



# R.A.D.A.R. Network Prevention Resource Center

March 2007  
Volume 4, Issue 3

"Where Knowledge is Key to a Healthy and Drug-Free Environment"

## WHAT'S NEW!

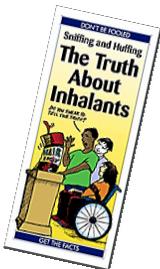
### A&E INTERVENTION (DVD series)

Intervention™ is a powerful and gripping series in which people confront their darkest demons and seek a route to redemption. The series profiles people whose dependence on drugs and alcohol or other compulsive behavior has brought them to a point of personal crisis and estranged them from their friends and loved ones. Each episode ends with a surprise intervention that is staged by the family and friends of the addict, and which is conducted by one of four specialists. Intervention™ also raises awareness about the alternatives and treatment options available to those who suffer from an addiction, and gives hope to families who have nowhere left to turn.



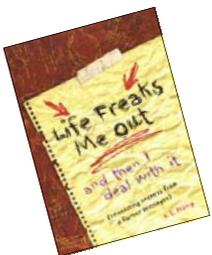
### Sniffing and Huffing: The Truth About Inhalants (brochure)

Discourage inhalant use with this creative and informative pamphlet, which gives easy-to-understand descriptions of inhalants and is geared toward elementary- and middle-school-age kids. This pamphlet provides young people with information about what inhalants are and why they are so dangerous.



### Life Freaks Me Out and Then I Deal With It (book)

Turbulent. Exhilarating. Confusing. Real. These words describe what Life Freaks Me Out is all about—living, being, and growing up as a teen. Forget the fluff; this down-to-earth memoir touches on hard-hitting issues—drugs, alcohol, self-esteem, relationships, sex—to emphasize to today's teens the power of choice, and the importance of finding their own values and truths as they grow up. Author K. L. Hong takes readers on a candid journey of her own teen years (and the years since), offering young people guidance on answering life's big questions: Who am I? What's important to me? What am I called to do on this planet? Each chapter focuses on one important "truth" the author has gleaned from a variety of sources and life experiences. For any teenager who has ever thought, Sometimes life DOES freak me out!, this book will be a warm confidant, caring guide, and a compassionate friend.



-taken from Search Institute online description



## Inhaling the Devil

By:  
Jesseka  
Hoerdeman

When you hear the term *drug addict*, you usually don't think of someone *inhaling a perfectly legal substance*, yet by intentionally breathing in a variety of toxic fumes, individuals are "huffing" and "sniffing" their way to certain bodily harm or even death.

Today there are over 1,000 different products that are commonly abused to get high. Because inhalants are so readily available and easily accessible, the age group of abusers seems to get progressively younger. In the United States, almost half a million young people use inhalants in any given month. In 2000 alone, more than 2 million youth age 12 to 17 reported using inhalants at least once in their life, and it is not uncommon to see children as young as elementary school age involved with inhalant abuse. They begin sniffing or huffing because they enjoy the high, and they are unable to comprehend that a legal household product can harm them. Many start because of peer pressure from their friends, curiosity, or low self esteem, and once they are hooked on the high, it's not easy to quit.

Some of the most popular products inhaled by individuals are the following:

- glue
- nail polish remover
- paint products
- hair spray
- gasoline
- markers
- air conditioning coolants
- lighter fluid
- gases
- cleaning agents
- aerosol sprays



A "Whip-it," or nitrous oxide like you get at the dentist's office, is also considered an inhalant. It can be bought at smoke shops and even at the grocery store in cans of whipped cream, it can be abused in a variety of different ways. For example, commercially-available nitrous oxide cartridges are opened and the gas is directed into a balloon which is then used by teenagers to inhale the nitrous oxide. Many abusers soak a rag or a portion of their clothing in a chemical, hold it to their face, and huff the fumes throughout the day. The chemicals can also be poured or sprayed into a bag or container that will concentrate the fumes and allow them to be inhaled through the nose and/or mouth. The abuser will then stick their nose into the container, inhale the fumes, and hold them inside as long as they can. This ensures that the fumes are absorbed as much as possible into the body.

The rapid high caused by inhalants mirrors alcohol intoxication because the chemicals are soaked into the lungs then directly into the bloodstream. When the high wears off the abuser is left with feelings of nausea and lightheadedness, drowsiness, depression or even unconsciousness.

The following signs may indicate inhalant abuse:

- paint or stains on the body, clothing, rags or bags
- red or runny eyes or nose
- spots or sores on mouth
- chemical odor on cloths
- slurred speech
- drunk or dizzy behavior
- missing household cleaning items
- anxiety or restlessness



The side effects of inhalant abuse can be devastating. Unlike other drugs that youth may experiment with at an early age, such as tobacco, you can die instantly from abusing inhalants. You can die from one sniff or one huff, even if it is your first time. This instant death is called "sudden sniffing death"

and is caused by suffocation due to a lack of oxygen to the brain and a disturbance of the heart's rhythm.

Other causes of death can be suffocation due to passing out with a plastic bag covering the person's nose and mouth, choking on vomit, or having an acute heart attack- cardiac arrhythmia-where your heart simply stops beating. The repeated and long term abuse of the above chemicals results in shocking trauma to the body of an otherwise healthy young person, which can include hearing loss, limb spasms, bone marrow, liver and kidney damage, muscle weakness and nerve fiber destruction.

The effect of inhalants on the brain is almost immediate. Some of the vapors that are inhaled may leave the body quickly, but others will remain for a long time. The fatty tissues protecting the nerve cells in the brain are destroyed by these inhalant vapors. The fatty sheaths around the nerve cells are called myelin. Destruction of myelin slows down or even stops neural transmissions. Halted neural transmission produces side effects that include diminished ability to learn, remember, and solve problems. These side effects are detrimental to school aged youth who may never be able to develop and learn at the rate of their peers.

If you have any questions about the dangers of inhalants, please contact the R.A.D.A.R. Network- Prevention Resource Center (PRC) at (808) 545-3228 x 34.

You may also visit our website at:  
[www.drugfreehawaii.org](http://www.drugfreehawaii.org)

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



KEEP OUR FUTURE GROWING:  
END UNDERAGE DRINKING

April is **Alcohol Awareness Month**, sponsored by the National Council on Alcoholism and Drug Dependence, Inc. Since 1987, they have encouraged local communities to focus on alcohol-related issues. This campaign began as a way of reaching the American public with information about the disease of alcoholism. NCADD has collaborated with organizations such as The Leadership to Keep Children Alcohol Free, Federal agencies, and public and private groups focused on preventing the use of alcohol by children ages 9 to 15. Check out NCADD's website for ideas on how you can be involved:

[www.ncadd.org](http://www.ncadd.org)





# Web Links



Coalition for a Drug-Free Hawaii, Department of Health Alcohol and Drug Abuse Division, Kalaheo High School, University of Hawaii, Starr Seigle Communications and Sassy & G Magazine have teamed up to implement a social norms media campaign at Kalaheo High School.

The **social norms** approach advocates that if students believe that many of their peers are using drugs (50% and more); they may feel more pressure to use themselves. The problem isn't *peer pressure* anymore, its *self pressure* from untrue assumptions. The ultimate goal of the **KNOW BETTER** campaign was to reduce and prevent ecstasy and other club drug use at Kalaheo High School by increasing awareness about Kalaheo student's *skewed* perception of their peer's drug usage.

**7 out of 10 Kalaheo Students are DRUG FREE** is a statistic that was taken from a survey that was conducted last year in March 2006 for 9<sup>th</sup> – 12<sup>th</sup> grade students.

The catchy tagline **KNOW BETTER** was used throughout the campaign to help familiarize Kalaheo students with positive messages to correct inflated perceptions of peer drug use. If we can continue to show Kalaheo students that the **minority** of students are actually using (less than 50%), we relieve some of the pressure that is on them to use. We are showing them that it is actually the **majority** (more than 50%) that is **NOT** using drugs.

**What we must remember is that if we convince just one student that they don't have to use drugs and alcohol to fit in with the crowd, we have made a difference!**

## checkyourself.com

*A Place for teens to check where they are with drugs and alcohol*

CheckYourself.com is a unique resource. It's a place for older teens to think in a focused way about their relationship with drugs and alcohol, and invites them to consider whether their substance use risks turning into a problem for them. The site allows visitors to "look in the mirror" by answering quiz questions about their lifestyle, reading first-person stories, communicating with other teens, and playing decision games to see how they might act in situations involving drugs and alcohol.

## inhalants.org

*National Inhalant Prevention Coalition*

The NIPC serves as an inhalant referral and information clearinghouse, stimulates media coverage about inhalant issues, develops informational materials, produces *ViewPoint* (a quarterly newsletter), provides training and technical assistance and leads a week-long national grassroots inhalant education and awareness campaign.

## teencentral.net

*Totally Real. Totally Anonymous. Totally for Teens*

- Anonymous Help-line web site
- For teens, by teens just like you!
- Developed by experts in teen counseling and psychology
- Professionally monitored
- A password-protected, safe cyber-space for teens to work out their issues
- Brought to you by KidsPeace, the leader in teen crisis counseling

# Training Update

On February 6-9, 2007 30 participants representing 13 organizations attended the **Substance Abuse Prevention Specialist Training (SAPST)**. About 16 participants joined together to form a training group to offer additional SAPST training and to address current substance abuse prevention provider needs. For more information please contact Alan Yamamoto (ADAD) at 692-7540 or Michelle Park (CDFH) at 545-3228 ext. 37.

## Kalihi Sunset in the Park

**Date:** Saturday, May 19th and Sunday, May 20th 2007  
**Time:** 11:00am to 10:00pm  
**Location:** Kalakaua District Park  
**Information:** Come and join our **FUN AND FREE EVENT** with a nightly movie, Keiki Village, Teen Zone, Drug Prevention and Family Resource tent, community entertainers, food and craft vendors and much more.

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/>



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