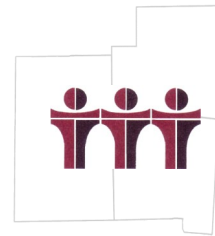


Tri-County Connection



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Our Mission

The Tri-County Board of Recovery and Mental Health Services is dedicated to planning, funding, monitoring and evaluating substance abuse and mental health services for Darke, Miami and Shelby counties; working diligently to see that the services are cost-effective and of the highest possible quality; informing the community about these services; and ensuring that people have access to them.

Alcohol Awareness Month 2008

SAVE LIVES: Prevent & Reduce Underage Drinking

Alcohol abuse and alcohol dependence are not only adult problems, they also affect a significant number of adolescents and young adults between the ages of 12 and 20. The statistics are showing that more teens are experimenting and continuing to use alcohol on a regular basis. To bring attention to the major public health problem of underage drinking, Alcohol Awareness Month 2008 is focusing on *SAVING LIVES: Preventing & Reducing Underage Drinking*.

Alcohol Awareness Month, sponsored by the National Council on Alcoholism and Drug Dependence, Inc. (NCADD), is a time for local communities to focus on alcoholism and alcohol-



related issues. Alcohol Awareness Month began in 1987 as a way of reaching the American public with information about the disease of alcoholism – that its a treatable disease, not a moral weakness, and that alcoholics can and do recover.

Alcohol consumption continues to be one of the leading causes of death and injury among teens. According to the U.S. Surgeon General's 2007 *Call to Action to Prevent and Reduce Underage Drinking*, alcohol was a factor in the death of nearly 5,000 youth nationwide under the age of 21. Research has also found that alcohol use during adolescence can affect brain development. Its been shown that a person who begins drinking as a teen is four times more likely to develop alcohol dependence than someone who waited until legal age to start drinking. Despite the devastating effects of underage drinking, more



young people use alcohol than tobacco or other drugs. In fact, research suggests that an estimated 77% of Ohio high school students have had at least one drink in their lifetime. Research also suggests that parents have more influence on a child's values and decisions about drinking *before* he or she begins to use alcohol. A strong, trusting relationship between parents/guardians and children is the best way to delay drinking.

During the month of April and beyond, families are encouraged to talk about the dangers of underage drinking and steps to a healthy future. More information about AAM can be found at www.ncadd.org.



What are the warning signs of Alcohol Abuse?

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking affect your relationships?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or hangovers after drinking?

If you answered "yes" to any of these questions, you may have a problem with alcohol. Seek help—don't wait. Speak with a loved one, make an appointment with your doctor or contact your local recovery services agency to get the help you need and deserve. Alcohol abuse is a serious problem and should be treated by a professional.

Underage Drinking: Get the FACTS

Alcohol is a drug. Mixing alcohol with any other drug can be extremely dangerous. Alcohol and acetaminophen — a common ingredient in over the counter pain and fever reducers — can damage your liver. Alcohol mixed with other drugs can cause nausea, vomiting, fainting, heart problems, and difficulty breathing. Mixing alcohol and drugs also can lead to a coma and death.

Alcohol affects your brain. Drinking alcohol leads to a loss of coordination, poor judgment, slowed reflexes, distorted vision, memory lapses, and even blackouts.

Alcohol affects your body. Alcohol can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for a variety of life-threatening diseases,

including cancer.

Alcohol affects your self-control. Alcohol depresses your central nervous system, lowers your inhibitions, and impairs your judgment. Drinking can lead to risky behaviors, such as driving when you shouldn't, or having unprotected sex.

Alcohol can kill you. Drinking large amounts of alcohol at one time or very rapidly can cause alcohol poisoning, which can lead to coma or even death. Driving and drinking is also deadly. In 2003, 31 percent of drivers age 15 to 20 who died in traffic accidents had been drinking alcohol.

Alcohol can hurt you—even if you're not the one drinking. If you're around people who are drinking, you have an increased risk of being seriously injured, involved in

a car crash, or affected by violence. At the very least, you may have to deal with people who are sick, out of control, or unable to take care of themselves.

The purchase, possession and consumption of alcohol is illegal if you are under the age of 21. One drink can make you fail a breath test. In some States, people under the age of 21 can lose their driver's license, be subject to a heavy fine, or have their car permanently taken away.

Drinking alcohol is NOT the cool thing to do. Most teens aren't drinking alcohol on a regular basis. Research shows that 71 percent of people 12-20 haven't had a drink in the past month.

Source: SAMHSA's National Clearinghouse for Alcohol and Drug Information

Tips for Steering Clear of Alcohol & other Drugs:

The advice, "Just say NO to drugs and alcohol" certainly has its place, and teenagers are encouraged to do just that, say NO! — but sometimes it isn't always that easy. The following are a few helpful tips to help teens steer clear of alcohol and other drug use.

Tip 1:

- *Get involved in sports and other healthy activities — staying active will promote good physical, mental and emotional health.*

Tip 2:

- *Avoid situations where*

alcohol will be available—if you find yourself in that situation, try to remove yourself or let others know that

Continued pg. 3



Tips for Steering Clear... *continued*

you are going to be the “designated driver”.

Tip 3:

- *Focus on your future — drinking not only affects your health, but is illegal and can get you in a lot of trouble.*

And last but certainly not least, Tip 4:

- *Remember, its your body and you have a choice—choose to be healthy! Set a positive example and explain why you chose to be drug free!*

The following are re-sources for more informa-tion and other helpful tips:

www.toosmarttostart.samhsa.gov

www.drugfree.org

www.drugfreeactionalliance.org/

Alcohol use: So, what’s the big deal?

The BIG deal is that consum-ing alcohol underage, or at any age if consumed irre-sponsibly, can be harmful and even deadly. Accord-ing to the American Medical Association, alcohol is the most frequently used drug by high school seniors, and its use is increasing.

If you’re still not convinced, consider these facts:

- Underage drinking is a factor in nearly half of all teen automobile crashes, and is the lead-

ing cause of death among teenagers. That is a BIG deal.

- Alcohol use contributes to youth suicides, homi-cides and fatal injuries – the leading cause of death among youth after auto crashes. That is a BIG deal.
- Alcohol abuse is linked to as many as two-thirds of all sexual as-saults and date rapes of teens and college stu-dents. That is a BIG

deal.

- Alcohol is a major factor in unprotected sex among youth, increas-ing their risk of con-tracting HIV or other sexually transmitted diseases. That is a BIG deal.

It is important to make in-formed decisions when it comes to drinking alcohol. Know the facts and protect yourself and your friends. You could be saving a life.

There is good news!

progress is being made in the struggle against underage drinking. In fact, 83% of adolescents surveyed

between the ages of 12 and 17 report that they do not drink ; 90% report they do not binge drink; and 98% report that they are not heavy drinkers.

Source: National Council on Alcoholism and Drug Dependence, Inc.

Where can I get help?

There are agencies right here in the Tri-County area that can help. Counseling, prevention, and other sup-portive services are avail-able on a sliding fee scale to all citizens of Darke, Miami and Shelby Counties. This is made possible by the local Mental Health and Recovery Levy. Here are just a few of the agencies here to help:

Darke County Recovery Services

600 Walnut Street
Greenville, OH 45331
(937) 548-6842

Miami County Mental Health Center/Choices

3130 North Dixie Highway
Troy, OH 45373
(937) 335-7166

Miami County Recovery Council

1059 North Market Street
Troy, OH 45373
(937) 335-4543

Shelby County Counseling Center, Inc.

500 East Court Street
Sidney, OH 45365
(937) 492-8080



Tri-County Board of Recovery & Mental Health Services

1100 Wayne St., Suite 4000
Troy, OH 45373
(937) 335-7727
1-800-589-2853

FAX (937) 335-8816

TTY/TDD (800) 750-0750

TTY/TDD Access is provided through the Ohio Relay Service

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- Stephen McEldowney, BSBA

Provider Network

Community Housing of Darke, Miami & Shelby Counties
1100 Wayne Street, Suite 4001
Troy, Ohio 45373
(937) 332-0021

Catholic Social Services
1201 Fairington Drive
Sidney, Ohio 45365
(937) 498-4593

Darke County Mental Health Clinic
212 East Main Street, PO Box 895
Greenville, Ohio 45331
(937) 548-1635

Darke County Recovery Services
600 Walnut Street
Greenville, Ohio 45331
(937) 548-6842

Miami County Mental Health Center/Choices
3130 North Dixie Highway
Troy, Ohio 45373
(937) 335-7166

Miami County Recovery Council
1059 North Market Street
Troy, Ohio 45373
(937) 335-4543

SafeHaven, Inc.
Miami / Shelby Co. Site
633 North Wayne St.
Piqua, Ohio 45356
(937) 615-0126

Darke County Site
322 Fair St.
Greenville, Ohio 45331
(937) 548-7233

Shelby County Counseling Center, Inc.
500 East Court Street
Sidney, Ohio 45365
(937) 492-8080

Shelby County Recovery, Inc.
202 North Walnut Street
Sidney, Ohio 45365
(937) 497-7355

24-Hour Tri-County CRISIS Hotline 1-800-351-7347



Tri-County Network of Care Web Site

www.tricounty.oh.networkofcare.org

Don't forget to visit your local Tri-County Network of Care website providing tri-county residents with a one-stop online resource offering vital information and links to local behavioral health services and support for all tri-county residents. The web site is updated daily and offers the latest information on over 4,000 behavioral health topics and links to service providers located right here in your local community.

Visit the Tri-County Network of Care website at:

www.tricounty.oh.networkofcare.org

