

MAYOR JOSEPH A. CURTATONE,
SOMERVILLE HEALTH AND HUMAN SERVICES DEPARTMENT &
SOMERVILLE OFFICE OF PREVENTION
PRESENT

GOT PREVENTION

May 2016

2016 National Night Out



POLICE • COMMUNITY PARTNERSHIPS

On August 2, 2016 Somerville Cares About Prevention (SCAP) will partner with the City of Somerville, Somerville Police Department, the National Association of Town Watch, and Target, Inc. to host National Night Out, “America’s Night Out Against Crime”. The event will begin at 5:00

PM at Foss Park and include Police and Fire Department demonstrations, speeches from Mayor Curtatone along with other city officials, live performances, prizes, activities for all ages, and displays from over 30 local city organizations. National Night Out is a great to unite the community in an effort to improve the safety of neighborhoods and heighten drug and crime prevention. Join us on August 2nd to build spirit within the community, improve partnerships between neighborhoods and police, and to send a message to criminals that neighborhoods are organized and fighting back. For more information about this event please visit <http://www.natw.org>.

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NATIONAL NIGHT OUT
AUGUST 2nd, 2016
5PM-8PM

ONE CALL to CITY HALL
3 1 1
SOMERVILLE



2016 SCAP ANNUAL MEETING AWARD WINNERS

SPF Appreciation Award

Didem Aksoy

School Leadership Award

Somerville Public Schools Nurse Team

School Leadership Award

Steve Simolaris, Somerville Public Schools

Business Leadership Award

SAVMOR Liquors

SCAP Leadership Award

Somerville Public Library—Main Branch

Policy Leadership Award

Somerville Board of Health

SCAP Leadership Award

Mental Health Ambassadors

SPF100 Member of the Year

Anmol Maini, Somerville High School

SPF100 Members

Alec * Anmol B. * Anmol M. * Jeewelynhell * Jacob * Kelly * Lily * Maggie * Navdeep * Nephtalie * Rhedise

SPF Jr. Members

Amritpal * Baxter * Bradley * Emily * Felix * Luca * Gogandeep * Ishivita * Jasmine * John * Yukti



MARIJUANA: KNOW THE FACTS

How do changes in marijuana policy impact the health and safety of our communities and our children?

What does the science say?

- **Marijuana can be addictive.** The earlier someone begins using marijuana, the higher their risk of addiction -- one in six users who start under age 18 become dependent; 25-50% of teen heavy users become addicted.¹
- **Marijuana today is not the marijuana of the 1970s.** Highly concentrated marijuana products available today range from 5 to 85% THC (the psychoactive part of marijuana). High potency marijuana, often in the form of candies, cookies, sodas, and hashish concentrates (e.g., budder, wax, honey oil, shatter), are more likely to be associated with addiction and the negative health consequences in young people seen in recent years.²
- **Marijuana use has long-term negative consequences for kids.** According to studies by the National Academy of Sciences and other organizations, marijuana use by adolescents can impair brain development, reduce academic success, impact long-term career growth, and even lower IQ. Marijuana is associated with long-term health risks, including increased susceptibility to mental health issues (e.g., paranoia, depression, suicidal thoughts, and schizophrenia) and heart attacks.^{3,4,5,6,7,8,9,10}
- **Marijuana use/dependency is associated with addiction to other drugs.** In a prospective study, marijuana use was associated with a 6.2 times (620%) higher risk of developing any substance use disorder. The younger marijuana is used, the higher the rates of addiction to marijuana and to other drugs, including opioids.^{11,12}

What do the experiences of other states tell us?

- **Where marijuana is legal, young people are more likely to use it.** Since becoming the first state to legalize, Colorado has also become the #1 state in the nation for teen marijuana use. Teen use jumped 20% in Colorado in the two years since legalization, even as that rate has declined nationally.^{13,14}
- **Colorado saw a 29% increase in marijuana-related emergency room visits the year marijuana was legalized.** High potency edible products have also been associated with negative consequences for adults who may fail to pay attention to serving sizes, leading to overexposure to marijuana.^{14, 15, 16}
- **Colorado has seen an increase in traffic deaths caused by operators testing positive for marijuana.** In 2014, when retail marijuana stores began operating, there was a 32% increase in traffic deaths caused by operators who tested positive for the presence of marijuana. 25-40% of OUIs in Colorado involved marijuana alone.^{14,16}
- **Increase in accidental marijuana use by young children.** According to data from the National Poison Data System, accidental exposure to marijuana among children under 6 years old has been on the rise. Marijuana infused products such as gummy bears, candy bars and "cannabis cola" are often indistinguishable from traditional products and attractive to children, placing them at significant risk of accidental use.^{14,16}

¹Comparative Epidemiology of Dependence on Tobacco, Alcohol, Controlled Substances, and Inhalants: Basic Findings From the National Comorbidity Survey, Experimental and Clinical Psychopharmacology, 1994; ²Potency trends of 69-THC and other cannabinoids in confiscated cannabis preparations from 1993 to 2008, J Forensic Sci., 2010; ³Persistent cannabis users show neuropsychological decline from childhood to midlife, Proc Natl Acad Sci U S A., 2012; ⁴Impact of adolescent marijuana use on intelligence: Results from two longitudinal twin studies, Proceedings of the National Academy of Science of the United States of America; ⁵Cannabis use and depression: a longitudinal study of a national cohort of Swedish conscripts, BMC Psychiatry, 2012; ⁶Marijuana Use and High School Dropout: The Influence of Unobservables, Health Econ., 2010; ⁷Proportion of patients in south London with first-episode psychosis attributable to use of high potency cannabis: a case-control study, The Lancet Psychiatry, 2015; ⁸Daily use, especially of high-potency cannabis, drives the earlier onset of psychosis in cannabis users, Schizophrenia Bulletin, 2014; ⁹Marijuana use in the immediate 5-year premenstrual period is associated with increased risk of onset of schizophrenia and related psychotic disorders, Schizophrenia Research, 2015; ¹⁰Adverse cardiovascular, cerebrovascular, and peripheral vascular effects of marijuana inhalation: what cardiologists need to know, Am J Cardiol., 2014; ¹¹Cannabis Use and Risk of Psychiatric Disorders: Prospective Evidence From a US National Longitudinal Study, JAMA Psychiatry, 2016; ¹²Young adult sequelae of adolescent cannabis use: an integrative analysis, 2014; ¹³20 percent increase in youth marijuana use, WSAV, 1/13/2016; SAMHSA National Survey on Drug Use and Health, December 17, 2015; ¹⁴The Legalization of Marijuana in Colorado: The Impact, Rocky Mountain High Intensity Drug Trafficking Area, September 2015; ¹⁵Marijuana Tourism and Emergency Department Visits in Colorado, The New England Journal of Medicine, 2/25/2016; ¹⁶The Implications of Marijuana Legalization in Colorado, Journal of the American Medical Association, 2015.



SOMERVILLE POSITIVE FORCES UPDATE

SPF also worked very hard to update their Photo Voice exhibit. This exhibit works to share with community members the prevention work of the Somerville Cares About Prevention coalition and Somerville Positive Forces youth development programs and raise awareness around important prevention issues, such as youth peer misperceptions of substance use and youth access to alcohol. In addition, SPF youth share their leadership journey highlights which are both remarkable and inspiring. Come see our exhibit at our Annual Meeting on May 12 from 530 to 7:30 PM, in the SHS Highlander a café.

Check out our Photo Voice Exhibit at our Annual Meeting at SHS in May and City Hall in June!

Also this month, SPF100 leaders launched their new mind your mind campaign during SHS school lunches. This campaign works to raise awareness around anxiety and stress to address the increasing mental health issues seen through the *Somerville High School Student Health* data. It also works to share peer coping skills around these issues so that youth have a better understanding of various ways to cope with stress and anxiety. In addition, youth leaders created support posters around various issues their peers deal with on a regular basis such as procrastination, lack of sleep, and anxiety. They will hang these support posters in the school bathrooms and hallways, so their peers can learn healthy strategies for coping with these challenging teen pressures.

You can help too. Share your healthy coping strategies with us on our SPF & SCAP Facebook!

**** SPF program updates are provided by Lovelee Heller-Bottari and SPF Youth Leaders.*

SPF Mission is to support social change that would empower youth to make healthier decisions regarding the use of alcohol, tobacco and other drugs.

SPF Vision is to create a community where youth are seen as assets and have access to a number of opportunities and experiences that foster human potential and leadership.

For more information about Somerville Positive Forces and/or Somerville Cares About Prevention or to volunteer, please contact: Lovelee Heller-Bottari, SCAP Program Director, at 617-625-6600 x4322 or lheller@somervillema.gov



Mental Health Tips for Teens Graduating from High School

This year for National Children's Mental Health Awareness Day, the American Academy of Pediatrics (AAP) focuses on transitions of teens graduating from high school.

This is a time of excitement and adventure for many young people, but also a time filled with uncertainty. In addition, the end of high school means transitions to college, into jobs, into the military, or out of the foster care system. All of these situations bring up things to think about regarding general well-being, health concerns and diagnoses, and medications.

Your child's pediatrician can be a wonderful source of advice on helping your teen to transition successfully. The AAP offers the following tips for parents and youth navigating this important time of life.



Social Host Liability

A message to parents from Somerville Positive Forces (SPF100) - Youth Leading Positive Change.

The end of another school year signals the beginning of excitement and great anticipation for students at Somerville High School and Full Circle. For seniors, it means that graduation and year-end parties are just around the corner. For juniors, there is the realization that finally next year will be their year. These are memorable times for all students, and we aim to help our peers make this chapter of their lives as safe as possible. In this important mission, we need your help.

Working together with students, parents/guardians, schools and community members, we want to encourage Somerville teens to enjoy and celebrate the end of this school year safely and responsibly – without the use of alcohol and/or other drugs. We need every parent/guardian to take a few minutes to sit down with your child(ren) and openly discuss the dangers associated with underage drinking and drug use. Additionally, help your child(ren) realize that most students don't drink and don't use drugs, as reported by students on the 2014 SHS Student Health Survey. This is critical because a top reason youth start to using is that they think, "everyone is doing it." This simply is not true, 79% of SHS Students don't drink and 81% don't use marijuana.

Remind your child(ren) that alcohol-related crashes remain a leading cause of death in this country, especially for teens. Talk with them about the risks, pointing out that use of alcohol and other drugs is frequently coupled with risky and potentially destructive behaviors, such as physical and emotional violence, sexual mistakes or misjudgments, unintentional injuries (drowning and falls) and overdose. Heavy drinking is especially dangerous for teenagers, as our brains are still developing (until our late 20's), and alcohol related damage incurred at a young age can have long-term effects. Not to mention, teens die every year from alcohol poisoning, an overdose from alcohol.

Don't underestimate your power to influence healthy decisions and behaviors. Set clear and realistic expectations regarding underage drinking and drug use: it is dangerous, it can have serious permanent consequences, it is against the law, you are important to me, and it should not take place. You can make a difference in our community by talking to your child(ren) about underage drinking and substance abuse and by promoting positive norms like "Most Don't Use".

For more information and help talking with your child(ren) visit:

<http://support.madd.org/site/PageNavigator/getTheParentHandbook.html> Or

<http://pact360.org/page/parents360-underage-drinking-module>

Celebrations are very popular during the prom and graduation season so it is important review party safety rules. House parties where alcoholic beverages are served raise concerns for school officials, law enforcement officials, concerned parents, and youth themselves. Data shows that the major source of alcohol for youth is friends and family members. Some people mistakenly believe that underage drinking is an inevitable "rite of passage" not realizing the serious developmental impacts and increased risk of dependence that recent research has revealed. Please don't give alcohol to your child(ren) and be aware that you cannot give alcohol to your child's friends who are under the age of 21, under any circumstances, even in your own home, even with their parents' permission. You can be held responsible if underage drinking occurs at your house with or without your knowledge. **Remember, it is illegal (and harmful) to provide alcohol to a person under the age of 21 years old.**

Click link for more Social Host Liability information: <http://www.madd.org/laws/social-host-1.html> and

<http://www.mass.gov/essexda/prevention-and-intervention/juvenile-prevention/social-host-liability.html>

As a community we need to openly and clearly express our disapproval of underage drinking, drug use, and impaired driving while reducing youth access to alcohol and other drugs, promoting positive social norms (Most students don't drink or use drugs), and encouraging healthy behaviors (substance-free activities). Together we can work to safeguard these exciting times and make them truly memorable for all Somerville students. Thank you for your commitment to supporting a healthy child and community.

Sincerely,

Somerville Positive Forces Youth Leaders



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VOLUNTEER OPPORTUNITIES

Writer

Do you have a literary knack? Help SCAP write articles, interest pieces, or editorials for the SCAP newsletter or local newspapers. Time commitment varies depending on length of writing sample.

Youth In Action Project Participant

Adult volunteers are partnered with youth and law enforcement in efforts to promote zero tolerance enforcement, legislative advocacy and eliminate the current retail and social availability of alcohol for minors via the various YIA programs. Current volunteer opportunities are available with the Compliance Checks, Shoulder Tap Surveys and the Sticker Shock Campaign.



Please go to the **Somerville Cares About Prevention** website if you would like to find out about other volunteer opportunities.

www.somervillema.gov/SCAP

SCAP Community Activist

Friendly, outgoing volunteers are needed to reach out to residents, storekeepers, non-profit groups, community groups, etc. to promote the SCAP mission and to encourage involvement. Duties may include distributing informational or upcoming event fliers, and making phone calls to various businesses and residents. Variable hours are available.