



Madison Chatham Coalition

Empowering and Educating Youth to Make and Keep Healthy Lifestyle Choices

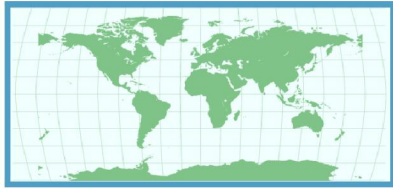
Newsletter, September 2017

Next Meeting Tuesday, September 19,
Corpus Christi Church, Chatham Township, 9:30-11:00

Local Events:

The Latest In Opiate Addiction

The World Health Organization estimates that approximately 2 million people in the U.S. alone are addicted to prescription opiates.

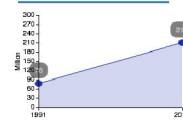


An estimated 52 million people (20% of those age 12 and older) have used prescription drugs for nonmedical reasons at least once in their lifetime.



Opiate dependency is estimated to affect nearly 10% of modern day medical practitioners.

The problem is not limited to the medical community, first use of an opiate seems to be getting younger.



1 in 12 high school seniors reported past-year nonmedical use of the prescription pain reliever, Vicodin.

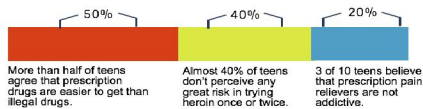
The total number of opiate prescriptions dispensed by retail pharmacies in the US rose from 76 million in 1991 to 210 million in 2010.



Heroin is the most widely used illegal opiate.



Prescription opiate painkillers are just as prevalent, and just as dangerous.



More than half of teens agree that prescription drugs are easier to get than illegal drugs.

Almost 40% of teens don't perceive any great risk in trying heroin once or twice.

3 of 10 teens believe that prescription pain relievers are not addictive.

Source: <http://balboahorizons.com/the-latest-opiate-addiction-statistics>



Knock Out Opioid Abuse Day. Friday October 6 and surrounding days. MACC, MAASA and MCC will be getting the word out to doctors, neighbors and community organizations about the dangers of Opioid abuse. Materials for distribution are available at alliance and coalition meetings, and from your Coordinator.



Bottle Hill Community Day in Madison. MAASA and MCC will be represented, October 7, 10 – 5 with Arrive Alive focused on distracted driving, the Hope 1 van, alcohol, marijuana and prescription drug goggles, and information on Prescription Drug Abuse, Vaping, and Teen Stress Risk and Protective Factors.. Volunteer for an hour or two if you can, come and visit if you cannot.

Chatham Suicide Prevention Walk, September 23

<https://afsp.donordrive.com/index.cfm?fuseaction=donordrive.event&eventID=4692>

Alternative Treatments for Orthopedic Injuries: How to Avoid Opioid Use in an Athletic Population Dr. Cardamone, DO is a Physiatrist (and MCC member) who specializes in non-operative treatment of pain conditions, including sports injuries, chronic pain conditions, and other often complex pain syndromes. She offers her patients alternative, innovative treatment options to opioids such as natural, effective nutritional supplements, topical applications, Biotherapeutic Injections, Prolozone injections, Platelet Rich Plasma Injections, and Lyfotgt Perineural Injection Treatment,

among others. She welcomes you to attend her joint lecture at the Madison Area YMCA, Kroll Conference Room on Tuesday September, 26, 2017 from 6-7:30pm. See event flyer for more details.

[Avoiding Opioids in the Athletic Population](#)

Two Parenting Workshops St Paul's Church in Chatham. Free and open to the public on October 17 and 19 from 7:00- 8:30pm. They will be hosted by Mary and Tim Barrett, local therapists with over 20 yrs of experience. The first workshop will be for parents of elementary aged children and the second for parents of middle school/high school children. The workshops will focus on issues facing kids and parents today - on line bullying, self-esteem, drugs and alcohol, etc.

MAASA and MACC ALLIANCES

1. **MACC would like volunteers for Knock Out Opioid Day** to go to rehab centers, pain management/wellness centers and trainers/sports facilities and the day/night before for poster distribution. **MAASA** would like additional Madison residents for distribution within their neighborhoods. Contact ChathamMACC@gmail.com or Prewittl@rosenet.org
2. **Annual Out of Darkness Chatham Community Walk:** 09/23/2017; Cougar Field - Chatham Township, NJ; Check-in/Registration Time: 09/23/2017 at 4:30 pm; Walk Begins: 5:30 pm Walk Ends: 6:45 pm. They are hoping to raise \$75,000, they are at \$31,000. Suicide is the 3rd leading cause of death for young people 15 -24. Substance abuse disorder is one of the risk factors. The American Foundation for the Prevention of Suicide is targeting a reduct of 20% by 2025. . **For more information,**
<https://afsp.donordrive.com/index.cfm?fuseaction=donordrive.event&eventID=4692>
3. **Next Alliance meetings** – MACC October 11, Borough Hall, Rm 212 ; MAASA October 10, 2017, Madison High School 12:30pm A Hall Conference Room

Other Events in the Morris County Area

1. **Darryl Strawberry speaks at Hanover Township** October 3, 7:30 – 8:30. Must arrive no later than 7:15. Memorial [Junior High School](#), 61 [Highland Avenue](#), Hanover, NJ 07981. <https://www.eventbrite.com/e/darryl-strawberry-discusses-substance-abuse-tickets-35144251402>
2. **Drug court** is every Monday and Tuesday afternoon at 2pm in courtroom #12. You are welcome to come observe. Drug court participants are adults. They must be over 18.

IN THE NEWS

1. **Carfentanil: What You Should Know About The Deadly New Opioid In NJ.** Carfentanil, an elephant tranquilizer, is 10,000 times deadlier than street-level heroin.
<https://patch.com/new-jersey/haddon/carfentanil-what-you-should-know-deadly-new-opioid-nj>
2. **[75-students-tested-for-alcohol-after-nj-high-school-football-game](#)**-in Randolph.
3. **[Limiting dental prescriptions is key to fighting Opioid Epidemic](#)** Drug Free New Jersey
4. **<https://mobile.nytimes.com/2017/07/24/business/economy/drug-test-labor-hiring.htm>** Drugs Take a Toll on Hiring.

REPEATS FROM PRIOR MONTHS BASED ON CURRENT QUESTIONS

1. **Pediatricians Warn About the Dangers of Kids using Marijuana**The [research is clear that using marijuana during adolescence](#) could have a long-term impact on a teen's memory, problem-solving skills and critical thinking. Yet teens do not want to hear that, Wolk, who is also Colorado's chief medical officer, said in 2015. "The research shows that that's like a turn-off. "Instead of focusing on the health risks, Wolk encouraged parents to talk to their kids about what they might lose if they use marijuana during their teenage years. "It's taking kids along the track of, 'Well, you're putting in jeopardy your potential to do well in school or to graduate or to be successful once you get your driver's license, because marijuana does impair you if you're going to use it and drive, and it does impair you if you're trying to study or you're trying to do well in school or you're trying to get a good job,' " he said.Wolk pointed to [Colorado's online resources for parents](#) to help with the conversation.
2. **American Academy of Pediatrics Warnings about Vaping**What does this mean for people that use vaping devices and electronic cigarettes?Bottom line; you should quit. There is no such thing as a safe level of nicotine and any level of exposure is extremely dangerous to children and pets.
3. <https://www.common sense media.org/blog/how-to-help-kids-dodge-cigarette-vaping-and-pot-marketing-and-stay-smoke-free>
4. **Science News for Students****Explainer: The nico-teen brain** - The adolescent brain is especially vulnerable to the addictive effects of nicotine

Ongoing Educational and Awareness Opportunities

1. **Watch:**15 minutes child resource guide, parent education about drugs, lingo, warning signs, prevention resources
<http://drugfreenj.org/drugfacts/>
Talk with your kids:<http://www.wordscanwork.com/issues/knowissues.html?topic=2>
Talk they hear you: <http://www.samhsa.gov/underage-drinking>
2. List of Opioid brand names and slang terms [OPIOID BRAND NAMES AND SLANG.pdf](#)
Example: Generic Drug Composition (Acetaminophen/Oxycodone) / Brand Name (Xolox, Tylox, Magnacet, Endocet, Primlev, Roxicet, Percocet) / Slang Name (Percs)
(thank you to Dr. Melissa Tasse).

Contact us at: MadisonChathamCoalition@gmail.com

If you have events or articles that you believe are relevant to MCC's mission, please forward them.



This newsletter is for you and sharing with your community

<http://www.rosenet.org/805/Madison-Chatham-Coalition>

RESOURCES

Addictions Hotline of New Jersey: 800-238-2333

Dial 211 or 1-800-238-2333 which provides trained clinically supervised telephone specialists who are available 24 hours a day, 7 days a week to educate, assist, interview and/or refer individuals and families battling addictions. Calls are free and information shared is confidential.

Other Resources

- CaresNJ.org
- ReachNJ.gov: 844-REACH-NJ
- New Jersey Poison Information & Information Education System
- Partnership for Drugfree Kids
- Governor's Council on Alcoholism and Drug Abuse
- NJ Division of Mental Health and Addiction Services (DMHAS)
- New Jersey Department of Health and Senior Services
- New Jersey's Comprehensive Tobacco Control Program
- ONDCP Media Campaign
- National Drug Strategy Network
- Substance Abuse & Mental Health Services Administration
- The National Council on Alcoholism & Drug Dependence New Jersey
- The New Jersey Prevention Network
- Signs of Sobriety, Inc.
- The Toni Donato-Bolis and Baby RJ Foundation
- KnowAddiction.nj.com
- MyOldMeds.com
- The NJ Hopeline: 855-654-6735
- 2nd Floor (Youth Helpline): 888-222-2228
- NJ Connect for Recovery (njconnectforrecovery.org) – 855-652-3737
- PickAwareness.com – A parent resource for substance abuse
- PreventOpiateAbuse.Org – Reducing Over-Prescribing, Closing Major Avenues of Abuse and Stepping Up Education
- Veteran's Crisis Line: 800-273-8255 or confidential chat at www.VeteransCrisisLine.net or text to 838255