



Teens caution parents: do not assume. Don't jump to conclusions that if your child is a good student she will not use drugs or if your son has a friend who is abusing that he is using too.

In response to public demand, the Coalition for Placer Youth (CPY) was formed in June 2008 to address increasing trends of drug and alcohol abuse among the youth in Placer County, CA communities. CPY primarily, but not exclusively, addresses the communities Lincoln, Roseville, Rocklin, Loomis, Granite Bay and Auburn. Based upon local research and input from the communities involved town hall forums and law enforcement, the coalition is focusing on

1) underage alcohol abuse and 2) pharmaceuticals, both prescription (Rx) and over the counter (OTC). CPY wants citizens to know that of these two areas, the abuse of pharmaceutical is especially alarming because most adults do not think about Rx and OTC when they think of drug abuse. This creates a situation that is even more dangerous for youth because the adults are often completely unaware of even the possibility.

When we think of drug abuse, most parents think of “street” drugs such as methamphetamine or heroin. However, recent trends show that children who are abusing drugs are doing so with other people’s prescriptions. There is an *abundant supply in plain sight*: on kitchen counter tops, medicine cabinets with the toothpaste, in Mom’s purse, or in the master bedroom nightstand. We don’t realize the dangers of prescription drugs unsecured in our homes, at a friend’s home, or at grandma’s house. The Placer County Sheriff indicates a sharp increase in narcotics arrests (pharmaceuticals, schedule II/IV, Oxycontin and Vicodin.) In 2005 18% of the juvenile felony arrests were for narcotics, in 2006 21%, and 2007 64%.

A key part of CPY’s charter is to raise parent awareness of the types of choices our children face with peer pressure every day, and to encourage the adults in the lives of our children to reinforce the norms for what is legal and safe. Most of our children are making good choices. Let’s support them. By connecting with the parents of your child’s friends, your relatives, their teachers and school administration about the importance of keeping

the Rx drugs under lock and key, you are reinforcing expectations that your child and his or her peers will follow the law – because the lives and futures of our children are at stake.

For more information about Rx abuse prevention go to: http://www.theantidrug.com/drug_info/prescription_dangers.asp#foo

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In October, the Rocklin Police Department and the Coalition for Placer Youth (CPY), sponsored a community forum on prescription drug abuse. The event, *“What Teens think parents need to know about drugs and alcohol”*, featured five teenagers who shared their experiences. Below are some of the salient findings:

- ◆ **Do not assume.** Do not be fooled by “good kids”. The popular accomplished kids are at risk—good students, athletes, kids active in school affairs are susceptible. Most students will have a friend or more who has used or abused drugs and alcohol. Do not assume that your child is using because he knows someone who is.
- ◆ Talk to your teen; don’t lecture them. They need to know you will not freak out if they are exposed to drugs and alcohol and that you care.
- ◆ Escape triggers for drug and alcohol abuse:
 - ◆ Crisis in the family
 - ◆ Trying to fit in
 - ◆ Pressure to succeed—to be the best at everything

Teens advise parents: don’t lecture—relate to your teen so they will want to talk about what’s going on in their lives

