

Shrewsbury Community Alliance for the Prevention of Alcohol and Drug Abuse

Happy Holidays to you and yours! Let's hope that 2010 brings joy and good health to everyone in our community.

Events/programs worthy of note:

(1) Passage of a new law affecting teens – “911 Lifeline Legislation”

Each year, over 5,000 people under the age of 21 die as a result of underage drinking. In New Jersey, 27% of high school students have engaged in binge drinking one or more times in the last 30 days. Alcohol remains the number one drug of choice by our youth. On October 1st Governor Corzine signed into law a bill designed to encourage our youth to seek medical help for friends who are inebriated to the point of alcohol poisoning. Unfortunately, minors faced with a medical emergency as a result of excessive drinking often hesitate to call for help because they fear the risk of legal charges related to their underage possession and use of alcohol. This law encourages these minors to choose to save a life. **The 911 Lifeline law provides immunity from prosecution, on charges of underage possession or consumption of alcohol on public and private property, to certain underage youth.** The immunity is given to the first minor to call for medical assistance and up to two other minors assisting the intoxicated minor. The underage person who is receiving medical assistance is also immune from prosecution. **These individuals must provide their names to the 911 operator, remain on the scene, and fully cooperate with medical and law enforcement personnel.** “This law doesn't promote underage drinking. It promotes helping kids make the right decision...to seek medical attention that could save a life,” says Assemblywoman Mary Pat Angelini, co-sponsor of the legislation. As parents we need to continue to work to prevent these instances from occurring but if a child finds themselves in this dangerous situation we want them to choose to do the right thing by saving a life.

Presently there is a campaign by New Jersey Prevention Network to get the word out to the press, our parents, and teens. At Red Bank Regional High School this legislation is being introduced and discussed with each student in his or her health class. Please go to the front page of the boro website at www.shrewsburyboro.com for more information about this legislation.

(2) Heroin problem in New Jersey/Monmouth County

- New Jersey has purest heroin in the nation (72% purity level)
 - This means: more addictive, higher risk of overdose/death, can be snorted not injected
- DEA reports in 2008 N.J.'s 18-24 yr olds heroin use **twice the national average**
- Heroin is cheap and sells for \$7 a bag. Cheaper than prescription drugs, club drugs.
- Most street heroin is “cut” with other drugs and substances like quinine and strychnine.
- In 2008 Monmouth County had the second most admissions to substance abuse treatment facilities in the state (41% for heroin/opiates, 32% for alcohol).
- ***Police arrests in Shrewsbury, Summer 2009 – Seizure of narcotics including heroin (see Message from Police)**

Please talk to your children about the dangers of all drugs. As parents we should all assume that our teens are exposed to a drug culture to some degree. Please educate yourselves that these drugs are readily available. Go over resistance skills with your children regularly. Go to www.shrewsburyboro.com click ‘commissions’ to get to the Alliance web page where you can learn more about the dangers of heroin and other drugs. If you suspect your child is in need of help please refer to our Resource Guide on our web page or call the following numbers:

If you are an RBR parent: The Source Counseling Services (732) 842-8000 (x1341)
Crisis resources: NJ Addictions Hotline: (800) 225-0196, Mobile Response Team (877) 652-7624

(3) **Operation Medicine Cabinet – Nov. 14th**

A big thank you to our Shrewsbury residents for helping to rid their homes/medicine cabinets of unused, unwanted and expired prescription and over the counter drugs! **Over 25 lbs was collected by our local police department**, one of over 440 state-wide law enforcement agencies helping to spread the word about the dangers of prescription and OTC drug abuse. Our thanks to Chief John Wilson, Lt. Louis Ferraro and Officer Robert Turner of the Shrewsbury Police Department for their dedication to this cause. Over 9,000 lbs were collected in this first statewide event. Operation Medicine Cabinet was created to raise awareness that our medicine cabinets are a potential source for our young people to gain access to highly addictive and deadly drugs. Parents and grandparents, please regularly check your medications and store them in a safe spot away from potential abusers. Over 70% of prescription drug abusers get them from friends and relatives.

When unwanted, expired or unused drugs exist in your home please dispose of them safely. A few medicines have special disposal directions allowing them to be flushed down the sink or toilet. These are medicines such as Oxycotin, Morphine, Demerol, and Percocet. The FDA allows these to be flushed because of the extreme toxicity if found/taken by our youth. **The general rule for disposal of all other medicines recommends the following so as not to contaminate our water supply:**

- (1) Pour medications into a sealable plastic bag. If in pill form, crush or add water to dissolve.
- (2) Add kitty litter, dirt, or coffee grounds to make the solution less appealing for pets or children
- (3) Seal the bag and put it in the trash.
- (4) Mark out all personal information on medicine containers before recycling or throwing them away.

Go to www.smarxtdisposal.net for more information on proper disposal techniques. Please note that our Hazardous Waste Collection Site does not accept any drugs for disposal.

(4) **Red Ribbon Week – Oct. 19-24**

“Drug Free the Healthy Way to Be”. Our 6th Annual RRW was a huge success! Our thanks to the SBS administration and faculty, members of the Shrewsbury First Aid Squad and Shrewsbury Police and Fire Depts. who helped us spread the message of the dangers of drugs and underage alcohol use. Congrats to our essay winners! They did a phenomenal job explaining what consequences deter them from using drugs/alcohol and what resistance skills they plan on using if they are ever faced with peer pressure. Our winners were: **6th Grade:** Colin Young, Devon Barnes, Sara Murphy; **7th Grade:** Mia Nelson, Matthew Cressen; **8th Grade:** Kelly Bonner, Corey Ott. Go to the Alliance web page on www.shrewsburyboro.com to see some nice pictures of the week’s activities.

Upcoming events/Mark your calendar!!!

Thursday, March 25th : 3rd Annual **“Surviving the Teen Years”** Parent Forum –6:30 pm at RBRHS

*New this year: **Keynote speaker: Dr. Raj Juneja**, a well-respected area psychiatrist, will be discussing “The Adolescent Brain: When do Adolescent Issues Warrant Medical/Therapeutic Intervention”.

***Breakout sessions** to include the following topics: Trends in Adolescent Behavior (sexuality/ “hooking up”/STD’s, depression); Current Substance Abuse Issues (Heroin, Prescription Drugs, alcohol); Internet Dangers (sexting, Youtube); How to Avoid being a “Helicopter” Parent; Law and Order – You and Your Adolescent (Host laws, what changes when they reach age 18).

Refreshments will be served. Free resource materials available on each subject. Call Karen @ (732) 450-9725 if you have any questions.

A message from the Police Department.

As with all law enforcement across the country, we are also seeing an increased presence of heroin within our borders. We recently became involved in an investigation into a narcotics distribution operation that was taking place within Shrewsbury. Because of the outstanding police work by the Officers involved, the three months of investigation came to an end with two raids, three arrests, and the seizure of narcotics, including heroin, and a loaded firearm. This is but one example of the types of investigations we become involved in.

The Shrewsbury Police Department remains committed to doing our best to keep our community drug free. We will stand on that thin blue line and guard against those who wish us harm and wish to spread the disease that is drugs within our community, but we can not do it alone. We need the help of the entire community. Please be our eyes and ears and report any information you have that may help us in our fight.

Shrewsbury Detective Bureau: 732-741-8682
Tell a Tip hotline: 732-741-8682
Email: tellatip@shrewsburyboro.com

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