

Marijuana: Myths & Facts

MYTH: Marijuana is harmless.

FACT: Marijuana is the most widely used illegal drug among youth today and is more potent than ever. Marijuana use can lead to a host of significant health, social, learning, and behavioral problems at a crucial time in a young person's development. Getting high also impairs judgment, which can lead to risky decision making on issues like sex, criminal activity, or riding with someone who is under the influence of drugs or alcohol. According to the National Center on Addiction and Substance Abuse (CASA) at Columbia University, teens who use drugs are five times more likely to have sex than teens who do not use drugs. Getting high also contributes to general apathy, irresponsible behavior, and risky choices.

MYTH: You can't get addicted to marijuana.

FACT: Don't be fooled by popular beliefs. Kids can get hooked on pot. Research shows that marijuana use can lead to addiction. Each year, more kids enter treatment with a primary diagnosis of marijuana dependence than for all other illegal drugs combined.

MYTH: There's not much parents can do to stop their kids from "experimenting" with marijuana.

FACT: Most parents are surprised to learn that they are the most powerful influence on their children when it comes to drugs. But, it's true, so this message needs to start with parents. Kids need to hear how risky marijuana use can be. They need to know how damaging it can be to their lives. And they need to

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TEEN MARIJUANA USE WORSENS DEPRESSION: Executive Summary

In response to the release of a study on the link between marijuana use and depression among teens, this month's the Chronicle is featuring articles published by the White House Office of Drug Control and United States Department of Health and Human Services.

- Two million teens report feelings of depression and loss of interest in daily activities during the past year.
- Depressed teens are twice as likely as non-depressed teens to use marijuana and other illicit drugs.
- Depressed teens are more than twice as likely as their peers to abuse or become dependent on marijuana.
- Using marijuana can cause depression and other mental illnesses.
- Marijuana use can worsen depression and lead to more serious mental illnesses such as schizophrenia, anxiety, and even suicide.
- Teens who smoke marijuana at least once a month are three times more likely to have suicidal

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thoughts than non-users.

- The percentage of depressed teens is equal to the percentage of depressed adults, but depressed teens are more likely than depressed adults to use marijuana and other drugs.
- Teen girls who use marijuana daily are more likely than girls who do not use marijuana to develop depression.

According to the 2006 FYSAS, more high school students (18.6%) smoked marijuana than cigarettes (11.9%)

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begin by listening to someone they trust. By staying involved, knowing what their kids are doing, and setting limits with clear rules and consequences, parents can keep their kids drug-free.

MYTH: There are no long-term consequences to marijuana use.

FACT: Research shows that kids who smoke marijuana engage in risky behavior that can jeopardize their futures, like having sex, getting in trouble with the law, or losing scholarship money. Marijuana can also hurt academic achievement and puts kids at risk for depression and anxiety.

MYTH: Marijuana isn't as popular as other drugs like ecstasy among teens today.

FACT: Kids use marijuana far more than any other illegal drug. Among kids who use drugs, 60 percent use only marijuana.

MYTH: Young kids won't be exposed to marijuana.

FACT: While overall marijuana use has decreased, many children and teens are still using it. According to the annual Monitoring the Future national poll, in the past seven years, the number of eighth graders who had used marijuana decreased from approximately one in five to slightly more than one in 10. With recent research now linking marijuana use to mental health disorders like depression and schizophrenia, this is still far too many. The same report notes that, by 12th grade, marijuana use increases to more than two in five teens.

MYTH: Parents who experimented with marijuana in their youth would be hypocrites if they told their kids not to try it.

FACT: Parents need to make their own decisions about whether to talk to their children about their own drug use. But parents can tell their kids that much more is known today about the serious health and social consequences of using marijuana.

From: www.theantidrug.com



National Coalition Academy



On May 15th, CADCA sponsored an online review for all coalitions enrolled in Cohort 9. During the 90 minute session, participants were able to hear an overview of the information taught in March over the course of a week. Among the issues discussed were the five products which must be completed by the end of Week Three in September in order to qualify as Academy graduates. When Julia Kelly and Nancy Birchall attend Week Two in June, they are required to bring the first two products with them, the *Community Assessment* and the *Logic Model*.

An initial community assessment has been completed using the multiple data sources already in existence. The current document is not intended to be comprehensive but instead an overview of the community. This tool is used in problem analysis for the development of an initial logic model. Both products will be reviewed by CADCA trainers during Week Two who will make recommendations for revisions. Once completed, a Strategic & Action Plan and an Evaluation Plan can be developed.

The problem statement has already been identified but the root causes and local conditions have not. During the problem analysis, the following steps are taken to ensure a consensus building logic model that addresses community needs is created.

Because the SARG process has gotten the Coalition through the first two steps of this process, our other target issue, underage drinking, will be the focus of the five products for CADCA. During the May General Membership Meeting, a logic model will be developed by identifying the root causes of underage drinking and the local conditions which foster these conditions. The product completed during the meeting will be put into a line logic format with specific indicators for every element of the logic model which are measured at the same "community level" as defined in the needs assessment.

PROBLEM STATEMENT: People under the age of 21 drink alcohol.

ROOT CAUSES will be chosen from the list which may affect underage drinking in St. Johns County.

- Retail access and availability
- Social access and availability (Peers, parents, siblings)
- Social & community norms
- Policy and enforcement
- Low perception of harm/risk
- Peer pressure
- Media messages

LOCAL CONDITIONS which enable the root causes to exist are then identified. They must be:

- Specific: describe the root cause in detail relative to local conditions
- Identifiable: community can easily recognize it and it resonates with the community
- Actionable: the local community can impact this root cause and is willing to take the necessary action

Once complete the data measures or indicators needed for the logic model elements must be identified.

A subsequent meeting to develop the final draft of the logic model will take place on **June 5 at 3:00 at the PACT office**. The membership will vote on the draft logic model at the June 17th General Membership meeting. This version will be taken to the Week Two training in Pennsylvania.



2008 Member Assessment Results

General Membership Meetings

Tuesdays at 3:30-5:00pm

Top Three Locations:

1. St. Augustine Record
2. Health Department
3. Library

Continue with parent programs with different content as needed by parents.

Professional Development Training

Monday & Tuesday-morning & afternoon

Prefer face-to-face training

Top Three Subjects:

1. Substance Abuse Prevention
2. Leadership
3. Underage Drinking

- Get youth involved in monthly meetings. Hold meetings on school grounds.
- PACT has some major improvements over the last year. They have developed programs that have impacted the community and gained publicity from the events they have sponsored.

79% of those surveyed said they are willing to travel out of town for one or more nights to attend a Coalition-funded training or conference.

Answer Options	Sponsor related activities & initiatives	Support member sponsored activities & initiatives	Endorse member sponsored activities & initiatives	Endorse non-member sponsored activities & initiatives	No action	Don't know
Alcohol	7	4	3	2	0	0
Marijuana	8	3	2	2	0	0
Tobacco	3	4	3	3	0	0
Inhalants	2	1	3	1	0	1
Prescription Drugs	3	2	3	1	0	1
Over the Counter Drugs	3	1	3	1	0	1
Academic Performance	1	1	3	1	2	0
Bullying	2	2	1	1	2	0
Child Abuse	3	2	3	2	1	0
Domestic Violence	3	2	3	2	1	0
Healthcare	1	3	3	2	1	0
Mental Health	1	1	2	1	1	1
Neighborhood Crime	2	1	2	1	1	1
Parenting	3	3	1	1	1	0
Sexual Assault	3	2	3	2	1	0
Teen Pregnancy	1	1	2	1	1	0



The **COALITION CHRONICLE** and www.pactprevention.org

were cited as:

- most utilized
- most helpful
- most likely to be recommended to others

Coalition should develop social norms campaign to send its messages (not programs). See page six for information on a web-training opportunity.

Most attended activity/initiative: Town Hall Meeting
Least attended activity/initiative: Teen Speak 07-08 & Safe Prom

Activity/initiative which achieved goal: Town Hall Meeting
Activity/initiative which did not achieve goal: N/A

Activity/initiative to continue with timely updates: Town Hall
Other future actions: N/A

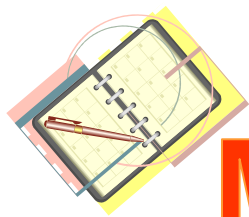
Teen Speak 07-08; Surviving the Teenage Years 07-08; Ancient City Kids Day 2007; and Project Safe Prom were not attended by enough respondents to offer valid figures for did not achieve goal and type of future action.

Reasons a community member, organization or business should consider active membership in PACT:

- Education and awareness of what is happening with youth in our county.
- There is power in numbers and we all need to assist in order to make a difference in our community.
- Everyone brings different perspectives on community issues to the group which can make a difference and help all.
- Helping our community in a forum where all can share (information) and not duplicate services.
- As a community member, you should help make a difference with the safety of our children in our community.
- Reduce child abuse and delinquency in our community.
- If they have children, they cannot afford to be anything other than active if they really care about their children being alcohol and drug-free in this community. If they don't have children, they need to be active unless they prefer to pay the rising cost (as a taxpayer) of alcohol and drug-related crimes, victimization and their impact on the judicial, law enforcement and medical entities in this community.
- Drug and alcohol use is everyone's problem. Become part of the solution.
- Great opportunity for community contacts and orchestrating joint efforts to reduce all kinds of ills.
- The entire community must be united and engaged in order to change underage drinking.
- PACT is something all community members should be aware of and participate in.

About the Members...

- More than half of respondents were Active General Members
- Majority of memberships in PACT is voluntary, regardless of job responsibilities.
- The greatest percentage of members identify with the Youth Serving Agency and Government Sectors (13.9% each)
- 71.4% of members are between the ages of 35-54



SAVE THE DATE!

MAY 29, 2008 2-3:30PM

Learn how to harness the power of marketing to prevent underage drinking and substance abuse!

Using commercial marketing techniques to shift attitudes and behaviors, (campaigns like "Going Green" or "Share A Ride") is called Social Marketing. Many Florida communities have identified the need to change the attitudes and behaviors of parents, store clerks and other adults who are impacting the conditions that make social and retail access to alcohol easy for those under age 21. Social marketing is a complex array of strategies that include use of the media, along with grassroots brand engagement tactics. Social marketing can be expensive and must be carefully crafted in order to achieve measurable outcomes.

In the next 12 months, many Florida communities will be launching campaigns to change attitudes and behaviors in their communities. So it is the perfect time for us to come together to learn, grow and succeed. It is also critical that we design programs that include process measurement and outcomes.

Towards A Brighter Future Working Together

Join us on May 29, 2-3:30 p.m., for the latest news on the state's plans to create a statewide campaign that includes well-crafted and culturally appropriate messages and materials. Joy Mills and Amity Chandler will be co-presenting on Social Marketing 101 and sharing information about the state campaign. And, you'll find out how your community will benefit!!

To participate using the BIG SCREEN, contact Lisa to reserve a spot at the PACT office. You can also click on the following link to register and watch the event at your office or home. This is a terrific opportunity that no member should pass up as we launch into the strategic planning process!

<https://fadaa.webex.com/fadaa/onstage/g.php?t=a&dq8336025>

Free online seminar made available to substance abuse professionals through a collaboration of the Florida Department of Children & Families and the Florida Alcohol & Drug Abuse Association.

PACT in Ponte Vedra?

Over the last six months, Julia Kelly of PACT and EPIC representatives, Nickie Gorce and Darby Taylor have met several times with a group of concerned parents in Ponte Vedra thanks to the efforts of PACT member Kelly Barrera. The mothers came to discuss relevant prevention issues and learn how they may become involved with PACT.

The most recent meeting was held on May 15th at the Ponte Vedra Library. At previous meetings, the group had shared their challenges with parent networking and finding appropriate teen activities. At the May 15th meeting, the group chose workgroups for each of the two issues, arranged for teen listening sessions to determine youth interests and set a date for the next meeting on June 3rd at 6:30pm, place to be determined. Long-term plans for the group and how they may fit with PACT will also be discussed at this meeting. We'll keep you posted!

Elementary to Middle School

Osceola Elementary is hosting "Elementary to Middle School Years" on **June 4th at 6:30PM.**

This new program is intended to prepare parents for the emotional and social changes their child will face as they enter the sixth grade. If you would like to have a booth at the event, please contact Lisa at 829-6261.