

PREVENTION PRESS

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IN THE NEWS

See Back Cover for Suicide Prevention Resources

E-Cigarette Use Triples Among Teens in 2014: Concerns Include Nicotine Addiction and Undetected Marijuana Use

The Centers for Disease Control and Prevention's *2014 National Youth Tobacco Survey* found that the use of electronic cigarettes or smoking devices, known as e-cigarettes, among middle and high school students has tripled since last year, increasing to include approximately 2 million high schoolers and 450,000 middle schoolers.¹ The survey also revealed that the use of e-cigarettes, commonly referred to as "vaping," has exceeded the use of all other tobacco products, including regular cigarettes, for the first time since 2011, when the survey initially started collecting data on e-cigarettes.

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Howell Township's National Night Out, August 4th



Howell Heroes, a 12U travel baseball team, received an Alliance donation toward their August baseball tournament at Cooperstown All Star Village, NY. The Alliance promotes sports and other hobbies to keep youth active, busy, and drug-free.

On the evening of August 4th, the Howell Alliance will participate in Howell's National Night Out, hosted in the Target parking lot with a start time around 5 p.m. National Night Out is held the first Tuesday of August each year in 16,000-plus participating communities across the nation to promote coordination between law enforcement and citizens in keeping their communities safe. Last year's Howell event included a Howell Police Department canine demonstration and a Ramtown Fire Company simulated car extrication.

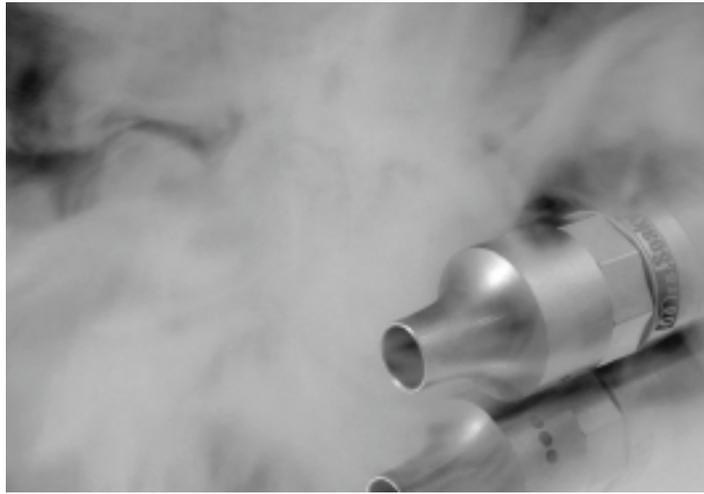
The Howell Alliance regularly partners with Howell Township, Howell's schools, community businesses, and Howell-based civic groups to deliver its drug abuse prevention and awareness message.



Simulated car extrication at Howell's National Night Out 2014

E-Cigarette Use Triples Among Teens in 2014: Concerns Include Nicotine Addiction and Undetected Marijuana Use

Although e-cigarette proponents often claim “vaping” is a safer alternative to traditional cigarette smoking and can be a means to quit smoking, health professionals and anti-tobacco advocates are alarmed by the e-cigarette increase for many reasons, including the fact that nicotine delivered in any form is highly addictive.



CDC Director Tom Frieden educates parents that “...nicotine is dangerous for

kids at any age, whether it’s an e-cigarette, hookah, cigarette, or cigar. Adolescence is a critical time for brain development. Nicotine exposure at a young age may cause lasting harm to brain development, promote addiction, and lead to sustained tobacco use.”²

According to the 2012 U.S. Surgeon General’s executive summary *Preventing Tobacco Use Among Youth and Young Adults*, 90% of all smokers first tried cigarettes as teens; three out of every four teen smokers continue smoking into adulthood.³

E-cigarettes and their nicotine solutions are manufactured and marketed in ways that are appealing to a young crowd, available in sweet candy flavors with catchy names; e-cigarettes are customizable with attractive accessories, much like those for cell phones. “Vapes” are also seen as more acceptable, more glamorous, and cooler than traditional cigarettes and offer teens an easy-to-conceal means of smoking, even in public, as they eliminate the tell-tale burning smell and lingering odor of traditional cigarettes. E-cigarettes and nicotine refills are readily available online, where minors can claim to be over 18 years old with the simple click of a button to make their own purchases.

Another major area of concern associated with electronic smoking devices is marijuana use, as they provide a smokeless, odorless way to consume concentrated levels

of marijuana oil via “vaping,” without the visible paraphernalia associated with smoking pot. “Vaping” marijuana can deliver THC concentrates as high as 90%, causing users to pass out from only one hit. This discreet method of smoking marijuana permits nearly undetectable marijuana use right out in the open, such as in public places, school, and the home.

Directions on how to “vape” marijuana are readily available across the Internet: “If you go on Instagram, you will find hundreds of thousands of postings by kids on how they are using variants of e-cigarettes, or e-cigarettes themselves, to smoke pot in the presence of their parents and at school, and getting by,” said Barbara Carreno, a spokeswoman for the Drug Enforcement Administration, as quoted in the *New York Times*.⁴

Since e-cigarettes have gained popularity in the U.S. only over the past 10 years, there is limited data available on the chemicals included in the tobacco liquids they use, which vary from brand to brand and are not regulated. However, according to *Cancer.net*, one Food and Drug Administration (FDA) study identified several toxic, cancer-causing chemicals in the nicotine solutions.⁵ There has also been an alarming rate of poisonings related to concentrated exposure to liquid nicotine.

The FDA is currently working to include e-cigarettes, hookahs, and certain cigars under their tobacco-control jurisdiction along with traditional tobacco products, which would restrict sales of e-cigarettes and nicotine refills nationwide to those 21 years of age and over. Many states have already instituted their own minimum e-cigarette age requirements; in 2010, *NJ law* prohibited the sale or furnishing of e-cigarettes and tobacco products to people under 19 years of age.⁶

¹ <http://tobacco21.org/wp-content/uploads/2015/06/ama-assn.org-AMA-Strengthens-Policy-on-Electronic-Cigarettes-to-Further-Protect-Youth.pdf>

² <http://www.cdc.gov/media/releases/2015/p0416-e-cigarette-use.html>

³ <http://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/exec-summary.pdf>

⁴ http://www.nytimes.com/2015/01/13/health/with-the-e-joint-the-smoke-clears-.html?_r=0

⁵ <http://www.cancer.net/navigating-cancer-care/prevention-and-healthy-living/tobacco-use/health-risks-e-cigarettes-smokeless-tobacco-and-waterpipes>

⁶ <http://www.judiciary.state.nj.us/legis/182.pdf>

IN OUR COMMUNITY

CFC Loud N Clear Foundation's Summer Prevention & Empowerment Programs for Young Men & Women

This summer, the Howell-based CFC Loud N Clear Foundation will host two **prevention and empowerment programs, Raising the Bar and Rock Solid, for young adults**. Raising the Bar and Rock Solid are recognized leadership and empowerment programs dedicated to empowering young women and men to be bold, authentic leaders in their own lives, as well as their schools and communities.



“CFC Loud N Clear believes prevention is necessary throughout life. We strive to inspire our youth with passion through exposing them to the incredible world they belong to and the many opportunities that await them,” share CFC co-founders and mother-and-son duo Lynn and Daniel Regan. “Through prevention programs such as Raising the Bar and Rock Solid, we help teens and young adults build strong character, life skills, and values while nourishing positive self-esteem and a sense of belonging.”

Raising the Bar for young women will offer session one for 13 to 16 year olds on July 17th and 18th; session two for 17 to 20 year olds will be held July 18th and 19th. Rock Solid for young men will have session one for 13 to 16 year olds on August 14th and 15th; session two for 17 to 20 year olds will take place August 15th and 16th. Both Raising the Bar and Rock Solid are overnight and will take place at the Regans' scenic farm on Casino Drive in Howell.

Raising the Bar and Rock Solid are life skills programs that address the real-life issues teens and young adults face. The workshops encourage the sharing of personal stories and experiences, with professionals offering guidance to help youth make healthy, positive choices. Young adults

will learn about strength, resiliency, self-esteem, values, decision-making, authenticity, sexuality, self-expression, and living with passion and inspiration. The teens will also consider the negative consequences of poor life choices when it comes to corrosive behaviors such as drug and alcohol abuse and bullying.

In addition to the engaging program workshops, the young men and women will enjoy camping out and free give-aways, as well as social activities such as bonfires, movies, swimming, games, horseback riding, and kayaking. Tents, food, and beverages will be provided. Registration is a \$50 donation, with proceeds going to CFC's on-going self-empowerment programs. Register online at www.cfcloudnclear.org, where workshop itineraries and event details are also posted.

In 2012, the Regans started CFC Loud N Clear after their own family's personal journey with Daniel's addiction and recovery. CFC believes in providing a variety of positive, proven recovery options so that each CFC member can discover what resonates with him or her along the road to recovery. In addition, CFC offers its members and their families extensive support networks and plenty of opportunities for safe, sober socialization.



CFC is also very actively involved in promoting prevention, life skills, and giving back to the community. “We named our organization Coming Full Circle because we provide much more than just a recovery program. We want people to know that CFC has prevention, intervention, and recovery services, creating a full circle of support for sober, healthy living,” explains Lynn.

Teen Suicide Resources

Suicide is the third leading cause of death for youth ages 10 to 24, accounting for about 4,600 deaths each year. Additionally, survived suicide attempts are another part of the problem; 150,000 10 to 24 year olds nationwide receive emergency medical treatment for self-inflicted injuries.¹

Negative thoughts and feelings, shifts from typical behaviors and attitudes, suicidal threats, and expressions of wanting to die should always be taken seriously. Young people may become more vulnerable to contemplating suicide during stressful and difficult life situations.

Suicide Prevention Resources for Parents, Educators, and Young Adults:

- American Foundation for Suicide Prevention, www.afsp.org (research, education, and advocacy resources)
- American Association of Suicidology, www.suicidology.org (a national leader in suicide research, education, and training; offers survivor support groups)

- National Suicide Prevention Lifeline, 1-800-273-8255 (a 24/7 connection with suicide prevention and mental health service providers for suicidal individuals or caring people during a crisis; assistance in English and Spanish)
- NJ Hopeline, 1-855-654-6735 (a 24/7 peer support and suicide prevention hotline)
- 2nd Floor Youth Helpline of NJ, 888-222-2228, www.2ndfloor.org (a 24/7 confidential and anonymous helpline for youth facing problems; a180 Turning Lives Around program)
- Society for the Prevention of Teen Suicide, www.spts.org (suicide prevention resources for parents, youth, and educators)
- Suicide Prevention Resource Center, www.sprc.org (a national organization offering suicide prevention support, training, and resources)

The "Back to School" edition of the *Prevention Press* will feature an article on teen suicide and the [Society for the Prevention of Teen Suicide](http://www.societyforthe preventionofteen suicide.org).

¹ http://www.cdc.gov/violenceprevention/pub/youth_suicide.html



Empty your medicine cabinet and save a life! Drop unwanted prescriptions in the Project Medicine Drop box at the Howell Police Department. Anonymous and available 24-7.



<http://www.njconsumeraffairs.gov/meddrop/>

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