

Alert

Metropolitan Drug Commission

A PUBLICATION OF NEWS AND EVENTS

2006 Baptist Turkey Trot Entry Fees to Benefit Students of Richard Yoakley School with an Accelerated Reader Program

The 4th Annual **Baptist Health System Foundation** Turkey Trot, Race to Beat Heart Disease, is a 5K run, 1 mile fun walk and Little Gobbler Run (ages 6 and under). The race will take place on Saturday, November 18, 2006, 8:30 a.m. at the Baptist Hospital West and Baptist Hospital for Women campus located next to the Turkey Creek Development.

A special allocation will be made to the Metropolitan Drug Commission to provide an Accelerated Reader program at **Richard Yoakley School (RYS)**. In January 2006, the Metropolitan Drug Commission implemented an evidenced-based program at RYS called *Say It Straight* through funds from the Community Prevention Initiative grant. In August, the MDC hired **Melissa Poole** to serve as project coordinator and counselor for the students at Richard Yoakley School.

The RYS Top 25 Book Wish List is printed below. If you are interested in purchasing a book for the Accelerated Reader program, please contact Metropolitan Drug Commission Executive Director Catherine Brunson at 588-5550.

Overall proceeds from the Baptist Turkey Trot will benefit **CARDIAC**, which stands for Coronary Artery Risk Detection In Appalachian Communities. This program provides screenings for 4th and 5th grade students to identify those who are at high risk for developing heart disease. The program will continue in Knox, Sevier and Cocke Counties. Children and their families will benefit through an educational program that teaches about cardiovascular health and how to make healthy lifestyle choices.

Important race information:

The race course will be flat and fast out Parkside Drive and back on the greenway. Water stations will be located approximately at the midpoint of the course and at the finish line.

Awards will be given in the 5K run to the following categories:

Top 3 Overall Male and Female Finishers - Cash prizes
 1st Place Masters 40-49 Male and Female
 1st Place Grand Masters 50-59 Male and Female
 1st Place Veterans 60+ Male and Female

Top 3 runners in the following age categories:

7 -10; 11 -14; 15 -19; 20 - 29; 30 - 39;
 40 - 49; 50 - 59; 60 - 69; 70 - 79; and 80 +

Schedule of Events:

7:30 a.m. - 8:30 a.m. - Registration
 8:30 a.m. - 5K Run
 8:35 a.m. - 1 Mile Fun Walk
 9:15 a.m. - Little Gobbler Run
 9:45 a.m. - Awards



Post race festivities include live entertainment, silent auction, food, beverages, vendor booth displays, goody bags and prizes. There will be children's activities, so bring the entire family and have fun!

To register, log on to: www.baptistoneword.org/foundation.html and click on the "Baptist Turkey Trot" button. The deadline to register online is Nov. 3. For information call 865-632-5678 or e-mail: wkelly@bhset.org.

Accelerated Reader Book Drive

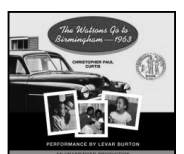
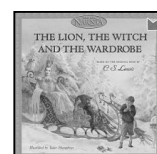
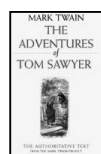
Help us build the Richard Yoakley library! All book donations will be recognized in our newsletter, as well as the inside book cover.

For the following amounts, you can provide:

2 books -- \$15 donation
 4 books -- \$30 donation
 8 books -- \$60 donation

If you are interested in purchasing a book for the Accelerated Reader program for the students at Richard Yoakley School, please contact Catherine Brunson at 588-5550.

1. *The Lion, the Witch and the Wardrobe*
2. *The Adventures of Tom Sawyer*
3. *A Wrinkle in Time*
4. *The Outsiders*
5. *Homecoming*
6. *The Search for Delicious*
7. *Where the Red Fern Grows*
8. *Because of Winn-Dixie*
9. *Bridge to Terabithia*
10. *My Side of the Mountain*
11. *Cousins*
12. *Tuck Everlasting*
13. *The Call of the Wild*
14. *Little House on the Prairie*
15. *The Indian in the Cupboard*
16. *Stargirl*
17. *Jacob I Have Loved*
18. *Where the Lilies Bloom*
19. *Bud, Not Buddy*
20. *High Noon*
21. *The Watsons go to Birmingham*
22. *The Great Gilly Hopkins*
23. *Banner in the Sky*
24. *Holes*
25. *Nothing But the Truth*





Juvenile Court Judge and MDC board member Tim Irwin tapes the closing remarks for "Menace," a drama about the legal, social and health consequences of alcohol abuse and underage drinking.



Since September, the MDC has offered Too Smart to Start (TSTS) trainings at area middle schools. TSTS is an underage drinking prevention program. Pictured above is Jordan Robson, a 7th grader at Farragut Middle, leading her class in an interactive online quiz about the health consequences of underage drinking.

Treatment options lacking for some adolescents

Experts say that until recently, adolescent addiction was an overlooked problem, but that more money is now being dedicated to researching effective treatment programs for youth. Nationally, there are now more than 30 recovery-oriented high schools for youths, as well as more college programs for students in recovery.

"To think a teenager is going to go for treatment for 30 days and then come back to his old environment — where he bought his drugs, where his peers are using and where he was seen as a drug user ... that's not realistic for the vast majority of kids," said Andrew Finch, executive director of the Association of Recovery Schools. The schools have a relapse rate of between 20-30 percent.

Research also has shown that most teens with addictions have a history of sexual, physical, or emotional abuse. This has led to calls for routine screening for sex abuse when teens come into addiction treatment. Young addicts also are likely to have a co-occurring mental-health disorder that also requires treatment.

The increased knowledge about effective treatment comes as researchers are gaining a better understanding about how alcohol and other drugs affect the adolescent brain — far differently than adults.

Despite the advances, however, teens still have a hard time getting good treatment. Many private insurers don't cover treatment, and even well regarded programs often lack components that experts say are critical to success. There are no licensing standards for adolescent addiction counselors, for example, although states like California, Washington and Colorado are developing protocols.

Some experts say that adolescents need a different treatment approach than the traditional 12-step programs. "For years, the problem we've encountered is that treatment for kids is basically treatment for adults repackaged," said Scott Reiner of the Virginia Department of Juvenile Justice. "They changed a couple words, perhaps, but never addressed the developmental needs of kids."

Drug Alert: "Pharming"

"Pharming" is a new slang term for grabbing a handful of prescription drugs and swallowing some or all of them. Youth are taking pills from the family medicine cabinet and distributing them at school. What they don't realize is that distributing drugs, even prescription drugs, is considered drug dealing and is illegal. Taking prescription drugs without a doctor's approval and supervision is always dangerous and sometimes fatal. Teens are getting these prescription drugs from their own homes, friends and through Web sites on the Internet. Nearly one in five teens reported trying prescription medications to get high, according to a 2005 survey of more than 7,300 junior high and high school students by the Partnership for a Drug-Free America. That makes prescription drugs more popular than street drugs like ecstasy and even marijuana, according to the partnership. A tip for parents—keep all prescription drugs locked up.

Teenaged boys and girls exchange sex for drugs

Two-thirds of the estimated 650,000 American teens who have exchanged sex for drugs or money are boys, according to research from the [Pacific Institute for Research and Education \(PIRE\)](#).

Researchers who surveyed 13,000 7th- to 12th-graders found that almost 4 percent said they had traded sex for drugs or money. Runaways, teens who were depressed, and those who had prior experience with drug use were more likely to have used sex as a commodity. Many teens that had bartered sex reported having sexually transmitted diseases.

"While some teens may have engaged in sex exchange as a matter of survival on the streets, it is possible that many have engaged in this behavior for other reasons," said lead researcher Jessica Edwards, Ph.D. "We've just begun to learn about a risk behavior that hasn't been examined in the general population of youth, and the circumstances around it are not yet clear."

New DEA online magazine educates teens about the effects of marijuana

The Drug Enforcement Administration (DEA) unveiled a new online magazine this week that provides teens with straightforward and accurate information about marijuana and its impact on the body and brain. *Stumbleweed* illustrates the consequences of marijuana and provides teens with relevant facts about the truth about medical marijuana; and how the drug can sabotage a teen's future.

The magazine is an addition to the DEA's award winning teen website, www.justthinktwice.com, which has received 49 million hits since its inception in August, 2005.

The DEA is reminding kids to "just think twice" about what they hear about marijuana from their friends, popular culture and adults.

The new on-line magazine addresses some of the misconceptions teens have about marijuana, featuring articles such as, "It's Just a Plant: How Could it be Bad for Me?", "Hey Dude, Where did my Future Go?", "Totally Lame (and Dangerous and Illegal) Things to do on Pot" and "Rx Pot: A Prescription for Disaster."

Stumbleweed is one of several tools available on the DEA's Web site, www.justthinktwice.com. In addition to the new feature on marijuana, www.justthinktwice.com contains material on methamphetamine, prescription drug abuse, steroids and club drugs. The site also links to other existing websites which have additional information for teens, including U.S. Government and private organizations' sites. Medical information, especially regarding the impact of marijuana on the body and brain, is accessible through direct links to scientific studies. Teens also can learn first hand about the tragedies of drug use through the personal stories of young people who lost their lives to drugs.

CASA survey reveals teen parties awash in alcohol and illegal drugs

One-third of teens and nearly half of 17-year olds attend house parties *where parents are present* and teens are drinking, smoking marijuana or using cocaine, Ecstasy or prescription drugs, according to the National Survey of American Attitudes on Substance Abuse XI: Teens and Parents, an annual back-to-school survey conducted by The National Center on Addiction and Substance Abuse (CASA) at Columbia University.

CASA's survey also reveals that teens who say parents are not present at the parties they attend are 16 times likelier to say alcohol is available, 15 times likelier to say illegal and prescription drugs are available and 29 times likelier to say marijuana is available, compared to teens who say parents are always present at the parties they attend.

The survey also found:

- 80 percent of parents believe that neither alcohol nor marijuana is usually available at parties their teens attend, but 50 percent of teen partygoers attend parties where alcohol, drugs or both are available.
- 98 percent of parents say they are normally present during parties they allow their teens to have at home, but a third of teen partygoers report that parents are rarely or never present at the parties they attend.
- 99 percent of parents say they would not be willing to serve alcohol at their teen's party, but 28 percent of teen partygoers have been at parties at a home where parents were present and teens were drinking alcohol.
- Only 12 percent of parents see drugs as their teen's greatest concern, but twice as many teens (27 percent) say drugs are their greatest concern.

CASA's eleventh teen survey also found that teens attending three or more parties a month are at two and one half times the risk for substance abuse compared to teens that do not attend parties. The transition from age 13 to age 14 is a particularly risky time for American teens. Compared to 13-year olds, 14-year olds are four times more likely to be offered prescription drugs, three times more likely to be offered Ecstasy and marijuana, and two times more likely to be offered cocaine.

CASA said parents need to be present and aware of what's going on when their teen is having a party at home. And if your teen attends a party at someone else's home, confirm that the parents will be present and that alcohol and drugs will not.

The survey was taken from March 9 to April 30, 2006 and based on a nationally representative random sample of 1,297 12- to 17-year olds (591 boys, 706 girls) and 562 parents (84 percent of whom were parents of teens surveyed).

For more information about CASA's National Survey of American Attitudes on Substance Abuse XI: Teens and Parents, visit www.casacolumbia.org.

Updated East Tennessee Behavioral Health Treatment Directory now available

The East Tennessee Behavioral Health Treatment Directory has been recently updated. The directory is published by Peninsula and serves as a guide to assist those who find themselves or a loved one in need of mental health or substance abuse services. For general inquiries or to request copies, please contact the Covenant Health Call Center at (865) 541-4500.

Illegal drug use up for boomers, NSDUH survey results released

Some moms and dads might want to take a lesson from their kids: Just say no.

The government reported Thursday that 4.4 percent of baby boomers ages 50 to 59 indicated that they had used illicit drugs in the past month. It marks the third consecutive yearly increase recorded for that age group by the National Survey on Drug Use and Health (NSDUH).

In early September, the annual National Survey on Drug Use and Health results were released for the 2005 calendar year. Forming an opinion on the success or failure of the outcome of items surveyed depends largely upon which statistics you examine. Among the 12 to 17 age group, survey results are encouraging, while results for the 18 to 25 and 50 to 59 age groups are mixed.

The annual survey on drug use and health involves interviews of about 67,500 people. It provides an important snapshot of how many Americans drink, smoke and use drugs such as marijuana, cocaine and methamphetamine.

Drug use among 12 to 17 year olds amounted to 9.9 percent in 2005, a drop from the 11.6 percent reported in 2002. On the contrary, among 18 to 25 year olds, drug use has remained unchanged, yet, usage rates of both cocaine and prescription drugs have risen sharply. The 50 to 59 age group reports the most surprising numbers though, as drug use has steadily increased each year beginning with 2.7 percent in 2002 and reaching 4.4 percent in 2005.

While drug use went up slightly in '05, so did alcohol use. Slightly more than half of Americans age 12 and older reported being current drinkers of alcohol. That translates to 126 million people, up from 121 million people the year before. The number of first-time users of both alcohol and tobacco among Americans ages 12 and over has risen significantly since 2002, with most first-time use of alcohol occurring before age 21 and most first-time use of tobacco happening before age 18.

While perceptions of the survey outcomes are mixed, most agree the statistics representing our youth are encouraging. According to Assistant Surgeon General and SAMHSA (Substance Abuse and Mental Health Services Administration) Acting Deputy Administrator Eric B. Broderick, D.D.S, M.P.H, "there is a fundamental shift in drug use among young people in America." While encouraging in many respects, the survey data sheds light on areas where more emphasis should be placed to discourage use of illicit substances. The NSDUH results may be viewed in their entirety at www.oas.samhsa.gov.

("SAMHSA Advisory: Youth Drug Use Continues Downward Slide, Older Adult Rates of Use Increase." SAMHSA Press Release, September 7, 2006.)

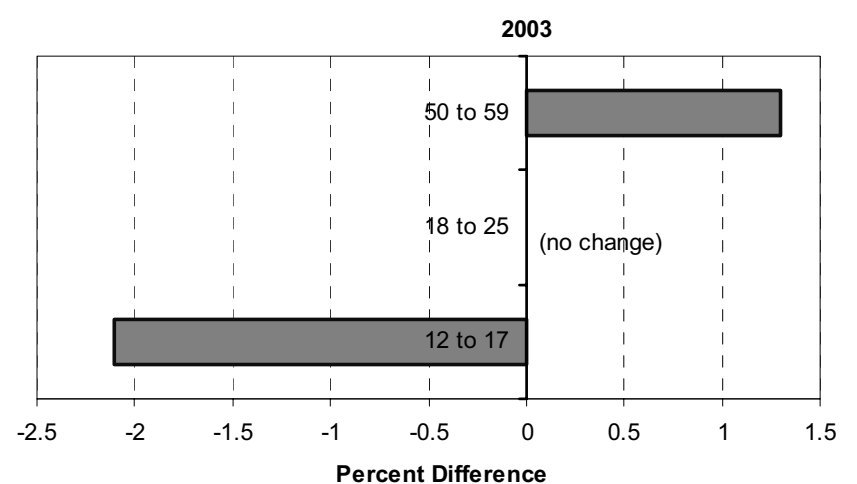


Figure 1:
Substance Use Differences Between 2003 and 2005
Source: Office of Applied Studies, Substance Abuse and Mental Health Services Administration. The 2005 National Survey on Drug Use and Health: National Findings, 2006.

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VISIT OUR WEBSITE for information about starting or maintaining a Drug-free Workplace Program; parent resources; treatment options; general drug descriptions, including warning signs and effects; and local and national research about drug use.

www.metrodrug.org

This project is funded under an agreement with TCCY



October 2006

Success Story

The Metropolitan Drug Commission and Tennessee Commission on Children and Youth were recently recognized at the 7th Annual National Leadership Conference in Baltimore, MD for innovation and perseverance in reducing underage drinking through media advocacy and law enforcement efforts.

Through the Enforcing Underage Drinking Laws (EUDL) grant, the Metropolitan Drug Commission formed the Underage Drinking Policy Panel, comprised of 25 of Knoxville's elected officials, law enforcement, legal counsel, Sessions and Juvenile Court Judges and the Knox County District Attorney General Randy Nichols. The policy panel was diligent in identifying juvenile justice issues that need to be addressed and/or enforced more stringently. The panel was divided into enforcement and regulatory work groups to more effectively address underage drinking issues.

Strategic use of the Metropolitan Drug Commission's marketing campaign was part of a community-wide prevention strategy to discourage underage alcohol use and enforce underage drinking laws. Because of these marketing efforts, strengthened relationships ensued with City Council and County Commission. A unique aspect of the marketing efforts was to utilize a professional phone polling service called SurveyUSA, conducted by WBIR Channel 10. Results documented that the community overwhelmingly (85%) reported that underage drinking was a problem that needed to be addressed.

The marketing campaign, along with increased enforcement and significant policy changes, are important aspects of the Metropolitan Drug Commission's prevention efforts and has led the way for a strong collaboration of agencies that have effectively moved positive public policy efforts forward.

Join Our Efforts!

Each month we host meetings for concerned citizens and professionals to meet and discuss community substance abuse treatment and prevention issues. Please contact Aneisa McDonald at 588-5550 or aneisamc@bellsouth.net if you'd like to make a difference.

MDC in Action

During the third quarter (July-Sept), the MDC serviced the community by providing:

106 Treatment Referrals
2,547 Prevention Materials & Resources
333,318 Website Hits

2006-2007 MDC Board of Directors

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To submit an announcement or article to the *Metropolitan Drug Commission's ALERT*, please call (865) 588-5550.



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