

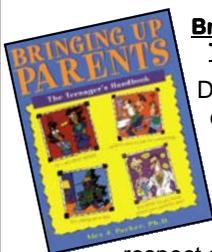


WHAT'S NEW!

Methamphetamine: Neurochemistry And Recovery



This powerful video examines the ways methamphetamine changes the brain both chemically and structurally and how these changes interfere with the recovery process. Easy to understand animations show what happens to a user's brain when the drug is introduced, and brain scans illustrate what happens as the user comes off the drug. Compelling interviews with people in recovery along with treatment professionals present a realistic picture of the challenges inherent in recovery, stress the need for patience, and present a profound sense of hope.

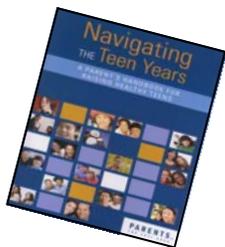


Bringing Up Parents: The Teenager's Handbook

Do you wish things were different around your house, with more fun and fewer fights, more freedom and less frustration, more respect and fewer rules? With helpful strategies, tips and techniques, teens can learn how to "bring up" their parents to be people who trust them, listen to them, respect their opinions, accept their feelings, and let them be themselves. Teens will feel empowered to help to create a healthier, happier home environment for everyone.

Straight talk, specific suggestions, lots of ideas, and laughs- that's what you'll find in the book that helps teens raise parents who act like adults.

Navigating the Teen Years



Research shows that kids who learn from their parents about the dangers of ATOD, dangerous driving and other risky behaviors are less likely to engage in them. This booklet provides information and expert advice on setting expectations and rules, monitoring your teen, and being a good role model, with suggestions for actions to take daily, weekly or monthly. Whether you are a mom or dad, grandparent or other caregiver, this handbook provides tips and advice that you can use.

KAVA: LOSING TRADITION THROUGH ABUSE

By:
Jesseka
Hoerdeman

If you have ever lived in Hawaii, or anywhere in the Pacific Islands, you have most likely heard of or experienced the drinking of kava (or `awa). You may be aware of kava's background, its use in ceremonial practices, its medicinal aspects or have seen friends or family drinking it for leisure. You may have also heard of positive effects or uses of this root. But unfortunately, little is said about the negative side of kava use and the detrimental side effects on the body, spirit and family.

Kava is a completely legal substance that can be purchased at many health food and local stores. It is advertised as an "all natural" plant that is valuable for ceremonial as well as medicinal purposes. This positive advertising creates a prevalent denial of kava abuse and its possible harm.

Europeans first made contact with the Pacific Islands and kava back in the 18th century. It was then discovered that this brown, bitter brew that is ground/pound by hand or chewed then soaked in water was essential in ceremonial religious, social and political events. Today, kava is most prevalent in Western Polynesia, namely Hawaii, Fiji, Tonga and Samoa.

The root's traditional purposes include: divination ceremonies, initiation of young girls into traditional hula and chanting, naming of children one year old, consecrating of a male child, welcoming honored guests, consumption in preparation and completion of important events or work, validating status and observing births, marriage, or death. Kava consumption has been compared to the use of peyote in Native American culture, opium in the Middle East and Asia and chewing of coca leaves in Peru. All of these herbs share an important sociological role and are seen as very similar.

All this may sound positive and harmless, however, though relatively safe in moderation, the following list is only a few of the possible complications from overindulgence in kava:

- Shortness of breath
- Dry, yellow scaly skin (known as kava dermatopathy)
- Liver damage that progresses into liver failure, hepatitis and cirrhosis
- Alterations in blood cells and platelets
- Weakness or paralysis of muscles
- Dizziness
- Mild gastrointestinal disturbance
- Temporary discoloration of skin, hair and nails
- Nausea, vomiting, light-colored stools, unusual tiredness, weakness, stomach or abdominal pain, and loss of appetite

Do these side effects sound familiar? They should. The abuse of kava most resembles that of alcohol. Multiple cases have been reported of daily kava drinkers developing pancreatitis, liver failure and addiction. These individuals are non-alcohol drinkers. Another study indicates that the higher frequency of kava use positively correlates with increase in occurrence of skin rash, abnormal lymphocyte count and abnormal liver enzymes. It is also recommended that kava not be taken by pregnant or breast-feeding women, Alzheimer or Parkinson's patients and those wishing to drive or operate heavy machinery. Suddenly this social drink is not sounding as harmless.

While the prevalence of these diseases is still relatively low, it is definitely a cause for concern because recreational abuse is on a steady incline. Kava has been recently popping up all over the map in non-controlled, recreational atmospheres. The amount of consumption of kava has increased exponentially, and users are also combining it with other substances that alter the potency and side effects of the drink.

For example, when combined with alcohol, the effects are intensified, wreaking havoc on the liver. A 2000 study on the harmful effects of kava found that there is a very strong link between kava and alcohol and tobacco use. 42% of kava drinkers admitted to smoking *more* while drinking kava and the practice of drinking 3 to 4 beers after a kava session is so prevalent it has its own name: *kale*. This lethal combination of substances not only has very adverse side effects on the body but it normalizes the routine use of alcohol and tobacco to teens and young children. The impact of kava use on the family has not surfaced until recently, but deserves our immediate attention. Kava has been linked to recent family issues mainly because of the many hours spent at either kava bars or other establishments serving kava. In a recent study, over 90% of non-kava drinking family members agreed with the following statements: *Kava takes time away from the family. Kava takes money away from the family. Kava creates unnecessary conflict within the family.*

What is the bottom line for kava use? Is it safe, is it dangerous? In summary, kava used in moderation, in a safe, controlled atmosphere, by adults, has been shown to only produce mild side effects. The danger arises when sporadic use becomes a habit; and when kava is combined with tobacco and alcohol and experimented with by teenagers. **Bottom line:** let's keep kava how it was originally intended, to aid in the celebration of a meaningful event. Let's not abuse this ancient custom!

A new informational brochure on kava is now available in the PRC, please contact the **R.A.D.A.R. Network - Prevention Resource Center at (808) 545-3228 ext. 34.**
www.drugfreehawaii.org

Call the PRC at
545-3228 x34 or
1-800-845-1946 x34
print materials are free
mail-outs are also free



HAWAII STATE DEPARTMENT OF HEALTH
HEALTHY PEOPLE-HEALTHY COMMUNITIES-HEALTHY ISLANDS
Alcohol and Drug Abuse Division
through Federal Substance Abuse Prevention
and Treatment Block Grant Funds

Campaigns and Initiatives

S.T.A.N.D. (Students Taking Action Not Drugs) is a division of the Drug Free America Foundation, Inc. and was created to educate university students about the dangers of addictive drugs and to mobilize them to reduce drug abuse on their campuses. S.T.A.N.D.'s mission is to create a unique, professionally-designed public relations campaign and website to address university student concerns about the drug and alcohol problem at college campuses. S.T.A.N.D. is a project funded by the National Institutes of Health. For more information please visit:

www.studentstakingaction.org





Web Links

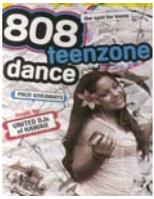
MADD Youth In Action!

Read about what we've been up to in 2006!



MADD Hawaii Multimedia Assemblies!

During the months of February, March, and April, over 45 schools in the state were host to these assembly shows on 3 giant screens. Addressing underage drinking and related issues, elementary schools were treated to the 25-minute "Superhero," while middle and high schools enjoyed the 35-minute "The Spot." Approximately 25,000 students participated! The kickoff was held at St. Francis School by special guests Lt. Governor Aiona, Keith Yamamoto (ADAD), Alan Yamamoto (ADAD), and Arianna Tyler (YIA member). "The Spot" also visited Kaneohe Marine Corps Base and the Stomp Out Underage Drinking Conference.



808 Teen Zone Dance!

On Sundays June 4th and 11th at the 50th State Fair, Aloha Stadium was the spot for teens! Approximately 500 youth attended the alcohol-free dance, which featured music by United DJs of Hawaii and great prize giveaways.

UMADD Training

UMADD is a campus-based student organization made up of student and campus leaders concerned about underage drinking, high-risk driving, impaired driving, and dedicated to finding solutions to these problems. James Bryant, Youth Program Specialist from the MADD national office facilitated a training on May 19th and 20th at the Sheraton Waikiki Hotel for students and staff from the University of Hawaii at Manoa, University of Hawaii at Hilo, and Chaminade University.



www.notmykid.org

Not My Kid, Inc.

This website is funded by a national non-profit organization that is devoted to educating individuals and communities about behavioral health issues facing our teens today. Their belief is that through education we can achieve prevention. In this site you can find personal stories of struggle and renewed hope from peer facilitators as well as interactive educational forums addressing topics such as drug abuse, eating disorders, depression, and other behavioral health issues.

www.connectforkids.org

The Cool Spot: The Young Teen's Place for Info on Resisting Alcohol and Peer Pressure

Connect for Kids makes the best use of communications technologies to give parents, guardians, educators, advocates, and others – the tools and information they need to improve the lives of children, youth and families. CFK Weekly provides the latest and most relevant information and resources on children's issues. Each week, child advocates and organizations working on behalf of children and families are updated on the most up-to-date news, research and information on issues of concern. Check out this website to subscribe.

www.freevibe.com

Freevibe.

Freevibe is a site for teenage kids interested in drug facts, risks, and learning about how drugs affect the body both physically and mentally. An ongoing discussion board invites individuals to anonymously share their stories of hardship and struggle and provide encouragement and advice to others. The site's focus is not only on prevention and education but treatment and support, with stories of influential individuals in society and relates them to issues many young adults face today.

Upcoming Trainings

Adolescent Development

with Shannon Simonelli, Ph. D.

Date: September 14, 2006
Location: Tokai University Pacific Center, 2241 Kapiolani Blvd., 19th Flr. Conf. Room
Time: 9:00 a.m. – 4:30 p.m. (8:00 registration)
Contact: Lilia Galivo, ADAD: 692-7522 (v) or 692-7524 (TTY) by Sept. 7, 2006

For more information on courses offered and accredited by the Department of Health, Alcohol and Drug Abuse Division (ADAD) please call (808) 692-7506, or visit their website: <http://www.state.hi.us/health/>



Newsletter published by the Coalition for a Drug-Free Hawaii.



Prevention Resource Center
 1130 North Nimitz Highway, Suite A259
 Honolulu, Hawaii 96817



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