

# Coalition News

## Inside this Issue

- Parents Who Host Lose the Most Campaign** 2
- New Policy Statement Underscores Need . . .** 3
- February ASAP Meeting Minutes** 4
- Meeting Announcement** 4

## Future Meetings

### April

**28** ASAP Meeting  
5:00 p.m.  
Trees For Tomorrow

### May

**26** ASAP Meeting  
5:00 p.m.  
Trees For Tomorrow

### June

**23** ASAP Meeting  
5:00 p.m.  
Trees For Tomorrow

## Vilas County Schools Fight Youth Tobacco Use

Young people from eight schools across Vilas County joined thousands of kids across the country who took part in Kick Butts Day, a nationwide initiative that makes kids leaders in the effort to stop youth tobacco use. On March 24<sup>th</sup>, students from Arbor Vitae Woodruff School, Christ Lutheran School, Lac du Flambeau Public School, Lakeland Union High School, Northland Pines High School, Northland Pines Middle School, North Lakeland Elementary School, and Phelps School participated in various activities to demonstrate the dangers of tobacco use to other students.

At Lac du Flambeau Public School many students chose to sign pledges stating "I will be tobacco-free". Another activity included an experiment using a plastic bottle containing cotton balls that collected smoke from a cigarette in the bottle. The emphasis was placed on the dangers to the body when someone smokes. Many activities encouraged how to

say "No" and how to lead a healthier lifestyle.

A group of 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders at Arbor Vitae-Woodruff School created three educational stations about tobacco. The themes were "tobacco company advertising", "ingredients in a cigarette", and "health effects of tobacco use". Other students visited the stations where the middle school students presented information at the stations. The younger students participated in an information scavenger hunt to find important facts about tobacco while visiting the stations.

"Youth are a powerful part of the solution to reducing youth tobacco use," said Matthew L. Myers, president of the Campaign for Tobacco-Free Kids, which coordinates Kick Butts Day. "For Kick Butts Day 2010, kids sent two important messages: they want the tobacco industry to stop targeting them with advertising and they want elected leaders at all levels to do more to protect them from tobacco."

### Kids Fun Run During Journeys Marathon Saturday, May 8, 2010

*Volunteers needed from 9:00 am until 1:00 pm*

Please contact Heidi at 479-3786 or [henyko@co.vilas.wi.us](mailto:henyko@co.vilas.wi.us) if you can help out!



## Parents Who Host Lose The Most Campaign

Many local high school students will be celebrating prom and graduation this spring. But alcohol doesn't have to be a part of the fun, and that's why the Positive Alternatives Coalition (PAC), Alliance for Substance Abuse Prevention (ASAP), and the Vilas County Sheriff support the "Parents Who Host Lose the Most" campaign. "Parents Who Host Lose the Most" is a campaign where we try to inform the public about the dangers of purchasing and providing alcohol to minors," says Vilas County Sheriff John Niebuhr.

More than 50 communities across Wisconsin are participating in the campaign, to make sure parents know it's not okay to let kids drink in their homes.

PAC Program Director, Carol Wright adds "If you allow underage youth to drink at home with their friends, in a way, you are sending the message that it's okay to do it anywhere else as well." And she says underage drinking anywhere can lead to problems later in life. "If they can wait until age 21, they actually reduce their chances of having issues with alcohol use as an adult by 70%," says Wright.

Parents should know they'll be held responsible for anything that happens at or after the party.

"There can be civil and criminal liability for parents if they provide alcohol to somebody underage and then that person leaves the house and gets into a car," says Chief Niebuhr.

And with so much at stake, it's clear that parents who host do lose the most.

If you're a parent who may be hosting a party, following are some suggestions:

- Help your teenager plan the party by making a guest list and limiting the number of people.
- Have your youth pass out the invitations to avoid an "open party" situation. Do not send email invitations as you can lose control over who receives the information.
- Put your phone number on the invitation and welcome calls from other parents.
- Set rules ahead of time such as no alcohol, drugs, or tobacco. Set a start and end time for the party.
- Let guests know that if they leave, they cannot come back.
- Have plenty of food and non-alcoholic beverages. Plan activities such as music, games, movies, etc.
- Let your neighbors know that there will be a party and that you will be there to supervise.
- Limit the party access to a certain area of the house/property.
- Have a plan for dealing with vehicles. Include parking information on the invitation.

These ideas will help make the party safe and successful for you and your teen.

For more information about "Parents Who Host Lose the Most" visit the website at <http://sites.google.com/site/parentswhohostawi/>.

## New Policy Statement Underscores Need to Curtail Underage Drinking

*From Medscape Medical News by Caroline Cassels*

April 12, 2010—A new policy statement from the American Academy of Pediatrics (AAP) highlights the need to curb underage drinking.

According to the statement, which was released online April 12 in *Pediatrics*, despite the fact that the legal drinking age in the United States is 21 years, alcohol use and heavy drinking are extremely common during adolescence and young adulthood and are associated with a significantly increased risk for alcohol-related problems in adulthood.

“Data from the National Longitudinal Alcohol Epidemiologic Study substantiated that the prevalence of both lifetime alcohol dependence and alcohol abuse show a striking decrease with increasing age at onset of use,” the 6-member AAP Committee on Substance Abuse led by Patricia K. Kokotailo, MD, MPH write.

The study authors note that among individuals who first use alcohol at 12 years or younger the prevalence of lifetime alcohol dependence is 40.6%. In comparison, individuals who initiate alcohol use at the age of 18 years have a prevalence of lifetime dependence of 16.6%, whereas those who abstain until 21 years of age have a lifetime prevalence of 10.6%.

Furthermore, the study authors report the prevalence of lifetime alcohol abuse was 8.3% for those who initiated use at 12 years or younger, 7.8% for those who initiated at 18 years of age, and 4.8% for those who initiated at 21 years of age.

The committee members also note that early alcohol use has been linked to greater sexual risk taking, academic difficulties, other substance use, and criminal or violent behavior. Further, they point out, alcohol use is also the primary contributor to the leading cause of adolescent death from motor vehicle crashes, homicide, and suicide in the United States.

It is also associated with psychiatric disorders in youth, including depression, anxiety, attention-deficit/hyperactivity disorder, conduct disorders, bulimia and schizophrenia.

Alcohol and other substances, say the study authors, likely have multiple adverse effects on the developing brain. Recent research, they write, suggests “that adolescents with an alcohol use disorder use fewer strategies to learn new information and demonstrate significantly reduced memory skills that continue to deteriorate with continued alcohol use.”

The statement’s 16 recommendations highlight the need for additional research into the prevention, screening and identification, and effective treatment of alcohol use in young patients.

Further, more specific recommendations on management tools and treatment programs will be available in an upcoming statement from the AAP on substance use screening, intervention, and referral for treatment.

### Journalist: Caroline Cassels

Caroline Cassels is the news editor for Medscape Psychiatry. A medical and health journalist for 20 years, Caroline has written extensively for both physician and consumer audiences. She helped launch and was editor of Health Digest, an award-winning Canadian consumer health publication. She was also national editor of the Heart & Stroke Foundation of Canada’s Web Site before joining Medscape Neurology & Neurosurgery in 2005. She is the recipient of the 2008 American Academy of Neurology Journalism Fellowship Award. She can be contacted at: [CCassels@webmd.net](mailto:CCassels@webmd.net).

## **February A.S.A. P. Meeting Minutes**

### **I. Call to order**

The meeting was called to order at 5:10 pm.

### **II. Introductions**

The following persons were present: Karen Moore, Carol Wright, Gina Egan, Nancy Junkerman, Nancy Anne Miller, Bob Kovar, Patty Schoppe, and Heidi Nykolayko.

### **III. Review of January Minutes**

The minutes from the last meeting were reviewed. Minutes were approved without any changes.

### **IV. Who Host Lose The Most Campaign**

Discussed delivery of materials. Jeremy McClain will be receiving all materials and will notify Heidi when they become available for distribution. Nancy Ann Miller will find out from about township zoning regulations for yard signs. Idea was brought up about sharing the cost of a billboard if one was donated. The material cost is about \$1500. Northland Pines High School, Lakeland Union High School and Phelps High School will each receive a banner to hang in the schools.

### **V. Kick Butts Day**

There will be eight schools participating in the Kick Butts Day across Vilas County including: Lakeland Union High School, Northland Pines High School, Northland Pines Middle School, Phelps School District, Arbor Vitae/Woodruff School, North Lakeland Elementary School, Christ Lutheran School, and Lac du Flambeau School. Activities range from scavenger hunts to PowerPoint presentations. The date for activities is Wednesday, March 24<sup>th</sup>.

### **VI. Parent Networks**

Some of the people in the meeting had recently attended a seminar to learn how to establish and grow a network of concerned parents who are committed to providing drug, alcohol and tobacco free parties and activities for their youth. Discussion ensued about ways to best start parent networks in Vilas County. At Northland Pines the Pines Press is used as a community outreach tool. The middle school has a strong PTA. There are parent-teacher conferences monthly. Could include churches and youth groups. Need champions to spearhead this project.

### **VII. Next Meeting**

The next ASAP meeting is scheduled for Wednesday, March 24 at 5:00 pm at Trees For Tomorrow.

### **VIII. Adjourn**

The meeting was adjourned at 6:30 pm.

**Next Alliance for Substance Abuse Prevention Meeting  
Wednesday, April 28<sup>th</sup> at 5:00 p.m.  
RSVP to Heidi Nykolayko at 715-479-3786**