of ornaments benefit the charitable works of NCADD, particularly the confidential Information and Referral Helpline that serves as a starting point for the recovery of over one thousand county residents each year.

And Speaking of Recovery...

Steve Ford, son of former President Gerald Ford and Betty Ford, will serve as the keynote speaker at this year’s annual *Recovery Walk*. Ford will share his experience as it pertains to his recovery and growing up in an alcoholic household. The walk, which celebrates recovery will take place on Sunday, September 25, 2005, at Liberty State Park. For more information, call 1-888-872-3979.



Upcoming events in your community...

UNION COUNTY

2005 Parent Task Force Conference

Prevention Links will conduct its 2005 Parent Task Force Conference on Thursday, September 29, from 6 p.m. to 8:30 p.m., at The Westwood, in Garwood, NJ (438 North Avenue). The conference, entitled *Parent Power: Strategies for Saving Your Sanity In Parenthood*, will be presented by Michael Thompson, Ph.D., a therapist, lecturer, and author, who delivers a tough message in a dynamic and humorous way.

The \$15 registration fee includes dinner and materials. To pre-register or for more information, contact Sandee Moroso at 732-381-4100.

SALEM COUNTY

FAS Presentation

The Southwest Council will sponsor *Fetal Alcohol Syndrome: Characteristics & Symptoms*. Brian Illencik, M. Ed., a Certified Perinatal Addictions Specialist, will address the characteristics and symptoms of fetal alcohol spectrum disorders (FASD) and how prenatal alcohol exposure affects development of the brain.

The program will be held on Friday, September 23, 2005, from 10 a.m. to 2 p.m. at the Southwest Council office (118 Walnut Street, Salem, NJ). The program is free and open to the public. Pre-registration is required. For more information, call Kathleen McCabe at 856-935-0182.

CAPE MAY COUNTY

Girl Power Conference 2005

Cape Assist will hold its Girl Power Conference on Saturday, October 1, from 8:30 a.m. to 2 p.m., at the Cape May Technical High School (188 Crest Haven Road, Cape May Court House, NJ). The event, free for girls 9-14 years-old, will include such topics as goals, music, health, art, sports and technology. For more information, or to register, call 609-522-5960.

Heroin...the new gateway drug?

Mr. Jim Hall, keynote speaker at the first Sussex County-wide summit on heroin, stated that in the past, heroin was usually at the end of a long list in a drug-taking career, “Now, it’s a gateway drug which adolescents are using.”

Over 175 community members attended “Smack Down on Heroin” a summit sponsored by the Center for Prevention and Counseling where presenters focused on trends including heroin, cocaine, marijuana, prescription drugs and gang awareness.

Other presenters included Detective Tim Cooney (Sussex County Narcotic Task Force), Dr. David Mattes (Newton Memorial Hospital), Officer Nick

Elmo (Sussex County Prosecutors Office), Barbara Adolphe and Becky Carlson (Center for Prevention and Counseling), along with Hopatcong Kids for Kids youth group.

The day focused on the trends, signs and symptoms of drug use around the country and in Sussex County. While drug use as a whole has seen a decline among adolescents over the past few years, the types of drugs kids are abusing have grown more dangerous. The participants walked away with a better understanding of what is happening in Sussex County, especially in regards to heroin, cocaine, marijuana, prescription drugs and gangs.

CD Coalition Pushing for Keg Registration in New Jersey

With the 2005 summer season ending soon, we wave goodbye to another summer of graduation parties and barbecues. The “party season” is over, right? Wrong. It’s just getting started up again soon at colleges and universities across the country, which remains one of the many reasons why New Jersey’s Childhood Drinking Coalition (*CD Coalition*) is pushing for Keg Registration in New Jersey.

“It’s no secret to any of us that underage drinking takes place on college campuses,” said Don Starn, chair of the CD Coalition.

“While keg registration isn’t the absolute solution to preventing underage drinking, we believe keg registration would serve as yet another tool in helping us combat the problem.”

Keg registration has proved to be an effective program in several states across the country. Currently, 26 states do not have keg registration laws,



including New Jersey, Pennsylvania and Delaware. The keg registration initiative would require alcohol retailers to collect basic information from the person buying the alcohol, in addition to issuing a unique code to the keg, which would identify the purchaser.

Doing so puts added responsibility on the buyers, discouraging them from serving alcohol to underage people.

If you’re interested in participating in the CD Coalition and its efforts, or for more information, call 732-367-0611.

Building Momentum for Smokefree Air in NJ

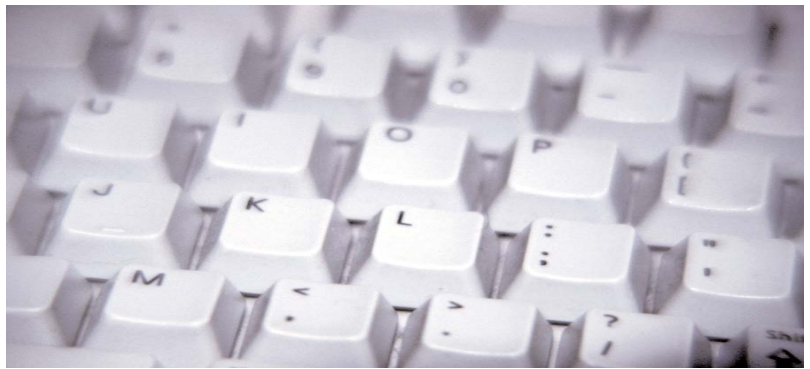
Recently, members of CAT (Communities Against Tobacco) and REBEL (Reaching Everyone By Exposing Lies) joined together at the statehouse steps in Trenton to rally in support of legislation that several other cities and states across the country already enjoy - smokefree, indoor air.

Several speakers, including Senator John Adler, Senator Joseph Vitale and Assemblyman Reed Gusciora, praised the large crowd's efforts and urged those gathered to continue fighting for a healthier, smokefree New Jersey.



Want to learn more about the
New Jersey
Prevention Network or our
member agencies?

Visit us online at
www.njpn.org



Member Agencies

Atlantic Prevention Resources

609-272-0101

Leg. Districts 1, 2, 3, 9

**Council on Alcoholism &
Drug Abuse of Bergen**

201-488-8680

Leg. Districts 32, 35, 36, 37, 38, 39, 40

**Prevention Plus of Burlington
County**

609-261-0001

Leg. Districts 7, 8, 9, 30

**Camden County Council on
Alcoholism & Drug Abuse**

856-427-6553

Leg. Districts 4, 5, 6, 7

**Cape Assist - Cape May Council
on Alcoholism & Drug Abuse**

609-522-5960

Leg. District 1

Essex Prevention Resources

973-571-2324

Leg. 21, 27, 28, 29, 34, 36, 40

**The Southwest Council -
Gloucester, Salem and
Cumberland Counties**

856-794-1011

Leg. Districts 1, 3, 4, 5

**Partners in Prevention -
Hudson County**

201-653-6776

Leg. Districts 31, 32, 33

Hunterdon Prevention Resources

908-782-3909

Leg. Districts 23, 24

**Mercer Council on Alcoholism &
Drug Addiction (MCADA)**

609-396-5874

Leg. Districts 12, 14, 15, 30

**NCADD of Middlesex
County, Inc.**

732-254-3344

Leg. Districts 13, 14, 17, 18, 19, 22

**Prevention First -
Monmouth County**

732-663-1800

Leg. 10, 11, 12, 13, 30

Morris County Prevention is Key

973-625-1998

Leg. Districts 16, 21, 24, 25, 26

**Alcoholism and Drug Abuse
Council of Ocean (ADACO)**

732-367-5515

Leg. Districts 9, 10, 30

**Passaic County Council on
Alcoholism & Drug Abuse
Prevention**

973-473-3366

Leg. Districts 26, 34, 35, 36, 40

**Somerset Council on Alcoholism &
Drug Dependency**

908-722-4900

Leg. Districts 16, 17, 21, 22

**Center for Prevention and
Counseling - Sussex County**

973-383-4787

Leg. District 24

Prevention Links - Union County

732-381-4100

Leg. Districts 20, 21, 22, 29

**Community Prevention
Resources - Warren County**

908-835-1800

Leg. District 23

NJPN *Connections* is written for network member agencies, legislators and friends of the network. If you have any questions or comments about the newsletter, please call us at 732-367-0611.

Connections



METHWATCH

While most popular and accessible in rural communities, in the western part of the country, the methamphetamine problem is progressing towards the northeast.

According to DEA statistics, in 2003, New York State's Drug Enforcement Agency office saw a 31 percent increase in confiscations of methamphetamine, and 18 meth labs were seized by law enforcement in 2003, compared with just one in 1999.

Source: MSNBC



New Jersey Prevention Network

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