

# Prevention Partners News

*This is the seventh issue of the Prevention Partners News, a quarterly publication from the Prevention Unit of the Department of Human Services, Addictions & Mental Health Division. We continue to encourage your input and submissions for future issues. Enjoy!*

*Jeff Ruscoe, Editor.*

## New CPS Training Requirements

The Addiction Counselor Certification Board of Oregon (ACCBO) and AMH have collaborated with Prevention Specialists in Oregon to revise the training requirements for becoming a (CPS). The hours remain the same; however, specific training course work has been added. The grid showing the new requirements is on the AMH website at

<http://www.oregon.gov/DHS/addiction/prevention/cps-training-grid.pdf>.

These requirements will be effective for the September 10, 2011 CPS exam date. The March 12, 2011 CPS exam will be the final exam given with the current training requirements.

AMH plans to offer the majority of the new training requirements throughout 2011. Watch for the announcements on the website and on AMH listserv.

If you have questions, please contact your AMH Regional Prevention Specialist or Greta Coe at (503) 945-6187.

### Upcoming Events & Trainings

- February 18, 2011 – Drug-Free Communities Grant Writing Training, Humans Services Bldg., Salem..
- March 6-12, 2011 – Problem Gambling Awareness Week.
- May 9, 2011 – Drug-Free Communities Training, Red Lion Inn, Salem, featuring Michael Sparks from CADCA.
- May 10-11, 2011 – Spring Prevention Summit, Red Lion Inn, Salem.



## Welcome, Lee-Ann!

### Meet our new CSAP Fellow!

The Addictions and Mental Health Division's Prevention Unit is proud to introduce Lee-Ann Foster as our new CSAP Fellow. Lee-Ann comes to us from the Native American Rehabilitation Association of the Northwest (NARA), where she spent the past 2 years working on the Native Youth Suicide Prevention Project. Lee-Ann loves to attend Powwows around the area with her daughter Olivia, who dances. Her other interests include beading and spending time with family and friends. She can be reached via email at: [leeann.foster@state.or.us](mailto:leeann.foster@state.or.us).

## Strategic Prevention Framework Update

In July of 2009 the Oregon Department of Human Services (DHS), Addictions and Mental Health Division (AMH) received a Strategic Prevention Framework State Incentive Grant (SPF SIG) from the Center for Substance Abuse Prevention (CSAP) in the Substance Abuse and Mental Health Services Administration (SAMHSA).

There are three overarching goals of the project, which include:

- Prevent the onset and reduce the progression of substance abuse, including underage drinking;
- Reduce substance abuse-related problems; and
- Build prevention capacity and infrastructure at the State/Tribal and community levels.

The SPF-SIG State Advisory Council (SAC) met in December 2010 and reviewed all of the State Epidemiological Outcomes Workgroup (SEOW) data



and recommendations. After much debate and consideration, the group determined the Oregon SPF priority:

*Oregon's priority for SPF SIG funds is to reduce alcohol abuse and dependence for Oregonians 15-25 years old while reducing the associated causal behaviors:*

- *Binge drinking--Five or more drinks on any one occasion.*
- *Heavy drinking-- Males that exceed two drinks per day or females that exceed one per day.*
- *Underage drinking-- Any use of alcohol by anyone under the age of 21.*

The SAC is currently looking at funding allocations based on data and is crafting a state plan for submission to CSAP for approval. Once CSAP gives us plan approval the plan will be shared.

*(If you have any questions related to the SPF-SIG please direct them to Kerryann Woomer at (503) 945-6998 or [kerryann.woomer@state.or.us](mailto:kerryann.woomer@state.or.us))*

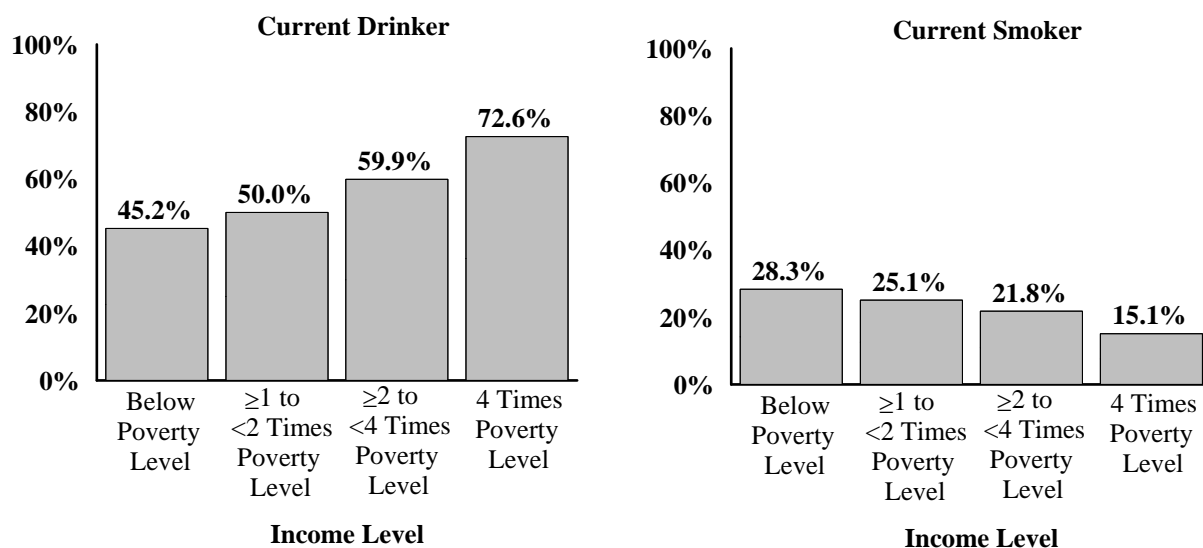
**Coordinators:** *Keep your eyes open for your **NEW** County Epidemiological Report on Alcohol, Drugs and Mental Health. Karen LaPointe is emailing them for your review as they are updated. Karen and GERALYN have reviewed each report, but sometimes we miss things, so please review them and notify us as soon as possible if you see any errors.*

*Final reports will be posted to the web in March at: <http://www.oregon.gov/DHS/addiction/ad/main.shtml>*

## *Higher Income Adults More Likely to Drink; Less Likely to Smoke*

Family income level is associated with drinking and smoking, according to data from the National Center for Health Statistics. Alcohol drinking among adults increased steadily with family income level, from 45.2% among those with family incomes below the poverty level to 72.6% among those with an income of four times the poverty level. In contrast, the prevalence of cigarette smoking decreased with increasing income, from 28.3% to 15.1%. Indicators of socioeconomic status (e.g., income, education) have consistently been found to be related to alcohol and tobacco use.

**Percentage of U.S. Adults Reporting Past Month  
Alcohol Drinking and Cigarette Smoking, by Income Level  
(2005-2007 Annual Average)**



**NOTE:** Data are combined annual averages from 79,096 completed interviews from the 2005 to 2007 National Health Interview Surveys (NHIS), an annual computer-assisted in-person survey of the U.S. civilian non-institutionalized population ages 18 and older.

**SOURCE:** Adapted by CESAR from the Centers for Disease Control and Prevention (CDC), *Health Behaviors of Adults: United States, 2005-2007*, 2010. Available online at [www.cdc.gov/nchs/data/series/sr\\_10/sr10\\_245.pdf](http://www.cdc.gov/nchs/data/series/sr_10/sr10_245.pdf).

DATA DATA DATA DATA

## National Electronic Seminar

### *Alcohol Energy Drinks: They Pack a Killer Punch!*

**Date:** Thursday, February 24, 2011  
**Time:** 3:00-4:15 p.m. ET  
**Speakers:** Steve Schmidt, Michele Simon and Dr. Mary Claire O'Brien

- “Teen crashes into house in Arizona after playing beer pong”
- “Nine dangerously drunk college students hospitalized in WA”
- “20-Year old Florida college student dies of gunshot”

What did all of these tragedies have in common? All of these incidents involved the consumption of alcohol energy drinks or “AED’s”. Many states quickly took the initiative to ban or discourage the sale of these beverages. The Food and Drug Administration initiated an investigation of the caffeinated alcohol beverages which have been nicknamed “blackout in a can” or “liquid cocaine” by those that have consumed the product. Join us to get an update on what is being done around the Country to prevent similar injuries and death as a result of underage access to alcohol.

\*Visit [www.udetc.org/audioconfregistration.asp](http://www.udetc.org/audioconfregistration.asp) to register.\*



## MDS Update

We’re getting closer to the release date of the new and improved Minimum Data Set (MDS) for Prevention. The new version of MDS is scheduled to be released this Spring, with a “go-live” date of July 1, 2011. Training for coordinators and providers will occur in the months leading up to the go-live date.

The state prevention staff will be trained in mid to late-April, and will be providing regional trainings, either in person or via Webinar, to all county prevention coordinators and others who utilize the system. These new changes will help providers submit more accurate data to the state office, and will more accurately reflect the services being provided across the state.

## Prevention Certification Cohort Training Project

To assist prevention professionals meet the new CPS certification training requirements (effective 09/2011), AMH is currently offering a special nine-month training series, consisting of over 130 hours of prevention continuing education units (CEU’s). A number of applicants from across the state applied for inclusion in the cohort and 21 prevention providers were accepted.

The training series consists of required courses for the new CPS training requirements, in addition to a book study course from the book “Substance Abuse Prevention: The Intersection of Science and Practice.” The cohort experience will prepare participants for the CPS exam in September 2011.

Many of the cohort trainings will have space for additional participants, so look for emails announcing upcoming prevention-related trainings.

## Bath Salts on Their Way Down the Drain

Officials in 25 states are growing concerned about alarming numbers of adolescents and others ending up in emergency rooms and mental hospitals after intentionally snorting, injecting or smoking "fake cocaine," a powder legally sold as "bath salts," and are proposing bans.

R. Gil Kerlikowske, Director of National Drug Control Policy, this week released a statement following recent reports indicating the emerging threat of these synthetic stimulants.

Sold under such names as Ivory Wave, Red Dove, Bliss and Vanilla Sky, law enforcement officials and poison control center staff say the effects of the stimulants the powders often contain (mephedrone and methylenedioxypropylamphetamine, also known as MDPV) are a central nervous system stimulant that is not approved for medical purposes in the United States, and provide for users a cocaine-like high.

The chemicals in these bath salts can cause hallucinations, paranoia, rapid and irregular heartbeats and suicidal thoughts, authorities say. The chemicals are in products sold legally at convenience stores and on the internet as bath salts and even plant foods. A small packet of the chemicals typically costs around \$20.

The Director's statement reads: "I am deeply concerned about the distribution, sale, and use of synthetic stimulants – especially those that are marketed as legal substances. Although we lack sufficient data to understand exactly how prevalent the use of these stimulants are, we know they pose a serious threat to the health and well-being of young people and anyone who may use them. At a time when drug use in America is increasing, the marketing and sale of these poisons as "bath salts" is both unacceptable and dangerous. As public health officials work to address this emerging threat, I ask

(continued next column)

that parents and other adult influencers act immediately to discuss with young people the severe harm that can be caused by the use of both legal and illegal drugs and to prevent drug use before it starts."

Several state leaders have introduced legislation to ban these products, including New York Democrat, Sen. Charles Schumer who plans to announce a bill Sunday that would add those chemicals to the list of federally controlled substances. Other states working on a ban include Hawaii, Michigan, Louisiana, Kentucky, Mississippi and North Dakota. Several counties, cities, and local municipalities have also taken action to remove these products from store shelves.

*Drug Enforcement Agent Gary Boggs will give us the latest information on bath salts on the next CADCA TV show Feb. 24. [Watch it from 1-2 p.m. EST or anytime after Feb. 24](#). Viewing is available via satellite downlink or by webcast.*

### Prevention Trivia

#### *National Outcome Measures – 2008 Data*

1. What percentage of those aged 12-17 perceive moderate or great risk of harm from having five or more drinks of an alcoholic beverage once or twice a week?  
A. 78.5% B. 85.3% C. 61.7% D. 47.9%
2. What is the average age of first use among those aged 12-17 who report using alcohol?  
A. 13.3% B. 11.4% C. 14.5% D. 14.9%
3. What is the average number of days of alcohol use during the past 30 days among users aged 12-17?  
A. 0.8 B. 4.2 C. 1.6 D. 6.0

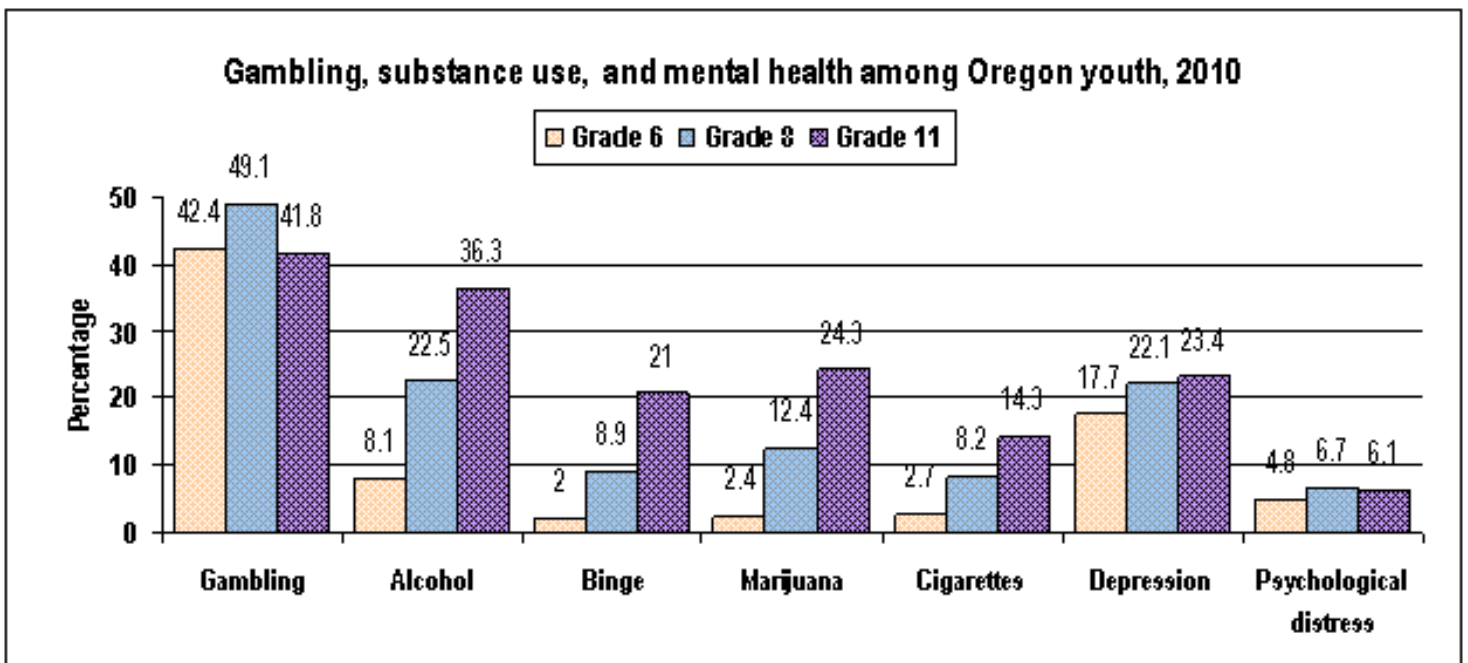
(answers on Page 8)

## Youth Gambling Alert!!!

Student Wellness Survey data reveal some interesting and troubling trends regarding youth gambling, as shown below. The first table indicates that youth gambling is significantly increasing (while other risk behaviors are decreasing, which is good news). The chart shows that youth are participating in gambling more frequently (past 30 days) than other risk behaviors. Many of you have made great strides in integrating problem gambling prevention into your ongoing prevention efforts, and we offer these data so you can share this information as well—this is not included in the standard SWS reports. For ready-to-use powerpoints on this, visit our pg prevention coordinator’s website at [www.problemgamblingprevention.org](http://www.problemgamblingprevention.org).

Comparison of 8<sup>th</sup> and 11<sup>th</sup> grade results from 2001, 2009 and 2010

Grade 8	2001	2009	2010	Percent change		Grade 11	2001	2009	2010	Percent change	
				2001-2010	2009-2010					2001-2010	2009-2010
Gambling	**	34.5%	49.1%	**	42.3	Gambling	**	31.2	41.8	**	34.0
Alcohol	24.0%	23.2%	22.5%	-6.3	-3.0	Alcohol	43.0	38.3	36.3	-15.6	-5.2
Binge	9.3%	10.7%	8.9%	-4.3	-16.8	Binge	25.3	23.4	21.0	-17.0	-10.3
Marijuana	12.3%	10.6%	12.4%	0.8	17.0	Marijuana	22.1	21.8	24.3	10.0	11.5
Cigarettes	12.3%	9.9%	8.2%	-33.3	-17.2	Cigarettes	19.6	14.9	14.3	-27.0	-4.0
Depression	18.7%	19.1%	22.1%	18.2	15.7	Depression	20.4	20.9	23.4	14.7	12.0
Psychological Distress	**	8.5%*	6.7%	**	-21.2	Psychological Distress	**	7.2*	6.1	**	-15.3



Data Source: Oregon Student Wellness Survey, 2010

## Scary -- and ineffective!

### *Traumatizing at-risk kids is not the way to lead them away from crime and drugs*

By Laurie O. Robinson and Jeff Slowikowski

"Scared straight" programs have long been wildly popular in this country as a get-tough response to juvenile crime. They typically involve bringing at-risk youths into an adult prison, where they are confronted – in shocking and brutal fashion – by adult inmates. These programs may include tours of the facility and personal stories from prisoners and may even integrate the youths into the prison population for up to a day. Experiencing the harsh reality of life behind bars is thought to deter kids from a life of crime by frightening them into changing their behavior.

The A&E Network is currently airing "Beyond Scared Straight," a series highlighting four of these programs across the country. A recent episode followed five youths who were brought to the Maryland Correctional Institution at Jessup, which houses more than 1,000 inmates. These youths came face to face with what the A&E website described as "menacing inmates, including convicted murderers, [who] surround the kids and taunt them." The network portrays such programs as effective in keeping youths from becoming lifelong criminals.

*Unfortunately, the research tells us otherwise: "scared straight" is not only ineffective but is potentially harmful. And it may run counter to the law.*

Anthony Petrosino and a team of researchers from the Campbell Collaboration, an international research network, analyzed the findings from evaluations of nine scared straight-type programs. In contrast to the claims of proponents, Mr. Petrosino and his colleagues found that these programs did not deter teenage participants from offending; in fact, they were *more* likely to offend in the future. Across the evaluated programs, participants were up to 28 percent more likely to offend than youths who didn't participate. To add insult to injury, a number of youths reported to evaluators that adult inmates sexually propositioned them and tried to steal their belongings. Not only was scared straight found not to deter criminal behavior, the study strongly suggested the program caused harm.

The fact that these types of programs are still being touted as effective, despite stark evidence to the contrary, is troubling. In the decades following the original scared straight program, states across the country developed similar models in the hopes that this get-tough approach would make an impact on their impressionable youth. As it turns out, the impact was not the one they had hoped for.

Fortunately, in recent years, policymakers and criminal and juvenile justice practitioners have begun to recognize that answers about what works are best found in sound research, not in storytelling. Evidence from science provides the field with the best tool for sound decision-making. This "smart on crime" approach saves taxpayer money and maximizes limited government resources – especially critical at a time of budget cuts.

In light of this evidence, the [U.S. Department of Justice](#) discourages the funding of scared straight-type programs. States that operate such programs could have their federal funding reduced if shown not to have complied with the Juvenile Justice and Delinquency Prevention Act.

So what does research tell us about what *does* work? Mentoring programs have been found to be effective in reducing incidents of delinquency, substance use and academic failure in participating youth. Mentoring is a process that uses positive relationships to teach, impart or institute changes in a youth's behavior or attitudes. Research has shown that mentoring relationships that last at least 12 months or through an entire school year are most effective. Further, youth in long-term mentoring relationships tend to improve their self-esteem, social skills and outlook about their future.

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## “Party Patrols: Best Practice Guidelines for College Communities”

### *Underage Drinking Enforcement Training Center Features New Online Document*

Alcohol-related problems at off-campus parties are a challenge for universities, communities and their law enforcement agencies to address. Party patrols are often used in response to unruly community parties, but there is the lack of standard operation procedures. To fill this gap, a group of California law enforcement agencies convened in May 2010 for a full day training to identify a set of best practices for party patrols. The guidelines capture the experience and insights of the police officers that participated in the training. Presenting party patrols as a comprehensive program, the guide describes six specific components: 1) effective legal tools; 2) messaging and visibility; 3) party prevention and education; 4) early intervention; 5) collaborative partnerships; and 6) enforcement strategies. In addition, six municipal nuisance ordinances that have proven to be effective tools for their respective police departments are provided as examples in the appendix. You can download and review the full publication at:

[http://www.udetc.org/documents/Party\\_Patrol\\_Guidebook.pdf](http://www.udetc.org/documents/Party_Patrol_Guidebook.pdf)

### Prevention Trivia Answers from page 5:

1. A
2. A
3. B



*(Scary – continued from Page 7)*

The Department of Justice has supported mentoring programs for more than 30 years as a primary prevention tool to address juvenile delinquency. Not surprisingly, research suggests that offering at-risk youth a relationship with a positive role model has more benefit than scaring them with a negative one.

It is understandable why desperate parents hoping to divert their troubled children from further misbehavior would place their hopes in a program they see touted as effective on TV, and why in years past policymakers opted to fund what appeared to be an easy fix for juvenile offending. However, we have a responsibility – as both policymakers and parents – to follow evidence, not anecdote, in finding answers, especially when it comes to our children.

*Laurie O. Robinson is assistant attorney general for the federal Office of Justice Programs. Jeff Slowikowski is acting administrator of the federal Office of Juvenile Justice and Delinquency Prevention.*