

# 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.*



## IN THE NEWS

### ADDICTION

#### What Is Addiction?

The National Institute on Drug Abuse (NIDA) defines drug addiction as “a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. It is considered a brain disease because drugs change the brain; they change its structure and how it works. These brain changes [especially in its natural inhibition and reward centers] can be long-lasting and can lead to many harmful, often self-destructive behaviors.”



<https://tinyurl.com/hr676z6>

Psychology Today defines addiction as “a condition in which a person engages in use of a substance or in a behavior for which the rewarding effects provide a compelling incentive to repeatedly pursue the behavior despite detrimental consequences...there is scientific evidence that the addictive substances and behaviors share a key neurobiological feature—they intensely activate brain pathways of reward and reinforcement, many of which involve the neurotransmitter dopamine.”

<https://tinyurl.com/yahkq44s>

*continued on page 2*



### Monmouth County Sees Reduction in Opioid Overdoses for 2017, Despite Climbing Numbers in NJ and U.S.

*This article features data from NJ Cares (<https://tinyurl.com/y8743k8y>), a real-time dashboard of opioid-related data and information put forth by the State of New Jersey Office of the Attorney General.*

According to the State of New Jersey Office of the Attorney General's NJ Cares data and information tracking program, Narcan administrations in Monmouth County dropped to 671 in 2017 from 714 in 2016 (Narcan is a brand name for naloxone, an opiate antagonist that can reverse the effects of an opioid overdose to prevent death).

Monmouth County also saw a decline in fatal overdoses, dropping to 36 in 2017 from 42 in 2016 (Office of the Monmouth County Prosecutor, <http://mcponj.org/>).

*continued on page 2*

### Doug Daubert



Thank you to **Colts Neck High School's SAC, Doug Daubert,** for 20 years of service at Colts Neck High School. All the best in your retirement!

#### **What's Inside:**

- “Cover stories continued” .....page 2
- “Parenting: Preparing Kids for the ‘Real World’” .....page 3
- “Fentanyl: A More Potent Opioid Than Heroin” .....back cover

## ADDICTION

The American Psychiatric Association defines addiction as “a complex condition [and] brain disease that is manifested by compulsive substance use despite harmful consequence.”

<https://tinyurl.com/y8an9x2v>

### What Does Substance Abuse Cost in the U.S.?

Abuse of tobacco, alcohol, illicit drugs, and prescription opioids costs more than \$820 billion annually in the U.S. due to costs related to crime, lost work productivity, and health care, according to a National Institute on Drug Abuse (NIDA) 2017 trends and statistics “Costs of Substance Abuse” report.

### Is Marijuana Addictive?

With the legalization of medical and recreational marijuana becoming a reality in more than half of U.S. states, it is important to consider if marijuana is addictive. According to the Center for Disease Control (CDC), 1 in 10 marijuana users will become addicted, with 1 in 6 users becoming addicted if a user begins before 18 years of age.

The CDC indicates that some warning signs of marijuana addiction include trying but failing to quit using it, giving up important activities and time spent with family and friends in favor of using marijuana, and using marijuana despite knowing it causes problems at home, work, and school. The

CDC further states that compared to marijuana users who are not addicted, people who are addicted to marijuana are at a higher risk of the negative consequences of using the drug, such as problems with attention, memory, and learning (<https://tinyurl.com/ybln5tag>).

As of March 2018, 30 states and the District of Columbia have broadly legalized marijuana either for recreational use, medical use, or both (Washington, Oregon, California, Nevada, Colorado, Alaska, Maine, and Massachusetts have legalized recreational use), according to the Governing the States and Localities website).

<https://tinyurl.com/y7ewog2k>

*If you or a loved one is battling addiction, the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline/Treatment Referral Routing Service can be reached at 1-800-662-HELP (4357). It is free, confidential, accessible 24 hours a day/365 days a year, and available in English and Spanish. The helpline offers referrals to local treatment facilities, support groups, and community-based organizations.*

## Monmouth County Sees Reduction in Opioid Overdoses for 2017, Despite Climbing Numbers in NJ and U.S.

There were 371,731 opioid dispensations in Monmouth County in 2017, down from 401,916 in 2016 and 431,993 in 2015 (New Jersey Prescription Monitoring Program, <https://tinyurl.com/y95zn6j3>).



Despite the positive news for Monmouth County, New Jersey as a whole reported 14,356 naloxone administrations by law enforcement and emergency medical services in 2017. From January 1<sup>st</sup> to June 3<sup>rd</sup>, 2018, there were 1,268 suspected drug toxicity deaths across the state (NJ Cares), and while there is no confirmed NJ Cares data for total overdose deaths statewide for 2017, the Centers for Disease Control (CDC) reports 2,284 overdose deaths in New Jersey from July 1<sup>st</sup>, 2016 to June 30<sup>th</sup>, 2017 (<http://s.nj.com/Q4YnonK>).

Drug overdoses killed 63,632 Americans in 2016, with 66% of these deaths attributed to prescription and illicit opioids. Sharp increases in deaths due to synthetic opioids, such as fentanyl, have also been confirmed (CDC, <https://tinyurl.com/yaavzfgf>).

### Strategies can be implemented at the local, state, and national level to combat addiction to opioids and other substances, including...

- Participating in drug take-back programs to reduce supply of and access to unused prescription opioids, such as New Jersey's Project Medicine Drop, <https://tinyurl.com/y8ngq262> and the twice-yearly DEA National Drug Take-Back <https://tinyurl.com/gscxag9>
- Preventing and penalizing the diversion of controlled substances-such as opioids-before, during, and after prescription filling
- Reducing the amount of opioids prescribed by health care professionals
- Educating prescribing health care professionals on pain management alternatives to opioids
- Increasing naloxone access and training to divert opioid overdoses
- Educating the public on substance abuse prevention, addiction, treatment, and recovery, as well as the risks of prescribed opioid use
- Utilizing statewide prescription drug monitoring programs and electronic medical record (EMR) access across health care agents
- Changing prescribing and insurer policies regarding opioids
- Ensuring appropriate narcotics scheduling under the Controlled Substances Act





# Parenting: Preparing Kids for the “Real World”

*“Children learn what they live.”*

## The Purpose of Parenting

The purpose of parenting is to provide the love, guidance, and support children need to transform into functioning, capable, motivated, and independent young adults that contribute meaningfully to society.

As most parents know, there is a delicate line between positively caring for your children and negatively enabling them to slack off, divert responsibility, and waste their potential. Crossing this line can result in raising young adults that turn out the opposite of what their loving parents intended, which is disappointing for parents and kids alike.

With today’s intense focus on academic and athletic success, even the most well-intentioned parents can inadvertently fail to prepare their kids for adult life, thinking they are helping out and easing their children’s stresses by taking on all of the household and financial burdens. However, shielding kids from age-appropriate responsibilities and decision-making can lead to negative consequences for young adults, who may wind up unprepared and unable to successfully navigate real world and its challenges, choice, and demands.

## Preparation for Adulthood

To raise healthy, empowered, and confident young adults that grow to achieve their goals and realize their potentials, parents can start giving age-appropriate responsibilities in early childhood, then steadily increase the responsibilities over the years to promote self-sufficiency and independence.

As they head off to pursue college, careers, relationships, and households of their own, young adults will have to know the basics of daily living to successfully survive with independence: doing laundry, preparing meals, cultivating relationships, maintaining a living space, managing time, solving problems, and navigating finances.

## Parents can teach their children self-sufficiency and independence by...

- Modeling the appropriate, responsible behaviors they want to see in their kids
- Explaining the purpose of each task and answering questions along the way
- Teaching responsibilities with love, communication, and patience, not criticism or an authoritative attitude
- Giving age-appropriate duties with any necessary support...
  - Young children can make small choices, complete simple chores, dress themselves, and take over some of their daily hygiene
  - Tweens can take on more chores, like laundry and helping cook
- Teens can learn to cook independently, shop, pay, and run errands
- Encouraging age-appropriate financial independence...
  - Young children can learn to save their change and earn allowances
  - Teens can hold jobs and maintain their own bank accounts
- Letting kids make age-appropriate decisions and solve their own problems
- Allowing kids to manage their schedules and prioritize their time
- Showing and expecting empathy, compassion, and caring for others; self-expression of thoughts and feelings; respectful, open communication; and positive social interactions

Although children are bound to make mistakes and errant decisions along the way, learning consequences and solutions for themselves develops resiliency, independence, and emotional strength as curious children transform into successful, confident young adults.



## Fentanyl: A More Potent Opioid Than Heroin



**Fentanyl is a synthetic opioid 30 to 50 times more powerful than heroin and 50 to 100 times more powerful than morphine.**

Pure fentanyl is a white powdery or grainy substance. Because of its

potency, just a very small amount—2 milligrams—can be deadly, making it a great danger for first responders and law enforcement.

Like heroin and other opioids, fentanyl binds to the brain's opioid receptors to control pain and emotions, driving up dopamine levels to produce a state of euphoria and relaxation. Fentanyl and high doses of opioids can cause respiratory arrest, unconsciousness, coma, and death. Other side effects include drowsiness, confusion, constipation, sedation, tolerance, addiction, and respiratory depression.

Fentanyl's great potency creates increased likelihood of death from stopped breathing and requires higher doses of naloxone (such as Narcan) to successfully reverse the overdose.

On the street, fentanyl made in overseas clandestine labs and fentanyl-laced heroin go by names such as Apache, China Girl, China White, Dance Fever, Goodfella, Jackpot, Friend, TNT, and Tango and Cash. Fentanyl comes as a powder or tablets, in a heroin or cocaine mix, or spiked on blotter paper. It can be taken orally, snorted, or injected. Sometimes, users don't know their drug of choice has been laced with fentanyl.

For more information on fentanyl, reference the sources used in this article:

Partnership for Drug-Free Kids, "Fentanyl and Other Synthetic Opioids": <https://tinyurl.com/y8he2kg6>

National Institute on Drug Abuse (NIDA), "Drug Facts: What Is Fentanyl?": <https://tinyurl.com/htkyfa7>

Drug Enforcement Administration (DEA), "FAQs: Fentanyl and Fentanyl-Related Substances": <https://tinyurl.com/ycah473u>

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



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](http://www.colts-neck.nj.us/local/cnalliance/index.htm).

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<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/](http://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!

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"Writing help is just a call or click away!"

