



Hawai'i Regional Alcohol & Drug Awareness Resource Network Newsletter

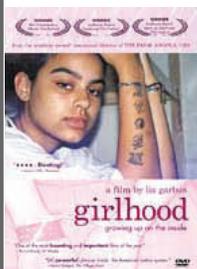
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Distributed by The Coalition for a Drug-Free Hawai'i, Prevention Resource Center



What's New!

The Prevention Resource Center's Lending Library has an extensive collection of books, videos and research dealing with substance abuse, treatment, recovery, prevention and other related issues. This is accompanied by a clearinghouse of free information brochures and other handouts.



Girlhood (DVD)

Shanae was ten years old when she was gang-raped by five boys. She responded by drinking and drugging, and then at age 12, graduated to murder. Abandoned by her mother, a heroin addict turned prostitute, Megan ran away from ten different foster homes before being arrested on assault charges. Both girls ended up in the Waxter Juvenile Facility, home to Maryland's most violent offenders. A story of mothers and daughters, crimes and consequences, and strength in the face of unimaginable adversity, **girlhood** is a testament to the faith and struggles of two girls just trying to grow up.

Taken from DVD cover

Predatory Drugs (Brochure)

This pamphlet takes an in depth look at two predatory drugs: GHB and Rohypnol. Called predatory drugs because their use is to "knock out" victims so they can't fight back or often remember the crime, these drugs are used by predators who may rob or sexually assault their victims. The pamphlet explains how these drugs work, how we can protect ourselves and watch out for our friends.

Taken from Bacchus Network website



Women Under the Influence

This comprehensive and accessible book documents the physical and emotional effects of substance abuse in girls and women, explores the role of the advertising and entertainment industries in popularizing various substances of abuse, and discusses the way America responds to this enormous health problem. Covering a broad range of substances—nicotine, alcohol, prescription and illicit drugs—the book addresses the unique reasons that girls and women smoke and abuse alcohol and drugs.

Taken from book jacket

Stay tuned for upcoming changes in 2008!

Women & Substance Abuse

Why

is it critical to look at the specific situation of women and substance abuse? Isn't substance abuse by *anyone* a serious issue? Gender is important to focus on when looking at substance abuse because of the specific challenges an individual can face as a result of their gender. In this issue we look at women and substance abuse (for specific information on girls and alcohol see Volume 3, Issue 3). Identifying and addressing some of the issues faced by women substance abusers can lead to better treatment and prevention strategies for everyone.

In Hawaii there is a growing need to treat women with substance abuse issues. The number of women in prison for drug-related offenses is growing. Hina Mauka, a treatment and prevention center with offices on two islands, reported that 28% of adults treated in FY2007 were women; this includes both their residential and outpatient treatment programs. Of those receiving treatment from agencies funded by the state Alcohol and Drug Abuse Division, 37% were women in FY2007. According to the National Center on Addiction and Substance Abuse at Columbia University, 92% of women experiencing substance abuse do not get treatment.

There are specific dangers for women who use or abuse drugs. Negative physical effects such as organ damage and central nervous system damage (e.g., cognitive dysfunction) occur more quickly in women once they start using than in men. The effects from substance use or abuse in women also tend to exhibit themselves in more of a psychiatric form, with examples being depression, sleep disturbance or anxiety. On top of this, women also experience higher rates of co-occurring disorders, where an individual experiences substance abuse and mental illness at the same time. While women are less likely than men to develop a substance abuse problem, when the problem does present itself, the effects on women tend to be more severe and laden with greater health and social consequences.

Trauma is a significant risk factor in women for substance abuse. Of women who do seek treatment for substance abuse, between 55% to 99% report being violently victimized in their lifetime. Severe experiences of early trauma (such as physical or sexual abuse) can alter brain functioning, making victims more susceptible to the effects of drugs, and more likely to become dependent on them.

Women experiencing intimate partner violence are two to four times more likely to have substance abuse problems than other women. This can lead to a self-perpetuating cycle in some women. When a woman experiences intimate partner violence, they are more likely to self-medicate with substances, which then in turn makes them more vulnerable to intimate partner violence. Another example of a violent cycle women can experience when abusing drugs is rape. Women who abuse drugs are more likely to be raped, and women who are raped are more

likely to be drug abusers (from three to ten times more likely as compared with women who weren't raped). Cycles like this can be devastating for women and their loved ones, especially if there is no type of therapeutic intervention.

Lesbians also face challenges with substance abuse issues. In general, substance use and abuse is more prevalent in the Lesbian, Gay, Bisexual, Transgender (LGBT) community than in the hetero population. One study found women reporting any female sexual partners as more likely than other women to have used marijuana, hallucinogens, cocaine, inhalants, sedatives, stimulants and tranquilizers. The interplay between the negative effects of experiencing homophobia and heterosexism, being a woman, and possibly being a woman of color present a complex and complicated situation for any one person to cope with.

Women with eating disorders are also dangerously vulnerable to substance abuse. It's suggested that all women who are screened or treated for eating disorders should also be screened for substance abuse, and visa-versa. Women especially experiencing bulimia nervosa, bingeing and purging anorexia are more vulnerable to substance abuse, in possible relation to the risky or impulsive behaviors associated with their eating disorder.

Women who do seek treatment face certain barriers not as commonly experienced by men. There are economic challenges, family responsibilities and increased feelings of stigma facing women seeking treatment. Here is a paraphrased list of valuable components of women-focused treatment from Dr. Kathleen Brady in the Journal of Women's Health:

- Additional clinical and social services that promotes treatment access, like child care and transportation.
- Addressing special needs of women like prenatal care, mental health and psychosocial education.
- A woman-only environment that encourages the exploration of sensitive issues in a safe place.
- Employ treatment strategies tailored to women, such as supportive group therapy, and emphasize self-worth and the multiple roles of women (mother, partner, friend).

While women do experience multiple barriers to treatment, if they successfully complete treatment they have better long-term recovery outcomes than men.

For all these reasons and many more, it is important to understand the special conditions and challenges facing women who abuse drugs. Look for this newsletter next quarter to learn about substance abuse and men.

Written by Alissa Schneider,
Prevention Resource Center Coordinator

(Information gathered from: Journal of Women's Health, Women Under the Influence, Alcohol Research and Health, Family & Community Health, International Journal of Eating Disorders, SAMHSA CSAT)

15 million women use illicit drugs in America.

-National Center on Addiction and Substance Abuse at Columbia University

Campaigns and Initiatives

Loathsome & Lethal:

Stop R.J. Reynolds from Marketing Cancer to Women & Girls!



When R.J. Reynolds introduced Camel No. 9 cigarettes in January 2007, it launched a marketing blitz to make smoking appear hip, fashionable and glamorous, with ads and marketing that attract both women & girls. With promotional giveaways including lip balm and "Rocker Girl" wristbands, and the slogan "Light and Luscious," R.J. Reynolds directly targets women and girls with their deadly product. The Campaign for Tobacco-Free Kids launched a national campaign to bring attention to, and action against R.J. Reynolds' Camel No. 9 cigarettes. Check out the campaign website to learn more and take action!

www.cancerno9.com



Call the Prevention Resource Center at 545-3228 x34 or 1-800-845-1946 x34. Print materials and mail-outs are FREE.



Funded by the Alcohol and Drug Abuse Division through Federal Substance Abuse Prevention and Treatment Block Grant Funds



Coalition for a Drug-Free Hawaii presents Girl Power 2007 In partnership with Sassy Magazine



Over 500 girls and women celebrated *Girl Power* on October 20, 2007, at the Hawai'i Convention Center. Lina-girl set the tone for a day filled with sisterhood and aloha.

A special mahalo to all the organizations and volunteers that shared resources about HIV/AIDS awareness, drug prevention, relationship safety, local culture, goal-setting, and healthy living. Thank you for investing in females and making a difference.

Girl Power is the gift we give to ourselves and the gift we give to our community. For more info on programs for girls, contact Melissa-Kim Tom at 545-3228 ext 40.



BIG dream

Marcie Uehara Herring, or Auntie Marcie as she is known to teens, launched her book "Swim With Your Current: A Girl's Guide To Riding The Waves Of Life."

This first-of-its-kind book is inspired by local girls in the islands and is featured in Sassy Magazine's read it section: *The ideal interactive workbook to help young females discover their inner "mermaid," ride the waves of life and discover the beauty within themselves. A HOT local best-seller.*

For more info about talking-story with the author or to order your copy of the book contact Double Talk Publishing at 681-6501.

Q: What's your BIG dream?

*"My big dream is to become a fashion designer for big boned girls like me and for them to feel be-you-ti-ful like me."
--Natasha, age 15*



Na hoku Hanohano

Award winner Paula Fuga sang soulful songs inspiring strength and courage from her CD "Lilikoi" and shared her personal story about faith and perseverance.

Q: How are you be-you-ti-ful?

*"Just to be myself and believe that I'm unique when I don't feel like it sometimes."
--Ululani, age 15*

my space

Grace Intelligenez premiered the original play "My Body, My Space," which follows a 16 year old local Filipino girl as she deals with meeting guys on myspace, her own sexuality and the issues she inherited from her mother and traditional Grandmother. The play explores the relationships between mothers and daughters—addressing topics that many local, Asian and Pacific Islander families dare not talk about but influences who we are as women. Mahalo to Playwright Grace Caligtan, Director Karen Loebel, and the cast and crew for an outstanding production. For more info on the play or workshops contact Grace at graceintelligenez@gmail.com.



Let us know how we're doing! Fill out an electronic newsletter evaluation form available in the [Links and Resources](#) section.

Drug-Free Hawai'i Awareness Month

February 2008

February is a time to increase awareness and take action against substance abuse. We encourage you, families, schools and communities to join together in activities to promote healthy, drug-free lifestyles.

8th Annual Backyard Jam

Join us for great music, great food, and great fun! This free event is an opportunity to learn about community organizations and share a fun day in the park with your family!

**Kapi'olani Park Bandstand
February 24, 12 - 5pm**



Web Links

www.ourbodiesourselves.org

Our Bodies Ourselves (OBOS), also known as the Boston Women's Health Book Collective (BWHBC), is a nonprofit, public interest women's health education, advocacy, and consulting organization. OBOS provides clear, truthful information about health, sexuality and reproduction from a feminist and consumer perspective.

www.womenssportsfoundation.org

"When our girls and young women are active in sports they can learn useful skills like teamwork and leadership and build the self-confidence they need to succeed in life." The mission at the Women's Sports Foundation is simple: to advance the lives of girls and women through sport and physical activity.

www.hscadv.org

The Hawaii State Coalition Against Domestic Violence (HSCADV) is a private, not-for-profit organization. As a state-wide coalition of domestic violence programs, their mission is to ensure the safety and protection of women in intimate relationships by coordinating domestic violence prevention and intervention services, affecting public policy, and establishing coordinated and consistent procedures and actions by the civil and criminal justice systems in Hawaii.

**ADAD
Substance Abuse
Prevention Specialist
Training**
Hilo, March 2007
Contact Ralph Marsh,
808-692-7540,
for more information

For information on trainings approved by the State Alcohol and Drug Abuse Division:
(808) 692-7506
<http://www.state.hi.us/health/>



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Prevention Through Education

Drug-Free Hawaii

C O A L I T I O N F O R A