

BUILDING OUR LIVES DRUG-FREE



386 Stanley Street  
Fall River, MA 02720

*Building Our Lives Drug-Free*



**See you at the Town Hall Meeting on Underage Drinking  
March 23, 2010 at BCC 6:00-8:00 p.m.**

**Town Hall Meeting Program March 23, 2010**

**Improbable Players**

**Actors in recovery will present an interactive play focusing on  
underage drinking.**

**Panelists:**

**Bristol County District Attorney - Sam Sutter  
Fall River Mayor—Will Flanagan  
SSTAR Inc. CEO Nancy Paull**

***Contact : Mike Aguiar for more information 508-324-3598***

***“ Our #1 youth substance abuse problem is underage drinking.”***



Volume 5 , Issue 1

March 2010

## BOLD Annual Strategic Planning Meeting

Marijuana Risk and Harm Campaign	2
Parent Workshop Series	2
A New Smoking Hazard?	3
March 23 Town Hall Meeting UnderAge Drinking	4

Members of the BOLD Coalition met on Thursday, January 14, to review the recent activities of the Coalition and discuss the workplan for this coming year.



This meeting, which happens annually, was well attended (over 30 members), with representatives from our youth, school system, service agencies, healthcare organizations and other sectors of our community.



Participants provided feedback on several initiatives, including working with parents on social host liability issues related to underage drinking and developing a public relations campaign to educate the community about the risks and harm associated with the use of marijuana. This is a particular concern of the Coalition, given the recent changes in legislation regarding the possession of small amounts of marijuana.



### Contacts:

#### BOLD Staff:

Karen Fischer:  
508-324-3537  
Mike Aguiar:  
508-324-3598  
Jade Nieuwenhuizen:  
508-235-7091  
Susan Wolfson:  
508-730-3307  
Karin Wood:  
Barbara Lamonde:  
508-235-2307  
Ext. 3366  
Maureen Brisson:  
Kim Rodrigues:  
508-235-7032

The BOLD Coalition receives significant funding from the federal Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Prevention (CSAP). CSAP encourages Coalitions to plan and implement their activities in keeping with their *Strategic Prevention Framework*. This framework is built on a community-based risk and protective factors approach to prevention – identifying the aspects of the community that help us prevent youth substance abuse as well as the factors that place youth in Fall River at greater risk. Working within this framework helps Coalitions be effective and sustain their efforts.

Over the next few newsletters we will be providing more detail about the five steps that make up this framework: **assessment** (profiling the needs of the community and identifying the resources), **capacity** (mobilizing these resources), **planning** (developing a comprehensive strategic plan), **implementation** (of programs, new policies, and practices), and **evaluation** (determining the success of your efforts and improving and sustaining “what works”).



Feel free to contact staff of the BOLD Coalition with any questions you have about this framework or the Coalition’s workplan for this next year. You can also visit the SAMHSA and CSAP websites, at [www.samhsa.gov](http://www.samhsa.gov) or [prevention.samhsa.gov](http://prevention.samhsa.gov).

Thank you to David Weed for the pictures. <http://www.gfrpartners.com/10BOLDPlanningMeeting.html>

## Save the Date!

**Town Hall Meeting on Underage Drinking**  
*Bristol Community College—Jackson Auditorium*  
**Tuesday, March 23, 2010**

**6:00p.m.-8:00 p.m.**

*More information located on page 4*



## Marijuana Risk and Harm Public Communication Campaign

The BOLD Coalition has begun work on a new campaign which was pre-viewed at the Annual Meeting on January 14th.



The objective of this informational campaign is to keep youth from increasing marijuana use. This "Marijuana Risk and Harm" public communications campaign will educate and inform the community at-large about marijuana use. The campaign will also reinforce those who support not using marijuana, by incorporating relevant research into tools to use in reaching those on

the edge, and contemplating using marijuana.

According to a recent CASA white paper, "many teens are using marijuana more intensely than in the past. Rates of daily marijuana use among 12th graders tripled from 1992 to 1999 and have stubbornly resisted significant change since then. In 2007, approximately [five percent] used marijuana on a daily basis."



The study also stated "Marijuana is not a benign drug. Marijuana can be addictive; it interferes with critical brain functions, like learning and memory. it may pose a threat to the health and well-being of children and adolescents at a critical point in their lives--when they are growing, learning, maturing, and laying the foundation for their adult years". [http://www.casacolumbia.org/articlefiles/380-Non-Medical\\_Marijuana\\_III.pdf](http://www.casacolumbia.org/articlefiles/380-Non-Medical_Marijuana_III.pdf)

This research will be incorporated into communication tools that youth can use, such as wallet cards and small group posters. Lance Tehan (pictured on the left) displays a sample poster during the Annual Meeting that focuses on brain research and the effects of marijuana.

Also in the planning stage is the creation of a PSA video under the direction of Paul Martin with BOLD's Youth Group, TADA. The campaign is currently scheduled to roll out in the early spring with a press conference, PSA, wallet cards and posters.

For more information contact BOLD Coalition Director  
Karen Fischer—[kfischer@sstar.org](mailto:kfischer@sstar.org)— 508 –324-3537



## Parent Workshops Update

Another successful program opportunity for **GUIDING GOOD CHOICES!**

**Starting at 5:30 on Wednesdays March (2, 9, 16 and 23rd)** at the Boys and Girls Club on Bedford Street in Fall River, parents of children in the transition years from 9-14, can get together to discuss the opportunities ahead for sharing, growing and teaching healthy independence skills.

The Boys and Girls Club is also offering a program for children in grades 3 to 5 at the same time. **SMART KIDS** is a one hour program to learn about alcohol, drug and tobacco prevention. Child care for children ages 5 and up is provided. Dinner is also provided to both children and adults so pre-registration is necessary.

**Bring a friend and receive a special gift!**

For more details please call (508) 235-2307 or email [Blamonde@sstar.org](mailto:Blamonde@sstar.org).

## A New Cigarette Hazard - Third Hand Smoking



Ever take a whiff of a smoker's hair and feel faint from the pungent scent of cigarette smoke? Or perhaps you have stepped into an elevator and wondered why it smells like someone has lit up when there is not a smoker in sight. Welcome to the world of third-hand smoke.

"Third-hand smoke is tobacco smoke contamination that remains after the cigarette has been extinguished," says Jonathan Winickoff, a pediatrician at the Dana-Farber/Harvard Cancer Center in Boston and author of a study on the new phenomenon published in the journal *Pediatrics*. According to the study, a large number of people, particularly smokers, have no idea that third-hand smoke—the cocktail of toxins that linger in carpets, sofas, clothes and other materials hours or even days after a cigarette is

put out—is a health hazard for infants and children.

### How exactly do you distinguish between second- and third- hand smoke?

Third-hand smoke refers to the tobacco toxins that build up over time—one cigarette will coat the surface of a certain room [a second cigarette will add another coat, and so on]. The third-hand smoke is the stuff that remains [after visible or "second-hand smoke" has dissipated from the air].... You can't really quantify it, because it depends on the space. Smokers [may] smoke in another room or turn on a fan. They don't see the smoke going into a child's nose; they think that if they cannot see it, it's not affecting their children.

Dr. Philip Landrigan, a pediatrician who heads the Children's Environmental Health Center at Mount Sinai School of Medicine in New York, said the phrase third-hand smoke is a brand-new term that has implications for behavior.

"The central message here is that simply closing the kitchen door to take a smoke is not protecting the kids from the effects of that smoke," he said. "There are carcinogens in this third-hand smoke, and they are a cancer risk for anybody of any age who comes into contact with them."

Among the substances in third-hand smoke are hydrogen cyanide, used in chemical weapons; butane, which is used in lighter fluid; toluene, found in paint thinners; arsenic; lead; carbon monoxide; and even polonium-210, the highly radioactive carcinogen that was used to murder former Russian spy Alexander V. Litvinenko in 2006. Eleven of the compounds are highly carcinogenic.

### Why are the risks associated with exposure to third-hand smoke different for children and adults?

The developing brain is uniquely susceptible to extremely low levels of toxins. Remember how we talked about the layers of toxin deposits on surfaces? Who gets exposure to those surfaces? Babies and children are closer to [surfaces such as floors]. They tend to touch or even mouth [put their mouths to] the contaminated surfaces. Imagine a teething infant.

Children ingest twice the amount of dust that grown-ups do. Let's say a grown-up weighs 150 pounds [68 kilograms]. Let's say a baby weighs 15 pounds [seven kilograms]. The infant ingests twice the dust [due to faster respiration and proximity to dusty surfaces]. Effectively, they'll get 20 times the exposure.

### References:

<http://www.scientificamerican.com/article.cfm?id=what-is-third-hand-smoke>

<http://www.nytimes.com/2009/01/03/health/research/03smoke.html>



**Help make 2010 a Greener Year!**

**Please** send your email address to BOLD to replace your paper copy of the newsletter.

Contact: [mbrisson@sstar.org](mailto:mbrisson@sstar.org)