

Girls, Women Get Hooked Faster on Alcohol, Tobacco and Drugs



Compared to boys and men, girls and women become addicted to alcohol, nicotine and illegal and prescription drugs in shorter periods of time, and develop substance-related diseases at lower levels of use, according to *Women Under the Influence*, a new study released by The National Center on Addiction and Substance Abuse (CASA) at Columbia University. The study is an exhaustive analysis of substance abuse among girls and women. It reports that 15 million girls and women use illicit drugs and misuse prescription drugs, 32 million smoke cigarettes and six million are alcohol abusers and alcoholics. Our failure to confront the special needs of girls and women with substance abuse problems is inexcusable, said Joseph A. Califano, CASA's chairman and president and former U.S. secretary of health. The one size fits all prevention and treatment approach, largely driven by male substance abuse, has condemned millions of girls and women to tragic episodes of abuse and addiction that have ruined too many lives. For more information, contact Richard Mulieri @ CASA at rmulieri@casacolumbia.org or (212) 841-5260 or visit www.casacolumbia.org.

Rising Meth Cases Hurt Care, Hospitals Say

A sharp increase in the number of methamphetamine (meth)-related emergency room visits is straining hospital budgets and treatment facilities across the country, according to two surveys conducted by the National Association of Counties (NACo). In the most recent survey, conducted late last year, 73 percent of hospitals polled saw an increase in meth-related emergency room visits over the last five years. More than half (56 percent) of hospitals said costs had risen because of growing abuse of meth. In a related survey, 69 percent of hospitals reported an increased demand for meth abuse treatment, which tends to be long and intensive; 63 percent of the hospitals said they did not have enough capacity to meet demand. It has really rocked us, said Patrick Fleming, director of the Salt Lake County Division of Substance Abuse Services in Utah. People are staying in treatment slots longer, so I can't spin those beds to someone else. My waiting lists are mounting like crazy. Partnership education campaigns targeting meth are rolling out in markets nationwide. For more information on the Partnership's meth campaigns, contact Mike Townsend @ the Partnership at mike_townsend@drugfree.org or (212) 922-1560 or visit www.drugfree.org/meth.

New Program Yields Important Findings for Helping Kids Stay Sober Longer

Findings from the Caron Foundation's first field study of *Keeping It Real*, a program that becomes an extended care program for adolescents leaving inpatient treatment, show that most teens who participated in the program remained drug free. Initial study measurements indicate the majority of subjects (13 out of 21) participating in the program remained drug free for the duration of their participation. Furthermore, of those who did relapse, half stayed in the program and all were able to end their relapse within 48 hours, supplemented by some form of aftercare treatment. This study was conducted through the collection of statistical data recorded by the first subjects enrolled from November 2004 through December 2005. For more information, visit www.caron.org or www.roadrecovery.org. For information on the Partnership's treatment and intervention program, Hope, Help & Healing, visit www.interveneNOW.org.

Nicotine Metabolisms Vary by Race

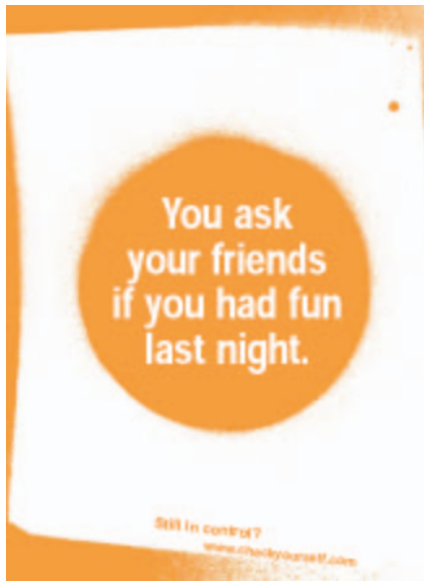
New research by scientists with the National Institute on Drug Abuse (NIDA), National Institutes of Health, suggests that some of the racial and ethnic differences underscoring how adults bodies metabolize nicotine also are at work during adolescence. Previous research in adults showed that black smokers take in 30 percent more nicotine per cigarette and take longer to rid their bodies of the drug, compared to white smokers, said NIDA Director Dr. Nora D. Volkow. The current findings, among the first on adolescent nicotine metabolism, reveal that these differences are in effect during the teen years as well. Because nicotine plays an active role in smoking reinforcement, these variations may influence early onset addiction to tobacco. The findings will inform the way teens of different racial and ethnic backgrounds are provided with smoking cessation treatments. The study is published in the January 2006 issue of *Ethnicity & Disease*. For more information, visit www.drugabuse.gov.

Former Child Star Was Meth Addict

Jodie Sweetin, best known as Stephanie Tanner from the hit show *Full House*, appeared on *Good Morning America* in February to talk about her recent addiction to crystal methamphetamine (meth). She said she was unemployed and bored and began simply by experimenting. Two years ago, she found herself using meth everyday. While Sweetin, now 24, never blamed her life as a child star for her addiction, she said it was difficult to discover who she truly was after the show ended. I was married to a police officer we are going through a divorce right now he had no idea, she said. For more information on meth, visit www.drugfree.org/meth.

Check Yourself More Culturally Diverse, Addresses Minorities

The Partnership's *Check Yourself* Web site has been enhanced by features specifically geared to serve minority teens. The *Check Yourself* site (www.checkyourself.com) helps teens examine their drug and alcohol abuse. With support from the Center for Substance Abuse Treatment (CSAT), the site now boasts new recovery stories from minority teens that have co-occurring or co-existing disorders. Additional hotline and help contacts are



available through the site; including substance abuse disorder resources for racial and ethnic minority populations. Other new features include a substance abuse treatment facility locator and helpline, as well as resources from the Substance Abuse & Mental Health Services Administration. Finally, new Moment of Truth posts will be added daily from teens on the message board. A moment of truth is when one realizes their drug or alcohol use has gotten out of control. For more information, contact Julie Komorn @ the Partnership at julie_komorn@drugfree.org or (212) 922-1560.

Potent Mexican Meth Floods In as States Curb Domestic Variety

The drop in domestically-produced methamphetamine (meth) has been supplanted by a flood of new, more potent, crystal meth coming into the United States from Mexico in final form. Sometimes called ice, this foreign-produced crystal meth is far purer than powdered home-cooked meth, making it more potent and addictive. The Mexican drug cartels were right there to feed that demand, said Tom Cunningham, the drug task force coordinator for the district attorneys council for Oklahoma. They have always supplied marijuana, cocaine, and heroin. When we took away the local meth lab, they simply added methamphetamine to the truck. According to police, while a local meth cook could produce one ounce of meth for \$50, an ounce of imported meth costs between \$800 and \$1,500 on the street. Because it also costs more than home-cooked meth, police say thefts are increasing, as people who once cooked the drug at home now have to buy it. You can't legislate away demand, said Betty Oldenkamp, secretary of human services in South Dakota. The law enforcement aspects are tremendously important, but we also have to do something to address the demand. (source: *New York Times*) Whether meth is produced domestically in clandestine labs, or in Mexico for importation to the United States, reducing demand for this drug is the long-term solution, said Steve Pasierb, Partnership president & CEO in a letter to the editor of the *New York Times*. Reducing demand for drugs has proven to be the most efficient and effective way to contend with the drug problem in America. For more information, contact Josie Feliz @ the Partnership at josie_feliz@drugfree.org or (212) 922-1560.



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