

# MVPN

Mascoma Valley  
Prevention Network

## Coalition News: Winter 2012

### 2011/2012 Parent Night Series

#### *Tools for Your Toolbox:*

*Preventing Risky Behavior*

**Wednesday, January 18, 2012**

5:30 to 7:30 pm

Café @ MV Regional High School

A meal and child care will be provided. As with so much in parenting, preventing problems – no matter how unlikely you think they are – often comes down to knowing what to look for and being confident you would know how to respond. This is true with most risky youth behaviors, including alcohol and drug use. Join MVPN leaders and Amy Pepin, LICSW, CPS, Policy Director for New Futures, for a discussion of the wide range of options we have to help youth who have or may develop substance abuse problems. This event is for parents, grandparents, and other caring adults with influence over youth of all ages. We will discuss strategies and resources to step in before any use begins all the way through being concerned that use is out of control. Amy has over 20 years of experience working with youth, young adults, and families including: substance abuse prevention and treatment; runaway and homeless youth prevention and intervention; and work with adjudicated youth and their families.

#### *Where Do We Stand?*

*A Community Forum to Discuss the Results  
of the 2011 Mascoma Valley Youth Risk  
Behavior Survey*

**Wednesday, March 21, 2012**

5:30 to 7:30 pm

Café @ MV Regional High School

All community members are welcome. Light refreshments and child care will be provided. There will be a presentation of the highlights of the survey results and time for discussion.

**Please let us know if you plan to attend** (contact information below). We will host Parent Night Events in **April** and **May** as well.

### A Little Knowledge: Alcohol

Alcohol is a depressant that comes from organic sources including grapes, grains and berries. These products are fermented and distilled into a liquid. Alcohol affects every part of the body. It is carried through the bloodstream to the brain, stomach, internal organs, liver, kidneys, muscles – everywhere. It is absorbed very quickly (as short as 5 - 10 minutes) and can stay in the body for several hours.

Alcohol affects the central nervous system and brain. It can make users loosen up, relax, and feel more comfortable, or can make them more aggressive. Unfortunately, it also lowers their inhibitions, which can set them up for embarrassing or dangerous behavior. In fact, each year approximately 5,000 young people under the age of 21 die as a result of underage drinking. This statistic includes about 1,900 deaths from motor vehicle accidents; 1,600 homicides; 300 suicides; and hundreds of others stemming from injuries such as falls, burns and drowning.

It's no secret society gives children mixed messages about alcohol. As a parent, you should know that underage drinking can have serious consequences. The teenage brain is still developing. Did you know that alcohol can impair the parts of the brain that control:

**Motor coordination.** This includes the ability to walk, drive and process information.

**Impulse control.** Drinking lowers inhibitions and increases the chances that a person will do something that they will regret later.

**Memory.** Impaired recollection and even blackouts can occur with too much alcohol.

**Judgment and decision making capacity.** Drinking may lead young people to engage in risky behaviors that can result in illness, injury and even death.

*Excerpted from [www.theantidrug.com](http://www.theantidrug.com), website of the National Youth Anti-Drug campaign.*

**New Resource:  
A Parents Guide for the  
Prevention of Alcohol,  
Tobacco & Other Drug Use**



Like us on FaceBook at  
“Mascoma Valley  
Prevention Network”

Do you want local information about how to help keep your children safe from alcohol, tobacco, and other drugs? MVPH can provide you with a FREE booklet with useful information for parents of all aged children, including elementary school students. The booklet includes sections on brain development, the negative effects of substance abuse, New Hampshire laws and consequences, and local resources. This booklet was developed by MVPN with the support of the Bridges to Prevention Regional Network.

To request a FREE copy, please send an e-mail with your mailing address to [alice.ely@mvhi.org](mailto:alice.ely@mvhi.org) or call 523-7100. Please let us know if you would like multiple copies to give out at meetings or in office settings.

**MVPN Needs Local Support**

MVPN accepts donations to support coalition activities as well as the Indian River Youth 2 Youth Program. Local support is critical as we seek grants because many foundations require local matching funds. Rightfully, they like to see that the community the program benefits values it. Additionally, the Drug Free Communities Support Program requires a dollar-for-dollar match; the match can include the value of volunteer time and other in-kind contributions, but cash is an important part of local commitment.

*Donating is easy!* Donations can be made to Mascoma Valley Health Initiative on behalf of MVPN and are tax deductible. Go to our


website at [www.mvhi.org](http://www.mvhi.org) to make a secure donation using PayPal (you do not need a PayPal account) or mail a check to MVHI, PO Box 102, Canaan, NH 03741. *Thank you!*

**Newsletter  
Sponsor**

Many thanks to **Indian River School** for sponsoring the printing of this issue of the MVPN Newsletter. If you would like to sponsor one of our quarterly newsletters, please contact us for more information.

**Power2Parents**  
*Tips to reduce your teen's alcohol use & abuse*

Your kids learn from you. Do you know the messages you're sending? Here are some tips to help you avoid sending the wrong message.



For more tips visit [www.Power2Parents.org](http://www.Power2Parents.org)

**TIP 1 LIMIT ACCESS**  
If you have alcohol in your home, keep track of it—know what and how much you have, and keep it where it is not accessible to teens.

**TIP 2 NETWORK**  
Get to know the parents of your teen's friends. Let the parents of your teen's friends know your rules, and where you stand on underage alcohol use.

**TIP 3 ENFORCE RULES**  
Enforce your rules consistently. Don't look the other way if your teen violates the rules. They need to know you're serious.

**TIP 4 CHECK IN OFTEN**  
Be sure your teen knows how to reach you before they leave the house. Ask if adults will be present and if anyone will have alcohol. Ask them the address and phone number of the home they will be visiting and check in with other parents. Drop in where they say they are visiting once in a while.

**TIP 5 BE UP & BE READY**  
Wait up, or set the alarm for curfew time. When they arrive home, look for signs of use. Talk with your teen about their night. Prepare in advance for what you would do and say the FIRST time you discover that your teen has been drinking.