

Red Rock RPC

January 2015

What's happening?

- * January 2-CHAT, noon, Clinton
- * January 6-BCCHAT Meeting, Noon, Watonga
- * January 14-Caddo County Interagency Coalition, noon, Anadarko
- * January 15-OUR Turning Point Coalition meeting, noon, Elk City
- * January 19-Kiowa County Coalition, 1:00 p.m. Hobart

Did You Know?

-Oklahoma's Social Host Law means that if you let underage drinking occur at your house or on your property, you will get fined , up to \$500 for the first offense.

-Fetal Alcohol Spectrum Disorder (FASD) is 100% Preventable!

Social Host Reminder-Don't be a Party to Underage Drinking

Red Rock Regional Prevention Coordinator (RPC) would like to remind community members about "Cody's Law," also known as the Statewide Social Host Law. Social Host provides stronger penalties for individuals who knowingly allow underage drinking in their homes or on their property. With the statewide social host law, all youth across the state of Oklahoma are better protected against the dangers of underage drinking.

The social host law provides a misdemeanor and fine of up to \$500 for the first violation and a fine of up to \$1,000 for a second. Further violations can result in up to five years in prison and a fine of \$2,500. If a violation of Cody's Law results in bodily injury or death, a social host will face a fine of between \$2,500 and \$5,000 and up to five years of incarceration,

House Bill 1211 is named after Cody Greenhaw, a Tulsa teenager who died from a drug and alcohol overdose. Both chambers of the Legislature passed House Bill 1211 unanimously. The legislation took effect Nov. 1, 2011.

Red Rock RPC takes a proactive approach in reducing substance abuse among communities, specifically underage drinking, adult binge drinking, and the non-medical use of prescription drugs. They identify factors in a community that cause the risk of substance abuse and work to promote protective factors that serve to minimize the risk of substance use/abuse. Red Rock RPC is funded through the Oklahoma Department of Mental Health and Substance Abuse Services.

For more information on the Social Host Law or the RPC please contact Red Rock RPC Director, Lauren Greenfield, at (580)323-9736 or visit the RPC website at www.redrockrpc.com.

Consuming Alcohol During Pregnancy

With recent stories making national headlines declaring it safe to drink moderate amounts of alcohol during pregnancy, the Regional Prevention Coordinator would like you to be aware of the risks associated with consuming alcohol during pregnancy.

A common question that many people ask is if it is safe to drink a little bit of alcohol, such as a few glasses of wine. The answer is no. When you drink alcohol, so does your unborn baby. Any amount of alcohol, even if it's just one glass of wine, passes from the mother to the baby. Developing babies lack the ability to process, or metabolize alcohol through the liver or other organs. They absorb all of the alcohol and have the same blood alcohol concentration as the mother. Alcohol is toxic to a growing baby and can interfere with healthy development causing brain damage and other birth defects. It makes no difference if the alcohol is a liquor or distilled spirit such as vodka, beer or wine. According to the CDC, as well as the U.S. Surgeon General, "There is no known safe amount of alcohol to drink while pregnant. There is also no safe time during pregnancy to drink and no safe kind of alcohol."

According to NOFAS, thousands of pieces of research have shown alcohol to be a neurotoxin in utero. That means alcohol is a toxic substance to the developing baby; just like carbon monoxide and lead are toxic substances to adults. Alcohol causes the death of developing brain cells in the embryo or fetus. Common sense advises not exposing a developing baby to any amount of a toxic substance.

There are ways to prevent FASDs such as not drinking alcohol if you are pregnant; trying to become pregnant; or even could become pregnant without trying. If you are pregnant and drinking alcohol, stop now.

If you have questions regarding alcohol and pregnancy, talk to your doctor, nurse or other health care professional. For more information regarding FASD visit www.nofas.org or contact Red Rock Regional Prevention Coordinator at (580)323-9736. The RPC is funded through the Oklahoma Department of Mental Health and Substance Abuse Services.



Free resources!

If you would like to order free clearinghouse materials visit www.odmhsas.org/resourcecenter.

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