

Shrewsbury Community Alliance for the Prevention of Alcohol and Drug Abuse

Happy spring to everyone!

Now more than ever is a great time to be speaking to your children about the dangers of drugs and alcohol. The Partnership for a Drug Free America and Met Life recently published the results of a national study that showed after a decade of consistent declines we are seeing a marked up swing in the following areas of teen substance abuse (grades 9-12): **Alcohol use up 11%, Marijuana use up 19%, and Ecstasy use up 67%. Combine this with the rate of prescription drug abuse (up 300% between 1995-2009), this is cause for alarm.** The professionals believe the pro drug cues in popular culture (tv, film, internet) and the reduction of federal prevention programs are the most notable factors for the increase. This puts an even greater burden on parents to educate their family.

Parents are their children's most important mentors and role models. What you communicate to your child through words and actions greatly influences their decisions both now and in the future. It has been shown that the more time you spend with your child (weekly meals, family outings) the less likely your child will abuse drugs and alcohol.

Congratulations to Shrewsbury resident and RBR 11th grader **Kelly Conley!** Kelly took 3rd place in the NJPN (N. J. Prevention Network) county wide poster contest entitled "Better Things to do than Drink Alcohol". Kelly shared the honors with two other RBR Commercial Art students, Scott Chinery (Rumson) and Elena Ferris (Little Silver) who took 1st and 2nd place, respectively. Winners received gift cards from NJPN and were presented with Certificates of Appreciation from the Alliance at the Feb 3rd RBR BOE meeting.

Public Health Advisory from the Monmouth County Health Dept: NJPIES (N.J. Poison Information and Education System) has been monitoring the introduction of 'synthetic' marijuana known as either K2, Spice, JWH-018. The Midwest is seeing instances of teens in E.R.'s presenting with symptoms of numbness, high blood pressure, blacking out, blurred vision, severe agitation, and partial paralysis. On Feb. 16 a large shipment was intercepted at the Phila. Int'l Airport. It is being sold in convenience stores or online and looks like potpourri. It comes in different flavors, grades and is sold in 3 gram bags. At the present time, other than in Kansas and pending in Missouri, these products are not classified as narcotics. They have been banned in Russia and most of Europe. The FDA and law enforcement are looking into these products. Toxicologists at Harvard and Univ. of Massachusetts are working to identify the contents but since it is not regulated it makes the job harder since each bag could be made up of 'a bunch of different garbage'. Continue to check the Alliance webpage on the Boro website for any new information on this new 'drug' danger at <http://www.shrewsburyboro.com/DA.html>. Any questions call the NJPIES at 1-800-222-1222.

Thank you for your support of our "Surviving the Teen Year's" Parent Forum on March 25th! This was our 3rd year of co-sponsoring this event with RBR. We are honored to have in our area such knowledgeable professionals willing to spend their evening talking to our community about today's issues facing our teens. Special thanks to Shrewsbury residents and presenters Mitchell Ansell, Esq., Fire Chief/Little Silver police officer Pete Gibson, and all of our Alliance members for a job well done!