

The Collaborative Coalition Meeting

10/5/10

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October is Prescription Drug Awareness Month.

Presentation on Prescription Drugs by Dr. Delores Barbeau from Neighborhood Connections

In 2008 in any given month there are over 6,200,000 people using prescription drugs for non-medical purposes.

This number is more than the number of people using cocaine, heroin, inhalants and hallucinogens **COMBINED**.

Teens

20% have used prescription drugs to get high

10% and the number is going up fast use OTC cough meds

10% use stimulants – such as ADD/ADHD meds

40% of teens think prescription drug use is safer than other drug use

50% think there is no danger to overusing cough medicine

30% think pain meds are not addictive

On many medications the expiration date indicates a time when the chemical make up of the drug changes and can become toxic.

Where do they get their meds?

Tips on where kids are getting meds and how to protect the meds from getting into kids hands.

What Teens Know

3/5th know they can get them from parent's medicine cabinet

½ from other people scripts

3/5 know how to get them anywhere

Internet access to prescription drugs

84% can provide prescription drugs with no prescription.

9% accept faxed scripts

Only 7% of Internet sites need original script

What to look for in a teen regarding use:

Secretiveness, personality and physical change, tired, weight loss

September 25th was National Prescription Drug Take Back Day

The totals for New England were:

The District of Vermont recovered **1,127** pounds of expired and unused prescriptions on Sept.

25. In Connecticut, 5,050 pounds were collected. In Massachusetts, 8,550 pounds. In New Hampshire, 2,479 pounds and in Rhode Island, 784 pounds. In Maine, officials said 7,820 pounds of drugs were collected at more than 100 sites across the state. The Collaborative is working with the Manchester Police Department to schedule a local Take Back day at the end of October.

Lights on Afterschool!

The Collaborative supports and celebrates the National celebration for *Lights on Afterschool!* A celebration of afterschool programs. The hours between 3 and 6pm are the times when youth are most likely to engage in risky behavior. Having quality afterschool care increases the likelihood that youth will make positive choices and increases resiliency for future healthy behaviors. The Collaborative celebrates annually with a Harvest Festival activities include: chili competition, apple pie contest, games and music. The event will be held this year at Flood Brook School on October 29th from 5 -8pm. There will be a chili and apple pie competition, games and music. Please join us. and celebrate all afterschool programs in our area.

Peer Leadership Training

This years Peer Leadership Training for High School Youth will be held November 19 -20 at the First Congregational Church in Manchester. This is a great opportunity to get teens together to learn from each other and have fun together. Past workshops have included: communication, how to talk so parents will listen, Role modeling and group facilitation. The group has fun, makes and eats good food, stays up late and learns great leadership skills. These teens will be used as facilitators of the middle school peer leadership training in the springtime.

Race to the Top @ Stratton Mountain

Family Fun Run and Race to the Summit
Sunday, September 10

Come to Stratton Mountain base lodge on Sunday, October 10 and join in on the Family Fun Run and Race to the Summit. Registration begins at 7:45am and the race begins at 9:00am. All proceeds will go to The Collaborative.

If you prefer to volunteer there are opening for registration (7:45am-9:30am), course-workers (9:00am-12:00pm) and starters and finishers (9:00am-12:00pm) please contact tara@thecollaborative.us or call 802-824-4200.

Next Collaborative Coalition Meeting is November 2, 4 – 5:30pm at MEMS