

TEEN TRIUMPH



May 2011

Did you know?

Alcohol is a primary factor in the **four leading causes of death** for young persons ages 10-21.

Teens use **alcohol more than tobacco** or illicit drugs.

Teens begin drinking, on average, at **13.1 years** of age.

Alcohol abuse is linked to as many as **2/3 of all sexual assaults** and date rapes.

The typical teen will see **100,000 beer commercials** before he or she turns 18 (that is more than what they will see for sneakers, gum and jeans combined).

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Helping teens triumph over mental illness, alcoholism, drug and other addictions

Volume 1, Issue 2

Recovery Resources, Tailored for Teens — Nikki Ratti, Adolescent Prevention and Treatment Coordinator at Recovery Resources

Welcome to Teen Triumph, Recovery Resources' quarterly newsletter for adolescents, their parents and guardians, and the community.

Our second edition is dedicated to end of school year issues for teens—prom and summer are exciting, but they can be stressful for our teens and parents, too. This issue looks at promoting healthy dating relationships, how to avoid hosting teen parties, and information about the use of synthetic marijuana among teens.

We hope this newsletter inspires you to be a positive influence in a teen's life.



Our Program:

Recovery Resources' Adolescent Treatment Program began in May 2010 at our Lakewood office in response to community requests for teen treatment on the west side. The adolescent program is rapidly expanding and continues to offer

intensive outpatient treatment for teens ages 12-18. **Treatment groups meet on Monday, Wednesday and Thursday from 4:00-7:00 p.m.** and provide education about drugs and alcohol, teach and promote healthy decision making, help build positive self esteem and instill positive coping skills. In addition to teen group therapy, we also provide individual family sessions to build family strengths and start healing from the damage of addiction.

At Recovery Resources, we understand addiction and its impact on teens and families. To find out more, please call us at **216.923.4001**.

Hosts Lose the Most — Brynn Jollay, School Social Worker at Recovery Resources

As prom and graduation season fast approaches, parents need to remember the dangers of hosting parties where alcohol is served to minors.

Parents Who Host, Lose the Most: don't be a party to teenage drinking™ is a campaign developed in 2000 by Ohio's Drug-Free Action Alliance. It works to raise awareness of the dangers of serving alcohol to minors in the home, and to address the number of teenage house parties where alcohol consumption takes place, both with and without the consent of adults. *Parents Who Host*

also educates parents about the numerous health and safety risks and legal ramifications involved when serving alcohol to minors at house parties.

According to the National Center on Addiction and Substance Abuse, about 30% of teens and parents surveyed knew of parents who host parties where alcohol is available or served to the teens present.

In the state of Ohio, parents who serve alcohol to minors can face up to six months in jail and/or a \$1,000 fine. Additionally,

under no circumstance is it legal to provide alcohol to your teen's friends who are under 21, even with the permission of their parents.

It is important to remember that others can sue you for providing alcohol to a teen if that teenager hurts him- or herself, someone else, or damages property. Many parents are under the impression that it is safer to have teenagers drinking under their roof so they can be "monitored" and car keys can be taken away so they don't drive. This may eliminate the

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May: Mental Health Awareness Month

Warning Signs of Teen Depression:

- Agitated behavior
- Weight loss or gain
- A drop in grades
- Trouble concentrating
- Ongoing feelings of sadness
- Not caring about people and things
- Lack of motivation
- Low self-esteem
- Trouble falling asleep
- Run-ins with the law

Good mental health is much more than the absence of illness – it’s about being able to handle life’s challenges and even flourish in spite of them. For our children, good mental health promotes clear thinking, strong self-esteem, and a positive mental outlook.

It’s easy for a parent to identify a teen’s physical needs: nutritious meals, shelter and clothing, rest and activity. But sometimes, a teen’s mental and emotional needs aren’t as obvious.

According to Mental Health America, the basics for a teen’s good mental health include:

Unconditional Love. Let them know your love does not depend on their accomplishments.

Confidence and Self-Esteem. Praise and encourage your teen, and set realistic goals for them.

Provide a **safe and secure environment.** Be loving, patient and reassuring.

Communicate. Make time each day after work and school to listen to your teen and talk about what is happening in their lives.

Give appropriate guidance and discipline when necessary. Be firm, but kind and realistic.

Get help. If you’re concerned about your teen, talk to his or her teachers, school guidance counselor, or other adults who may have information about his or her behavior. If you think there is a problem, seek professional help. Early identification and treatment can help teens reach their full potential.

And finally, it’s important for a **parent to stay well when stressed**, so you are able to show your teen good coping skills while managing the situation.

More information may be found at <http://www.mentalhealthamerica.net/index.cfm>

Adapted from Helping Children Grow Up Healthy, Mental Health America.

Synthetic Marijuana Dangers; DEA Bans — *Leanne Cavanagh, Adolescent Therapist at Recovery Resources*

Although there is an official Federal Drug Enforcement Administration (DEA) ban on synthetic marijuana, these products are being marketed as “incense” in order to slip past the Food and Drug Administration (FDA) regulations, making them accessible to teens.

There are many risks associated with consuming products that have not been evaluated and regulated by the FDA. One teenage synthetic marijuana user reported an experience where an increased heart rate, hallucinations, and profuse sweating ended with an emergency room visit for treatment. An adult reported becoming addicted to it, needing to smoke several times a day, and having withdrawal symptoms of sleeplessness, irritability and sweating when attempting to quit.

Smoking synthetic marijuana is risky because no one is sure about all of the ingredients. Since it is marketed as “not for human consumption” and has not been submitted to the FDA, there is no listing of ingredients for any brand.

Therefore, the content and amount of chemicals can vary from brand to brand, and even from package to package. The drug’s impact is inconsistent and unreliable, and can be a risk each and every time it is smoked.

The DEA has temporarily banned five chemicals whose effects mimic marijuana, following through on an announcement it made November 2010. **This was done after over 3,000 calls were made to poison control centers in less than a year related to “fake pot.”** Side effects of using the products, as reported by emergency rooms, include anxiety attacks, elevated heart rates, vomiting, and even convulsions. The DEA said it was outlawing the chemicals to protect public health and safety.

These chemicals, which include JWH-018, JWH-073, JWH-200, CP-47,497, and cannabicyclohexanol, are sprayed on herbs and spices and are sold under names like K2 and Spice. Although 16 states have acted to prohibit one or more of the chemicals, no concerted

action had been taken before the DEA order, and they remained legal in many areas. The chemicals are now classified as Schedule I substances, according to a March 2011 DEA press release (see link below). Schedule I substances are those that have a high potential for abuse, no accepted medical use for treatment in the United States, and a lack of accepted safety for use of the drug under medical supervision.

The ban will last for one year, but could be extended an additional six months. During that time, the DEA will study the possibility of a permanent ban.

Link to the March 2011 DEA press release:

<http://www.justice.gov/dea/pubs/pressrel/pro30111.html>



Healthy Dating Relationships — Jeanne Campanella, Community Challenge Coordinator at Recovery Resources

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dangers of drinking and driving but does not minimize the health risks involved, such as alcohol poisoning, drowning, falls and other accidents.

Parents Who Host offers these suggestions for parents planning a celebration for their teen:

- **Refuse to serve alcohol to anyone under 21**
- **Check teens entering the house for alcohol**
- **Provide a variety of nonalcoholic drinks**
- **Plan fun activities to keep teens busy**

One of the most important actions parents can take is to communicate openly and often with the parents of their children's friends. If all parents are aware of each another's alcohol policies, the same rules can be enforced at all houses, ensuring a safe celebration for all.

For more information on *Parents Who Host, Lose the Most* visit:

http://www.com.ohio.gov/liqr/docs/liqr_ParentsHost.pdf

For more information on the health risks of alcohol use by teens visit:

<http://underageddrinking.samhsa.gov/know-risks.aspx>



End of the school year parties and high school proms are exciting times for teens. These events should be fun and memorable experiences, but can also bring anxious feelings about fitting in and the whole dating scenario, which can be confusing.

Prom season also presents an opportunity for parents to open up a conversation about healthy dating relationships. Spark the conversation with your teen by talking about your own prom and dating experiences, and then ask how they're feeling about the prom and their current dating situation. What are they most excited about? What are they most concerned about?

A continuous, open conversation with your teen will go a long way toward keeping him/her safe and healthy.

The following article from *Love Is Respect* offers more ways to talk with your son or daughter about healthy relationships.

Whether or not your tween appears interested in having a boyfriend or girlfriend, he or she is likely feeling (or is at the brink of feeling) peer pressure to "date." Though it is easy to make

light of boyfriend/girlfriend relationships at this young age, it may be a risky notion; as statistics show that one in three teens experience an abusive dating relationship prior to high school graduation.

So while the conversation may feel a bit premature, it is critical to teach your child, at this early age, about healthy dating relationships.

Share with your child that:

- *A healthy relationship involves having your own friends and interests - NOT pressure to spend time only with your boyfriend/girlfriend or that person needing to know your every move (by calling or texting excessively).*
- *A healthy relationship involves maintaining your own voice and point of view – NOT changing your opinion to avoid conflict with your boyfriend/girlfriend.*

- *A healthy relationship involves mutual understanding, trust and respect – NOT jealousy, control or pressure to do things you do not want to do (like having sex, drinking alcohol or using other drugs).*

Also, let your child know it is his/her right to end the relationship at any point – keeping in mind that the other person does NOT have the right to harass, threaten or make you feel guilty for it.

For more information about healthy dating relationships, visit www.loveisrespect.org.

Recovery Resources

14805 Detroit Ave.
Suite 200
Lakewood, OH 44107
Phone: 216.923.4001
Fax: 216.226.2847

www.recres.org



Recovery Resources has been helping people triumph over mental illness and addiction for more than 55 years.

Serving Northeast Ohio, we deliver services and programs that touch 13,000 lives annually.

The Adolescent Treatment Program is located in downtown Lakewood, which affords us the privilege of being an active member of the Lakewood Chamber of Commerce. The clinical staff members are licensed in the field of chemical dependency and/or mental health, are dedicated to helping their clients and are committed to maintaining the health of the community.

**Helping people triumph over
mental illness, alcoholism, drug
and other addictions**

Want to find out more? Check out these RESOURCES:

www.parent2parentnetwork.org

-The Parent2Parent network empowers parents through education

www.shoutinginside.com

- Shouting Inside is an online resource for children of alcoholics

<http://www.al-anon.alateen.org/>

-Al-Anon (Al-Ateen for adolescents) is a supportive program for family and friends of problem drinkers

<http://www.familiesanonymous.org/>

-Families Anonymous is "a fellowship of people whose lives have been affected by the use of mind-altering substances or related behavioral problems of a relative or friend."

<http://www.noypaa.org/about-oypaa>

-Northeast Ohio Young People's AA

<http://teens.drugabuse.gov/>

-NIDA (National Institute on Drug Abuse) for Teens offers interactive tools about the negative consequences of drug and alcohol abuse and coping tools to avoid substance use

<http://underagedrinking.samhsa.gov>

- Understanding the risks of underage drinking and how to talk to your child from the Substance Abuse & Mental Health Services Administration, National Institute on Alcohol Abuse & Alcoholism, and Ad Council



May is Mental Health Month

Since 1949, Mental Health America has worked to raise awareness of mental wellness during the month of May. This year's theme is **Live Well! It's Essential for Your Potential**, and offers steps that everyone can take to improve their well-being and resiliency in the face of difficult times and challenges. Interactive surveys, success stories, and ten science-based tools to help you feel stronger and more hopeful can be found at www.liveyourlifewell.org.