

## Parent's Corner: Chemical Health

This page provides some online resources to help you navigate questions as well as find tools to deal with issues surrounding Chemical Health.

If you suspect your child may be abusing alcohol or other drugs, a Chemical Health Assessment and Treatment Process packet has been created to help you navigate this journey with your child. Please contact your counselor for specific questions or guidance.

[http://www.district196.org/rhs/guidance/documents/Chemical\\_Assessment.pdf](http://www.district196.org/rhs/guidance/documents/Chemical_Assessment.pdf)

## Parent's Corner: Underage Drinking and Binge Drinking

Many college campuses are now asking students (and sometimes their parents) to complete an Alcohol E.D.U. course prior to starting college. The programs attempt to educate students about the realities of alcohol use, abuse, and poisoning. It also encourages ongoing communication about the risks students face with their own decision to drink or as a friend to roommates or college friends who've drank too much.

*The University Health Services in Rochester, N.Y.* publishes this website to help readers "Understand Blood Alcohol Content (BAC). It outlines many physiological effects on the body based on gender, weight, and types of alcohol consumed. Note to parents, this information is similar to some you might find in an Alcohol E.D.U. course.

<http://www.rochester.edu/uhs/healthtopics/Alcohol/bac.html> (Know the facts)

It's important to talk to your kids about the dangers of underage drinking – when you talk to them they really do listen! Be confident in having your conversation knowing that teens themselves identify you, their parents, as the leading influence on whether drink alcohol or not. Make sure they know that underage drinking is not only unacceptable but also against the law. Start the conversation when they are young so that your kids say "NO" to underage drinking.

Key points to mention and cover in your discussions can be found on *The Century Council's website*:

<http://www.centurycouncil.org/underage-drinking/parents>

The following resources are available to help guide these important conversations with your child:

***Above the Influence*** – This site is designed for and targeting teens. Parents can use it as talking points when discussing issues around peer pressure.

The site states: "Above the Influence. It's a state of mind. It's about being yourself and not letting negative influence get to you. Pressure to drink, do drugs or do anything that goes against who you are in order to fit in—that's negative influence. And if you're one of the teens who want to stay above it, you've come to the right spot."

[www.abovetheinfluence.com](http://www.abovetheinfluence.com) (*Stay above the influence – it's about your state of mind*)

## Parent's Corner: Marijuana, Prescription Abuse and other Drug Facts

*The U.S. Department of Education's Higher Education Center* – This academic site provides resources for educators and parents about alcohol, drug abuse and violence prevention. This specific site talks about marijuana abuse and has links to a variety of drugs, including prescription drug abuse.

<http://www.higheredcenter.org/high-risk/drugs/marijuana>

*The American Council for Drug Education* publishes two page pdfs that provide basic facts about a variety of drugs including, alcohol, LSD, ecstasy, heroin, inhalants, marijuana, tobacco, ocycontin, and tobacco.

<http://www.acde.org/common/Contents.htm>

## Parent's Corner: Prescription Abuse

Many reports show abusing prescription drugs is the fastest rising issue amongst adults and adolescents. Medicine cabinets are often filled with older prescriptions of Oxycontin, Vicodin, Adderall, Concerta, Cough syrup (over the counter) or products with codeine. Often times, grandparents or other relatives leave these potent prescriptions in their bathroom, making for easy access. Check out what is in easily available in your own house, along with that of older relatives, and dispose of them properly. Many communities now have drop off sites for unused or expired medicine.

**The National Institute on Drug Abuse** publishes, "Commonly Abuse Prescription Drugs Chart" listing examples of prescription drugs along with how it is commonly abused.

<http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/commonly-abused-prescription-drugs-chart>

**MedlinePlus** is published as a service for the **National Institutes of Health (NIH)** and also overviews commonly abused prescription drugs in several different languages and formats.

<http://www.nlm.nih.gov/medlineplus/prescriptiondrugabuse.html>

## DAKOTA COUNTY PRESCRIPTION DRUG DROP OFF SITE INFORMATION:

<http://www.co.dakota.mn.us/Departments/Sheriff/Services/PrescriptionDrugDropOffs.htm>

## Parent's Corner: Synthetic Marijuana and Bath Salts

A sudden rise in Emergency Room visits has many legislators concerned about Synthetic Marijuana and Bath Salts. Many are sold legally on the Internet causing policy shifts to quickly arise to ban the sale of these toxic chemicals. Included below are several articles addressing these concerns as it is an emerging issue for young adults.

**Internal Medicine News**, "Rise in Use of Bath Salts, Synthetic Marijuana Concerns Officials (Feb. 2012)

[http://www.internalmedicineneeds.com/index.php?id=514&tx\\_ttnews%5Btt\\_news%5D=95280&cHash=f470ba4d39](http://www.internalmedicineneeds.com/index.php?id=514&tx_ttnews%5Btt_news%5D=95280&cHash=f470ba4d39)

Fake Marijuana Spurs More than 4,500 Calls to **U.S. Poison Centers** (May 2011):

<http://www.aapcc.org/dnn/Portals/0/prrel/updatedk2-may112011.pdf>

**U.S. Poison Centers** Raise Alarm about Toxic Substance Marketed as Bath Salts:

<http://www.aapcc.org/dnn/Portals/0/prrel/bathsalts-final.pdf>

## Parent's Corner: Transitioning to College

Welcome to College Drinking: Changing the Culture, created by the *National Institute on Alcohol Abuse and Alcoholism (NIAAA)*. CollegeDrinkingPrevention.gov is your one-stop resource for comprehensive research-based information on issues related to alcohol abuse and binge drinking among college students.

<http://www.collegedrinkingprevention.gov/>

**B.R.A.D.21 – (Be Responsible about Drinking)** This site uses facts to address issues around alcohol use. Topics range from alcohol poisoning, definitions of a standard drink, blood-alcohol charts, facts, and information about addiction. Parents can use it for talking points about fact-based issues surrounding alcohol use.

[http://www.brad21.org/bac\\_charts.html](http://www.brad21.org/bac_charts.html) (Be Responsible about drinking)

**The University of Minnesota** publishes this one page document educating students about consequences and fines regarding DWI laws in Minnesota.

[http://www.bhs.umn.edu/alcohol-policies/pdf/Driving\\_While\\_Impaired\\_FAQ.pdf](http://www.bhs.umn.edu/alcohol-policies/pdf/Driving_While_Impaired_FAQ.pdf)