



Looking Forward:

Black History Month	February 1st-28th
National Wear Red Day goredforwomen.org	February 5th
Children of Alcoholics Week nacoa.org/index.htm	February 14th-20th
CDFY Illusion Show fundraiser Jefferson City	February 28th
National Problem Gambling Awareness Week npgaw.org	March 7th-13th
National Youth Violence Prevention Week nationalsave.org	March 22nd-25th
Kick Butts Day kickbuttsday.org	March 24th

TRAININGS

February 25th: PRC
Advocacy Workshop
Daniel Boone Regional
Library, Columbia
1 pm-5 pm

March 17th: MYAA's Speak
Hard Workshop for youth
groups & sponsors
Jefferson City

Contact PRC for more info.

Partnership for a Drug-Free America® Responds to 2009 Monitoring the Future Study Results

Press Release-December 15, 2009

New York, NY – The University of Michigan’s Monitoring the Future study (MTF) – the largest survey on teen drug abuse tracking over 46,000 8th, 10th and 12th graders – underscores that teens’ intentional abuse of prescription (Rx) and over-the-counter (OTC) medicines continues to be a cause for concern, with an alarming number of young people abusing medicines they obtain from friends and relatives.

Teen Abuse of Medication Continues to Be a Pervasive Problem, but Parents Can Make a Difference

According to the study, 33 percent of 12th graders who reported abusing prescription narcotics in the past year were given the medication by a friend or relative, 21 percent bought the medication from a friend or relative, 19 percent abused their own medication prescribed to them by a physician, 12 percent took the narcotic from a friend or relative and 8 percent bought from a dealer or stranger. Among the same cohort of teens, the study also found that Rx and OTC medicines account for 8 out of 13 of the most frequently abused drugs.

“The Monitoring the Future study confirms that teen abuse of Rx and OTC medications continues to be a pervasive problem that

unfortunately has become a far too normal part of many teens’ lives,” said Steve Pasierb, President. “Teens are not only getting these medications from their own homes, but even more troubling, they are also getting them from friends and relatives...”

“It is crucial that parents safeguard medications at home, limit access, keep track of quantities and make certain that friends and relatives do the same.”

Progress on Methamphetamine, Marijuana Use Tilts up Slightly

The number of high school seniors reporting they used methamphetamine in the past year is now at only 1.2 percent -- the lowest since questions about methamphetamine were added to the survey in 1999, when it was reported at 4.7 percent. In addition, the proportion of 10th graders reporting that crystal meth was easy to obtain has dropped to 14 percent, down from 19.5 percent five years ago. Monitoring the Future also found that teen marijuana use has been increasing gradually over the past two years (three years among 12th graders) following years of declining use.

For more information, please visit drugfree.org.

In the News:

- ◆ Twelve high school students from School of the Osage are receiving training from Prevention Resource Center on how to make a difference in their community. Based on the evidence-based program Communities Mobilizing for Change on Alcohol (CMCA), the students are learning how to reduce underage drinking by changing community policies and practices. The focus is on reducing youth access to alcohol, and sending a clear

community message that underage drinking is inappropriate and unacceptable. The students are members of the group TIES: Together in Every Situation and Hayley Arnold is their sponsor.

- ◆ CDFY’s Illusion Show fundraiser will take place on February 28th at 2 pm. There is a \$5 admission charge and the show will take place at the Miller Performing Arts Center in Jefferson City.

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Carroll, Chariton, Cooper,
Howard, Monroe,
Montgomery, Osage, Pike,
Ralls, Randolph, & Saline
Counties

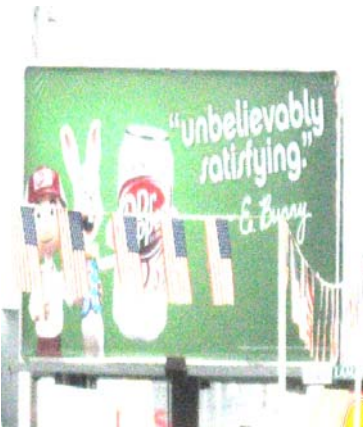
Cole County Partners present to JC City Council

On Tuesday, January 19, 2010, the Jefferson City Council heard an Air Quality Report presented by Mr. Stan Cowan, a member of the Cole County Partners for Clean Air and a Research Aide for the Department of Family & Community Medicine of the University of Missouri - Columbia. This report revealed how exposure to fine particulate matter (PM) pollution is linked to heart attacks. PM is just one of 4,800 chemicals found in secondhand smoke, which also includes arsenic, benzene and formaldehyde. PM can aggravate existing lung conditions as well as be a catalyst for asthma and bronchitis. The EPA has linked exposure to PM pollution to heart attacks. The air quality in places that allow smoking is considered "unhealthy" by EPA standards. Because of the unhealthy air quality, the Cole County Partners for Clean Air plan to ask the City Council

Members to pass a clean air ordinance for Jefferson City public places and workplaces, including restaurants and bars. Dr. Jack Sanders also testified that in his twenty years as a physician the number of heart attacks have decreased in Jefferson City. Dr. Sanders believes the rate will decrease even more with a smokefree ordinance. It is estimated that allowing smoking in public places in Jefferson City accounts for one heart attack per month and more than 1/2 million dollars per year in medical costs. Jefferson City is one of seven remaining state capitals without such an ordinance (Montgomery, AL; Little Rock, AR; Atlanta, GA; Oklahoma City, OK; Nashville, TN; and Richmond, VA). Please contact the Cole County Partners for Clean Air for more information at: www.SmokefreeJC.com.

Small Voice, Big Change

by Ryan Worley, Assistant Coordinator, YC2



New billboard outside the school

A small voice during the Holocaust said, "How wonderful it is that nobody need wait a single moment before starting to improve the world." Those words came from Anne Frank, who changed the perspectives of the world by sharing her life experiences. This goes to show that our voice need not be loud or forceful, but simply genuine and persistent to make positive changes. Recently, students from the Youth Advisory Board shared their voice with local media marketers. The Youth Advisory board is the youth led group of the Youth Community Coalition in Columbia. This group of 12 Columbia high school students took notice of a billboard at one of the busiest intersections in Columbia. Not only was it on a busy road, but it was also facing a school, displaying a full size alcohol ad. The students quickly reacted to the advertisement and wanted to make a difference. Students were asked to volunteer to contact the marketing company, and

the softest spoken young lady raised her hand. This brave young girl wrote down her talking points and contacted the marketing representative. Thanks to her initiative, the marketing company has agreed to flag the billboard as a "no alcohol" board so that no future alcohol advertisements are placed there. That phone call prevented alcohol from being marketed directly to thousands of high school students and motorists that drive by that location daily. The Youth Advisory Board will continue to work in the community to make Columbia the best place possible for youth and share their voice to make positive changes. Working to prevent drug and alcohol abuse can be a long process. Community change can be very difficult. But, as Anne Frank mentions, we "need not wait a single moment before starting to improve the world." After all, change can be "unbelievably satisfying."

National Children of Alcoholics Week: Feb. 14th-21st

According to National Association for Children of Alcoholics (NACoA), one in four children in the United States live in an environment where he/she is impacted by his/her parental alcohol use. The NACoA is a national nonprofit agency whose mission is to "eliminate the adverse effect of alcohol and drug use on children and families." One of its yearly efforts to raise awareness is the dedication of the week of

February 14th-21st as the "Children of Alcoholics Week." NACoA has compiled a fact sheet on its website that explains that alcohol is linked to childhood depression and anxiety, child abuse, and is a contributing factor in many violent crimes and adolescent substance use and abuse. The NACoA website also has many free resources available for service provider use. For more information, log onto nacoa.net.

