

Substance Abuse In Melrose




M E L R O S E

SUBSTANCE ABUSE
PREVENTION COALITION

History

- 2005 \$10,000 state grant
Coalition formed
- 2006 \$75,000 state earmarked funds
Coordinator hired
- 2006-2016 \$1.1 million DFC grants
- 2012-2016 \$200,000 STOP grants

- 
- 2013 Regional Opiate Grant
7 years
\$700,000
 - 2015 Regional Underage Drinking &
Other Drugs grant
7 years
\$700,000

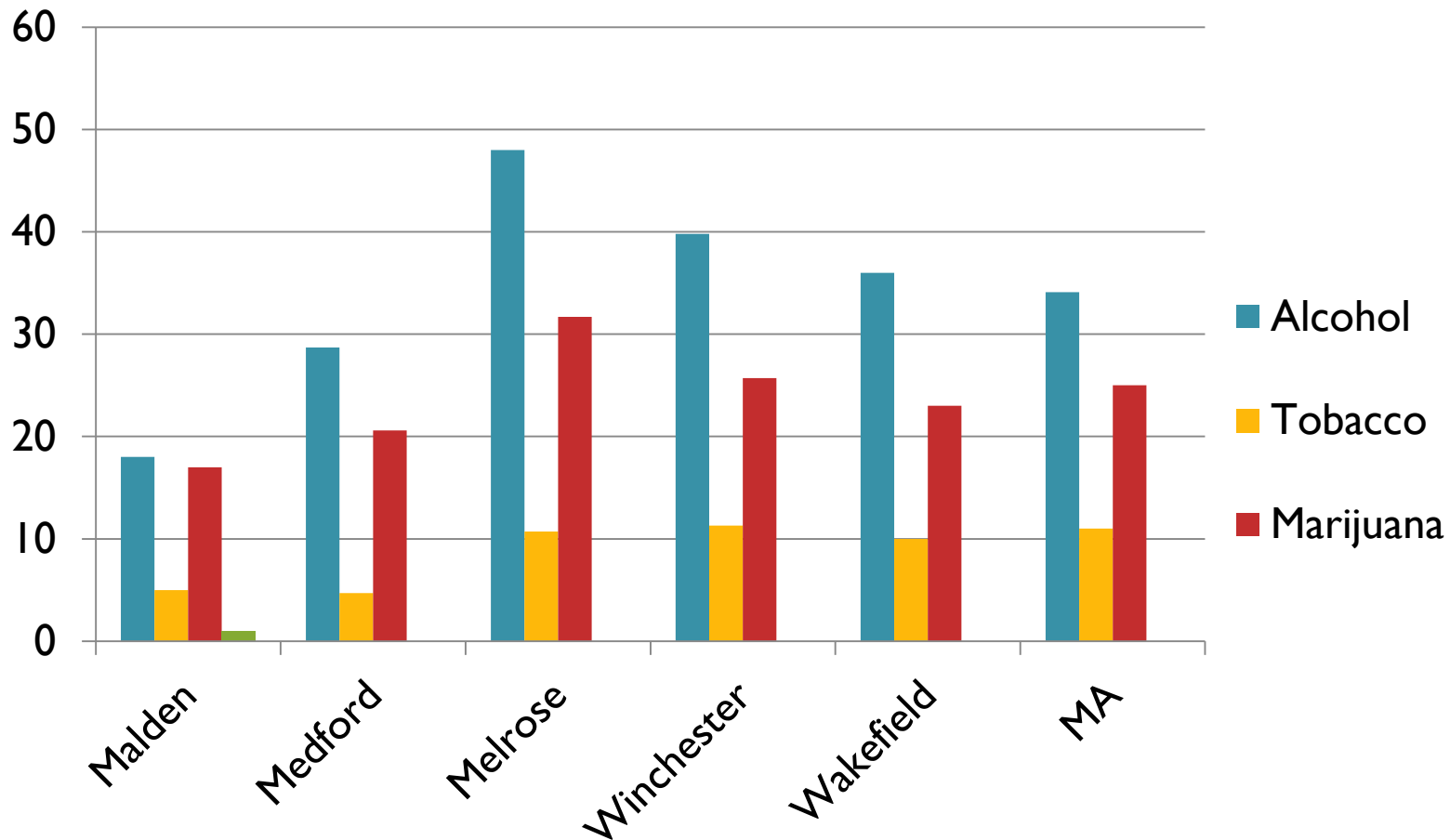


\$2.785 million!!

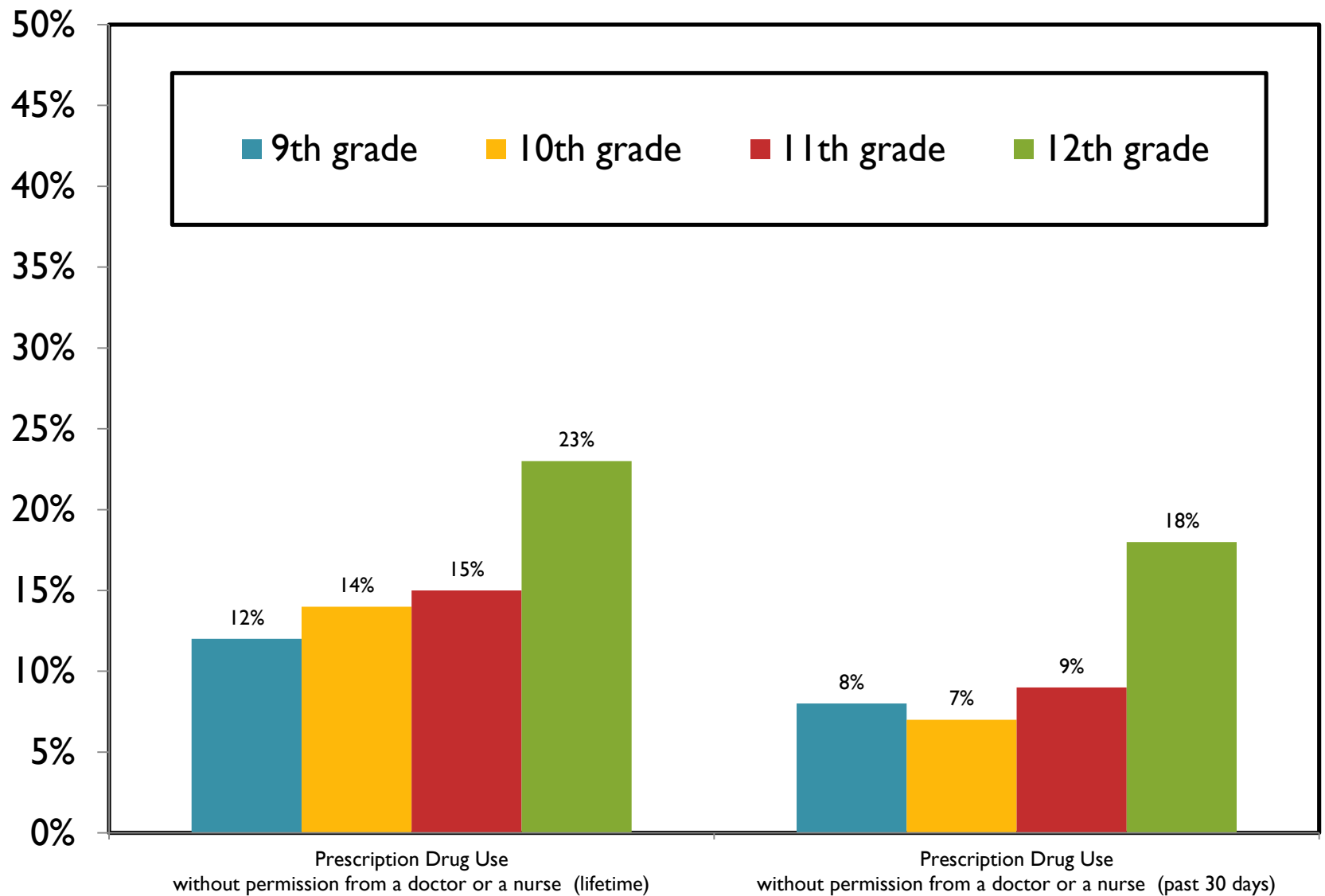
11 years

Past 30 day use of Alcohol, Tobacco, and Marijuana

High School

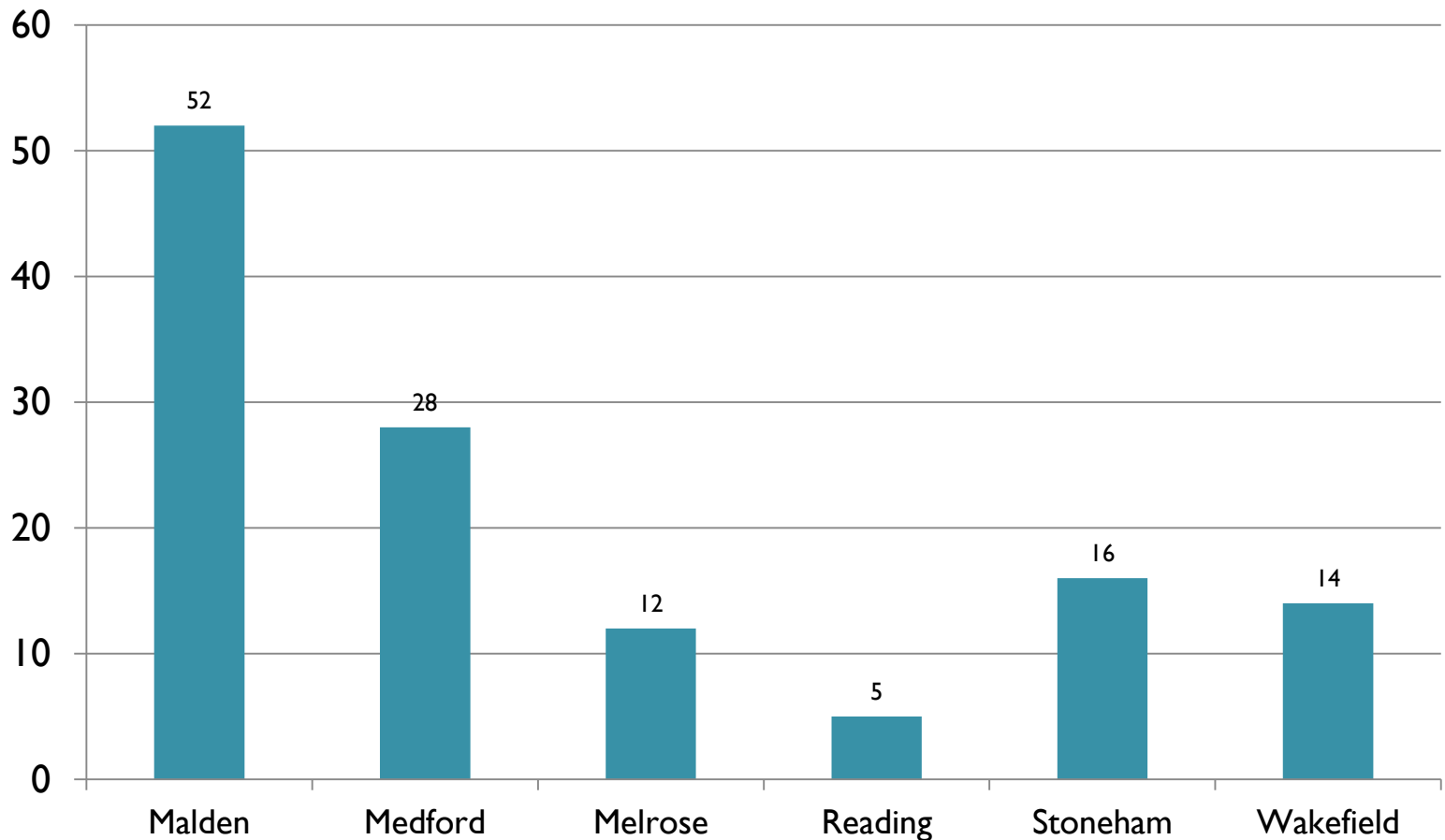


Prescription Drug Use By Grade (High School) 2013

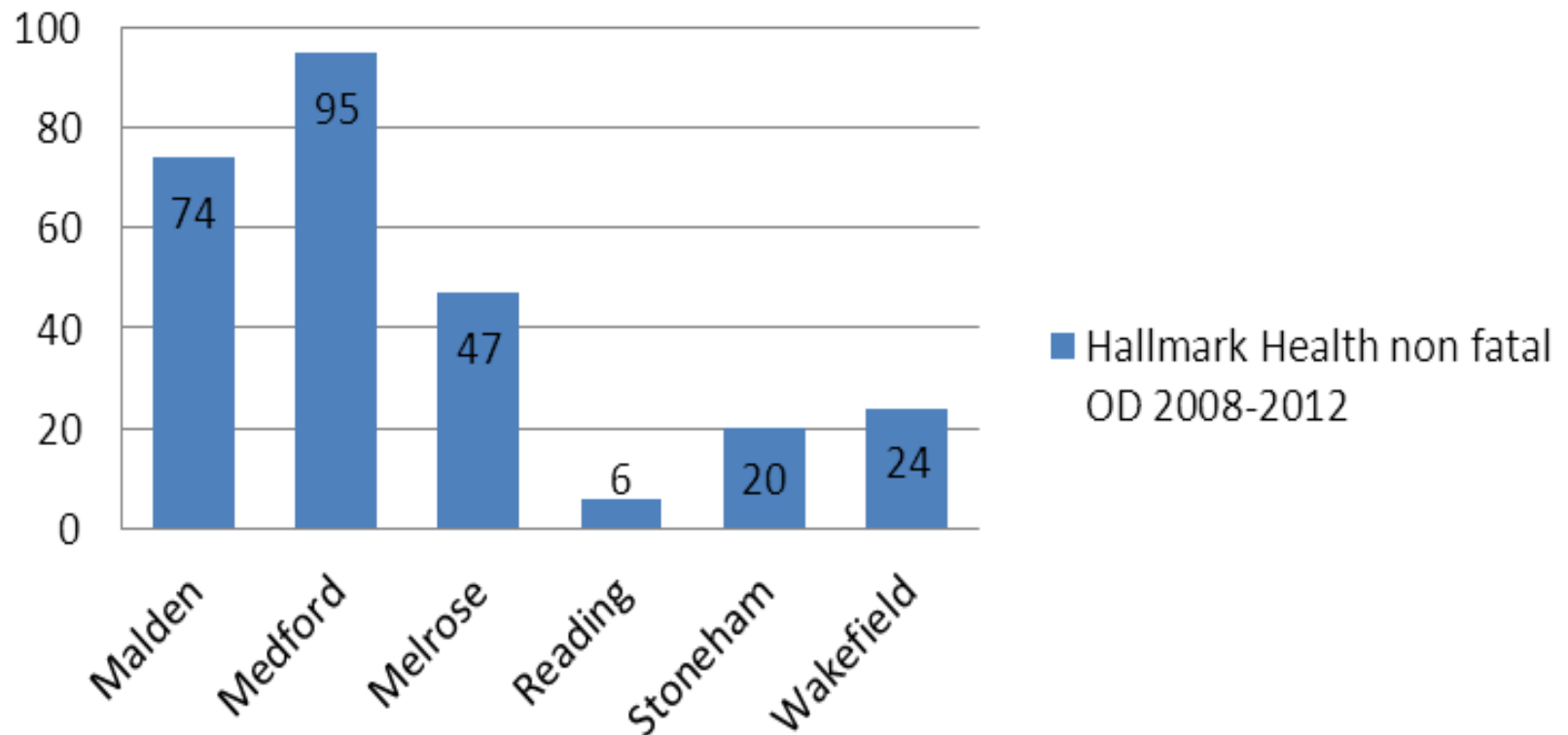


Opioid Death Record Data

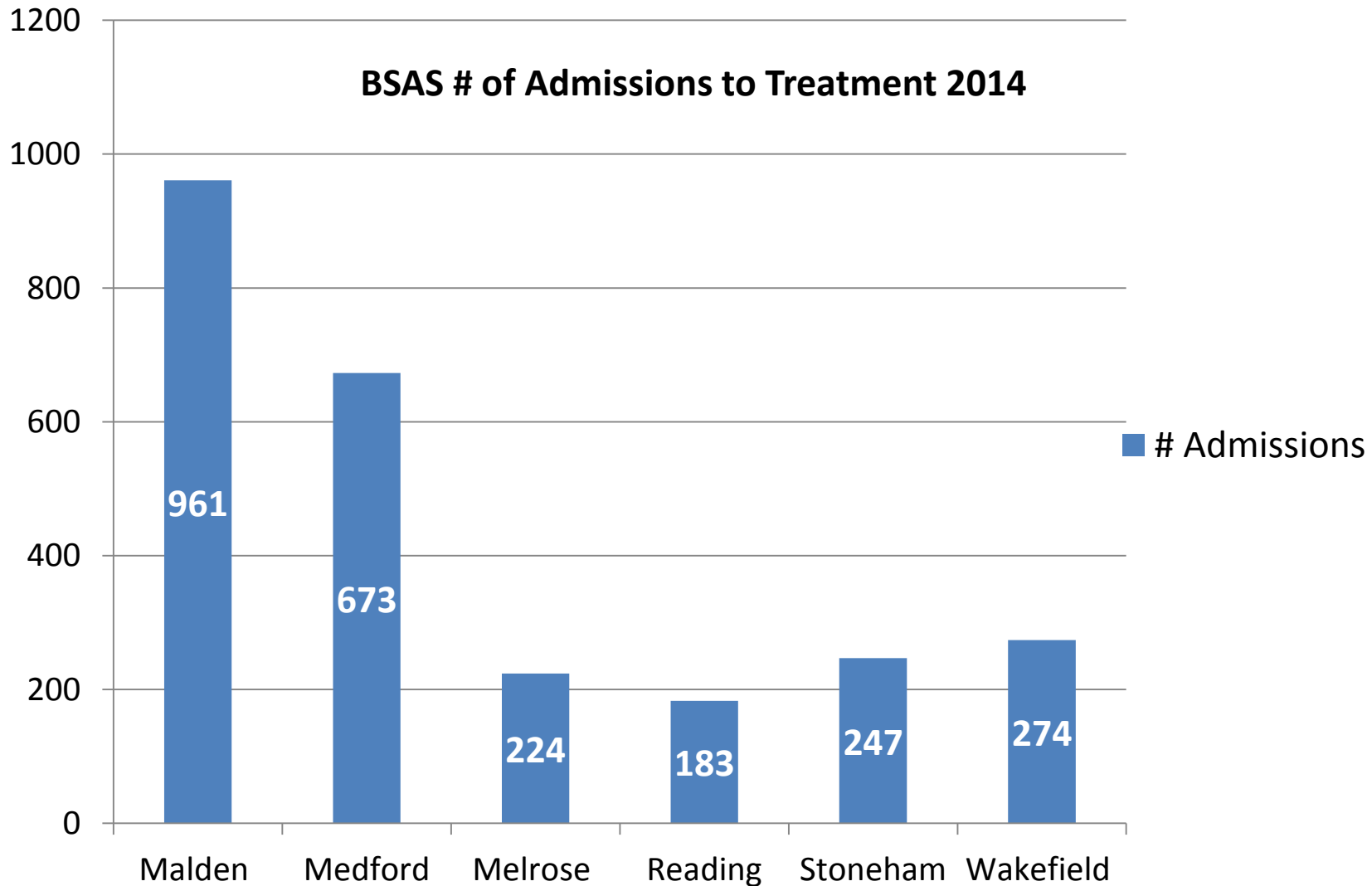
Death Record Data by town for 2010-2014



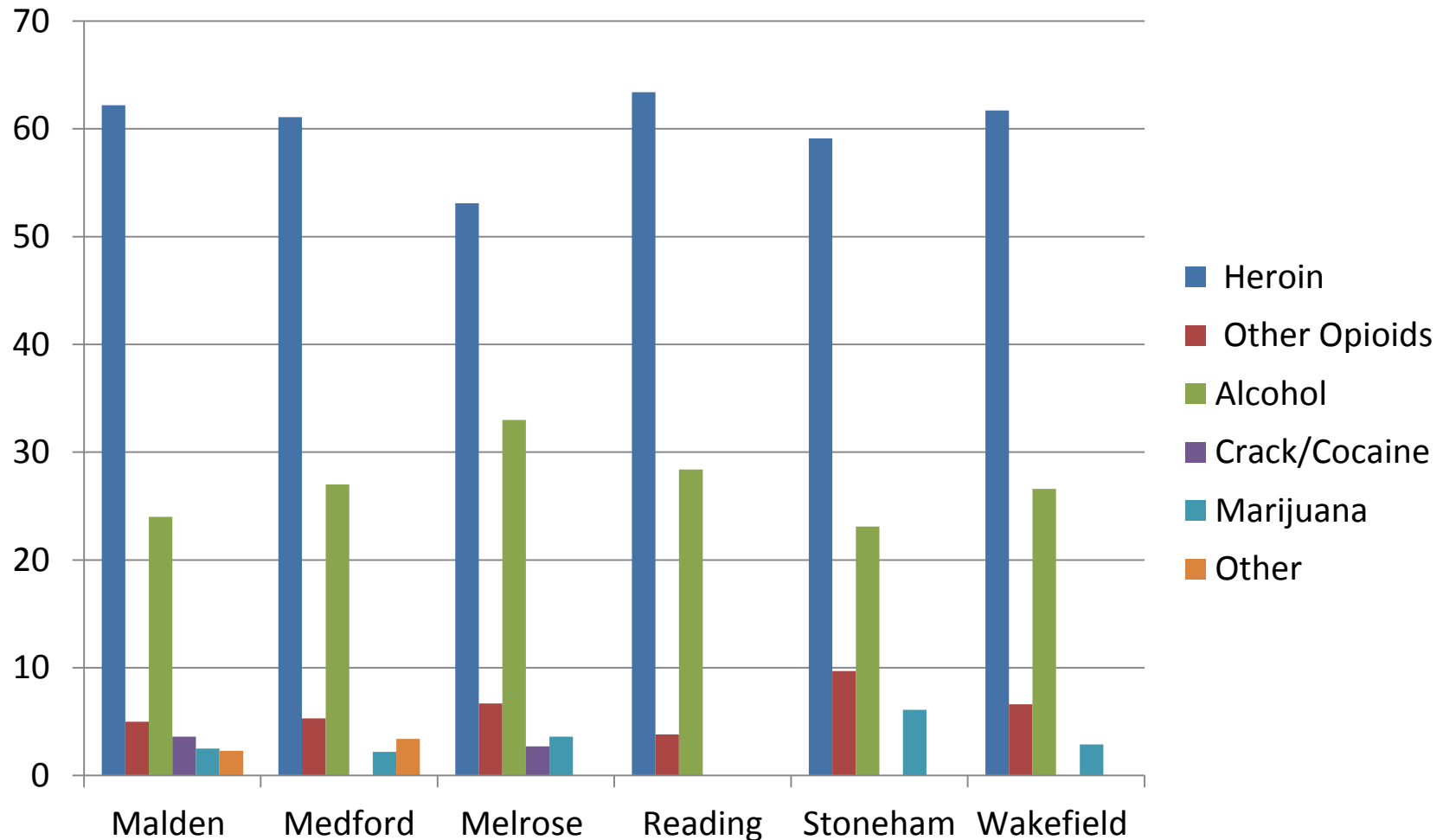
Hallmark Health non fatal OD 2008-2012



BSAS Admissions to Treatment



BSAS Admissions Data by Primary Drug of Choice




Protective Factors

- Strong bonds with parents
- Parental involvement in the child's life
- Clear limits and consistent enforcement of discipline
- Clear and consistent messages that any substance use is not tolerated
- High self-image and self-esteem
- Academic success



What are we doing?

- 
- Substance Abuse 101 and Mental Health training to school faculty, parents, coaches
 - Social Skills groups with local adolescent therapists
 - Melrose Grad Night
 - Parenting skills workshops
 - Medication take back facilities and events
 - Board of Health Drug Paraphernalia ban
 - Alcohol compliance checks



Opioid Overdose Prevention

- Created resource guides for community
- Naloxone (Narcan) now carried by Police, Ambulance, and School Nurses
- Offered community trainings

Intervention & Referral

- Coordinator provides on-site case work and follows up to identified students and their families
- Initiated partnerships with outside agencies to provide free on-site individual and group treatment services to students as well as to families in their homes.

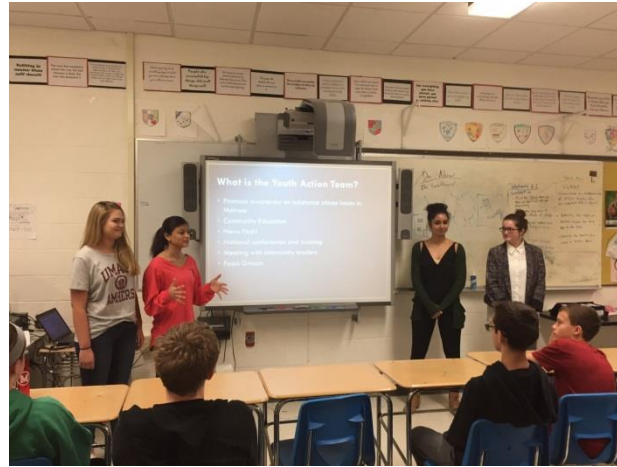
Partnerships

- Coalition membership
- First responders
- Pharmacies
- DPW
- Other communities' Coalitions
- Hallmark Health
- Department of Child Services
- Local, state, and federal politicians
- DA Ryan's Opioid Task Force
- Governor's Opioid Working Group

Youth Action Team



Educate peers and provide resources to the community!



Attend National Conferences and Visit Capitol Hill!



NEWS FLUSH

...in the know while you go

News Flush

...In the know while you go



"WIDE AWAKE DRUNK"

Energy drinks such as **Red Bull**, **Monster**, or **RockStar** claim to stimulate the mind and body while providing a boost of energy. But these drinks can have dangerous effects when mixed with alcohol.

Energy drinks act as a stimulant while alcohol acts as a depressant. By mixing the two, you are sending mixed messages to your body, which can amplify the effects of both.

Caffeine does NOT counteract the effects of alcohol. It only prevents a person from becoming tired, which can lead to overconsumption and prevent impairment.



NEWS FLUSH

...in the know while you go



What Colleges See When They Find You Online

Many colleges are now using social media sites to research student applicants.

According to a 2013 survey by *The New York Times*, out of 381 college admission officers, **31% (1/3)** had checked out an applicants' social media page to learn more about them.

A huge part of getting into college is making a good impression—pictures of smoking, drinking, or other illegal substance use that show up online can only hurt your chances.

Being Careful Of What You Put Out There

As we've heard countless times, we need to be careful about the information we put out on the web. What you post online cannot only negatively affect your prospects for college, but also for future job applications. Some employers have potential employees log into their Facebook, Twitter, or Instagram accounts during the interview to view their activity. With college applications and the hunt for a job coming closer every year, now is the time to make **smart decisions!** Be aware of what is wise to put out there for **everyone** to see.

NEWS FLUSH

...in the know while you go



Why is sleep so important?

Lack of sleep can cause mood problems, inability to focus or respond quickly, and decreased energy.

TIPS for better sleep:

- Go to bed at the same time every night
- Avoid caffeine and alcohol before bed
- Get some exercise during the day
- Turn off electronics at least 30 minutes before bed
- Create a relaxing bedtime routine
- Make your bedroom a sleep sanctuary
- Consider white noise or a fan
- Don't nap during the day
- If you're having trouble sleeping, talk to your doctor

News Flush

...In the know while you go

What's inside an e-cigarette?

- Liquid nicotine (the addictive ingredient in cigarettes)
- Propylene glycol (a chemical used to make stage fog)
- Sometimes food flavoring
- A battery
- A coil that heats the liquid into a vapor

NICOTINE= the addictive ingredient in cigarettes

Are they harmful?

These products are so new that not enough is known about how safe they are to use or how they affect people second-hand. Because manufacturers are not required to prove these products are safe, there is no way of knowing what potentially harmful chemicals they contain. They may contain chemicals toxic to humans but we do not yet know the potential health risks or how much nicotine or other harmful chemicals are actually being inhaled when using one of these products.

Did You Know?

The Melrose Public School District has modified the Code of Conduct policy to **prohibit** the use of nicotine delivery products (e-cigarettes & hookah-pens) on school property.

Save a horse, ride a mechanical bull! To get out of one more grandparent hug, So you're not home when your parents look at your diploma and see that it's blank.

When else can you pull an all-nighter and your parents are asleep with it? It's your last chance to look around at your fellow students in a Melrose school and say, "man, I'm gonna miss (or not gonna miss) these guys."

It's your final Melrose school-related all-nighter that doesn't involve cramming for an exam.



NEWS FLUSH

...in the know while you go



April is Alcohol Awareness Month

ALCOHOL POISONING

recognize the signs

- **CONFUSION**
- **COORDINATION** loss
- **VOMITING**
- **SEIZURES**
- **PALE SKIN** (or blue-tinged)
- **LOW BODY TEMPERATURE**
- **SLOW BREATHING** (or irregular)
- **STUPOR** (conscious but unresponsive)
- **UNCONSCIOUSNESS**



what to do

- **KEEP THEM AWAKE & SITTING UP**
- **GIVE THEM WATER**
- **KEEP THEM WARM**
- **LAY THEM ON THEIR SIDE** (recovery position)
- **CHECK IF THEY ARE BREATHING PROPERLY**
- **STAY WITH THEM & MONITOR THEIR SYMPTOMS**

what NOT to do

- **DON'T LEAVE THEM TO SLEEP IT OFF**
- **DON'T GIVE THEM COFFEE**



FLUSH

...in the know while you go



Students!

fun filled, sub-
duty for another

ing this news-
vice as a way to
I about what's
ir community.

ight to you by
vention Coali-
res short col-
reminders
Enjoy!



Interested in joining the growing
Youth Action Team?

Want to see a particular topic discussed
in next month's issue?

Or do you have a question about
drugs or alcohol?

E-mail the Youth Action Team
for an application at

MelroseYAT@gmail.com

if Summer"

TEST!!

er here in Melrose or abroad?
chool "Snapshots of Summer"
is how you enjoyed a

drug/alcohol-free summer!

Submit your **BEST** photo from your favorite vacation spot, beach day, summer book, sporting event, etc. for a chance to win:
1st Place: 2 Bruins OR 2 Celtics tickets
2nd Place: \$100 Ticketmaster gift card
3rd Place: Season Pass to home variety football games
4th Place: \$25 iTunes gift card

Follow and tag us on Instagram (@melroseATI) with
#SnapshotsMHS to submit your photo!
Or e-mail it to MelroseYAT@gmail.com
Deadline is Friday, October 2nd

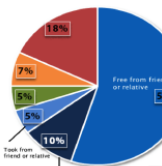


= You
pre
= Hig
pol
= Wo
of t
= Ca
to c

Cough/Cold!

While millions of American
medicine, some teens int
amounts – sometimes more
recommended dose of these n
This means some teens in
dextromethorphan (DXM). V
amounts DXM can cause se
ing rapid heartbeat, high bl
problems, nausea i
just ask LIT V

Source of Pain

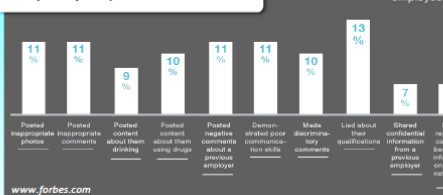


Past Year Non-medical Users of Pain Relievers = 12.4 million
Source: SAMHSA, 2009 National Survey on Drug Use and Health (September 2010)

Have you ever rejected a candidate because of what you saw about them on a social networking site?



Why have you rejected those candidates?



www.forbes.com

pain killers are an expensive habit to maintain.
Many people switch to heroin as a cheaper alternative but is much stronger and can be extremely dangerous when mixed with other substances.

Who can I talk to?:
MA Youth Substance Abuse Helpline
(617)-661-3991

National Suicide Prevention Lifeline
1-(800)-273-TALK

• **ATTEND THE MELROSE CLASS OF 2015 GRAD NIGHT PARTY!** It's a substance-free party with great prizes, games, and food all night long!



84 Chapter



They're on social media!



Melrose Above the Influence



@Melrose SAPC



Melrose YAT



@MelroseATI



melroseYAT@gmail.com



Ruth L. Clay, MPH
Health Director

Jennifer Kelly, SAP Coordinator

Lauren Dustin
Assistant SAP Coordinator

rclay@cityofmelrose.org

jkelly@cityofmelrose.org

ldustin@cityofmelrose.org