

PREVENTION PRESS

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The Colts Neck Municipal Alliance's mission is to reduce the incidence, prevalence, and impact of alcoholism and drug abuse in the local community through planning for and purchasing services, projects, and programs that provide prevention and education.



COLTS NECK TOWNSHIP

Summer Parties and Underage Drinking: Parents Who Host Lose the Most

Whether underage youth sneak alcoholic beverages into a party themselves, steal sips from the adults' supplies, or are outright served alcohol by adults, legal consequences can ensue for adults and minors. According to Mothers Against Drunk Driving (MADD), home-based teen parties are a popular setting for high school and college students' underage and binge drinking.

Aside from the serious and even deadly dangers of driving under the influence, alcohol poisoning, and impaired judgment, as well as the negative physiological effects alcohol can have on the still-developing teenage brain, underage parties and adults violating underage drinking and social hosting laws can receive stiff penalties, fines, and punishments under state and municipal laws. Underage drinkers are also subject to penalties by law.

Although the legal age to consume alcohol is nationally set at 21 years old by the 1984 National Minimum Drinking Age Act, states and municipalities also have additional rules regarding underage drinking and social host penalties.

Penalties Under New Jersey Social Host Law:

- Anyone who purposely or knowingly offers, serves, or provides alcoholic beverages to an underage person or encourages an underage person to drink alcohol is considered to be a disorderly person, as defined by law
- A host cannot make property he/ she owns, leases, or manages—or leave the property in the care of another person—for underage alcohol consumption
- Adults charged with violating New Jersey's social host law face a disorderly persons offense
- Hosts can be liable to compensate victims and pay punitive damages up to \$350,000, based on the evidence

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IN THE NEWS

IF YOU'RE GOING TO HAVE FUN DON'T BE DUMB!
It's illegal to drink if under 21!
Be smart this Summer and remember THOSE WHO HOST LOSE THE MOST!

CALL 732.308.4505
Colts Neck Alliance, Community Events, or How to Get Involved.
CONTACT Anita Dedalis - Acting Alliance coordinator

COLTS NECK ALLIANCE
PARENTS WHO LOSE THE MOST

Penalties for Underage Alcohol Possession/ Consumption on Private Property, According to Colts Neck Township Municipal Code:

- \$250 fine for 1st offense/ \$350 fine for subsequent offenses
- Possible suspension or postponement of driver's license for up to 6 months
- Possible mandatory community service

For further information and exceptions, visit these article resources:

- 1984 National Minimum Drinking Age, Alcohol Policy Information System: <https://tinyurl.com/hyoaf8c>
- NJ Social Host Law, Partnership for Drug-Free Kids/ Treatment Research Institute: <https://tinyurl.com/ya7y2evu>
- Colts Neck Township municipal code on underage drinking: <http://ecode360.com/8737135>
- Social Host, MADD: <https://tinyurl.com/yav7qbb9>

See Back Cover for Colts Neck First Aid's Pre-Prom Motor Vehicle Crash Simulation



Keeping Your Teens Safe and Occupied This Summer: First-Time Teen Substance Use Spikes in June and July



Kids of all ages look forward to the freedom of summer, with a break from school, academic stress, and hectic, activity-packed schedules. Summer affords more time to sleep in, stay out late, hang out with friends, watch television, play video games, enjoy outdoor fun, or just sit around doing nothing. Although relaxation is necessary to quiet the mind and keep stress and anxiety at bay, too much of a good thing can cause issues of its own.

During the summer, most parents continue their typical nine-to-five work schedules, away from their children for eight to nine hours at a clip. Although younger kids often go to summer camps or have babysitters, pre-teens and teens are usually left in charge of themselves, without a parent's watchful eye or words of caution. Even parents who stay home or work from a home office may not pay close enough attention to their kids' whereabouts, although the best of intentions may be there.

When faced with idle, unchaperoned time, teens can more readily hook up with negative influences, experiment with alcohol or drugs, or participate in activities that offer risk and adventure.

According to Substance Abuse and Mental Health Services Administration (SAMHSA)'s *National Survey on Drug Use and Health Report of 2012**, first-time substance use among adolescents under 18 years of age spikes during June and July, in some case more than doubling during the summer months. June and July showed increased initial use of alcohol, marijuana, inhalants, hallucinogens, cocaine, cigar and cigarette smoking, and smokeless tobacco consumption.

The report concludes that "...these findings underscore the importance of parents and caregivers reinforcing messages about the risks involved with using alcohol and drugs to their children year-round while consistently restricting access to these substances."

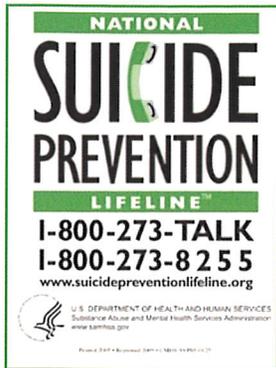
The survey encompassed interviews of more than 230,000 young adults from 2002 to 2012. Once first-time experimentation with substances occurs, it increases the chances of repeated use, progression to harder drugs, and addiction.

Tips for Parents to Keep Their Teens Safe During the Summer:

- Pre-schedule plenty of summer activities, such as sports, teen camps, and SAT and academic courses
- Have your teen set summer goals to work toward and achieve
- Help your teen choose and apply for a summer job
- Make your teen responsible for projects around the house that teach new skills
- Arrange for supervision and regular check-in times when you are not home
- Know who your teen is with and when he/she comes and goes; know your teen's friends and friends' parents
- Educate your teen about substance abuse and its consequences, as well as the positive outcomes from good decision-making
- Maintain open communication and dialogue; listen to what your teen has to say
- Set boundaries: Establish and follow through with clearly defined rules and the consequences for breaking these rules
- Plan family time, such as vacations, day trips, evening and weekend outings, and meals together
- Reward and praise positive behavior

**National Survey on Drug Use and Health Report of 2012*, SAMHSA: <https://tinyurl.com/yapueoox>

TEEN SUICIDE IS ON THE RISE: PROTECT YOUR TEENS WITH AWARENESS AND PREVENTION TIPS



Behind accidental deaths, suicide is the second leading cause of deaths nationwide for teens 15 to 19 years of age, according to 2014 data from the Center for Disease Control and Prevention (CDC). In New Jersey, it is the third leading cause of death for youth ages 10 to 24.

In May, data presented at the 2017 Pediatric Academic Societies Meeting indicated a sharp

increase in the number of youth hospitalizations for suicidal thoughts and self-harming actions, with statistics more than doubling from 2008 to 2015. In 2008, 0.67% of patients ages 5 to 17 were hospitalized for suicidal thoughts or self-harming actions; this figure rose to 1.79% in 2015. Between 2008 and 2015, 118,363 total suicide or self-harming instances were reported in this age category, with the greatest number of incidents occurring at the beginning and end of the school year. Data came from 32 children's hospitals nationwide.

Know the Warning Signs of Suicide:

- Verbalizing or writing about suicide, death, or dying; suicide plans; a loss of will to live; no purpose in life; and/or feelings of hopelessness with no way out
- Abusing alcohol or substances to get high
- Expressing increased anxiety, anger, and/or aggression
- Withdrawing from loved ones and becoming socially isolated
- Engaging in risky, dangerous behaviors without care
- Declining interest in typical behaviors, such as participating in sports, activities, academics, and social events; maintaining personal hygiene; eating; and sleeping
- Struggling to cope with a loss or trauma



Do NOT Delay When Suicide Warning Signs Are Observed!

Take immediate action if someone you know shows warning signs of suicide, or if you yourself are having suicidal thoughts. Suicide can be prevented when you are aware of the warning signs and reach out for help at the first indication of distress.

Suicide Prevention Resources:

- NJ Suicide Prevention Hopeline: 855-654-6735, www.njhopeline.com
- 2nd Floor Youth Helpline: 888-222-2228, www.2ndfloor.org
- National Suicide Prevention Lifeline: 800-273-8255
- Jersey Shore University Medical Center and Monmouth Medical Center in Monmouth County both have adolescent crisis units

For immediate emergencies, always call 9-1-1.

Never leave the suicidal person alone. It is critical to remove all weapons, drugs, and alcohol from the surroundings to divert a suicide attempt.

The Society for the Prevention of Teen Suicide in Freehold, New Jersey (732-410-7900, www.sptsusa.org) is dedicated to reducing the number of youth suicides and attempted suicides by encouraging public suicide awareness. The organization was founded in 2005 by Scott Fritz and Don Quigley, Monmouth County residents who both lost their own teenaged children to suicide. It is not a crisis-intervention resource, but rather aims to prevent teens from reaching the point of crisis by educating parents and teachers on suicide awareness and suicide prevention.

September is National Suicide Prevention Awareness Month

Colts Neck First Aid Conducts Motor Vehicle Crash Simulation at High School

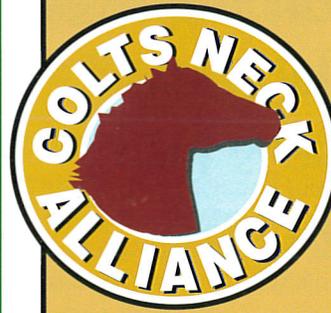


On May 24th, the Colts Neck First Aid, in conjunction with the Colts Neck Police Department, Colts Neck Fire Department, Monmouth County Sheriff's Department, and New Jersey State Police, staged a motor vehicle crash simulation at Colts Neck High School for juniors and seniors to show teens the graphic realities that can result from driving while distracted and driving under the influence. The event was organized by Colts Neck First Aid's First Lieutenant Alex Pridmore, with the approval of Captain Mike Spinella. "We wanted to get the kids to understand what actually happens in a motor vehicle crash, that people actually get seriously injured and die," commented Captain Spinella.

In the realistic depiction of a fatal car crash, there were two vehicles driven by teens and involved in the head-on collision; three Colts Neck police cars and a sheriff's department field communications vehicle were in attendance to help, a Colts Neck fire truck put out the "car fire," and a New Jersey State Police medi-vac helicopter landed on the football field. Pennsylvania State Trooper Eric Spillane, a Colts Neck High School graduate, served as event commentator.

Freeman's Funeral Home provided a hearse for the "dead" teen's body, and Fuery Imaging attended with a camera and crew to capture the realistic enactment that left students visibly moved. "Some of the kids were very upset and some didn't seem to care, but if we affected some of them and saved at least one life, that's all that matters," said Captain Spinella.

In the two collision cars participating in the scenario, actors from Colts Neck High School's SADD chapter portrayed the teens involved in the crash: in car one, there was the prom king, who died after going through the front windshield, and the prom queen, who was drunk driving, sustained non-threatening injuries, and could walk around at the scene. In car two, there were four teens driving back from a night out: the first back-seat passenger, who did not fasten his seatbelt and was receiving CPR on the scene; the driver, who was extricated with lower limb injuries; the front passenger, who sustained facial and arm injuries; and the second back-seat passenger, who suffered limb and chest injuries. Captain Spinella had a final message for young drivers: "We want teens to know that if you text and drive or drink and drive, motor vehicle accidents will find you!"



For more information on the Colts Neck Alliance, community events, or how to get involved, contact Anita Dedalis, acting Alliance coordinator, at 732-308-4505.

The Colts Neck Alliance can be found online at www.colts-neck.nj.us/local/cnalliance/index.htm.

This newsletter is made possible by GCADA funding.



<http://gcada.nj.gov/alliance>

Please note, the Colts Neck Municipal Alliance is not responsible for any resources referred. This publication is for informational purposes only, and we do not endorse any of the listed resources.



Empty your medicine cabinet and save a life! Drop unwanted prescriptions in the Project Medicine Drop box at the Colts Neck Police Department during regular business hours.

www.njconsumeraffairs.gov/meddrop/

Educate yourself about substance abuse on the go! Get the "Partnership for Drug-Free Kids' Drug Guide for Parents" app in your Apple or Android device!

(Newsletter writing by Christa Riddle of All About Writing and production by Linda Coppolino of Little Hat Marketing & Design.)

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