



# Drug Free Marion County Monthly Update

Volume One  
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## Deadline Approaches for 2012 Drug Free Community Grant Applications

All applications for 2012 Drug Free Community Grants must be submitted to Drug Free Marion County by 5 p.m. on Monday, August 22.

Drug Free Marion County will award approximately \$450,000 in grant dollars through the Marion County Drug Free Community Fund to address local challenges related to alcohol, tobacco and other drugs.

Grants will be awarded for a one-year period effective from Jan. 1 through Dec. 31, 2012.

Drug Free Marion County's office is located at 2506 Willowbrook Parkway, Suite 100 (north of 46th Street and Keystone Avenue). To receive an application packet or for more information, contact Drug Free Marion County at 317-254-2815. A copy of the application also is available online at [www.drugfreemc.org](http://www.drugfreemc.org).

## Prescription Drug Abuse by Teens a Continuing Concern

Young people in the 12-to-17 age group are at an increased risk for abusing prescription pain killers, according to recent data. The National Survey on Drug Use and Health reports that about 38 percent of new users of prescription pain killers are under the age of 18.

### Quick DFMC Links

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According to one expert, a number of factors are combining to influence nonmedical adolescent use of prescription drugs: more availability due to an increase in controlled-medication prescriptions to this age group; the perception that prescription drugs generally are safer than street drugs; and changing attitudes toward the use of prescription drugs due to direct-to-consumer marketing and the Internet.

"Adolescents can quickly learn about medications and how to use them to self-treat and get high," said Dr. Carol Boyd, research professor at the University of Michigan Substance Abuse Research Center, in an interview with The Partnership at Drugfree.org.

How to combat this trend? Step one: Closer supervision by caring adults, Boyd said.

"Parental monitoring is the key to reducing the nonmedical use of prescription medications in ages 12 to 17 years."

Also necessary: a multipronged approach that goes beyond a lecture.

"Educating adolescents about the dangers of these medications is unlikely to be effective, because they see too many of their friends with prescription medications. The solution to this problem lies in the recognition that it is far more complex than street-drug use and involves all aspects of our society -- our pharmaceutical companies, our health care providers, our families, our young people and, equally as important, our policy makers."

## School's Starting -- Help Your Kids Stay Safe and Healthy in the New Academic Year

Your children will be heading back to school soon. It's not too early to talk to them about the risks of alcohol and drugs. According to the Partnership for a Drug-Free America, the average age that kids try drugs for the first time is 13. And Drug Free Marion County's own research shows that the *lifetime-use-of-alcohol rate more than doubles between sixth and eighth grade students, and lifetime marijuana use more than quadruples.*

The beginning of a new school year poses special challenges. Your child will meet new kids and will be seeking acceptance. New middle school and high school students will meet older kids who use alcohol and other drugs and may be tempted to try these substances to fit in.

Help your kids stay safe and drug-free with these tips:

- \* Make sure your children know you do not want them to use alcohol or other drugs. Remind them often, just as you do for other household rules such as doing homework, cleaning their rooms and helping with chores. Lay out your rules and the consequences for breaking them -- and stress that you will enforce those consequences.
- \* Know your children's friends. Check in with their parents to make sure you are all on the same page when it comes to underage alcohol and drug use. If other parents are hosting a get-together or party, get assurance that no alcoholic beverages or other drugs will be available.
- \* Know what your children are doing online and who they are communicating with via texts, emails, instant messages, Facebook and voice mail. Check out their friends' Facebook profiles and other online activities and postings.
- \* Set curfews and enforce them.
- \* Make it easy for your children to leave a situation where alcohol or other drugs are being used. Establish a code phrase that means "come get me now."
- \* Encourage open dialogue about your children's experiences. Hold a weekly family meeting to address problems and concerns as well as successes.
- \* Get your kids involved with adult-supervised after-school activities. Plan regular family outings as well.
- \* Offer your children positive comments about who they are as people. Positive reinforcement from an adult goes a long way in preventing alcohol and drug use among young people.

## Summary of New Indiana Laws Now Online

State Senator Mike Delph has posted a summary of new state laws passed by the Indiana General Assembly in 2011. The state legislature passed 229 new laws this year, including one banning synthetic marijuana, bath salts and salvia. The mandatory carding law was changed to more lenient terms, a step back in preventing alcohol sales to minors.

The summary breaks down new laws by general subject matter and includes the bill number, public law number and sections of the Indiana Code affected by the new law. [Click here](#) to read the "Summary of New Laws."

## Join Us for Drug Free Marion County Night with the Indiana Fever on Sept. 11

Please plan to join us at Conseco Fieldhouse on Sunday, Sept. 11, as your Indiana Fever take on the Atlanta Dream in a special night to benefit Drug Free Marion County.

You'll get to see exciting hoops action as the Fever push toward the playoffs in their final regular-season game. And you'll be helping Drug Free Marion County at the same time - a portion of the ticket you buy will benefit our organization!

You'll also receive a 10 percent coupon good at either of the Home Court gift shop locations. Tickets are only \$15 per seat

-- a special bargain for a great game and cause! Doors open at 4 p.m. with a 5 p.m. tipoff.

You can order tickets one of three ways. [Click here for a special mail-order form](#). Or [order online by clicking here](#); use pass code DRUG FREE. Or simply call Nathan at 317-917-2805. **Orders must be in by Friday, Sept. 9.**

## Recovery Ride 2011 Details Announced

As part of the 2011 Recovery Month Celebration on Sept. 24, motorcyclists are invited to take part in the annual Recovery Ride, a police-escorted ride around 1-465.

Registration for the ride, which promotes public awareness that Hoosiers can and do recover every day from alcohol and/or other addictions, is scheduled from 10 to 10:45 a.m. at South Side Harley Davidson, 4930 Southport Crossing Place. Registration is free, and the first 200 registrants receive a free T-shirt.

The ride begins at 11 a.m. and will conclude at noon at Riverside Park, 2420 East Riverside Drive, with a free cookout in shelter #5.

Register prior to the event by [clicking here](#).

## Volunteer for Drug Free Marion County

If you care about preventing and reducing the abuse of alcohol, tobacco and other drugs in our community, now is the perfect time to volunteer for Drug Free Marion County. For the next few months, we expect to be short-staffed in our office, and we would love to have you share your skills and time with us.

We are looking for individuals who would be interested in assisting us in areas such as office help, health fairs, special events (including the annual Recovery Month celebration on Sept. 24) and presentations to elementary and secondary school students and parents.

To get started, please contact our office at 317-254-2815.

## Next Program and Public Policy Committee Meeting Scheduled for August 11

The Program and Public Policy Committee of Drug Free Marion County will meet on Thursday, Aug. 11, at noon. The meeting location is the United Way building at 3901 N. Meridian St., Room D.

Lisa Hutcheson, director of the Indiana Coalition to Reduce Underage Drinking, will speak on public policy issues.

The Program and Public Policy Committee identifies

community issues related to prevention/education, treatment and criminal justice responses to ATOD issues and researches current and proposed local and state ATOD public policy issues.

For more information, call Drug Free Marion County at 317-254-2815.

## Our Mission

Drug Free Marion County -- a not-for-profit organization -- plans, promotes, implements and coordinates community efforts to prevent and reduce the abuse of alcohol, tobacco and other drugs among youth and adults.

### Contact Us:

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