



Hawai'i Regional Alcohol & Drug Awareness Resource Network Newsletter

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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.



Small Town Ecstasy: Getting High With Dad

DVD & VHS

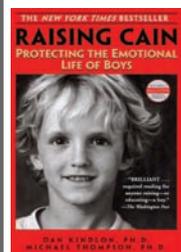
This cautionary program pulls no punches as it tracks the downward spiral of a successful suburban husband and father who, at 40, becomes addicted to the drug ecstasy and ruins his family and marriage. A powerfully unsettling firsthand account of middle-class drug abuse, the program documents Scott's dive into the rave scene, where he encourages his teenage children to do drugs with him; his acrimonious divorce and custody battle; his arrest on drug charges; and his children's fruitless attempt to help him get straight. The emotional devastation and brain damage resulting from drug abuse are emphasized. Viewer discretion is advised.

About Drug Addiction

Brochure

This comprehensive and straightforward brochure answers common questions about drug addiction and explains how addiction happens. It discusses common addictive drugs and the pamphlet opens up to display the stages of addiction and recovery. Readers will also learn the issues of denial, withdrawal and relapse in relation to drug addiction.

about drug addiction



Raising Cain: Exploring the Inner Lives of American Boys

Book & DVD

What can we do to keep boys from growing into men who are stoic, silent and explosive? Two of the country's leading psychologists reveal a nation of boys who are hurting—sad, afraid, angry, and silent. The two authors illuminate the forces that threaten our boys, teaching them to believe that "cool" equals macho strength and stoicism. Cutting through outdated theories of "mother blame," "boy biology," and "testosterone," the authors shed light on the destructive emotional training our boys receive—the emotional miseducation of boys.

MEN & SUBSTANCE ABUSE

Last newsletter issue we looked at the topic of women and substance abuse, and the importance of gender differentiation when understanding addiction, treatment and risk factors. Examining men and substance abuse is also a crucial piece of the puzzle. Generally, across the board men are dependent or abuse substances at greater rates than women. In Hawaii, 63% of treatment admissions to facilities funded by the state Alcohol and Drug Abuse Division (ADAD) were men in FY06-07. Also, the last Hawaii teen Alcohol, Tobacco and Other Drug (ATOD) Use Study, done in 2003, showed teen males had a 29% greater usage rate of any illicit drug in the last 30 days compared to teen females.

Some physical differences in substance abuse and addiction among men come with the severity of use generally being higher than women. Men tend to have a higher degree of alcohol dependence, and are more likely to have co-occurring alcohol problems when they are dependent on cocaine or heroin. One study found that men are also more likely to abuse amphetamines (speed, ice, etc.) than women. While depression is common in those abusing cocaine, for men depression is more likely to manifest after their drug use, where women tend to suffer from depression before their drug use (suggesting self-medication in women). Researchers say the difference could be the amount of cocaine used (men tend to use more) resulting in more damage to the brain, but cannot say for sure. Again, with cocaine, the risk for stroke and negative brain effects are greater for men.

Violence is often linked to men and substance abuse, sometimes to a fault. Use of illicit drugs has been strongly associated with intimate partner homicide, and while this is alarming, male unemployment was much more strongly associated with intimate partner homicide. However, we also see that the

average frequency of partner sexual abuse is higher with men in substance abuse treatment than with men in treatment for violent behaviors. Men who are dependent or abuse substances are also generally more linked to criminality and criminal activities.

Research finds that male retention and completion of substance abuse treatment programs isn't affected by single gender treatment schemes, whereas this is a powerful tool for women in treatment. Also, men are more likely to enter treatment under legal pressures, such as being court ordered by a judge; likely a result of the higher rates of criminality mentioned above.

Relapse for men in recovery can also follow different patterns. Men in recovery are at a higher risk for relapse when in positive situations. Where women tend to relapse due to negative life events, men are more likely to relapse when things are going well or they are feeling good, perhaps promoting feelings of "I can handle" or rewarding themselves. In situations like this when relapse does occur men tend to rationalize and attempt to justify their behavior more than women.

Men face unique challenges with substance abuse and the few issues discussed here are merely the tip of the iceberg. While research and trends can give us hints how to prevent and treat substance abuse problems with men and women, they cannot provide the entire answer. We are individuals and experience substance abuse as individuals; one answer does not fit all. This type of general knowledge is meant to form a foundation for personal action and prevention efforts when we encounter the issues of substance abuse in our lives.

Written by Alissa Schneider, Prevention Resource Center Coordinator

(Information gathered from: Doherty & Szalay, 2001; NIDA; McMahon, Rounsaville & Winkel, 2007; Family Violence Prevention Fund)

Masculinity & Boys

It is suggested that the gender difference in substance abuse is due to the different role expectations and societal tolerance of deviant behaviors for men and women. If this is true, then what are a couple of the traditional expectations of masculinity for growing boys?

- Always be independent
- Fear and vulnerability are for wimps
- Natural boy talk = bullying & teasing

Expectations such as this can excuse boys for their behaviors at the least, and encourage them at the worst. Keeping them in such a small box of masculinity and "macho-ness" hurts boys and the people in their lives. For information on transforming expectations for boys read *Real Boys Workbook* (Pollack & Cushman 2001, bulleted list from pg xxii) or view *Tough Guise* (Katz 1999), both available in the PRC lending library.

FATHERHOOD & ALCOHOL ABUSE DON'T MIX!

ONE STUDY FOUND DADS WHO ABUSED ALCOHOL, AS COMPARED TO DADS NOT ABUSING ALCOHOL,

- GAVE MORE NEGATIVE ATTENTION TOWARD THEIR KIDS
- HAD MORE NEGATIVE EMOTIONS DURING FATHER/CHILD INTERACTIONS
- HAD LESS POSITIVE EMOTIONS DURING FATHER/CHILD INTERACTIONS
- HAD A MORE TENUOUS ATTACHMENT WITH THEIR CHILDREN.

CAMPAIGNS AND INITIATIVES

April is Alcohol Awareness Month

Sometimes when people think of alcohol abusers, they picture teenagers sneaking drinks before high school football games or at unsupervised parties. However, alcohol abuse is prevalent within many demographic groups in the United States. People who abuse alcohol can be college students, pregnant women, professionals as well as senior citizens. To recognize the serious problem of alcohol abuse, April is designated as "Alcohol Awareness Month." The campaign website provides links to resources for many populations from teens to older adults. Locally, Town Hall meetings will be held around Hawaii about the subject of preventing underage drinking (see reverse for more information).

ncadi.samhsa.gov/seasonal/aprilalcohol/



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



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

YOU'RE INVITED!

Underage Drinking Prevention Town Hall Meetings

Underage drinking continues to be a leading public health problem in the United States. Alcohol use threatens the safe and healthy development of more young people than any other substance—even more than tobacco and illicit drugs!

These Town Hall Meetings are part of a national effort to increase understanding and awareness of underage drinking and its consequences, and to encourage individuals, families, and communities to address the problem. The meetings are open to everyone—youth, parents, teachers, community members—everyone!

Get involved & make a difference for Hawaii's communities!

Date & Time	Location	Contact
March 31, 6pm	Hickam Theater	Hickam EUDL Project, 218-8492
April 2, 6pm	Farrington High School	Coalition for a Drug-Free Hawaii, 545-3228 x37
	Waipahu Intermediate School Cafeteria (5:30)	WCA Weed & Seed, 677-6939 x25
	Wailuku, Maui; Neighborhood Place of Wailuku	Maui-HPPUD, 270-7805
	Kapolei High School	Kapolei Parents Association, 497-5948
April 3, 6pm	Kona	About Face Program, 936-1991
	Windward Community College (Hale Akoakoa Room 105)	Community Works 96744, 235-7747
	Kauai, War Memorial Convention Center	Anti-Drug Program, 241-6647
April 4, 5:45pm	Waianae High School Cafeteria	Representative Karen Awana, 586-8465

WE B L I N K S

www.dadds.ws

Dads Against Doing Drugs (DADDS) mission is to organize a foundation of fathers to provide a positive role model by applying positive actions for safer neighborhoods and communities free from drugs. This network of fathers is to be placed strategically in perpetuating strong and healthy communities. DADDS is a 4-part fold in Prevention, Intervention, Rehabilitation and Revitalization. The DADDS organization is a community of fathers and fathers to be who are willing to make a difference in the lives of our keiki in the State of Hawai'i and across our vast nation.

www.mentalhealth.samhsa.gov/dadsarechamps

This project in Baltimore Maryland has been created to raise awareness about the importance of fathers and male care givers spending time each day listening and talking with their children. The listening Dads Are Champs project is part of the national campaign 15+ Make Time to Listen, Take Time to Talk which involves mothers, fathers, and care givers of children throughout the country.

www.niaaa.nih.gov

The National Institute on Alcohol Abuse and Alcoholism has been created to support and promote the best science on alcohol and health for the benefit of all by: increasing the understanding of normal and abnormal biological functions and behavior relating to alcohol use, improving the diagnosis, prevention and treatment of alcohol use disorders, and enhancing quality of care.

Addiction Severity Index (ASI) Training Sponsored by ADAD

Audience: Professionals in mental health & substance abuse
Date & Location: April 14-15, 8:30 - 4:00, Tokai University
Cost: \$40 including refreshments, parking & lunch
Registration Deadline: March 28, or first 75 registrants
Contact: Lilia Calivo, 692-7522

2008 Prevent Child Abuse Hawaii Conference Connecting . . . Communities. Families. Children. April 7, 2008 at Neal S. Blaisdell Center

Please register online at www.ivatcenters.org.
Contact Prevent Child Abuse Hawaii at 951-0200 or Aileen Deese at adeese@preventchildabusehawaii.org about available registration and air scholarships.



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