



This quarterly e-newsletter from the National Institute on Drug Abuse will give you information and ideas for planning local events to help teens shatter the myths about drugs and drug abuse.

FEATURES

Registration for National Drug Facts Week 2014 is Now Open!

On September 9, 2013, NIDA [announced](#) the launch of National Drug Facts Week (NDFW) 2014. Registration has officially opened, and close to **300** events have already been registered!

Welcome to:

- **CARE of Southeastern Michigan**—Teens Talking Truth (T3) youth advisory will host a “Call to Conversation,” designed around alcohol, tobacco, and other drug prevention. Teens will perform a theater production regarding the risks of underage drinking and peer pressure.
- **Centennial High School in New Mexico**—the high school will have lunch speakers every day and also will have dress-up days and posters throughout the school. There will be free movie passes for kids who hand in “Safe Host Agreements” from parents.
- **Kandiyohi County Drug Free Communities (DFC) Coalition in Minnesota**—four school districts within Kandiyohi County will hold an NDFW media campaign in which they will educate about the dangers of alcohol, tobacco, and marijuana. SWAT students (Students Working Against Alcohol, Tobacco, and Other Drugs) will coordinate and run the campaigns.
- **Tehama County Police Activities League in California**—The League is proposing a scavenger hunt around Tehama County during NDFW with prizes for all who compete. The

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this newsletter to a colleague or friend.

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your National Drug Facts Week event.

BLOG

The Sara Bellum Blog shares the truth about the effects of drugs on a teenager’s brain.

Latest posts:

- [Concert Goes Overdose on Molly](#)
- [Olympians and Steroids](#)
- [Sizzurp: It’s Not Cool](#)

HEALTH OBSERVANCES

hunt may also include a 10K “Run Drugs Out of Town Run.”

- **Wadsworth High School in Ohio**—the school will host the “Hidden in Plain Sight” presentation by the Copley and Bath Township Police Departments, as well as the Wadsworth Police Department. The event, also open to adults in the community, will replicate a teenager’s bedroom, and the speakers will identify potential risk factors that may go unnoticed. They also will discuss local drug trends and provide current substance use information.

[Register your National Drug Facts Week event!](#)

Why I Participate in National Drug Facts Week

By Joseph Hauck, CADC-II, Associate, Training Employee’s Assistance Program, Great Onyx Job Corps Civilian Conservation Center, Mammoth Cave, Kentucky



For the past 3 years, I have had the pleasure of supporting the National Institute on Drug Abuse’s NDFW by sponsoring events for the youth of the Job Corps Civilian Conservation Corps (JCCCC)—once at Timber Lake JCCCC in Estacada, Oregon, and twice at [Great Onyx Job Corps Civilian Conservation Center](#). Part of the U.S. Forest Service’s 28 Job Corps Civilian Conservation Centers around the country, Great Onyx JCCCC is associated with the [Daniel Boone National Forest](#) in Winchester, Kentucky, and serves 174 students. The Job Corps program is the nation’s largest residential education and training program for disadvantaged youth. The Education and Training Administration within the U.S. Department of Labor provides oversight and funding for 128 Job Corps centers nationwide.

NDFW enables JCCCC students to learn about the dangers of alcohol and drugs and the rewards of recovery through entertaining educational activities, events, and contests that engage the students. For NDFW 2013, the students created their own drug facts posters and participated in NIDA’s [National Drug IQ Challenge](#). I truly feel that the NDFW helps JCCCC students make educated decisions rather than decisions based on peer pressure.



[Great American Smokeout Day](#)



[IRETA-NIDA joint Webinar on NDFW](#)



[National Drug Facts Week](#)

January 27–February 2



[Drug Facts Web Chat Day](#)



[Mentor Foundation USA National Drug Facts Day. Watch the video from National Drug Facts Day 2013.](#)

RESOURCES

NIDA released an update of its popular publication, [Marijuana: Facts for Teens](#), originally published in 2001. Presented in question-and-answer format and targeted to teens, it provides facts about marijuana and its potential harmful effects.

The Robert Wood Johnson Foundation and Trust for America’s Health developed a new web-based [Drug Policy App](#) to explore how individual states are tackling the prescription drug overdose epidemic.

The Job Corps maintains a Zero Tolerance Policy for violence and drugs. NDFW reinforces this policy. I am always impressed with JCCCC students who either change or are strengthened in their anti-drug use viewpoints. These students become strong peer anti-drug use advocates with other students and ultimately become valuable employees.

Meet the Man Behind National Drug Facts Week



While on vacation, Brian visits the National Drug Council of the Cayman Islands' first NDFW event.

Brian Marquis, Public Liaison Officer within the Office of Science Policy and Communications at NIDA, has been the man behind NDFW since its inception in 2010. As the NDFW coordinator, Brian provides guidance and technical assistance to the hundreds of NDFW event organizers—helping to brainstorm activity ideas,

ordering bulk copies of the Shattering the Myths booklet, and bringing partners together to make NDFW a huge success. To reach Brian and other NDFW staff, email drugfacts@nida.nih.gov or call 301-594-6184.

Dr. Nora Volkow, NIDA Director, Shares With Alan Alda That Addiction Is Much More Than Saying “No”

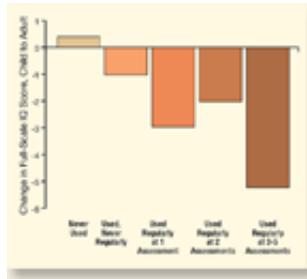


In a recent blog post on [Brains On Trial With Alan Alda](#), Dr. Volkow shares that, “drugs don’t absolve anyone of responsibility for his or her actions while under the influence. But drug addiction isn’t as simple as a person making bad choices. Rather, it reflects a disease of the very system that makes good choices possible. The good news is that behavioral therapies and medications can help addicted individuals repair their damaged self-control capacities, as long as they actively participate in treatment. But this is only the starting point. Helping those addicted to substances starts with changing our perceptions about addiction. We need to drop the stigma and recognize that people with addictions have a brain disease—they don’t just lack willpower.” [Watch the video.](#)

Early-Onset, Regular Cannabis Use Is Linked to IQ Decline

Regular cannabis use that starts in adolescence strips away IQ, a NIDA-supported 25-year study of 1,000 individuals suggests. Study participants who initiated weekly cannabis use before age 18 dropped IQ points in proportion to how long they persisted in using the drug, a decrease not seen in people who initiated use at age 18 or older. Persistent cannabis users' cognitive difficulties were evident to friends and family and measurable on psychological tests. Moreover, among adolescent-onset users, quitting or cutting back did not fully eliminate the IQ loss. Drs. Madeline Meier, Terrie Moffitt, Avshalom Caspi, and colleagues at Duke University, King's College London, and the University of Otago, New Zealand, say that further research is needed to learn whether cannabis-related impairments in the brain are reversible. However, they point to the current study's finding that stopping or reducing use did not completely restore IQ declines among adolescent-onset users.

[Read more.](#)



SPOTLIGHT

NIDA Welcomes Our Signature Event Partners for NDFW 2014! These special partners will promote NDFW nationwide and hold events in their communities. See all of our [NDFW partners](#).

Welcome to:

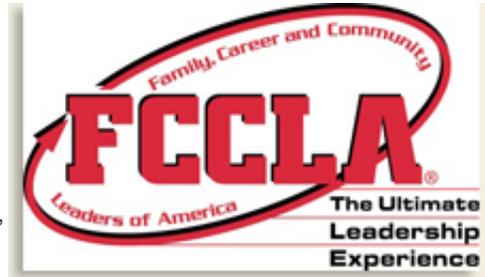
The [Bill Gatton School of Pharmacy at East Tennessee State University](#) (ETSU) is one of only 19 institutions in the United States and the only one in Tennessee with colleges of pharmacy, medicine, nursing, and public health on the same campus. The student pharmacists at ETSU brought the Generation Rx Initiative to school kids in Tennessee to help counter the trends of prescription drug abuse among teens. Generation Rx was developed by The Ohio State University College of Pharmacy and funded by the Cardinal Health Foundation. In addition, ETSU student pharmacists have developed a program for all health care providers in which they start the conversation about prescription drug abuse and how to prevent it in patients. For NDFW, ETSU will facilitate a Girl Scout prescription drug Awareness Badge Outreach on Saturday, February 1, 2014, and will also conduct campus-



wide outreach and education sessions in middle and high schools regarding the myths and dangers of prescription drug abuse.

For more information, contact Sarah T. Melton, Pharm.D., Associate Professor of Pharmacy Practice, at meltonst@mail.etsu.edu.

Family, Career and Community Leaders of America (FCCLA) is a nonprofit national career and technical student organization for young men and women in family and consumer sciences education in public and private school through grade 12. FCCLA, the only in-school student organization with the family as its central focus, has a national membership of over 205,000 young men and women in nearly 6,500 chapters. There are 50 state associations, including the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. FCCLA provides curriculum resources for educators and community organizations on a variety of topics to foster family and career development and youth leadership. For NDFW, FCCLA presented NDFW opportunities to its Capital Leadership Conference attendees in October and again at cluster meetings in November.



For more information, contact Bethany Kohut, FCCLA Program Coordinator, at bkohut@fcclainc.org.

The **Institute for Research, Education and Training in Addictions (IRETA)** is a nonprofit organization that works to improve recognition, prevention, treatment, research, and policy related to addiction and recovery. For organizations, IRETA offers training, curriculum/product development, consultation, and applied research/evaluation services to improve outcomes related to substance abuse and addiction. IRETA also disseminates science-based information directly to addiction and allied health and human service providers, as well as policymakers, advocates, and researchers interested in prevention, treatment, and recovery. Recent training topics include “SBIRT for Adolescents,” “Substance Abuse Among Older Adults and SBIRT Implementation in Varied Settings,” and “Effective Risk-Management Strategies in Outpatient Methadone Treatment.» For NDFW, IRETA will present a webinar about NDFW opportunities to addiction and juvenile justice professionals on December 5 at 2:30pm ET.



For more information, contact Jessica Williams, Project Manager, at jessica@ireta.org.

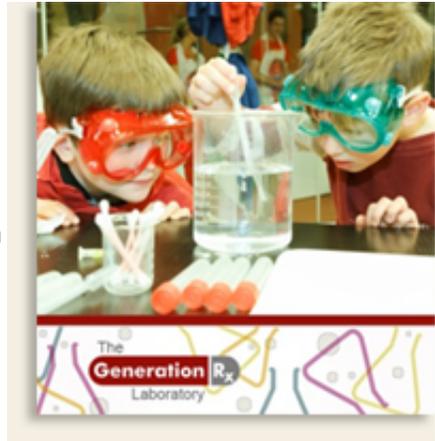
Reclaiming Futures helps young people in trouble with drugs, alcohol, and crime by uniting juvenile courts, probation offices,



adolescent substance abuse treatment organizations, and the community to reclaim the lives of youth. Based out of the Regional Research Institute for Human Services of the School of Social Work at Portland State University in Oregon, the Reclaiming Futures model has now been used in 37 communities in 18 states. A national evaluation has shown that Reclaiming Futures is a promising strategy for improving the way communities intervene with teens. For NDFW, Reclaiming Futures hosted a webinar about NDFW on October 29. NIDA Acting Press Officer, Sheri Grabus, Ph.D., and LaTonya Williams, Reclaiming Futures Director at Lucas County Juvenile Treatment Court, were the speakers.

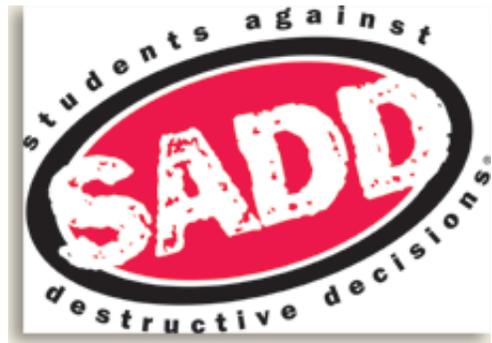
To obtain a copy of the webinar presentation or for more information, contact Cora Crary, Learning Collaborative Manager, at crary@pdx.edu.

The **Ohio State University College of Pharmacy** established the **Generation Rx Initiative** in 2007 to promote medication safety and combat the increasing misuse and abuse of prescription drugs. Partnering with the Cardinal Health Foundation, students, faculty, and staff have created free-use toolkits and resources aimed at raising awareness among a variety of audiences. In **Generation Rx Lab** within the Center of Science of Industry, guests of all ages learn pharmacology in a fun, hands-on setting. In addition, in September 2013, the initiative debuted its free **Generation Rx: The Science Behind Prescription Drug Abuse**, a massive, open online course that teaches the science behind prescription drug abuse. For NDFW, Ohio State will conduct live and virtual educational programming events within the Generation Rx Laboratory.



For more information, contact Nicole Cartwright Kwiek, Ph.D., Clinical Assistant Professor and Assistant Director for Educational Outreach, and Director, Generation Rx Lab at the Center of Science and Industry, at kwiek.1@osu.edu.

For the third year in a row, **Students Against Destructive Decisions (SADD)**, will once again join NIDA as a Signature Event Partner for NDFW 2014. SADD is a peer-to-peer education, prevention, and activism organization dedicated to preventing destructive decisions, particularly underage drinking, other drug use, risky and impaired driving, teen violence, and teen suicide. In 2013, 26 SADD chapters around the country organized NDFW drug facts education events and activities ranging from poster contests, graffiti walls, and morning announcements to student assemblies and workshops with expert speakers. For NDFW, SADD will organize several drug facts educational events through SADD clubs around the country.



For more information, contact Chris Egan, Director of Field Services, at cegan@sadd.org



The National Institute on Drug Abuse (NIDA) is part of the National Institutes of Health (NIH), the principal biomedical and behavioral research agency of the United States Government. NIH is a component of the U.S. Department of Health and Human Services.