



Chemical Health Initiative School and Community E-Newsletter

E-Newsletter

November 28, 2011

In This Issue

- Why Nicotine is a Gateway Drug
- Drinker Beware

Know!:

- Parent Alert: Smoking Smarties and Drunken Gummies
- Putting Words Into Action This Holiday Season

Three D Month:

- December is National Drunk and Drugged Driving Prevention Month

CHI Community Council Update:

- Kenyon-Wanamingo CHI Event: December 4, 2011

Quick Links

About Us

Our Sites

www.chi-goodhue.org

www.chi-parentnetwork.org

www.chi-howie.org

Our Staff

Calendar

Volunteer

Opportunities

Contact Us

Why Nicotine is a Gateway Drug



A new study in mice shows how tobacco products could act as gateway drugs, opening the door to use of illicit drugs. Nicotine, the researchers found, makes the brain more susceptible to cocaine addiction. The finding suggests that lowering smoking rates in young people might help reduce cocaine abuse. To learn more please visit the [NIH website](#).

Drinker Beware

A new report from the government finds that each year, an alarming number of people may be drugged without their knowledge. In 2009, Americans made more than 14,000 visits to the emergency department after being intentionally poisoned. Most often, this happened to people who were 21 or older, and the majority of the victims were female. In 60 percent of the cases, a combination of alcohol and other drugs sent the person to the hospital. View a short video about this topic on the [MedlinePlus website](#).

know[®]

EMPOWERING PARENTS TO RAISE
THEIR CHILDREN TO BE SUBSTANCE-FREE

Talk Early And Often About Alcohol, Tobacco And Other Drugs. Even When It Gets Tough

Know! Parent Alert: Smoking Smarties and Drunken Gummies

While neither of these concepts is necessarily new, Smoking Smarties and Drunken Gummies are two current trends among today's youth that have rapidly grown in popularity thanks to YouTube, social media sites and other popular online tween/teen hangouts.

If you are wondering how one smokes a Smartie or concocts a drunken gummy, just "Google" it. Then you, like youth across the country, will unfortunately have instant access to hundreds of instructional videos. Parents: We must Know! the facts to share with our children to help curb curiosity and deter experimentation.

[Click here for the full Know! Parent Tip.](#)

[Click here to sign up for FREE Know! Parent Tips.](#)

Email:

info@chi-goodhue.org

Phone:

651-385-3307

FREE CLINIC**CARE Clinic**

Serving uninsured low income individuals who live in Goodhue County (and Lake City)

CLINIC HOURS

Every Tuesday Evening
4:30 p.m. – 6:30 p.m.

LOCATION

1407 West 4th Street
Red Wing, MN

CONTACT INFORMATION

Phone: 651-388-1022

Email:
info@careclinic.com

Website:
www.careclinic.com

**Be an advocate,
Pass this on to others!**

Know! To Put Words Into Action This Holiday Season



One of the greatest gifts we can give our children this holiday season is the gift of our positive influence. Believe it or not, our parental influence carries more weight than any famous actor, athlete or musician. The way we live and the choices we make mean more to our children than any alcohol ad or drug-related internet video they may see, or even the negative pressure they might get from a misguided peer at school.

According to Joseph A. Califano, Jr. (author of *How to Raise a Drug-Free Kid*), when it comes to influencing our children, the most important facet is our own conduct. Califano says that children are much more impacted by what they see us do than what they hear us say. In other words, *our actions speak louder than our words*.

The holiday season presents an ideal opportunity to put your positive influence into practice. Here's the scenario: You are at a family gathering with your children. The party's host offers you a beer or glass or wine. Your children are tuned in for your response. What do you do and how can you make this a positive parenting moment?

If you are recovering from alcohol dependence or addiction, the best answer is a straight, "No thank you," with no further explanation needed.

If you are responsible for driving yourself, your children or anyone else home after the party, teaching by example, you also should not drink. And when you make that positive choice, let your children hear it, "No thanks, I'm driving tonight." Then let your children see your words in action. As you enjoy the evening, you will also be conveying the message that you do not have to have an alcoholic drink in hand to have a good time.

Now say your spouse or another adult is your family's designated driver for the evening and you do choose to have an alcoholic beverage. Number one, you don't have to be a nondrinker to be a good parent. Number two, you can use this choice as an opportunity to teach your children about responsible consumption, so long as you stay within your limits. However, proceed with caution, because your children are watching, learning and forming their attitudes and beliefs based largely on your behavioral choices.

Parents, we have the power to influence our children to make healthy, lifestyle choices when it comes to alcohol, tobacco and other drugs. Give them the gift that keeps giving; the gift of our positive influence.

For information on determining your individual alcohol limitations, visit [Rethinking Drinking](#).

Sources: Joseph A. Califano, Jr., *How to Raise a Drug-Free Kid: The Straight Dope for Parents*. National Highway Traffic Safety Administration: *Traffic Safety Facts*

Three D Month: December is National Drunk and Drugged Driving Prevention Month

This is a time to raise awareness about the consequences of driving under the influence of alcohol and drugs.



Tie One On For Safety is MADD’s longest running and most visible public awareness project. MADD asks holiday drivers to tie MADD red ribbons to visible locations on their vehicles, or place window decals on their vehicles’ windows. The red ribbons represent drivers’ pledges to drive safe, sober and buckled up, reminding other drivers and passengers to do the same.

How can the public participate in *Tie One On For Safety*?

- Display a red ribbon in a visible location on your vehicles.
- Host parties responsibly by offering mock-tails and other non-alcoholic beverages
- Provide alternate transportation or accommodations for guests who have been drinking.

Click here for more safe party tips.

Give the Gift of a Designated Driver™

This year MADD is also offering the gift we can all give each other – the gift of a safe and sober ride home. If you are looking for a cost effective, yet thoughtful gift to give your family or friends, offer to be their DD this holiday season.

For more information visit: madd.org

CHI Community Council Update

Kenyon-Wanamingo CHI to Co-Sponsor Teen Challenge Choir Event:

Sunday, December 4th @ 11:00 am

The Kenyon-Wanamingo CHI Council has partnered with local area churches to host the Teen Challenge Choir this Sunday. The public is welcome to attend this special event. Come and enjoy wonderful music and a great presentation on Sunday, December 4 at 11:00 at First Evangelical Lutheran Church in Kenyon.

For more information on the Teen Challenge Choir, visit

<http://www.mntc.org/choirs>

Community CHI Councils are located in Red Wing, Cannon Falls, Goodhue, Zumbrota and Kenyon-Wanamingo



Working to enhance the quality of life for Goodhue County families and citizens by promoting chemical health

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