

# Red Rock RPC

# September 2016

## 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.**



## Did You Know?

- **Dispose of Unused prescription drugs at your local drop box today! To find a drop box near you visit [www.ok.gov/obnnd](http://www.ok.gov/obnnd)**

## The Dangers of Drinking and Driving

Red Rock Regional Prevention Coordinator (RPC) would like to remind the community on the dangers of drinking and driving. According to the Centers for Disease Control and Prevention, US adults drank too much and got behind the wheel about 112 million times in 2010. Though episodes of driving after drinking too much ("drinking and driving") have gone down by 30% during the past 5 years, it remains a serious problem in the US. Alcohol-impaired drivers (drivers with a blood alcohol concentrations of at least 0.08%.) are involved in about 1 in 3 crash deaths, resulting in nearly 11,000 deaths in 2009. It is important to note that drinking and driving is never okay. Choose not to drink and drive and help others do the same!

The 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.

The idea is to equip communities, organizations, law enforcement, schools, and other community members so that they may have an impact on solving local problems and setting local norms.

For more information on services please contact the staff at the Red Rock RPC at (405)422-8873 or visit the RPC website at [www.redrockrpc.com](http://www.redrockrpc.com).

Most young people ages 12 to 17 do not drink. However, in 2014, about 2.9 million young people, or about 1 in 9 adolescents, reported alcohol use during the past month.<sup>1</sup>

Talk with young people early and often about the dangers of underage drinking. With your help, we can make sure that young people understand that they do not need to drink to fit in, have fun, or deal with the pressures of growing up. For more information, please visit [www.toosmartostart.samhsa.gov](http://www.toosmartostart.samhsa.gov).

<sup>1</sup> Center for Behavioral Health Statistics and Quality. (2015). Behavioral health trends in the United States: Results from the 2014 National Survey on Drug Use and Health (HHS Publication No. SMA 15-4927, NSDUH Series H-50).

## FREE RESOURCES!

If you would like to order free clearinghouse materials regarding Alcohol, tobacco, or other drugs please visit [www.odmhsas.org/resourcecenter](http://www.odmhsas.org/resourcecenter).

## Community Calendar

September 13-Canadian County Coalition for Children and Families, Noon, El Reno

September 15-Yu-Can Coalition, 11:45, Yukon

September 21-Grady County Coalition, noon, Chickasha

## Alcohol is Risky Business

### Young Teens and Alcohol-Risks

For young people, alcohol is the drug of choice. In fact, alcohol is used by more young people than tobacco or illicit drugs. Although most children under age 14 have not yet begun to drink, early adolescence is a time of special risk for beginning to experiment with alcohol.

While some parents and guardians may feel relieved that their teen is “only” drinking, it is important to remember that alcohol is a powerful, mood-altering drug. Not only does alcohol affect the mind and body in often unpredictable ways, but teens lack the judgment and coping skills to handle alcohol wisely. As a result:

- Alcohol-related traffic crashes are a major cause of death among young people. Alcohol use also is linked with teen deaths by drowning, suicide, and homicide.
- Teens who use alcohol are more likely to be sexually active at earlier ages, to have sexual intercourse more often, and to have unprotected sex than teens who do not drink.
- Young people who drink are more likely than others to be victims of violent crime, including rape, aggravated assault, and robbery.
- Teens who drink are more likely to have problems with school work and school conduct.
- The majority of boys and girls who drink tend to binge (5 or more drinks on an occasion for boys and 4 or more on an occasion for girls) when they drink.
- A person who begins drinking as a young teen is four times more likely to develop alcohol dependence than someone who waits until adulthood to use alcohol.

The message is clear: Alcohol use is very risky business for young people. And the longer children delay alcohol use, the less likely they are to develop any problems associated with it. That’s why it is so important to help your child avoid any alcohol use.

*Taken from [http://pubs.niaaa.nih.gov/publications/MakeADiff\\_HTML/makediff.htm](http://pubs.niaaa.nih.gov/publications/MakeADiff_HTML/makediff.htm)*

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