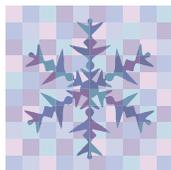

Parenting for Prevention

Student Assistance Services Corp., 660 White Plains Road, Tarrytown, New York, 10591, February, 2014



Snow, Snow and More Snow

Well, we all know that this has been one of the most challenging winters in this country in years. Snow arriving every few days, freezing temperatures, icy roads and sidewalks and unprecedented school and office closings.

Yet, in the midst of all the challenges there were opportunities. And I would say that is the hallmark of our prevention initiatives, always opportunities and always challenges.

Many communities and individuals flooded yards and other venues to make ice skating rinks, there were many snowman around to brighten the day, and many folks were able to enjoy those snow days and stay home, sleep late, catch up on home work or projects around the house. Others were able to find time to do things like read a book or watch a movie. The weather definitely contributed to the world slowing down a bit even if it was at times, frustrating and inconvenient.

I would suggest that spring this year will be appreciated with an intensity that has not been felt for years. Almost makes this winter weather worthwhile?

**Patricia Murphy Warble,
CMSW, CPP**

Connections

Social scientists study society events in a society, behavior, and relationships. They study how individuals and groups make decisions to gain insight into behavior patterns. A significant part of this discipline is to look at the connections between behaviors and issues in terms of cause and effect. The scientists are always asking the question, is there a link between a one behavior and other activities and actions that an individual may become involved in during their lifetime. This month's newsletter summarizes the connections between bullying, including unhealthy and abusive teen relationships, substance abuse, mental health, and violence.

Research Substantiates the Link between Substance Use, Bullying, and Violence

- Students who bully others have a higher incidence of alcohol, tobacco, other drug use, and delinquent behavior.
- Bullying should not be considered a normative aspect of youth development, but a marker for more serious behaviors including weapon carrying, frequent fighting, and fighting related injuries.
- A familial factor contributing to bullying and aggression includes substance abuse by a member of the family.
- Males who had witnessed domestic violence in their homes had a 2.5-fold risk of becoming victims of bullying during childhood and adolescence compared to those who had not.
- When girls were victims of violent crimes, it increased the likelihood of them being a bully and/or victim of bullying by 10-fold.
- Physically, sexually abused, and neglected males are just as likely to experience being a victim of bullying as females.
- Substance abuse by adolescents predicted an increased rate of cyber bullying victimization at a later date.
- Regarding prevention, given the relationship of cyber bullying to other risk behaviors such as substance use, it could be important to include strategies to prevent cyber bullying within interventions in behavior problems during adolescence.

Research Substantiates The Link between Mental Health and Bullying

- Students who are bullied have an 80%-200% greater incidence of psychiatric involvement, which can include substance use (self medication) to cope with the impact of victimization.
- Psycho-social adjustment issues and mental health issues are both the result of involvement in bullying and contribute to the risk of victimization and bullying others.
- Depression is a major risk factor for suicide and a mediating process in involvement in bullying and suicide.
- Certain personal characteristics predispose children to victimization. These include: low self-esteem, low assertiveness, internalizing problems (anxiety, withdrawal, depression), and aggressiveness.
- Studies have shown that there is a link between suicidal behaviors in LGBT youth to bullying at school. These students attempt suicide at a rate 2-4 times higher than heterosexual peers and have a higher rate of getting bullied if they are LGBT or perceived to be LGBT.

Research Substantiates The Link between Substance Use/Abuse and Violence

- Alcohol use is an independent risk factor for delinquent and violent behaviors among young people.
- Youth who engaged in fighting or other delinquent behaviors were more likely than other youth to have used illicit drugs.
- Past month illicit drug use was reported by 18.5% of youth who were in serious fights at school or work in the past year compared with 8% of those who had not.
- Of those students who reported carrying a gun to school during the 2009-2010 school year, 65.6% report also using marijuana, 42.2% report using cocaine, and 38.4% report using crystal meth in the past year.
- Of those students who reported threatening someone with a gun, knife or club or threatening to hit, slap or kick someone during the 2009-2010 school year, 29.1% also reported using marijuana, 8.1% reported using cocaine and 6.6% reported using crystal meth in the past year.
- Adolescents who abuse alcohol are three times more likely to commit violent offenses than those who do not drink to excess.
- Youths aged 12 to 17 who used an illicit drug in the past

year were almost twice as likely to have engaged in a violent behavior as those who did not use an illicit drug (49.8 vs. 26.6 percent).

- The likelihood of having engaged in violent behavior increased with the number of drugs used in the past year (i.e., 45.6 percent of youths who used 1 illicit drug engaged in violent behavior compared to 61.9 percent of youths who used 3 or more illicit drugs).
- Serious/chronic juvenile offenders are much more likely than other juvenile offenders to be substance users and to qualify as having substance use disorders. Substance use and offending at one age is a consistent predictor of continued serious offending at a later age.

**Compiled by
Student Assistance Services Corp.**

Healthy Teen Relationships

February is Teen Dating Violence Awareness and Prevention Month and includes Valentines Day. Unfortunately too many teens are in relationships that may involve bullying and other unhealthy behaviors.

To help your teen understand the characteristics of a healthy relationship share the following summary of research conducted by Stanford University

A healthy relationship is based on caring and respect. Both partners:

- Communicate openly
- Trust each other
- Share decisions
- Compromise when there is disagreement
- Take responsibility for their own actions



Unfortunately, many teens are involved in relationships that are hurtful. A large percentage of high school and college students know someone who has been hit or beaten by their partner. The major pattern in these problem relationships is that one person wants to be in control. This person may want to spend all of their time with you, and be possessive of your time and attention. At first this may seem flattering, but after a while it may become suffocating or scary. Some warning signs are:

- Jealousy, accusing you of things you didn't do
- Making all of the decisions about what to do and where to go
- Not letting you hang out with your friends
- Putting you down in front of other people
- Telling you what to wear or how to act
- Texting and checking up on you all of the time
- Blaming you for problems, making you feel guilty
- Hitting or hurting you
- Threatening you if you try to leave or end the relationship
- Forcing sex, refusing to practice safe sex

This situation might make you feel afraid, sad, angry, confused or depressed. It might seem very lonely, because you might feel too helpless or ashamed to tell anyone. Some teens are so stressed that they:

- Let their grades go down
- Drop out of school activities
- Have problems sleeping, headaches, and/or stomachaches
- Have weight changes
- Turn to drugs or alcohol
- Cut, or harm themselves

Getting Out of A Scary Relationship

Tell a friend or relative what is going on, or call a teen helpline.

- Break up in a public place with friends to support you—breaking up may be dangerous
- Change your way to school, and locker location
- Use buddy system for going places—avoid being alone
- Change your email, pager or cell phone number
- Keep spare change or a calling card with you
- Find safe places to go to
- Keep a journal describing what happened, in case legal action is needed
- Educate yourself about abuse
- In an emergency, call 911
- Respect yourself, and know that you deserve a healthy relationship

What can you do as a friend?

- Listen without judging
- Tell her/him you believe them, it's not their fault, they don't deserve

this

- Aid your friend in getting help
- Buddy up for safety
- Be patient and supportive
- Don't confront abuser

Local Resources With Specialty Programs for Teens

My Sisters' Place

24 Hr Hotline 1-800-298-7233
Main office (914) 683-1333
www.mspny.org

Hope's Door

24 Hr Hotline 1-888-438-8700
Main office (914) 747-0828,
www.hopesdoorny.org

Putnam/Northern Westchester Women's Resource Center

24 Hr Hotline 1-845-628-2166,
Main Office (845) 628-9284
www.pnwsrc.org

National Teen Dating Abuse Helpline

1-866-331-9474
www.loveisrespect.org

- 24/7 phone hotline, all languages
- Live chat with teenage counselors, 4pm—midnight
- Message boards
- Local resources

Upcoming Events

March 25, 7:30 - 9:00 pm

Ardsley High School

Update on Marijuana

Bertha Madras, Ph.D

Professor of Psychobiology, Harvard
Medical School

Call: 914-283-2016

April 4, 8:00 am - 4:00 pm

Mount Saint Mary College Newburgh

Mid-Hudson Substance Abuse

Prevention Conference

Monitoring The Future

Keynote: Lloyd Johnston, Ph.D

Call 845-294-9000 x261

for brochure and information

A YES to one drug, could be a YES to other Drugs

The following is an article from the CADCA website published in 2013.

High school seniors who frown upon the use of drugs are most likely to be female, nonsmokers or hold strong religious beliefs, according to a [study](#) by Joseph Palamar of New York University. Palamar examines how teenagers' attitudes toward marijuana influenced their thoughts on the further use of other illicit drugs. The work appears online in the journal [Prevention Science](#)

The study was conducted as marijuana use continues to be on the upswing in the United States, along with more legislative initiative and diminishing public disapproval toward its use. Although previous research has shown that people who disapprove of a particular drug are less likely to use it, little is known about how the use of one drug affects people's attitudes toward using other drugs.

Palamar therefore examined how demographics and a lifetime use of various drugs – marijuana use in particular – can predict if a person will become partial to using “harder” and more dangerous drugs, such as

powder cocaine, crack, LSD, heroin, amphetamine and ecstasy, also known as “Molly.” Data was obtained from 29,054 high school seniors who took part in the Monitoring the Future annual cross-sectional survey of approximately 130 public and private schools in 48 states between 2007 and 2011.

Palamar found that youths who smoked cigarettes or used more than one “hard” drug were consistently less critical of other drug use. The lifetime use of alcohol had no impact on people's attitudes. Those who used only marijuana tended to be less judgmental of further using such so-called “socially acceptable” drugs as LSD, amphetamine and ecstasy. They did not approve of cocaine, crack or heroin, however, most likely because of their perceived dangers and addictive qualities.

Unsurprisingly, female high school seniors consistently disapproved of using cocaine, crack, LSD and ecstasy. Compared to their male counterparts, females are generally less likely to use most drugs. Palamar was also not surprised by the finding that religiosity robustly increased attitudes against drug use, as it is a major force in societal values. Youths from more

advantaged socio-economic backgrounds with highly educated parents as well as those living in urban areas were much less disapproving of the use of the so-called “less dangerous” drugs. Palamar believes that the higher prevalence of illicit drug use in urban areas may be helping to normalize drug use in cities.

“Public health and policy experts need to ensure that the use of other drugs does not increase in light of the growing prevalence of marijuana use and more lenient policies surrounding it,” Palamar explains. “Although it may be difficult to prevent an adolescent or a young adult from using alcohol, tobacco or marijuana, we need to prevent individuals from becoming users of multiple drugs.”

Planned Intervention Program Adolescents & Young Adults Under 21

Funded in part by
the Joseph Marinello Hope Fund

Helping Families with their substance abusing Teen/or Young Adult

Work with Planned Intervention Experts to:

- Create a unified circle of caring around your loved one
- Make the decision about the best program for your family member
- Develop a careful plan to jump start the treatment and recovery process

Call (914) 332-1300