



CHI SCHOOL NEWSLETTER

Information and Resources for School Staff

November 15, 2010

TEACHER RESOURCES & LESSON PLANS AT WWW.CHI-GOODHUE.ORG

Teacher resources and lesson plans are now on the CHI coalition website at

<http://www.chi-goodhue.org/teachers.php>

It is our goal to provide the resources and information YOU want and need. If you are in need of specific resources and lesson plans, please let us know by emailing the CHI Chemical Health Specialist

Julie.hatch@chi-goodhue.org and we will do our best to provide you the information and add to the website.

REPORTS FROM THE NATIONAL EXPERTS

Adults Who Initiate Alcohol Use Before Age 21 More Likely to Abuse or Become Dependent on Alcohol

Early onset of alcohol use is associated with a greater likelihood of developing alcohol abuse or dependence at a later age, according to data from the National Survey on Drug Use and Health (NSDUH).

See full article below.

CDC Vital Signs – BINGE DRINKING

Binge drinking* is a dangerous behavior for all ages. Drinking too much, including binge drinking, causes more than 79,000 deaths in the US each year and is a leading preventable cause of death. Binge drinking has not been well-recognized as a public health problem. More than 15% of US adults report binge drinking. It is most common in men, adults in the 18–34 age range, and people with household incomes of \$75,000 or more. This is a community issue, not just an individual issue. This CDC report points out how common binge drinking is and what can be done about it.

To read more go to <http://www.cdc.gov/vitalsigns/BingeDrinking/index.html>

GOODHUE COUNTY S.A.F.E. MEDICATION DROP BOXES ARE READY FOR USE!



Residents of Goodhue County no longer need to worry about the safe disposal of their unused or expired prescription drugs thanks to the efforts of the Chemical Health Initiative of Goodhue County, the Red Wing Police Department and Department of Public Works, the Goodhue County Sheriff's Department and the Goodhue County Public Health Department.

Residents may drop off prescription or over-the-counter medications in the drop boxes located at the following locations.

Goodhue County Law Enforcement Center

430 West 6th Street, Red Wing, MN

Available: 24 hours a day, 7 days a week

Wanamingo City Hall - Sheriff's Office

401 Main Street, Wanamingo, MN

Available: Monday - Thursday 8:00 a.m. - 4:30 p.m.

Friday 8:00 a.m. – Noon

For more information regarding the S.A.F.E. Medication Disposal Program and medications accepted go to

<http://www.chi-goodhue.org/SAFE%20Program.php>

CHI RESOURCES

CHI Parent Network Website – Website for Parents, Teachers and Caregivers

www.CHI-parentnetwork.org

CHI Coalition Website

www.CHI-goodhue.org

CHI Howie Website

www.CHI-howie.org

GOODHUE COUNTY ANONYMOUS TIP LINE



1-(866) 887-HELP (4357)

WANT TO LEARN MORE ABOUT THE CHI?

Contact us at 651-385-3307 or info@chi-goodhue.org

CESAR *FAX*

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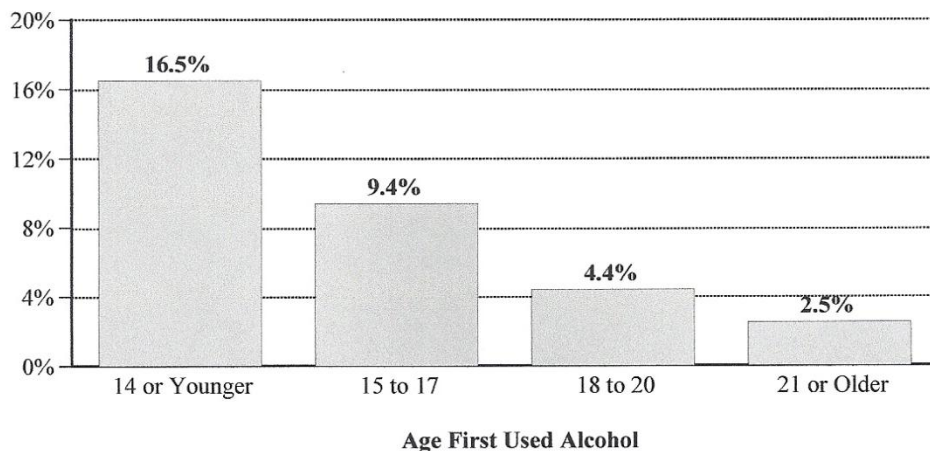
A Weekly FAX from the Center for Substance Abuse Research

University of Maryland, College Park

Adults Who Initiate Alcohol Use Before Age 21 More Likely to Abuse or Become Dependent on Alcohol

Early onset of alcohol use is associated with a greater likelihood of developing alcohol abuse or dependence at a later age, according to data from the National Survey on Drug Use and Health (NSDUH). Those who first used alcohol at or before the age of 14 were nearly four times more likely to meet the criteria for past year alcohol abuse or dependence than those who started using alcohol between the ages of 18 and 20 (16.5% vs. 4.4%) and more than six times more likely than those who started using alcohol at or after age 21 (16.5% vs. 2.5%). These findings illustrate the need for alcohol education and prevention efforts as early as middle school.

Percentage of Adults (Ages 21 or Older) Who Abused or Were Dependent on Alcohol in the Past Year, by Age of First Alcohol Use, 2009



NOTE: Abuse or dependence are defined using DSM-IV criteria.

SOURCE: Adapted by CESAR from Substance Abuse and Mental Health Services Administration, *Results from the 2009 National Survey on Drug Use and Health: Detailed Tables*, 2010. Available online at <http://oas.samhsa.gov/WebOnly.htm#NSDUHtabs>.

In Memoriam: Dr. David F. Musto 1936 - 2010

The substance abuse field lost a valued scientist with the death of Dr. David F. Musto on October 8, 2010. Dr. Musto was a renowned expert in drug control policy who had a long and distinguished career in the field. His New York Times obituary can be found on line at <http://www.nytimes.com/2010/10/14/us/14musto.html>.

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