

Red Rock RPC

April 2016



April is Alcohol Awareness Month

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Red Rock Regional Prevention Coordinator (RPC) would like to inform the public that April is the 30th Annual NCADD Alcohol Awareness Month. Founded and sponsored by the National Council on Alcoholism and Drug Dependence, Inc. (NCADD). This year's theme is "Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use."

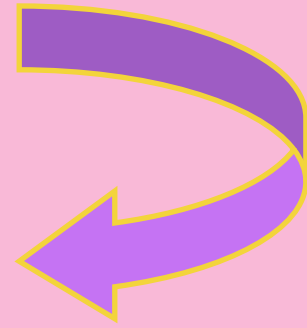
According to the National Council on Alcoholism and Drug Dependence (NCADD), alcohol use by young people is extremely dangerous to themselves and society. It is directly associated with traffic fatalities, violence, suicide, education failure, alcohol overdose, unsafe sex and other problem behaviors, even for those who may never develop a dependence or addiction. Parents may be faced with a unique set of challenges when their child enters adolescence, as alcohol and drugs may enter the picture due to it being a time of heightened risk-taking. Parents can sit back and hope their kids will "get through it," or they can take an active role in learning about alcohol and drugs and helping their kids do the same. Research has shown that kids who have conversations with their parents and learn a lot about the dangers of alcohol and drug use are 50% less likely to use these substances than those who don't have such conversations.

An important part of Alcohol Awareness Month is Alcohol-Free Weekend, (April 1-3, 2016), which is designed to raise public awareness about the use of alcohol and how it may be affecting individuals, families, and the community. For more information on Alcohol Awareness Month, please visit www.ncadd.org, or contact the RPC for more information.

Red Rock RPC's Mission is to encourage individual responsibility, positive behavior, and personal growth; strengthen families and communities; promote a drug-free society through education, training, prevention, research, advocacy, and environmental strategies. Red Rock RPC is funded through the Oklahoma Department of Mental Health and Substance Abuse Services. For more information on Red Rock RPC please contact Lynsi at 580-323-9736 or visit www.redrockrpc.com.

<https://www.ncadd.org/about-ncadd/events-awards/alcohol-awareness-month-2016>

Prom and Alcohol



Prom is fast approaching and it is imperative that students and parents understand that underage drinking is unacceptable. In Oklahoma, 66% of 12th graders reported using alcohol in 2014* and with the increased opportunity for underage use during prom season, parents should be talking to their children about the dangers of drinking alcohol.

Parents can help their children avoid alcohol problems by: Serving as positive role models, not making alcohol or a place to consume alcohol available, getting to know their children's friends, connecting with other parents about sending clear messages about the importance of not drinking alcohol, supervising parties to make sure there is no alcohol, and encouraging their kids to participate in healthy and fun activities that do not involve alcohol.

It's important to remember that in Oklahoma it is illegal for adults to host a place for underage drinking to occur. In 2011, we passed the first Social Host Law, also known as 'Cody's Law', which holds individuals criminally liable if they host a place for minors to engage in alcohol use. If found guilty, one could receive a fine of up to \$2,500 and up to 5 years in prison.

The parents and youth in our communities need to know that underage drinking is not acceptable. We should all do our part to keep our youth safe, especially during the upcoming prom season.

For more information please contact Lynsi Mayfield at the Red Rock Regional Prevention Coordinator at 580-323-9736.

* 2014 Oklahoma Prevention Needs Assessment results



Community Calendar:

April 13th– Caddo County Interagency Coalition @ 12 in Anadarko at the First United Methodist Church

April 18th– Kiowa County Coalition @ 1 in Hobart at the Health Department

April 21st– A.L.I.T.E. @ 12 in Elk City at City Hall

April 29th– Whole Health Fair in Anadarko from 9am-2pm at First United Methodist Church Landes Center

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