

B.O.L.D.

In Print

BUILDING OUR LIVES DRUG-FREE

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BOLD Welcomes a New Director

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What do you like about your new job?

I enjoy having many different tasks to do, so that no day is the same, and this is that kind of job. I see myself as an entrepreneur, building new programs, organizations or teams. When I look back on my career that is the kind of work I've sought.

What have you done?

I began as a high school English teacher; my children dreaded the mom edits to their writing! While my husband was in graduate school, I worked as a secretary (remember when we had secretaries?) at Harvard Medical School for an anatomist and researcher. My boss was in charge of the anatomy course there—dealing with that was quite the learning experience.

While there, I was part of the first union organizing group—it took 10 years, long after I was there, but workers at Harvard did organize a union.

After graduate school, I was an elementary guidance counselor and then began private practice in Key West, FL. Most of my clients as a mental health counselor were Navy families, and I gained great respect for the stresses they endure on our behalf. I continued my private practice after we moved to Iowa, and then worked for a private corporation after our move to the Boston area. I took a break from full time work and headed up the Million Mom March organization in Delaware and was very active in doing political work—I love doing that.

My latest job was creating a group program for 9/11 survi-

vors in the greater Washington, D.C. area.

Tell me about your children.

I have 2 daughters. Annika is married and has newly relocated to Burlington, VT. She and her husband are both engineers. Kari will be attending UMass, Amherst on next week. She has wanted to be a veterinarian since she was 3, and that is her current plan.

How do you like living in Fall River?

A lot. It's got a great sense of community; I missed that living other places. There are strong family ties here, with great loyalty to the community. Fall River, while facing many challenges, has many strengths. The work we're doing together in the BOLD Coalition can help Greater Fall River build on those strengths.

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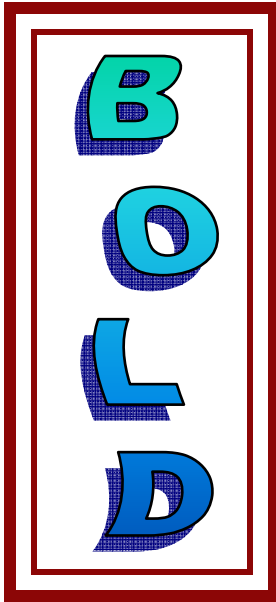
Congratulations!!!
Congratulations!!!

The BOLD Coalition would like to congratulate Mike Ramos and his wife Lou on their new baby girl. Bella Ramos was born on Friday, August 25th. She weighed 4.5

lbs at the time of her birth. Both mother and child are home and doing well.



CASA Survey Reveals Teen Parties Awash in Alcohol & Illegal Drugs



80 % of parents believe that neither alcohol NOR marijuana is usually available at parties their teens attend, but 50 % of teen partygoers attend parties where alcohol, drugs or BOTH are available.

One-third of teens and nearly half of 17-year olds attend house parties where parents are present and teens are drinking, smoking marijuana or using cocaine, Ecstasy or prescription drugs, according to the National Survey of American Attitudes on Substance Abuse XI: Teens and Parents, an annual back-to-school survey conducted by The National Center on Addiction and Substance Abuse (CASA) at Columbia University.

CASA's survey also reveals that teens who say parents are not present at the parties they attend are 16 times more likely to say alcohol is available, 15 times more likely to say illegal and prescription drugs are available and 29 times more likely to say marijuana is available, compared to teens who say parents are always present at the parties they attend.

"Teen drinking and drug-using is a parent problem. Too many parents fail to fulfill their responsibility to chaperone their kids' parties. They have no idea how drug- and alcohol-infested their teens' world is," said Joseph A. Califano, Jr., CASA's chairman and president and former U.S. Secretary of Health, Education and Welfare.

During a press conference

today in Washington, D.C., Califano said he was "appalled" at the findings. "We need to tell parents, did you know that in this country 5 million 12-17 year-olds can buy pot in an hour?" he told the audience.

The survey also found:

- 80 % of parents believe that neither alcohol nor marijuana is usually available at parties their teens attend, but 50 % of teen partygoers attend parties where alcohol, drugs or both are available.
 - 98 % of parents say they are normally present during parties they allow their teens to have at home, but a third of teen partygoers report that parents are rarely or never present at the parties they attend.
 - 99 % of parents say they would not be willing to serve alcohol at their teen's party, but 28 % of teen partygoers have been at parties at a home where parents were present and teens were drinking alcohol.
 - Only 12 % of parents see drugs as their teen's greatest concern, but twice as many teens (27 %) say drugs are their greatest concern.
- CASA's eleventh teen survey also found that teens attending three or more parties a month are at two and one half times the risk for substance abuse compared to teens that do

not attend parties. The transition from age 13 to age 14 is a particularly risky time for American teens. Compared to 13-year olds, 14-year olds are four times more likely to be offered prescription drugs, three times more likely to be offered Ecstasy and marijuana, and two times more likely to be offered cocaine.

CASA said parents need to be present and aware of what's going on when their teen is having a party at home. "And if your teen attends a party at someone else's home, confirm that the parents will be present and that alcohol and drugs will not. The reality is that even when parents are present at a party, some kids will try to sneak in substances," Califano said.

The survey was taken from March 9 to April 30, 2006 and based on a nationally representative random sample of 1,297 12- to 17-year olds (591 boys, 706 girls) and 562 parents (84 percent of whom were parents of teens surveyed).

For more information about CASA's National Survey of American Attitudes on Substance Abuse XI: Teens and Parents, visit

www.casacolumbia.org

(CADCA's *Coalitions Online*. Aug.17, 2006).

Myths & Facts About Cigarettes

Myth: Cigarettes help you think clearly.

Fact: It may seem like you are thinking more clearly, but smoking has no effect on the reasoning process. Nicotine is the substance in tobacco that is highly addictive. It is both a stimulant & a sedative to the central nervous system. The initial nicotine "kick," which stimulates the CNS & causes a sudden release of glucose, is followed by depression & fa-

tigue, leading the smoker to seek more nicotine.

Myth: Cigarettes calm you down.

Fact: Many people believe this, but really feel better only because they are addicted to nicotine. As with other addictive drugs, you begin to feel jittery if the level of nicotine drops. If you are not addicted, cigarettes actually make you feel nervous.

Myth: Smoking keeps you thin.

Fact: Smoking stimulates the CNS, which can suppress the appetite, but doesn't change eating habits. Overall, this is not an effective way to lose weight.

Myth: It's easy to quit later.

Fact: Only 3% of daily smokers in high school think they will be smoking in 5 years. But over 60% are still smokers up to 9 years later. Usually people make three or more attempts before finally being able to quit.



Win American Idol's Live Tickets!!

Here's your chance to win 3 absolutely free tickets to "The Live American Idols On Tour" performance at the Dunkin Donuts Center in Providence! You and 2 friends can attend the show on Friday, September 22, if you are the winner of BOLD's contest.

Write your answer (in 250 words or less) to the following question:

"What can I do to help my community reduce substance abuse among youth?"

The idea for the contest is

to get the word out about the BOLD Coalition to teens in and around the Fall River area.

Tell us what you need to keep building your lives drug-free. Give us some ideas about what you could do to join with other teens to keep BOLD going and strengthen your community's anti-drug effort.

Be sure to include your name, age, address and phone and/or e-mail if you have one. All entries must be received by September 8th. Mail your entry to: American Idol Contest

386 Stanley Street, Fall River, MA 02720 c/o Nic Charest or e-mail your entry to

ncharest@sstar.org

Tell your friends, but only one entry per person is allowed. Our panel of judges will pick the top 10 entries that will move on to the final round. The winner will be chosen at random and announced in our September issue.

You must be between the ages of 13-19 to enter. Winners under the age of 18 will need parental permission to claim the



New Treatment Study for Adolescents

Did you know that approximately 30-50% of adolescents in the United States who abuse drugs also have ADHD? Research also shows that as many as one-half of adolescents in drug treatment have ADHD, which is associated with more severe drug use, behavior problems, more drop outs and treatment failure when compared to substance dependent adolescents without ADHD.

SSTAR is part of a new study offering free treatment to adolescents who abuse drugs (including alcohol) and have ADHD. There have been very few studies done with substance using adolescents who have ADHD. SSTAR is one of six sites across the country to be conducting this study. The

purpose of this study is to find out if the medication Concerta XR, compared to placebo (sugar pill), helps adolescents with ADHD and drug/alcohol problems.

Adolescents who participate will receive up to \$485.00 in cash or gift cards for completing the study. The study consists of two baseline visits to determine eligibility, 16 weeks of treatment, and a one-month follow-up visit. The weekly treatment includes a CBT session to address substance abuse issues and a visit with a nurse to monitor medication effects.

There is a thorough screening done to determine eligibility. Parental permission is required for youth under 18.

We are NOW pre-screening

adolescents for this study.

Please let us know if you have or know of anyone who may be interested in participating.

The Research Staff will be available to answer any questions – please call: Michelle Rapoza, ext. 3403, Betsy Macaraig and Doris Merrill, ext. 3188, Dr. Genie Bailey, ext. 3428 or Heather Harley, ext. 4255. Brochures and flyers are also available; please feel free to call if you'd like some.

This study is funded through the National Institute on Drug Abuse. For more information they have a website: www.drugabuse.gov. There is also more information available about clinical trials at: www.clinicaltrials.gov



Staff for the ADHD Study.

Drive Program at St Anne's Hospital

Have you or a loved one been a victim of a drunk driver? If so, DRIVE could help.

DRIVE (Drug/alcohol Related Injuries from Vehicular Events) is a FREE program for victims of drunk/drugged driving crashes and is located at Saint Anne's Hospital.

Services offered include:

- Individual, family, and group counseling
- Advocacy in navigating the medical and legal systems
- Outreach to the community to increase awareness of the consequences of impaired driving

To learn more about the DRIVE program or to make a referral contact clinical coordinator Jennifer Salem-Russo at (508) 674-5600 x2270.



Is now on the internet. Our site will be up and running very shortly. Please visit www.boldcoalition.org or www.myspace.com/boldcoalition



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Building Our Lives Drug-Free

BOLD

September 2006

Important Dates

- Sept 8: Deadline for American Idol Submissions.
- Sept 11: TADA! 3:30 @ Durfee H.S.
- Sept 11: Advisory Board. American Idol Judging 4:00pm.
- Sept 13: Events Planning. 3:00 @ SSTAR.
- Sept 14: Mission/Vision. 3:00 @ Boy's & Girl's Club.
- Sept 14: Program Support 4:00 @ SSTAR.
- Sept 20: Mass Forum.
- Sept 27: BOLD Print. 3:00 @ SSTAR.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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10	11 **	12	13 *	14 **	15	16
17	18	19	20 *	21	22	23
24	25	26	27 *	28	29	30