

Hawai'i Regional Alcohol & Drug Awareness Resource (RADAR) Network

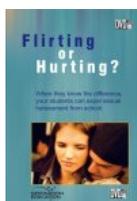


September 2009
Volume 7, Issue 1

Distributed by The Coalition for a Drug-Free Hawaii, 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 prevention, treatment, recovery and other related issues. This is accompanied by a clearinghouse of free information brochures and other handouts.



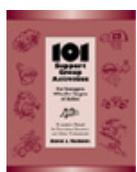
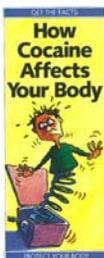
Flirting or Hurting (DVD)

Whether you're a teacher, guidance counselor, or school administrator, this video provides a safe and comfortable forum for discussing sexual harassment with your students. Using a common sense approach, *Hurting or Flirting*, helps students distinguish between harmless flirting and offensive behavior. The 60-minute video is composed of the following segments: What is Sexual Harassment?, Stopping Sexual Harassment and the Video Teacher Guide.

(Summary from DVD cover)

How Cocaine Affects Your Body (brochure)

Cocaine and crack are highly addictive stimulants that wreak havoc on many organs and systems in the human body. Here's a sobering look at the serious harm-including death-caused by cocaine. While people may use cocaine to make themselves feel better, this pamphlet details the many damaging effects of cocaine that will leave users feeling anything but good.



101 Support Group Activities For Teenagers Who Are Targets of Bullies (Book, 2002)

This activity guide helps teens express their feelings and learn survival skills when in emotionally violent settings. Developmentally appropriate for thirteen to nineteen-year-olds. The activities can also be adapted for younger ages. If you work in treatment, aftercare, group settings, or individual therapy, this book will be a valuable resource.

Based on feedback from RADAR Newsletter readers, this issue features highlights of past articles on three topics of high interest.

Find the full text of these articles at

<http://www.drugfreehawaii.org/Prevention/resource.aspx>

OTC & Rx Drugs on the Rise

OTC drugs

Dextromethorphan, commonly called DXM, is a cough suppressant found in syrups, pills and lozenges. Any product with "DM" or "Tuss" in the name contain DXM. It can be called *robo-tripping*, *skittling*, *DM*, *triple-c* or *red devils*. DXM causes dissociative and hallucinogenic feelings in those abusing it; some have compared the feeling to the effects of PCP or ketamine. Effects from DXM can sometimes last up to six hours and include fever and sweating, nausea, headache and other ill effects.

For all OTC abuse, essentially the user is overdosing on the substance in order to get high. This can mean drinking an entire bottle of cough syrup or taking an entire blister sheet of pills. Side effects of OD-ing can include vomiting, liver damage, seizures and coma.

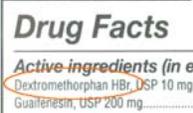
Rx Drugs

While Rx drugs are designed to be for specific individuals with a medical need, their abuse grows across the nation. According to the Substance Abuse and Mental Health Services Administration (SAMHSA) young adult use of Rx drugs for non-medical reasons increased from 2002 to 2006, where other drug use rates dropped or stayed the same. Hawaii has seen non-significant statistical rises in non-medical pain reliever use since 2004.

The Rx drugs often abused include those for ADHD (stimulants), anxiety (sedatives) or pain (opioid based). The abuse of Rx pain drugs is especially dangerous because of their opioid base; other drugs with opioid bases include heroin, methadone, morphine and codine.



By: Alissa Schneider, June 2007



KAVA: Losing Tradition Through Abuse



You may be aware of kava's background—its use in ceremonial practices, medicinal aspects or have seen friends or family drinking it for leisure. You may have also heard of the positive effects and 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 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.

The following list is only a few of the possible complications from overindulgence in kava:

- Dry, yellow scaly skin (known as kava dermatopathy)
- Liver damage
- 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, loss of appetite

The abuse of kava most resembles that of alcohol. 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 the occurrence of skin rash, abnormal lymphocyte count and abnormal liver enzymes. Suddenly this social drink is not sounding as harmless.

By: Jesseka Hoerdeman, June 2006



Not Just an Energy Drink Anymore



Modern energy drinks create an alcohol distributor's dream: a legal stimulant that masks alcohol's **depressing side effects** for up to 12 hours and costs anywhere from \$7-\$10 a pop. The individual feels super-human and is unable to recognize their own body signals trying to tell them they've had enough to drink.

Websites and commercials promote these drinks as healthy stimulants that improve performance, increase concentration and stimulate metabolism. They neglect to mention the **jitters, anxiety, increased blood pressure and heart rate, and extreme dehydration** often experienced by consumers. *Red Bull* and other sweet-tasting drinks change the flavor of alcohol, producing a more appealing taste. This has led to an increase in younger consumers who typically do not enjoy the taste of strong hard liquor alone.

By: Jesseka Hoerdeman, December 2006

Contact the Prevention Resource Center
545-3228 x34
1-800-845-1946 x34
prc@drugfreehawaii.org
Resources are free!

The Coalition for a Drug-Free Hawaii is a non-profit organization that provides innovative programs & services to help keep Hawai'i children & families healthy, strong & resilient.



Family Day: A day to eat dinner with your children

Whether you're cooking a gourmet meal, ordering food from your favorite take-out place or eating on the go, rest assured that what your kids really want during dinnertime is YOU! Family meals are the perfect time to talk to your kids and to listen to what's on their mind. The more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs.

Be sure to take time on Monday, September 28th to have a meal with your family!

casafamilyday.org





A Violence Prevention Program for Hawaii's Youth

The Second Step program is an afterschool prevention program that empowers children to change attitudes and behaviors that contribute to violence. The curriculum and family program works with students and families to recognize their feelings and the feelings of others, manage anger and negative impulses, as well as reduce aggression and violent behavior.

The Second Step Program works because:

- Students are taught about interpersonal relationships, anger management, problem solving through cultural learning tools, and important life and social skills.
- Students engage in role-plays that teach them how to respond to others and practice skills.
- Families are involved in family nights that provide parents with support and skills to reinforce the lessons on empathy, anger management, and reducing impulsivity at home.

Second Step in the community

Second Step is currently being implemented in the Kalihi community at select elementary and middle schools. During fall and spring breaks Second Step Hawaii offers a free sports camp for Kalihi youth. The program also works to encourage youth community involvement through service projects throughout Kalihi.



Web Links

Pacer.org/bullying

It takes a community to prevent bullying of children. The Fourth Annual National Bullying Prevention Awareness Week, Oct 4-10, 2009 encourages communities nationwide to work together to increase awareness of the prevalence and impact of bullying on all children. PACER has designed free web sites, downloadable activities and helpful information to engage and educate children about bullying prevention in grades K- 12.

Stopmedicineabuse.org

StopMedicineAbuse.org was developed by the leading makers of OTC cough medicines to build awareness about this type of substance abuse behavior, provide tips to prevent it from happening, and encourage parents to safeguard their medicine cabinets.

www.drugabuse.gov/chat/

November 10, 2009 is the National Institute on Drug Abuse (NIDA) Drug Fact Chat Day. For the third year in a row, top scientists from NIDA, the lead Federal agency for research on drug abuse and addiction, will be available to answer online questions from students and teachers about drugs and their impact on the brain and body. This is available for everyone to use as a learning tool in a view-only, real-time format, but only classes that register will be able to submit questions.

Hawaii's 1st REAL Young Adult Tobacco Control Summit

November 7—8, 2009 on Oahu

Open to 18—24 year olds

To register contact Nicole at 441-8195 or real@crch.hawaii.edu

Hosted by REAL: Hawaii Youth Movement
Exposing the Tobacco Industry

www.therealmessagene.net

For information on trainings offered or approved by the State Alcohol and Drug Abuse Division

call: (808) 692-7506

Or visit: hawaii.gov/health/substance-abuse/training/index.html