



Plugged In

News, views and issues that affect our lives every day.



Dear reader:

As you know, our youth will encounter many opportunities and challenges as they grow to become adults. State and local statistics demonstrate some of the influences and difficulties youth and young adults in our community often face. For example, the 2008 Florida Youth Substance Abuse Survey revealed that 37 percent of middle school and 64 percent of high school students had already used alcohol. While Hillsborough County is now fourth in alcohol-related crashes, just a few years ago (2006 and 2007) the county led the state with more than 1,900 crashes in each of those years. In addition to alcohol-related tragedies, there has been a significant increase in local deaths related to prescription drugs such as OxyContin. According to data from the county Medical Examiner Department, an alarming 92 percent of Hillsborough County drug-related deaths last year involved at least one prescription drug (up from 81 percent in 2007). These frightening statistics indicate issues we as a community must address to ensure the health and safety of our families.

Attesting to the spirit of our community, many concerned residents are working together to respond to these statistics. Groups such as the Prescription Drug Abuse Task Force and the Tampa Alcohol Coalition collaborate with other community entities and service providers to educate the community about substance

abuse and prevent its negative consequences. This year, our area became the focus of a federal Weed & Seed grant to address crime in East Tampa. While the Tampa Police Department enhances policing, the Drug Abuse Comprehensive Coordinating Office (commonly called DACCO) and other partners in the grant provide prevention and education about substance abuse and related issues, as well as opportunities for positive activities for area youth. And the Community Alcohol Prevention Grant Collaborative, led by DACCO and funded by the Florida Department of Children & Families, is targeting young adults through a county-wide educational campaign that highlights state laws, campus alcohol policies, the nature of blood alcohol concentration and the need to self-monitor alcohol use.

These efforts work to decrease the acceptance of high-risk behaviors, such as driving under the influence and indifference about the presence of substance abuse disorders in our community. Due to such educational efforts and increased policing, many in the community noted that this year's Gasparilla Day parade was one of the most civil they had experienced. We look forward to another year of our community having a good time, while acting responsibly with respect for themselves and others.


This edition of the St. Petersburg Times Newspaper

in Education publication intends to educate you on substance abuse prevention and what we as a community can do to keep our families and neighborhoods safe. We hope this publication will serve as a discussion tool for parents, teachers, community members and youth. The School District of Hillsborough County, the Hillsborough County Sheriff's Office, the Tampa Police Department and the city of Tampa are pleased to support this effort.

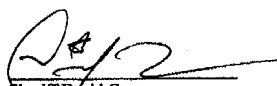
We all have a role to play in substance abuse prevention, setting expectations of each other and serving as positive examples for our youth and young adults. Wishing you and all families in our community a safe, healthy and happy year!

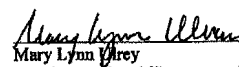
Best regards,


Mayor Pam Iorio
City of Tampa


Mary Ellen Elia, Superintendent
Hillsborough County Schools


Chief Jane Castor
Tampa Police Department


Sheriff David Gee
Hillsborough County Sheriff Office


Mary Lynn Grey
Chief Executive Officer
DACCO

ABOUT NEWSPAPER IN EDUCATION

The *St. Petersburg Times* is one of nearly 1,000 U.S. newspapers offering "a living textbook," the daily newspaper, to teachers for use in the classroom, free of charge. Thanks to our generous sponsors, such as DACCO, the *Times* provides schools with class sets of the newspaper, plus our award-winning original curriculum, at no cost to teachers or schools. With ever-shrinking school budgets, the newspaper has become an invaluable tool to teachers. In the Tampa Bay area, more than 4,000 teachers order more than 4 million newspapers for their classrooms every school year.

The *Times* and our NIE curriculum are rich educational resources, offering teachers an up-to-the-minute, living text and source for countless projects in virtually every content area. Studies show that students who learn using the newspaper become more engaged

citizens as adults and also grow up to vote in community, state and national elections. Students in schools with NIE programs do 10 percent better in reading scores than students in schools that have no NIE program, according to a study conducted for the NAA Foundation.

For information about our award-winning NIE program and about how you can sponsor class sets of newspapers, call 727-893-8138 or 800-333-7505, ext. 8138 or visit tampabay.com/nie.

CREDITS

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DACCO FAQs

Q: WHAT IS THE MISSION OF THE DRUG ABUSE COMPREHENSIVE COORDINATING OFFICE (DACCO)?

A: Setting the standard for excellence in behavioral health, DACCO's mission is to work for a drug-free community – one person, one family at a time. Last year, we reached more than 26,000 individuals in Hillsborough County through community education, prevention, assessment and referrals, support services, intervention, and outpatient and residential treatment.

Q: HOW DOES SUBSTANCE ABUSE PREVENTION WORK?

A: Research shows that alcohol, tobacco and other drug use (and other issues, such as delinquency and school achievement) are associated with specific aspects of a youth's community, school, family environment and individual characteristics. These aspects are called risk or protective factors. Effective prevention programs identify which risk factors are elevated in the community and which protective factors are suppressed and then implement programming that specifically targets those factors.

Prevention strategies include education on substance abuse and its risk, as well as short-term actions focused on changing individual behavior. Environmental prevention strategies involve long-term, potentially permanent changes that have a broader reach (e.g., policies and laws that affect all members of society). The most effective prevention plans will use both environmental and individual prevention strategies.

Q: HOW IS DACCO SHARING THE MESSAGE OF PREVENTION WITH YOUTH AND ADULTS?

A: Working in various locations (schools, universities, after-school programs, community centers, primary care facilities, in the home), DACCO educates youth, adults and families about preventing substance abuse. Targeted prevention programs address all ages, from pregnant women and infants through young adults and the elderly. Now in its second year, the DACCO-led Community Alcohol Prevention Grant Collaborative is targeting young adults through a county-wide educational campaign that highlights state laws, campus alcohol policies, the

nature of blood alcohol concentration and the need to self-monitor alcohol use. Partners in this initiative include Phoenix House, University of South Florida, University of Tampa, 10 Connects CBS Tampa Bay and the *St. Petersburg Times*.

Q: WHAT IS ADDICTION? CAN IT BE TREATED AND IS IT COST EFFECTIVE?

A: Addiction is a primary, chronic illness influenced by genetic, psychosocial, environmental and lifestyle factors. Addiction is not a sign of weak morals; it is a disease. Symptoms of addiction include loss of control over drug or alcohol use, cravings, use despite consequences, distortions in thinking, the need to consume greater amounts to get high, and physical dependence and withdrawal. Like many other diseases, substance use disorders are chronic and follow a predictable course. Long-term drug abuse results in changes in the brain that persist long after a person stops using.

The good news is that addiction, like other diseases, can be successfully treated. People all around the world are recovering to live long, healthy and happy lives!

The best treatment programs are scientifically based and meet the multiple needs of the individual, not just his or her drug use. Because no single treatment is appropriate for all individuals, DACCO uses evidence-based treatment models that combine behavioral therapies and supportive services to treat the person. Treatment is shown to have a benefit-cost ratio of 7:1, with the largest savings due to reduced cost of crime and increased employer earnings. With prescription abuse on the rise, an analysis of a methadone detoxification program showed that for every one dollar spent on treatment, nearly five dollars was saved in health care costs.

Source: National Institute on Drug Abuse, National Institute on Alcohol Abuse and Alcoholism of the National Institutes of Health and the Department of Health & Human Services Centers for Disease Control and Prevention.

Q: WHAT CAN I DO TO HELP SUPPORT SUBSTANCE ABUSE PREVENTION?

A: Several initiatives need community volunteers. Consider getting involved in the Hillsborough County Prescription Drug Abuse Task Force, which meets the fourth Wednesday of every other month at noon at the Family Justice Center, 9309 N. Florida Ave., Tampa. Contact Helen Justice at 813-875-6625 for more information. Or contact the Tampa Alcohol Coalition, a group with a mission to prevent underage and high-risk drinking in Hillsborough County. Visit tampatac.org or contact Ellen Snelling at 813-731-2696 or er.snelling@verizon.net.

To support DACCO's work in the community, consider a tax-deductible contribution. You can donate at dacco.org or send a check to Drug Abuse Comprehensive Coordinating Office Inc., Development, 4422 E. Columbus Dr. Tampa, FL 33605. DACCO always needs client items such as clothing, toys and toiletries. For more information about how to help or get involved at DACCO, call 813-384-4216. DACCO appreciates your support!

Q: WHAT SERVICES CAN I FIND AT DACCO? WHO DO I CALL FOR HELP?

A: DACCO works to educate the public and prevent the onset of substance abuse. DACCO also provides a range of treatment services for individuals and families in need. DACCO treats substance use disorders in outpatient and residential settings and addresses co-occurring mental health issues, such as anxiety, depression and post-traumatic stress disorder (PTSD). DACCO offers supportive services to help clients stay engaged in treatment, meet all their health care needs and improve their lives, including HIV testing and counseling, adult education/GED, primary health care, day care and affordable housing.

For youth (age 12 and older) and adults needing treatment but able to remain at home, outpatient services (available in Tampa and Brandon) offer a flexible treatment option. For the most intensive care, adult residential treatment is a six-month gender-specific program offered in a therapeutic community on DACCO's campus. Both outpatient and residential programs include different intensities of individual, group and family counseling; on-site NA/AA meetings; life skills education; and urine drug screening.

To treat dependence on highly addictive opiates (whether heroin or prescription drugs such as roxicodone or oxycodone), Medication Assisted Treatment enables a patient to stabilize his or her disorder through medication for as long as necessary to avoid returning to previous patterns of drug use. When ready, the patient begins dose reduction. Treatment includes physician-prescribed and nurse-dispensed methadone or suboxone, counseling and drug screens.

To schedule an assessment of patient needs, call 813-984-1818, ext. 0.

Q: WHERE CAN I LEARN MORE?

A: To learn more about DACCO's services, visit dacco.org. Or visit dacco.org/rx.html to learn more about substance abuse, including prescription addiction. Other sites that provide information for parents/caregivers include drugfree.org, timetotalk.org, timetoact.drugfree.org and theantidrug.com. To learn more about local services, check out the resource list at the back of this publication.



Drug abuse = DANGER

All drugs have the potential to be dangerous, whether alcohol, illicit drugs or prescription drugs. Alcohol continues to be the most commonly used drug in Hillsborough County and its abuse is a leading cause of car crashes, injury, homicide, suicide and death.

Binge drinking impairs judgment and also can increase risk for unintended sexual activity, vandalism, violence and poor academic and work performance. According to a 2009 report, there were 20,085 alcohol-related crashes in Florida and 39 percent of traffic fatalities were alcohol related. Drivers age 20-24 who had been drinking had the highest rates of crash involvement and fatal crashes. Hillsborough County is third in the state for the number of alcohol-related fatalities. The county is fourth in alcohol-related crashes, but just a few years ago (2006 and 2007), Hillsborough led the state with more than 1,900 crashes in each of those years.

There also has been a significant increase in local deaths related to prescription drugs such as OxyContin. According to data from the county Medical Examiner

Department, in 2009 an alarming 92 percent of Hillsborough County drug-related deaths involved at least one prescription drug (up from 81 percent in 2007).

According to a 2008 national survey, the intentional misuse of prescription drugs is now second, only to marijuana, as the nation's most prevalent drug. And 70 percent of prescription pain relievers used non-medically in our nation came from friends or relatives. So remember to dispose of your old or unnecessary prescriptions properly and watch the news for upcoming "Take-Back" days, when the Hillsborough County Sheriff's Office, the Tampa Police Department and other agencies partner to collect unused/expired medications.

Source: DACCO

STOPPING DRUG AND ALCOHOL ABUSE BEFORE IT STARTS

Stopping drug and alcohol abuse, otherwise known as prevention, remains the key to reducing drug abuse locally as well as nationally. The most effective way to address drug and alcohol abuse and its devastating consequences is

through education. Research confirms that if young people make it to adulthood without experimenting with drugs, they are far less likely to start using later in life.

Successful prevention will result in fewer traffic fatalities and injuries as well as less crime, violence, disease, child abuse, lost productivity and addiction. By investing in prevention, the dire consequences of alcohol and drug abuse can be averted.

According to the National Office of Drug Control Policy, current research demonstrates that for every dollar invested in research-based prevention, \$10 is saved in treatment costs alone. Of course, no dollar amount can be placed on the human suffering and anguish that results when parents witness a child descending into a lifestyle of drug use that can end with addiction, prison or death.

Recent scientific findings on the effects of substance abuse on the adolescent brain also underscore the vital importance of prevention efforts. During early childhood,

the brain undergoes rapid growth. Important areas of the brain continue to develop and mature through adolescence and young adulthood. Substance use during adolescence can disrupt and impair brain function in the prefrontal cortex and other important areas that are crucial to learning, memory, motivation and judgment. The disruptive effects of alcohol and other drugs on the developing adolescent brain can have serious, long-term consequences.

IDENTIFYING RISK FACTORS

Risk factors are conditions that increase the likelihood of drug use. Protective factors are conditions that help safeguard young people from exposure to risk and reduce the potential for involvement with substance use and related problems. Research indicates that the more risk factors a young person is exposed to, the more vulnerable he or she is to becoming involved with drugs.

According to the National Office of Drug Control Policy, many of the risk factors identified for substance abuse also have been found to increase the risk of other serious adolescent problems, including delinquency, risky sexual behaviors and teen pregnancy, school dropout rates, violence, depression and anxiety.

According to the National Institute on Drug Abuse, young people who use drugs also may engage in delinquent acts such as theft, truancy, vandalism and violence.

Sources: The National Office of Drug Control Policy, the National Institute on Drug Abuse and the U.S. Department of Health and Human Services

RISK FACTORS

Many risk factors affect a young adult's risk for substance abuse, including community deficiencies that contribute to high-risk alcohol or drug use, such as perceived risk, social norms and access to help. But many protective factors can reduce a youth or young adult's risk for substance abuse and other problem behaviors, such as:

- Strong positive bonding to parents/caregivers, family, friends, school
- Healthy beliefs and clear standards
- Constructive recreation opportunities
- Parental disapproval of problem behavior
- Parent/child connectedness; feeling understood, loved, wanted and paid attention to
- Parental presence before school, after school, at dinner and at bed time
- Academic achievement, regular school attendance, pro-social opportunities
- Development of critical thinking and problem-solving skills
- Education about social and health-related costs

Source: DACCO

GET INVOLVED

Talk to your teen and set clear and consistent expectations about the use of alcohol and other drugs. Be a good role model. If you choose to drink, do so responsibly.

Remember these survival tips:

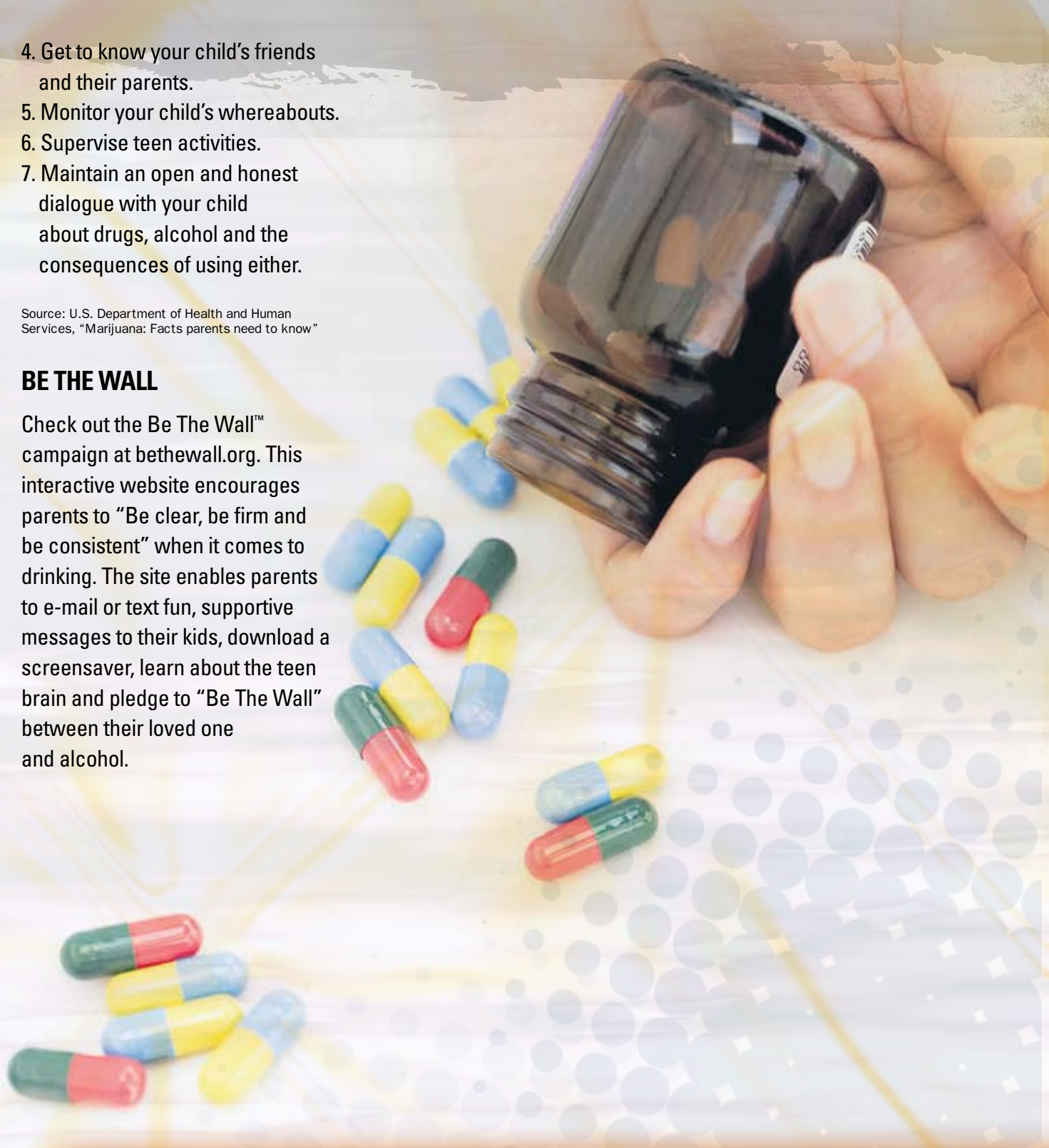
1. Be a good listener.
2. Give clear "no-use" messages about drugs and alcohol.
3. Help your child deal with peer pressure to use drugs.

4. Get to know your child's friends and their parents.
5. Monitor your child's whereabouts.
6. Supervise teen activities.
7. Maintain an open and honest dialogue with your child about drugs, alcohol and the consequences of using either.

Source: U.S. Department of Health and Human Services, "Marijuana: Facts parents need to know"

BE THE WALL

Check out the Be The Wall™ campaign at bethewall.org. This interactive website encourages parents to "Be clear, be firm and be consistent" when it comes to drinking. The site enables parents to e-mail or text fun, supportive messages to their kids, download a screensaver, learn about the teen brain and pledge to "Be The Wall" between their loved one and alcohol.



LEARNING WITH THE TIMES STUDENT ACTIVITY: JOURNALING TO SELF DISCOVERY

Keeping a journal is a great way to learn more about yourself. Who are you? Why do you do what you do? Do you have strong convictions? Are you able to stand up to others when your ideas are questioned? While you are keeping your journal, read the *St. Petersburg Times* and *tbt** to test yourself. What are your thoughts about the things

you read in the news? To begin your journal, write about something that you have read in the *Times* or *tbt** that directly affects your life. Share some of your journal entries and thoughts with your peers on the NIE Blogging Zone. Go to tampabay.com/nie and click on the NIE Blog link. Go to the 2011 Plugged In category to share your thoughts.



Alcohol is a DRUG

DESTRUCTIVE PROPERTIES

Alcohol is more dangerous than illegal drugs such as heroin and crack cocaine, according to a new British study. According to a recent Associated Press article, British experts, in a study paid for by Britain's Centre for Crime and Justice Studies, evaluated alcohol, cocaine, heroin, ecstasy and marijuana, ranking them based on how destructive they are to the individual who takes them and to society as a whole. Overall, alcohol outranked all other substances, followed by heroin and crack cocaine.

DRINKING: A RISKY BEHAVIOR

It's no secret that society provides mixed messages about alcohol. You should know that drinking, especially underage drinking, can have serious consequences. The teenage brain is still developing and alcohol can impair the areas of the brain that control the following:

- **Motor coordination**
- **Impulse control**
- **Memory**
- **Judgment and decision-making capacity**

The risky behavior does not end there.

Dependence: People who reported starting to drink before the age of 15 were four times more likely to develop serious drinking problems later in life.

Illicit drug use: More than 67 percent of young people who start drinking before the age of 15 will try an illicit drug, according to the Substance Abuse & Mental Health Services Administration.

Sexual activity: Alcohol use by teens is a strong predictor of both sexual activity and unprotected sex, including date rape.

Violence: Children who start drinking before age 15 are 12 times more likely to be injured while under the influence of alcohol and 10 times more likely to be in a fight after drinking, compared with those who wait until they are 21 to drink, according to the Substance Abuse & Mental Health Services Administration.

School: Student substance use is a risk factor for academic problems, such as lower grades, absenteeism and high dropout rates.

Driving: Traffic crashes are the No. 1 killer of teens and more than one-third of teen traffic deaths are alcohol related, according to the Substance Abuse & Mental Health Services Administration.

COMMUNITY ALCOHOL PREVENTION GRANT COLLABORATIVE

High-risk, binge drinking is a significant problem on college

campuses throughout the United States. According to a 2008 report, nearly 40 percent of students had recently engaged in binge drinking and nearly 30 percent met the diagnostic criteria of alcohol abuse. Alcohol is the most commonly used drug in Hillsborough County and statewide. The Florida Department of Highway Safety and Motor Vehicles has reported Hillsborough County as having the highest DUI arrest rate in the state, with arrests of those age 18-20 more than doubling from 1996 to 2007.

A 2008 study of 12 Florida colleges indicated several risk factors for high-risk drinkers:

- **Using alcohol before the age of 21**
- **Living with a roommate rather than parents**
- **Being involved in a fraternity or sorority**
- **Being involved in intramural or club sports**
- **Experiencing peer pressure three or more times**
- **Drinking in a car**

In addition to these risk factors, community coalitions have identified several community deficiencies contributing to high-risk drinking: perceived risk, social norms and accessing help. To address these deficiencies, the Community Alcohol Prevention Grant Collaborative was formed to increase college student and community awareness of high-risk drinking and consequences; streamline access to information, prevention and treatment; and conduct a social marketing campaign to influence attitudes and behaviors.



the community on blood alcohol concentration and the health, safety and legal risks of underage drinking, binge drinking and drinking and driving.

- Provide information and referral services for students, parents and community members requiring prevention or treatment services.
- Influence college students' attitudes and behaviors regarding underage alcohol use, binge drinking and drinking and driving.

Evaluation: Data collected throughout the year ensures progress toward our goals and supports an ongoing community assessment. Student questionnaires at USF and UT showed:

- An average of 12 percent of respondents indicated they do not "drink more than 4 drinks within the first 2 hours of a social event" since the campaign was initiated and
- An average of 89.5 percent of respondents indicated they were at least moderately concerned about driving after more than one drink.

While these outcomes are positive, DACCO expects to see significant improvement as the campaign continues to build in the next two years of the grant.

Spring Break. With this program staff participating in various on-campus activities, campaign materials that were distributed included easy-to-carry BAC education cards, posters, fliers, postcards, shirts, jackets, sandals, bracelets, athletic shorts, stress balls, pens, water bottles, tote bags and dorm door tags. In August 2010, the program was expanded to include Hillsborough Community College's residential Dale Mabry campus.

Objectives: The objectives of the Community Alcohol Prevention Grant Collaborative:

- Educate college students and

Target population: The Community Alcohol Prevention Grant Collaborative targets adults, 18-49, in Hillsborough County, with emphasis on students at the University of Tampa (UT) and the University of South Florida (USF), both with a diverse student population including several high-risk groups: new freshmen, those in fraternities/sororities and those in intramural sports.

On-campus campaign: "Watch Your BAC" is an on-campus, phased social marketing campaign designed to pique curiosity, increase awareness of high-risk drinking and influence norms. The focus is on educating students on the nature of blood alcohol concentration (BAC) and self-monitoring their alcohol consumption. DACCO implemented the campaign at UT and USF, with hints to the campaign beginning in January, Phase I "Watch Your BAC" starting in February and Phase 2 "Stay in your Green Zone" (zone of safe consumption) beginning after

Program model and activities: Led by DACCO, the Community Alcohol Prevention Grant Collaborative was formed to educate the public on state laws; the nature of blood alcohol concentration (BAC); the need to self-monitor alcohol use; and greater awareness of local college campus alcohol policies. The collaborative includes USF, UT, the Hillsborough County Anti-Drug Alliance (HCADA), Phoenix Houses of Florida, 10 Connects CBS Tampa Bay (Channel 10) and the *St. Petersburg Times*.

LEARNING WITH THE TIMES STUDENT ACTIVITY • UNDERAGE DRINKING

Each year, approximately 5,000 young people under the age of 21 die as a result of underage drinking. In your journal, write about what you see going on at your college campus or in your neighborhood. Is underage drinking a big part of your culture? Look for articles in the *St. Petersburg Times* and *tbt** about underage

drinking. Is there a prevalence of underage drinking during certain times of the year, or is it an ongoing problem? Share your thoughts with your peers on the NIE Blogging Zone. Go to tampabay.com/nie and click on the NIE Blog link. Click on the 2011 Plugged In category.



It's the law

KNOWING THE FACTS

In Florida, it is illegal for anyone under age 21 to drive with any alcohol in their system; a blood alcohol level (BAL) of .02 percent or higher can lead to a six-month driver's license suspension. Driving with a BAL of .08, or under the influence of any amount of alcohol and/or drugs, may result in a Driving Under the Influence (DUI) arrest. It is illegal for a person under the age of 21 to purchase or possess alcoholic beverages and for anyone to purchase or provide alcohol for persons under the age of 21. Sale of alcoholic beverages to underage individuals is a second-degree misdemeanor. Adults who allow underage drinking parties in their home can be arrested for violating the open house party statute. Teens or young adults under age 21 using false identification (fake ID) can be charged with a felony.

THE \$10,000 DRINK

No matter how you look at it, getting a DUI is a bad idea. What you might

not realize is the financial cost. Getting a DUI could take a big chunk out of your paycheck. The average costs (not including any costs for lost pay, personal injuries, medical costs, vehicle damage or additional penalties for causing a crash while drinking) for a first-offense drunken-driving case are:

Minimum fine:	\$390
Penalty Assessment:	\$666
State Restitution Fund:	\$100
Alcohol-Abuse Education Fund:	\$50
Blood- or Breath-Testing Fee:	\$37
Jail Cite-and-Release Fee:	\$10
Driving/Alcohol-Awareness School:	\$375 (16 weeks minimum)
License Reissue Fee:	\$100
Attorney Fees (average):	\$2,500
Auto Insurance Increase:	\$3,600 - \$6,600 (The Auto Club estimates \$2,200 a year for 3 years)
Total	\$7,828 - \$10,828

Source: Mothers Against Drunk Driving

ALCOHOL FACTS

- Alcohol reduces alertness, interferes with judgment and impairs vision.
- It takes about one hour to cancel the effects of one drink.

- The probability of an accident increases with each drink.
- Physical exercise, black coffee, fresh air, cold showers and other "remedies" do not effectively help someone sober up.
- The amount of blood alcohol in a one-ounce shot of whiskey, three-ounce glass of wine and 12-ounce beer is the same.
- The significance of .10 percent BAL in relation to driving impairment is that the probability of having an accident is 7 ½ times greater than when sober – increasing to 25 times at .15 percent BAL.
- Alcohol is medically termed a drug and a depressant. The combined use of alcohol and other depressant drugs, such as antihistamines, may be more dangerous to health and to highway safety than the effects of either the alcohol or drugs alone.

Source: Hillsborough County Sheriff's Office

THE COST OF DUI IS SOBERING

The state of Florida is actively apprehending, prosecuting and convicting impaired drivers to prevent personal injury, property damage and loss of life. Florida's DUI law is considered to be one of the nation's toughest laws against impaired driving. The governor and cabinet, in an effort to prevent the tragic loss of life caused by impaired drivers, have asked state and local

law enforcement agencies to actively enforce Florida's DUI law. The Florida Highway Patrol, sheriff's offices and police departments have increased their efforts to apprehend persons who drive under the influence. If you see an impaired driver, contact the Florida Highway Patrol or the nearest law enforcement agency.

PREVENTION ACROSS THE SUNCOAST REGION

Twenty provider organizations are currently contracted to provide prevention programs and services throughout the 11 counties of the Suncoast region. These providers work closely with local community-driven prevention coalitions in order to assist in the selection and implementation of evidence-based programs, practices and strategies to address the specific needs of the communities in which they serve.

The Suncoast region is host to 10 anti-drug coalitions whose primary goal is to ensure that their communities are safe, healthy and drug-free. These coalitions have been trained in the Substance Abuse Response Approach (SARA) and, as a result, produce community-level needs assessments, resource assessments and community action plans addressing a variety of substance abuse problems,



Think About It

So what if I got drunk last night. I am okay now! Are you? You are out partying with your friends: good friends, good times and a 12-pack of beer. You go to bed intoxicated with a blood alcohol level (BAL) of .18. Alcohol leaves the bloodstream at .015 percent per hour.

Time	Action	BAL
Midnight	Go to bed	.180
1 a.m.	Sleep	.165
2 a.m.	Stumble to the bathroom	.150
3 a.m.	Sleep	.135
4 a.m.	Sleep	.120
5 a.m.	Sleep (still intoxicated)	.105
6 a.m.	Wake for work	.090
7 a.m.	Drive to work	.075
8 a.m.	At work – still impaired	.050
9 a.m.	Difficulty staying awake	.035
10 a.m.	Sleep at desk	.020 (Driver's license suspension for minors)
Noon	Time for lunch	No longer impaired

Source: Suncoast Safety Council

including underage drinking, prescription drug use/misuse, marijuana, adult binge drinking and poly-substance use (multi-drug combinations). The substance abuse prevention coalitions are continuously evaluating and updating the community action plans and working with community partners to increase awareness, educate the community and work collaboratively with service and program providers to reduce substance abuse in the Suncoast region.

SUNCOAST-REGION COMMUNITY ACTION PLAN GOALS:

Reduce

- Number of DUI-related automobile accidents among drivers 21-25 years of age

- Alcohol-related incidents of crime and violence on high school campuses
- Rate of alcohol-related automobile accidents among drivers 19-25 years of age
- Binge drinking in the 19-25 age group
- Violent/harmful behaviors that are the result of alcohol use
- Number of persons that accept non-medical use of prescription drugs and self-medication as safe
- Number of admittances to emergency rooms for previously undetected drug and poly-substance-related causes
- Number of adult (age 20-35 years) prescription drug deaths from unintentional poisoning
- Youth deaths from the use of alcohol mixed with prescription drugs
- Retail access and availability of prescription drugs

Increase

- Use of evidence-based strategies to raise parental/community awareness about underage drinking and related antisocial behaviors
- Collaborative efforts between community partners
- Community awareness of the effects of alcohol use by youths
- Support of enforcement to decrease alcohol availability
- Capacity to understand where youths are gaining access to alcohol
- Capacity of epidemiology networks and assessment committees to collect and share data
- Local doctor (clinic, primary care) knowledge of laws regulating prescription drug sales

- Community awareness (among parents, youths and key community leaders) of the effects of alcohol use mixed with prescription drug use by youths and increased enforcement efforts

CENTRAL FLORIDA BEHAVIORAL HEALTH NETWORK INC.

All contracting for mental health, substance abuse and substance abuse prevention services with local provider organizations in the Suncoast region of Florida is facilitated through the Managing Entity, Central Florida Behavioral Health Network Inc. (CFBHN), rather than directly with the Department of Children and Families (DCF). Working in partnership with DCF, CFBHN is a not-for-profit corporation based in Tampa, whose primary goal is to ensure a well-organized and accountable system of community behavioral health care services. CFBHN contracts with 52 provider organizations that offer a full array of mental health and substance abuse treatment services in 11 counties to an estimated 105,000 people. The range of services provided includes acute care, residential treatment, housing, medical, outpatient and recovery support services. The network also provides substance abuse prevention services to more than 170,000 at-risk children and adults.

For more information on prevention programs, plans and services; community prevention coalitions or events and activities around the Suncoast region, contact Rebecca R. Todd, prevention program manager, Central Florida Behavioral Health Network Inc. at rtodd@cfbhn.org.

LEARNING WITH THE TIMES STUDENT ACTIVITY A DANGEROUS COMBINATION

Driving under the influence of alcohol and other drugs is dangerous. Monitor the *St. Petersburg Times* and *tbt** for a few weeks. How many people are reported to be involved in DUI accidents or arrests during this time period? Based on what you read and see in your community,

write down your thoughts about why people drive under the influence. Research alternatives to this behavior. Share your thoughts and what you have learned on the NIE Blogging Zone. Go to tampabay.com/nie and click on the NIE Blog link. Next, click on the 2011 Plugged In category.

Suncoast region consequences identified:

- Alcohol-related crime and violence on school campuses
- Juvenile crime
- Alcohol-related automobile accidents
- Alcohol-related fatalities
- DUI-related deaths and injuries



Impact of alcohol abuse

BINGE DRINKING

Binge drinking is a common pattern of alcohol abuse. The National Institute of Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 percent or above. This typically happens when men consume five or more drinks and when women consume four or more drinks in about two hours.

According to national surveys:

- Although college students commonly binge drink, 70 percent of binge drinking episodes involve adults over age 25.
- The prevalence of binge drinking among men is two times higher than among women.
- Binge drinkers are 14 times more likely to report alcohol-impaired driving than non-binge drinkers.
- About 90 percent of the alcohol consumed by youth under the age of 21 in the United States is in the form of binge drinks.
- About 75 percent of the alcohol

consumed by adults in the United States is in the form of binge drinks.

Binge drinking is associated with many health problems:

- Unintentional injuries (car crashes, falls, burns, drowning)
- Intentional injuries (firearm injuries, sexual assault, domestic violence)
- Alcohol poisoning
- Sexually transmitted diseases
- Unintended pregnancy
- Children born with fetal alcohol syndrome disorders
- High blood pressure, stroke and other cardiovascular diseases
- Liver disease
- Neurological damage
- Sexual dysfunction
- Poor control of diabetes

CONSEQUENCES OF BINGE DRINKING

The Centers for Disease Control and Prevention reports that young

people who drink alcohol are more likely to experience the following:

- School problems, such as higher absence and poor or failing grades
- Social problems, such as fighting and lack of participation in youth activities
- Legal problems, such as arrest for driving or physically hurting someone while drunk
- Physical problems, such as hangovers or illnesses
- Unwanted, unplanned and unprotected sexual activity
- Disruption of normal growth and sexual development
- Physical and sexual assault
- Higher risk for suicide and homicide
- Alcohol-related car crashes and other unintentional injuries, such as burns, falls and drowning
- Memory problems
- Abuse of other drugs
- Changes in brain development that may have lifelong effects
- Death from alcohol poisoning

Source: Florida Department of Children and Families

BINGE DRINKING ON COLLEGE CAMPUSES

- According to a 1997 national study conducted by the Harvard School of Public Health, nearly half of all college students surveyed drank four or five drinks in one sitting within the previous two weeks.
- Students who live in a fraternity or sorority house are the heaviest drinkers: 86 percent of fraternity residents and 80 percent of sorority residents report binge drinking.

- In a recent study, 39 percent of college women binge drank within a two-week period compared to 50 percent of college men.
- Colleges with high binge-drinking rates also were much more likely to attract students who were binge drinkers in high school.

In schools with high binge-drinking rates, 34 percent of non-binge drinkers reported being insulted or humiliated by binge drinkers; 13 percent reported being pushed, hit or assaulted; 54 percent reported having to take care of a drunken student; 68 percent were interrupted while studying; and 26 percent of women experienced an unwanted sexual advance.

Source: U.S. Department of Health and Human Services and Substance Abuse and Mental Health Services Administration

ALCOHOL POISONING 101

Alcohol poisoning is one of the most serious consequences of binge drinking. When excessive amounts of alcohol are consumed, the brain is deprived of oxygen. The struggle to deal with an overdose of alcohol and lack of oxygen eventually will cause the brain to shut down the voluntary functions that regulate breathing and heart rate. Symptoms of alcohol poisoning include:

- **Vomiting**
- **Unconsciousness**
- **Cold, clammy, pale or bluish skin**
- **Slow or irregular breathing (fewer than eight breaths a minute or 10 or more seconds between breaths)**

Sources: U.S. Department of Health and Human Services and Substance Abuse and Mental Health Services Administration

THINK ABOUT IT

Many people dismiss underage drinking as a normal "rite of passage" in adolescence. It is important to remember that although alcohol is legal for adults, it can be unsafe and unhealthy for all. In Florida, it is illegal for those younger than 21. According to a report by the U.S. Department of Health and Human Services, more young people in the United States drink alcohol than smoke tobacco or marijuana. Alcohol use by young people is a factor in a host of serious health, social and economic problems. Underage alcohol use can have immediate and tragic consequences, such as alcohol poisoning, injury and death, as well as long-range harmful consequences, such as increased risk for physical and developmental damage and chronic alcohol addiction.

THE COST OF UNDERAGE DRINKING

The total estimated cost of underage drinking in the state of Florida in 2007 was \$3.073 billion. This statewide total translates into a cost of:

\$165

per Florida resident

\$627

per youth under the age of 21

\$1,818

per youth 14-20 years of age

These costs were the result of approximately 180 youth deaths and 71,602 injuries and other events directly attributable to underage alcohol use. Six counties accounted for more than half of the total estimated cost (52 percent) in the state: Miami-Dade, Broward, Orange, Palm Beach, Hillsborough and Duval. Hillsborough County had the highest cost for motor vehicle crashes in Florida (\$52.3 million).

Source: Florida Department of Children and Families

Myths and facts about drinking

MYTH: Coffee can sober up someone who has had too much to drink.

FACT: Only time sobers. It takes about one hour to oxidize each drink.

MYTH: Hard liquor is more intoxicating than beer or wine.

FACT: A 12-ounce can of beer, a five-ounce glass of wine and a 12-ounce wine cooler contain the same amount of alcohol and the same intoxication potential as 1 1/2 ounces of liquor.

MYTH: Someone who has had too much to drink will look intoxicated.

FACT: Someone's physical appearance can be misleading. One drink can impair someone's ability to drive. Judgment is the first thing affected when someone has been drinking and important motor skills are next.

Source: Florida Highway Patrol

LEARNING WITH THE TIMES STUDENT ACTIVITY • SPEAKING OUT

Many people choose to ignore binge drinking. It is dismissed as a game or a fun time. But every day, people die from the consequences of binge drinking: alcohol poisoning, car wrecks, drownings and so forth. Have you ever participated in parties or events where people binge drink? Do you know people who drink excessive amounts of alcohol on a daily or weekly basis? Did you know that drinking four or more drinks in a short period of

time is considered binge drinking? Look in the *St. Petersburg Times* and *tbt** for bar and restaurant ads. Do any of these ads encourage binge drinking? Online journaling can be a great way to express your thoughts. Think about this issue and share your thoughts in your journal and online at the NIE Blogging Zone. Go to tampabay.com/nie. Click on NIE Blog link and then go to the 2011 Plugged In category.

Prescription Drug Abuse

A FATAL TREND

Since 2004, poisoning has overtaken firearms as a leading cause of injury/death in the United States. Close to 70 percent of all poisoning deaths are due to unintentional drug overdoses.

In 2007 and 2008, 55.9 percent of people 12 or older who used prescription pain relievers “non-medically” reported they got the pain reliever they most recently used from a friend or family member.

Abuse of prescription drugs to get high has become increasingly prevalent among teens and young adults. Abuse of prescription painkillers now ranks second – behind only marijuana – as the nation’s most prevalent illegal drug problem.

Adults consume 25-40 percent of the nation’s prescription drugs, and medication-related problems may be the third- or fourth-leading cause of death among older adults.

Four out of five older adults take at least one prescription daily and more than half of all people hospitalized for adverse drug reactions are over 65. Women are more likely to abuse their prescription medication than men are.

According to the Centers for Disease Control and Prevention, the highest increase in deaths by drug

overdose between 1999 and 2004 was among persons age 15-24, – an increase of 113.3 percent.

Sources: National Center for Health Statistics and Substance Abuse and Mental Health Services Administration, Centers for Disease Control and Prevention

THINK ABOUT IT

Prescription painkillers and anti-anxiety drugs now kill about 500 people per year in the Tampa Bay area – triple the number killed by illegal drugs such as cocaine and heroin.

Source: Chris Tisch and Abbie Vansickle, Times Staff Writers. Published February 17, 2008

FLORIDA TRENDS

In 2008

- 2,184 individuals died with at least one prescription drug in their system that was, in the opinion of the medical examiner, the cause of death. These drugs may have been mixed with other prescription drugs, illicit drugs and/or alcohol.

- 4,924 individuals died with one or more prescription drugs in their system. The drugs were identified as both the cause of death and present in the decedent.

- The drugs that caused the most deaths were oxycodone, all benzodiazepines, methadone, cocaine, ethyl alcohol, morphine and hydrocodone.

Source: “Florida Department of Law Enforcement Drugs Identified in Deceased Persons by Florida Medical Examiners,” 2008 Report

PARENTS BEWARE

Teens are turning away from street drugs and using prescription drugs to get high.

Next to marijuana, the most common illegal drugs teens are using to get high are prescription medications.

Teens are abusing prescription drugs because they believe the myth that these drugs provide a medically safe high.

The majority of teens get prescription drugs easily and for free, often from friends or relatives.

Girls are more likely than boys to intentionally abuse prescription drugs to get high.

Pain relievers such as OxyContin and Vicodin are the most commonly abused prescription drugs by teens.

Adolescents are more likely than young adults to become dependent on prescription medication.

Source: Office of National Drug Control Policy

PRESCRIPTION DRUG DANGERS

When taken properly and under a medical provider’s supervision, prescription drugs can have many benefits. Prescription drugs, as well as over-the-counter (OTC) drugs, can be dangerous, especially when abused. There are serious health risks associated with the abuse of prescription drugs. A single large dose of prescription or OTC painkillers or depressants can result in breathing problems that will lead to death. Stimulant abuse can lead to violent or paranoid behavior or even fatal seizures. In small doses, depressants and painkillers can affect a person’s motor skills, judgment or the ability to learn. The abuse of OTC cough and cold remedies can cause blurred vision, nausea, vomiting, dizziness, coma and death.

For more information, go to dacco.org/rx.html



Young people report many reasons for abusing prescription and OTC drugs. Sometimes teens and college-age students use prescription and over-the-counter drugs to get high. This might be to party, to escape reality, to experiment or to relieve boredom. However, some people say they abuse these drugs to help them cope, to deal with pressures or to self-medicate to relieve pain or sleep better.

Source: Parents. The Anti-Drug.

CHILDREN AND CAREGIVERS BEWARE

Prescription drug abuse is most common in young people (ages 12-17), women and older adults. While people 65 years of age and above comprise only 13 percent of the population, they account for approximately one-third of all medications prescribed in the United States. Older patients are more likely to be prescribed long-term and multiple prescriptions, which could lead to unintentional abuse.

The elderly also are at risk for prescription drug abuse, in which they intentionally take medications that are not medically necessary. In addition to prescription medications, a large percentage of older adults also use over-the-counter medicines and dietary supplements. Because of the elderly's high rates of having multiple illnesses, changes

in drug metabolism with age and the potential for drug interactions, prescription and over-the-counter drug abuse and misuse can have dangerous health consequences.

Health care providers, primary care physicians and pharmacists, as well as patients themselves and their caregivers, all can play a role in identifying and preventing prescription drug abuse.

Physicians: Not only do doctors prescribe medications, but they also can identify prescription drug abuse when it exists and help the patient recognize the problem, set recovery goals and seek appropriate treatment. Doctors should take note of unscheduled refill requests and be alert to the fact that those addicted to prescription drugs may engage in "doctor shopping"—moving from provider to provider in an effort to obtain multiple

prescriptions for the drug(s) they abuse.

Pharmacists: By providing clear information about how to take a medication appropriately and describing possible side effects or drug interactions, pharmacists can play a key role in preventing prescription drug abuse. Moreover, by monitoring prescriptions for falsification or alterations and being aware of potential doctor shopping, pharmacists can be the first line of defense in recognizing prescription drug abuse.

Patients and caregivers: Patients should follow the prescribed directions, be aware of potential interactions with other drugs, never stop or change

a dosing regimen without first discussing it with their health care provider and never use another person's prescription. Patients should inform their health care professionals about all the prescription and OTC medicines and dietary and herbal supplements they are taking.

Source: National Institute on Drug Abuse

LEARNING WITH THE TIMES STUDENT ACTIVITY RESISTING PEER PRESSURE

Teenagers often encounter peer pressure in which they feel pressured to do things that may be harmful to them. However, adults also can be pressured, especially when it comes to college campuses or the workplace. Find an article in the *St. Petersburg Times* or *tbt** where peer pressure may have played a role. In your journal, write about the peer pressure

you see, read and hear about in your community. Explore why it is important for people to be prepared for situations in which they may feel pressured to do something that may have negative effects on their life. Share your thoughts on the NIE Blogging Zone. Go to tampabay.com/nie and click on the NIE Blog link. Click on the 2011 Plugged In category.

HealthCorps®, a proactive health movement founded by heart surgeon and Emmy Award-winning nationally syndicated talk show host Dr. Mehmet Oz, is fighting the obesity and mental resilience crises by empowering American students and their families to become health agents of change for their communities.

In Tampa, the organization established its curriculum three years ago with the support of the Drug Abuse Comprehensive Coordinating Office (DACCO). HealthCorps' chief goal is to help the country reach the tipping point toward wellness now and for the future of our children.

Focused on three priorities, HealthCorps educates and mentors the student body, achieves community outreach through Fit Town™ – an initiative to connect and empower citizens and organizations to bring about awareness and affect change through local projects and initiatives – and advocates for policy shifts across all levels of government that put health and physical education back into the core curriculum of the American education system.

Like a Peace Corps for health, HealthCorps engages recent college graduates as health coordinators. They defer entry into medical school or graduate health programs to participate in public service through a two-year, full-time assignment at a designated public high school in an underserved community, where they conduct approximately 12 classes a week and lead after-school and community programs.

The proven health educational and peer mentoring program spans a



network of 41 high schools in 11 states, including Freedom High School and Tampa Bay Tech in Tampa and Coral Park High School and Hialeah High School in Miami. By 2015, HealthCorps aspires to have a presence in 400 schools in all 50 states. This year, the program will impact more than 25,000 students and an additional 50,000 community members.

The blueprint for HealthCorps was executed in 2003 to launch a 10-month pilot starting in September 2004. Through HealthCorps, Dr. Oz set out to follow guidelines of Healthy People 2010, a federal government initiative from the Department of Health & Human Resources to advance a nationwide health promotion and disease prevention agenda.

In 2007, HealthCorps embarked on a national rollout. HealthCorps extended its health educational and mentoring program to 36 total schools, including the first Florida school, Palm Beach Gardens High School. The program is now based in

Hillsborough County in Freedom High School and Tampa Bay Tech.

As to impact and efficacy, in June 2009, Dr. Oz presented the results of an independently conducted two-year efficacy study overseen by a methodologist from Cornell University and funded by Affinity Health Plan. The focus of the study was to quantify the impact of the HealthCorps program on a predominately Hispanic New York City intervention group. Results of the study found significant benefits of HealthCorps on three dimensions:

- 1) Sugary soda pop consumption decreases by 0.61 times per week;**
- 2) Participants are 36 percent more likely to report that they are more physically active;**
- 3) Participants score 10.7 percent higher on the test of health knowledge. (These estimates assume zero benefit for dropouts; excluding dropouts results in larger effect sizes.)**

Albert Einstein College of Medicine works with HealthCorps in conducting Centers for Disease Control (CDC) School Health Index exit interviews with principals. The college also is applying for study grants for second-generation program evaluation and health-related research activities.

At Freedom High School in Tampa, health coordinator Mary Kathryn Rains has made a host of changes to enhance the health and wellness of students and faculty. In addition to teaching 12 classes a week on nutrition, fitness and mental resilience, she piloted the Patriot Patch salad assembly lines, which may roll out to other schools in Hillsborough County. Rains sponsored breakfast competitions with cafeteria staff to encourage eating a healthy meal at the start of the day, instituted healthier vending machine options and launched the Apple Trade Program in which students can trade in their junk food for apples.

On the fitness front, Freedom High School was selected as one of the 10 finalists out of 2,000 applicants for the Henkel Helps Get Kids Fit Contest, representing the only school in Florida to advance to the final round in competing for \$25,000 to use toward school fitness. Rains produced a dynamic video to promote support for the school. To get and keep faculty and students moving, Rains organizes pedometer competitions to demonstrate the positive impact of simple changes to one's fitness regimen and initiated Biggest Loser competitions for staff.

In the Tampa community, in 2010 HealthCorps introduced the Highway to Health Festival in partnership with the Winthrop Arts Festival to bring local health resources to residents

through a fun event with fitness workouts, healthy food sampling, live entertainment, games and giveaways. This entailed a joint effort with both HealthCorps high schools in the area.

Rains also forged ties in the community by training national members of the non-profit Alliance for a Healthier Generation in methods for improving health in their schools. She produced a film on Freedom High School, which advanced to the final round of a video competition for Jamie Oliver's *Food Revolution* television program in spring 2010.

At Tampa Bay Tech, HealthCorps coordinator Janelle Petak also will reach 250 students in the first semester through classes and such special initiatives as the after-school fitness club that offers a mix of workouts and the weekly Café O Yea cafeteria presentations that reach the larger student body with healthy food samples and competitions. Every week, an average of 80 students participate in the cafeteria session. Petak also leads weekly Teen Battle Chef workshops, a HealthCorps curriculum standard, in which students learn to prepare nutritional gourmet meals and take part in cook-offs.

In addition to student wellness, Petak works closely with Tampa Bay Tech staff and faculty to address their wellness concerns and show them how getting healthy can be fun. The staff has taken part in Zumba Latin fitness classes, a walking club and Healthy Holidays, a regimen to encourage staff to stay engaged in physical activity and healthy eating despite the temptations of holiday treats and a stressful schedule.

On Dec. 10, 2010, Petak organized a school health fair at Tampa Bay Tech that attracted about 275 students, some of whom manned booths. The 14 booths included stations for monitoring blood pressure, resting heart rate and body composition. Students also had an opportunity to learn about preventive health, as well as observe therapy animals from the school's veterinary program.

DACCO's support of HealthCorps is based on the idea that the more aware we are of the impact of what we choose to put into our body the less likely we are to see substance use or abuse as a pro-social or healthy choice. From this perspective, the concepts in HealthCorps are another strategy our community can use to promote substance use prevention as well as good general health.

For more information about HealthCorps, go to healthcorps.org.



LEARNING WITH THE TIMES STUDENT ACTIVITY ANALYZING ADVERTISEMENTS

A drug is any non-food substance that when put into the body changes the way the body or mind works. Physicians may prescribe legal drugs. Over-the-counter drugs may be purchased at drug stores or other retail stores. Newspapers, the Internet and television frequently contain advertising for legal drugs. Monitor the *St. Petersburg Times*, *tbt** and your favorite television station for a week. In your journal, write down each time

you see an advertisement for a prescription or over-the-counter drug. As a consumer, do you think you are being bombarded with these images? What is the message that is being conveyed in these advertisements? Share your thoughts and what you have learned on the NIE Blogging Zone. Go to tampabay.com/nie. Click on the NIE Blog link and then go to the 2011 Plugged In category.

Resources:

Addiction Recovery Care of Tampa (ARC)

arcoftampa.com

Outpatient substance abuse treatment:
813-978-1300

Agency for Community Treatment Services

actsfl.org

Adult outpatient treatment:
813-246-4899

Adult residential detoxification facility:
813-367-2315

Residential long-term treatment:
813-879-1649

Juvenile addictions receiving facility:
813-931-4669 ext. 229

Thonotosassa youth residential:
813-986-5966

Associates in Behavioral Health and Recovery Inc.

Outpatient substance abuse treatment:
813-931-5933

Centre for Women

centreforwomen.org

Outpatient substance abuse treatment:
813-251-8437

Drug Abuse Comprehensive Coordinating Office (DACC)

dacco.org

Medication-assisted treatment services:
813-984-1818

Women's outpatient services:
813-384-4000

Adult & adolescent outpatient services:
813-984-1818

Women's residential services:
813-384-4000

Men's residential treatment facility:
813-984-1818

Brandon outpatient: adults & adolescents
813-413-1065

Community education:
813-984-1818

HIV testing:
813-984-1818

DUI Counterattack, Hillsborough Inc.

DriveSafeTampa.org

813-875-6201

Florida Council on Compulsive Gambling:

gamblinghelp.org

1-888-ADMIT-IT (236-4848)

Florida Tobacco Quitline

1-877-U-CAN-NOW (822-6669)

Goodwill

goodwill-suncoast.org

Outpatient services:
813-877-3234

Healthcare Connection of Tampa Inc.

healthcareconnectionoftampa.com

Outpatient substance abuse treatment:
1-800-444-4434

Hillsborough County Anti-Drug Alliance

HCADA.com

813-367-5536

Hyde Park Counseling Center

hydeparkcenter.com

Residential substance abuse treatment:
813-258-4605

Personal Growth Behavioral Health Inc.

Outpatient substance abuse treatment:

813-685-9332

Phoenix Houses of Florida

phoenixhouse.org

Outpatient substance abuse treatment:
813-881-1000

Tampa Bay Academy

tampabay-academy.com

Youth- and family-centered services:
813-677-6700

Tampa Alcohol Coalition

tampatac.org

Tampa Crossroads Inc.

tampacrossroads.com

Rose Manor Residential Program:
813-228-9226

Outpatient substance abuse treatment:
813-238-8557 ext. 401

Tampa Metro Treatment Center

methadonetreatment.com

Outpatient methadone detoxification,
buprenorphine services:
813-236-1182

Town and Country Hospital

townandcountryhospital.com

Addictions Recovery Unit:
813-884-1904

Turning Point of Tampa Inc.

tpoftampa.com

Residential substance abuse
treatment service:
813-882-3003

Western Judicial Services Inc.

westernjudicial.com

Outpatient substance abuse treatment:
813-930-9595

Adults: Be the Wall

We know you would never host a party with alcohol for teens, but do you know how to keep teens from trying to sneak it through the front door? Brush up on your chaperone skills – Be the Wall!

- Utilize a location that has clear entrances and exits, such as your home or a community center. If there are multiple exits, block off all exits you do not want used or utilize other chaperones to block the exits.
- Work with your teen to decide on a guest list ahead of time. Set a limit to the number of people and make a contingency plan for politely turning away party-crashers.
- On the event invitation, clearly state the

beginning and ending time, what to bring and what not to bring.

- Ask teens to leave purses or backpacks in their locked cars or at the front door. Discourage teens from going back and forth from your home to their cars.
- Lock up any alcohol in your home before the party.
- Ask adults that may be attending the party to leave their alcohol at home for the event.
- Utilize the television, swimming pool, video games or karaoke machine to entertain teens.
- Provide plenty of space for teens to just hang out comfortably where you can see them but not hover over them.

- Utilize single-serve cans instead of disposable cups. Do not use a punch bowl or pitchers.
- Monitor behavior by circulating around the home and interacting with teens. Work with your teen ahead of time to agree upon a course of action should such a situation arise.
- Never let a teen that you believe to be impaired leave your home.



BeTheWall.org