



UNDERAGE DRINKING PREVENTION



A MONTHLY EMAIL NEWSLETTER



STOP Act

Sponsored by Drug-Free MHC's Underage Drinking Prevention Task Force

JUNE 2021 • ISSUE 3



PREVENTION TASK FORCE

SPONSORED BY DRUG-FREE MHC
STOP ACT

[Click on Logo above to be taken to the UAD Task Force Website](#)

The Underage Drinking Prevention Task Force consists of Piedmont Community Services employees, prevention specialists, community partners, and community members. The task force is passionate about educating Martinsville and Henry County on the health, legal, and safety hazards associated with underage drinking.

UAD Task Force Mission: Reduce, prevent, and raise awareness of alcohol consumption among youth between the ages of 12-20 in Martinsville and Henry County

UAD Task Force Vision: We will increase the knowledge of the parents/caregivers and youth on the legal, safety, and health hazards of underage drinking in all levels of education, including elementary school, middle school, high school, and community college in M-HC.

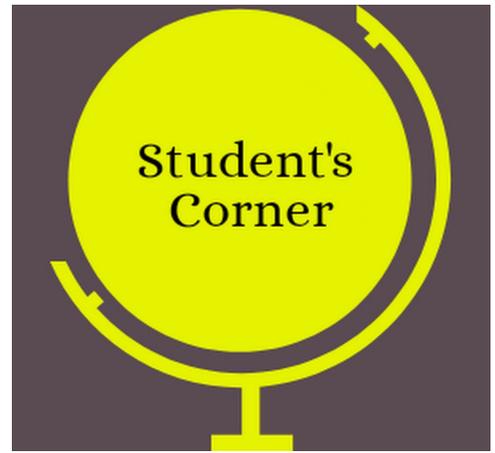
The UAD Task Force virtually meets once a month on the third Tuesday at 2 pm. If you would like to join or request more information on the task force, please contact Brian Hundley at 276-201-2385 or email bhundley@piedmontcsb.org.

SUMMER LEADS TO A SPIKE IN UNDERAGE DRINKING

As summer approaches, the excitement of lying on the beach or around the pool, attending picnics and barbecues, and other summer fun activities increases. Summertime is where youth have extra time on their hands, less parental supervision, and less responsibility. Also, parents have less worry about their youth's academics, and parents might not enforce the same rules they enforce during the school year. For these reasons, this can lead our youth to participate in risky behaviors that include underage drinking. In our community of Martinsville and Henry County, 74% of our youth have decided not to participate in underage drinking. However, alcohol is still the number one drug of choice with our youth in the United States. Also, every day 11,000 kids will try alcohol for the first time during June and July.

Parents and caregivers need to discuss the dangers of underage drinking with their youth. These conversations will go a long way in establishing rules and create expectations. Youth need to understand there are consequences for their actions, and their actions can affect others. These discussions will lead youth to be less likely to drive while under the influence of alcohol and avoid riding in a vehicle driven by someone under the influence of alcohol. Establish a summer plan with your youth. A summer plan would establish a safe summer full of fun and be alcohol-free.

The following video discusses the importance of establishing a summer plan with your youth. [Click here to watch video.](#)



CHILL SPOTLIGHT

ANIKA BANERJEE - CARLISLE SCHOOL

IN WHAT WAYS HAS BEING A MEMBER OF CHILL IMPACTED YOUR LIFE?

Being a member of CHILL has made me more active in the community. I know I am making a positive difference. I have gained so many more connections with amazing people that I know will last a lifetime.

WHAT HAS BEEN YOUR FAVORITE CHILL ACTIVITY YOU HAVE PARTICIPATED IN SO FAR?

My favorite CHILL activity so far has been our movie nights. It's great to gather outside with friends and family for a few hours, and for things to feel (kind of) normal again!



[Click on CHILL Logo to be taken to the CHILL-MHC website](#)

FINLEY BRIGHTWELL - CARLISLE SCHOOL

IN WHAT WAYS HAS BEING A MEMBER OF CHILL IMPACTED YOUR LIFE?

I've been a CHILL member since my freshman year and become a board member my sophomore year. CHILL has made me more aware of my surroundings regarding alcohol and drugs and it has also given me more opportunities to help with the community.

WHAT HAS BEEN YOUR FAVORITE CHILL ACTIVITY YOU HAVE PARTICIPATED IN SO FAR?

Even though we haven't been able to do much this year due to COVID-19, we were still able to do some exciting things such as the movie drive in. It gave us a chance to see people and interact while still being socially distanced.

SIGNS AND SYMPTOMS OF ALCOHOL POISONING

Youth are more likely to participate in binge drinking. Binge drinking is when four or more drinks for females and five or more drinks for males are consumed within a 2-hour time frame. The youth's body does not process alcohol the same way as adults. The consumption of alcohol can quickly lead to alcohol poisoning. As summer approaches and during the summer break, youth might attend parties where underage drinking is occurring. By understanding the signs and symptoms of alcohol poisoning, you might save a life by identifying and getting help needed as quickly as possible.

As a person continues to consume alcohol, their blood alcohol concentration (BAC) will rise in their bloodstream. Even after a person stops drinking or passes out, the BAC will continue to increase due to the alcohol in their stomach that continues to enter the bloodstream. As too much alcohol enters the bloodstream, the areas of the brain that control normal life functions start to shut down. A person's breathing, heart rate, and body temperature could be negatively affected. Never assume a person will be fine by sleeping it off if they show the following signs: Call 911 immediately

- Nausea and Vomiting
- Severe Mental Confusion
- Difficulties Breathing
- Clammy, pale, or Bluish Tinge to the Skin
- Low Body Temperature
- Loss of Consciousness
- Inability to Wake

[Click on picture below to watch Alcohol Poisoning PSA](#)



Parents Corner



MARIJUANA FACTS FOR TEENS



HOW TO TELL IF YOUR CHILD IS DRINKING ALCOHOL

Warning signs for underage drinking could resemble growing pains within youth. However, the following signs and symptoms will be displayed simultaneously, come on suddenly, and/or become extreme or intense.

Signs and symptoms include (SAMSHA, 2021):

- Mood changes: flare-ups of temper, irritability, and defensiveness
- School problems: poor attendance, low grades, and/or recent disciplinary action
- Rebellion against family rules
- Friend changes: switching friends and a reluctance to let you get to know the new friends
- A "nothing matters" attitude: sloppy appearance, a lack of involvement in former interests, and general low energy
- Alcohol presence: finding it in your child's room or backpack or smelling alcohol on his or her breath
- Physical or mental problems: memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech

If you find out your youth has been participating in underage drinking, you should never play the blame game. Do not blame yourself or your youth. Act as soon as possible to get your youth into services to create a future of being alcohol-free. In the beginning, start talking with your youth's doctor, your church, school counselor, and family and friends to get referrals for potential substance abuse treatment programs. Also, you can contact Piedmont Community Services at 276-632-7128 for services related to alcohol and substance abuse programs. Click on this link [Home - SAMSHA Behavioral Health Treatment Services Locator](#) to be relocated to the SAMSHA Behavior Health Treatment Services Locator to help you find other alcohol abuse treatment programs in our area.

As adult possession of small amounts of marijuana becomes legal in Virginia starting July 1, 2021, there need to be discussions on how this will affect our youth in our community. Youth need to understand these new laws are not allowing them to possess or use marijuana. Marijuana use has remained steady over the last number of years. However, the number of middle and high school students that use marijuana daily has increased per the National Institute of Drug Abuse (2019). Also, the feeling that regular marijuana use is harmful has declined dramatically among middle and high school students. So, what are the facts on teen marijuana use and it's impact on their health?

Here are the facts about Teen Marijuana Use

- Eighty percent of 12th graders reported marijuana being easier or fairly easy for them to obtain, including in states where it remained illegal, in 2018.
- Early use of marijuana by teens and young adults disrupts the brain's architecture resulting in cognitive impairment.
- Dependence occurs in about 9% of people who use marijuana in their lifetime. If a person begins using in their teens this risk rises to 17%.

Long Term Health Risks

- Memory, learning and impulse control problems that increase dropout rates and lower test scores
- Problem with Breathing
- Cough and lung sickness that increases cancer risk
- Weakened immune system
- Reproductive hormones decreased

[Click picture below to watch video on how marijuana effects the brain](#)



If You Know of An Underage Drinking Party or A Store/Restaurant That Sells Alcohol To Anyone Under 21 Call

1-800-552-3200 or email abc.virginia.gov/enforcement

Help Stop Underage Drinking and Sales



For more information about Underage Drinking Prevention contact Brian Hundley Piedmont Community Services 276-201-2385 bhundley@piedmontcsb.org