



**Looking Forward:**

National Teen Pregnancy Prevention Day/Month thecampaign.org	May 1st-30th May 5th (Day)
Missouri General Session Ends at 6pm	May 14th
World No Tobacco Day who.int/tobacco	May 31st
Family Counseling Center "Tee Up for Families" Golf Tournament at Eagle Knoll fccmo.org	June 7th
Prescription Drug Take- Back in Boone Co. Call PRC for info.	June 12th

**TRAININGS**

- Parent Chat**  
May 13th, Jefferson City  
Call PRC for more info.
- DMH Spring Institute,**  
May 20-21st, Osage Beach.  
dmh.missouri.gov/ada/news.htm
- Tobacco Free Campus  
Workshop,**  
May 26-27th., Springfield.  
otc.edu/tobaccofree/1127.php
- Substance Abuse Prevention  
Specialist Training**  
June 21-25th, Jefferson City  
Call PRC for more info.
- Meth 360 Training**  
June 17th, Tuscumbia  
Call PRC for more info.

## Heavy Marijuana Use Damages Young Minds ©

Source: CADCA.org; February 24, 2010  
Teens and young adults who are heavy marijuana users are more likely than non-users to have disrupted brain development, according to a new study that appeared last month in the *Journal of Psychiatric Research*. Pediatric researchers found abnormalities in areas of the brain that interconnect regions involved in memory, attention, decision-making, language and executive functioning skills. The findings are of particular concern because adolescence is a crucial period for brain development and maturation. The researchers caution the study is preliminary and does not demonstrate that marijuana use causes the brain abnormalities. However, "Studies of normal brain development reveal critical areas of the brain that develop during late adolescence, and our study shows that heavy cannabis use is associated with damage in those brain regions," said study leader Manzar Ashtari, Ph.D. Working with child psychiatrist Sanjiv Kumra, M.D., Ashtari and colleagues performed imaging studies on 14 young men from a residential drug treatment center in New York, as well as 14 age-matched healthy controls. All the study subjects were males, with an

average age of 19. The studies were performed at Long Island Jewish Medical Center. The 14 subjects from the drug treatment center all had a history of heavy cannabis use during adolescence. Most had smoked marijuana from age 13 till age 18 or 19, and reported smoking nearly six marijuana joints daily in the final year before they stopped using the drug. The study team performed a type of magnetic resonance imaging scan called diffusion tensor imaging (DTI) that measures water movement through brain tissues. The abnormal patterns of water diffusion that were found among the young adults with histories of marijuana use suggest damage or an arrest in development of the myelin sheath that surrounds brain cells, Ashtari said. Myelin covers the nerve fibers that connect different brain regions similar to insulation covering an electrical wire. If myelin does not function properly, signaling within the brain may be slower. The study's results suggest early-onset substance use may alter the development of white matter circuits, especially those connections among the frontal, parietal and temporal regions of the brain. Abnormal white matter development could slow information transfer in the brain and affect cognitive functions.

## In the News

- ◆ **MU Students Gear Up for a Safe Spring Break.** PRC recently teamed up with the MU Wellness Resource Center and other area businesses to help educate students on the dangers of substance abuse during spring break activities. PRC was able to present the fetal alcohol syndrome demo dolls to the students, who were intrigued by the multitude of different problems and complications caused by alcohol, tobacco, and other drug use during pregnancy, even if it was a one-time use. Students were also thankful for the non-alcoholic drink recipes provided by PRC staff and said they could use them as an alternative to drinking without feeling excluded. Altogether, around 800 students passed through the Safe Spring Break Health Fair!
- ◆ **Project Healthy Living Reaches Out to Area Schools.** Project Healthy Living (PHL) recently completed packets for distribution to schools in Miller and Camden counties. The packets include information collected from local physicians on the effects of substances along with other compiled facts about substance abuse in teenagers. The packets also include a video created by the School of the Osage students and another short video compiled by PHL of area professionals discussing underage drinking. These packets will provide local schools with information to prepare students to have a safe prom, graduation, and summer. Thank you to PHL, especially Gerry Williams, for all your hard work in helping to educate citizens and prevent underage drinking in Miller and Camden counties!

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(except Columbia), Callaway,  
Carroll, Chariton, Cooper,  
Howard, Monroe,  
Montgomery, Osage, Pike,  
Ralls, Randolph, & Saline  
Counties**FREE PRESENTATION**

PRC offers a presentation titled "Consequences of Drinking and Other Drug Use During Pregnancy," free of charge to counties that PRC serves. This presentation is an attention-getting 45-minute workshop that features Baby Think It Over © demonstration dolls. The purpose of the presentation is to create awareness of the problems associated with alcohol and drug use during pregnancy, and to emphasize the importance of prevention. It is appropriate for high school, college, or adult audiences. Contact PRC for more information.



Chris Dzurik from S.  
Calloway accepts a  
MYAA Youth Award at  
Speak Hard

**Two More Coalitions Awarded Grants**

The Jefferson City Suicide Prevention Coalition was recently awarded \$4,916.40 by the Department of Mental Health to implement a media campaign to prevent youth suicide through awareness and education in mid-Missouri. Since suicide is rarely a spontaneous decision, the Coalition's goal is to decrease the number of attempts of suicide by youth through knowledge of the warning signs, the risk factors of suicide, and increase youth self-help seeking behaviors. A PSA, scripted by area youth, will run on the radio by the Zimmer Radio Group for six weeks beginning April 5 and ending on May 15.

The Jefferson City Suicide Prevention Coalition was formed in August 2006 and is comprised of various members and representatives of the mid-Missouri area.

The Cole County Partners for Clean Air was recently awarded \$5,000.00 by the Department of Mental Health. The goal for this project is to prevent tobacco use among young people by decreasing community norms that are favorable

toward tobacco use and initiating stricter tobacco policies and laws in Jefferson City. More education will impact the health of the community as well as leading them to a change in culture where tobacco use is not viewed in a favorable light, and the community will expect, accept and request smoke free workplaces in Jefferson City. The coalition will conduct a media blitz campaign in May that will coincide with other coalition efforts related to a 100% smoke free ordinance in Jefferson City. The campaign will include 100 radio spots, 2 newspaper ads per week for one month, one month of television spots, and a mass mailing. A new ad will be produced using people from the community with human-interest stories on how tobacco has impacted their lives. Cole County Partners for Clean Air was reactivated in 2007 and is comprised of various members of Jefferson City who are concerned about the health of its community.

Congratulations to both JCSPC and Cole County Partners for Clean Air!!

**New Health Threat: K2 (Spice)**

Known by names "Spice," "Genie," and "Zohai," K2 is a mixture of herbs and spices sprayed with a synthetic compound chemically similar to THC. Though marketed as incense and plant food, users are rolling it in joints or inhaling the plant from pipes. Users report that the high is similar to a marijuana high, but doesn't last as long. K2 prices are comparable to marijuana street prices, but K2 is gaining popularity due to the fact that it is currently legal and won't show up on a drug test. However, it appears likely that Missouri

lawmakers will pass a bill making K2 a Schedule I Controlled Substance this year.

The Missouri Department of Health and Senior Services has issued a health advisory about serious signs and symptoms experienced by some K2 users, including anxiety, agitation, rapid heart beat, high blood pressure, vomiting, and hallucinations. If you think someone may be suffering an adverse reaction from this or any other drug, call the Missouri Poison Control Center at 1-800-222-1222.

**May 5th: National Teen Pregnancy Prevention Day**

Organized by the National Campaign to Prevent Teen and Unplanned Pregnancy, the ninth annual National Day to Prevent Teen Pregnancy will take place on May 5, 2010. The purpose of the National Day is to focus teens' attention on the importance of avoiding teen pregnancy and other serious consequences of sex. On the National Day, teens nationwide can access Stay-Teen.org to participate in a number of online activities—including the popular National Day Quiz—that deliver teen pregnancy prevention messages and challenge them to think carefully before losing themselves "in the moment." The

message of the National Day is simple: Sex has consequences. For more information, log onto [thenationalcampaign.org](http://thenationalcampaign.org).

Recent government research has shown that between 2005 and 2007, the teen birth rate climbed five percent, which is cause for concern since teenage mothers suffer a myriad of consequences, including difficulty in diploma attainment. According to Child Trends interpretation of national data, they found that slightly more than 1/2 of all teenage mothers fail to obtain their high school diploma by age 22. Read more at [childtrends.org/Files//Child\\_Trends-010\\_01\\_22\\_FS\\_DiplomaAttainment.pdf](http://childtrends.org/Files//Child_Trends-010_01_22_FS_DiplomaAttainment.pdf).