

## **Shrewsbury Community Alliance for the Prevention of Alcohol and Drug Abuse**

Happy summer to everyone! We all know that the summer season brings many wonderful celebrations; graduations, Fourth of July, beach barbecues. Please help us keep our community safe by reinforcing the **'Parents Who Host Lose the Most'** message. Underage drinking is unhealthy and illegal for our youth and parents need to be aware of the legal consequences for these minors and themselves. During this party season and throughout the year, also remember the **Hero Campaign** noted on our local police vehicles. **"Be a Hero, be a Designated Driver"**. As an additional safety measure, don't leave home without local cab # **in** your cell phone. **Keep in mind that if you drink, sobering up takes time. If you go to bed at 2 am with a BAC of .170 (.08 is the legal limit for those 21 or over) by 8 am your BAC is still .08** (Monmouth University – Party Smart Pamphlet, Student Govt. Assoc.).

**Webpage:** Please visit our webpage on [www.shrewsburyboro.com](http://www.shrewsburyboro.com) under Commissions. It contains the following important information and is updated monthly:

**Resource Guide and Hotline #'s**

**Resources for Parents**

**Resources for Teens** (including Hotlines, signs of alcohol poisoning, refusal skills)

**Current News** on the latest trends and research on substance abuse

If you see an article on substance abuse issues you think we should post please contact the Alliance at [wildelloyd@aol.com](mailto:wildelloyd@aol.com).

### **Recent Substance Abuse Programs in our community:**

**May 28<sup>th</sup>: DARE Program: Risks of underage drinking/driving with SBS 8<sup>th</sup> graders.**

Congratulations to Officer Jessica Boyd for organizing such an informative event! Thanks also to Shrewsbury Police Officers; Lt. Ferraro, Sgt. Fitzgerald, Officer Turner, Officer Cerminaro; Officer Pete Gibson from the Little Silver Police Department; Eda Ferraro, Ginni O'Dor and Superintendent Brent MacConnell.

**June 1-4<sup>th</sup>: RBR's Project Prom: Risks of underage drinking/driving with RBR Seniors.**

Congratulations to RBR School Resource Officer/Little Silver Police Officer Peter Gibson for an outstanding job again this year! Kudos to the Shrewsbury Police Officers who assisted and Shrewsbury resident Mitchell Ansell, Esq. for his powerful words on the legal consequences of drinking and driving.

### **Upcoming Events/Programs:**

-Currently updating Resource Guide and Hotline numbers

-Saturday, **October 3** @ 8:30 am: Walk Like MADD, MADD fundraiser, CentraState Medical

-**October 19<sup>th</sup> - 23<sup>rd</sup>** – SBS Red Ribbon Week (national substance abuse prevention education week)

-**March 18, 2010** – RBR "Surviving the Teen Years" Parent Forum

**Current Trend Alert:**

Monmouth County is seeing an increased presence of **heroin and cocaine**. The newspapers have noted huge drug busts in Asbury Park by the Prosecutor's Office. These harder drugs, as well as marijuana, are showing up in more powerful, purer forms.

61% of teens say **prescription drugs** are the easiest drugs to find. Please lock your medicine cabinets and make your children aware of the dangers of using someone else's prescription medication. Teens tend to believe that they are safer than street drugs since they come from a doctor. They are just as deadly and very addictive. **Please discuss the dangers of drug use with your children. Reference our Resources for Parents on the webpage to find out more about these drugs and signs and symptoms of use. If you see signs of abuse, please seek help immediately.**

Authorities confirm that Actor **David Carradine** died from "The Choking Game" that we discussed last quarter. See our webpage for more information on this dangerous 'legal' high some teens are trying.

**Your Alliance meets at 7 pm on the 2<sup>nd</sup> Monday of every month at Boro Hall. Please consider joining our group!**