

notMYkid



Inspiring Positive Life Choices



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EMERGING TEEN TRENDS | PRESCRIPTION DRUG ABUSE

As parents, we worry about our kids when they're out late, when they're away from home or when they're out with friends. We're not as likely to worry about them when we know they're safe at our home or the home of a trusted friend or relative. However, just knowing where your child is may not be enough. A recent trend among teens emphasizes the fact that the danger isn't always outside and that parents must be aware of dangers



that lurks within our own homes.

Prescription drug abuse is an alarming trend that's sweeping across the nation right now. According to the 2008 CASA survey, prescription pills are now easier for kids to get than beer. In fact, 65% of the kids ages 12-17 who reported using or abusing prescription drugs said they got them either from a medicine cabinet in their home or a friend's home. Only 9% of those surveyed said they got them from a drug dealer. Next to marijuana, prescription drug

abuse is the most common form of drug abuse among today's teens and more Valley teens are dying from Rx overdoses than meth, heroin and cocaine combined.

Why are prescription drugs so popular with our kids? Because they're easy to get and there is often a false sense of security that they're not bad for them. After all, they were prescribed by a doctor and many kids feel they are safer than street drugs because of the pill form.

"I can't. We have a drug test kit at home. My parents will test me and they'll call your parents too."

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The Valley has seen a rise in kids who participate in what's known as "pharming parties," or "trail mixing" where a group of kids will get together at someone's home. Everyone brings a handful of pills from the medicine cabinet at home and they toss them all into a bowl together. They take turns taking handfuls of these pills and swallowing them, having no idea what they're taking together or that the combination can be lethal. This becomes amplified when alcohol is also involved. Since many Rx drugs take 15-20 minutes to "kick in," it is not uncommon for a teen to feel that the initial amount consumed isn't working and take even more.

What's a parent to do to protect their kids? Get educated, know the risks and communicate them to your teen. Guard your prescription pills as you would any other valuable in your home. Know what prescription drugs are in your home and in what quantities, store them in a safe or locked box and properly dispose of any unused medications. Talk to your friends and relatives and have them take the same steps to protect their kids. Also, be sure that you discard unused pills. Never flush them down the toilet, but rather, break them up and mix them in with used kitty litter or coffee grounds.

Additionally, be sure you know where your kids are, who they're with and what they're doing. According to the CASA 2008 survey, 50% of teens ages 12-17 who stay out on school nights until 10:00 pm say that smoking marijuana, drinking and other drug use occurs. Hold regular conversations with your teen about the harmful effects of legal and illegal substance use, set clear family rules regarding substance use and **be consistent**. Together we can achieve prevention through education!

Know the signs of prescription drug abuse

• Stimulants (Ritalin, Adderall, Dexedrine).

May cause dilated pupils, decreased appetite, loss of coordination, increased heart rate, flushed skin, anxiety, inability to sleep, restlessness and paranoia.

WHILE THE FOLLOWING BEHAVIORS MAY INDICATE A SUBSTANCE PROBLEM, SOME ALSO REFLECT NORMAL TEENAGE GROWING PAINS. EXPERTS BELIEVE THAT A SUBSTANCE PROBLEM IS MORE LIKELY IF YOU NOTICE SEVERAL OF THESE SIGNS AT THE SAME TIME: THEY OCCUR SUDDENLY, OR SOME ARE EXTREME IN NATURE. IF YOU SUSPECT YOUR TEEN COULD BE MISUSING PRESCRIPTION DRUGS, TAKE ACTION; IT IS YOUR RESPONSIBILITY AS A PARENT. CONSIDER HOME DRUG TESTING AS A PREVENTION TOOL.

• Opioids (Codeine, Hydrocodone, OxyContin, Percocet).

Can cause nausea, drowsiness, impaired coordination, weakness, confusion, small pupils, clammy skin, muscle relaxation, lowered blood pressure, heart rate, and respiratory rate.

• Depressants (Valium, Xanax, Ativan, Rohypnol).

May cause poor coordination, fatigue, confusion, dizziness, decreased heart rate and blood pressure, muscle relaxation, anterograde amnesia, nightmares, tremors, anxiety.

CYBERBULLYING: THE WARNING SIGNS



TEENS MAY BE A VICTIM OF CYBERBULLYING IF THEY:

- unexpectedly stop using the computer
- appear nervous or jumpy when an Instant Message, text message, or email appears
- appear uneasy about going to school or outside in general
- appear to be angry, depressed, or frustrated after using the computer
- avoid discussions about what they are doing on the computer
- become abnormally withdrawn from usual friends and family members

TEENS MAY BE CYBERBULLYING OTHERS IF THEY:

- quickly switch screens or close programs when you walk by
- use the computer at all hours of the night
- get unusually upset if they cannot use the computer
- laugh excessively while using the computer
- avoid discussions about what they are doing on the computer
- use multiple online accounts or an account that is not their own

NEED CYBERBULLYING RESOURCES?

VISIT WWW.NOTMYKID.ORG



2008 BEST OF THE VALLEY | PHOENIX MAGAZINE

notMYkid: **BEST NONPROFIT FOR PARENTS**

MySpace, Facebook, Twitter, blog, vlog, 420, 151, chandu, hash, crank, frisco... To parents, these all may sound like a foreign language. Enter notMYkid, an organization dedicated to educating students, parents and communities about teen behavioral health issues such as alcohol and substance abuse, eating disorders, depression and bullying. Paradise Valley residents Debbie and Steve Moak founded notMYkid in 2000 after living through the pain of drug abuse within their own family and wanting to dispel the "not *my* kid" mentality. The organization has an interactive program that promotes families achieving prevention through education. They offer peer-to-peer programs for students led by young-adult speakers, as well as online resources for parents including articles and a slang dictionary.

101 Of Our Favorite Things!



NOTMYKID EXPANDS

notMYkid continues to grow as we expand our reach across the Valley of the Sun. With a significant increase in the number of student and adult ClearChoices speakers over the past year, as well as the need to expand our support staff, notMYkid is proud to announce we have branched out to a larger office in Scottsdale. Visit us online or in person!

notMYkid
5230 E. Shea Blvd Suite 100
Scottsdale, AZ 85254

As always, you can reach us at
602.652.0163
or online www.notMYkid.org



notMYkid FOUNDER DEBBIE MOAK TAKES ON CAPITOL HILL

On May 21st notMYkid founder Debbie Moak, STAND (Students Together Allowing No Drugs) Executive Director Trent Coffey and SSDP (Students for Sensible Drug Policy) Executive Director Kris Krane joined together to discuss teen substance abuse prevention and student drug testing. Arizona Congressman John Shadegg opened the debate and introduced the candidates. WUSA TV-9 in Washington, DC covered the debate and did an in-depth piece on student drug testing and notMYkid. Debbie was also on the PBS show "To the Contrary."

SPEAKER SPOTLIGHT

LOOK FOR US IN YOUR SCHOOL DISTRICT!

VIOLETTA: "I was 14 the first time I smoked weed, which quickly led to alcohol and other substances. Eventually, this led me to try meth for the first time right after I turned 15. I continued to abuse meth until I came to a point of life and death at the age of 20. Being a drug addict for so many years made me feel like the scum of the earth. I put my family through more pain and suffering than I can even begin to say. I traumatized my younger sister and spiritually and emotionally killed my mother. My father experienced hell watching me go through such misery. The list of consequences go on and on. I got a DUI among other criminal charges that will be on my record permanently. I lost communication with my family for a long time. I have scars from various activities and suffered extreme weight loss and gain.

Recovery was the hardest thing I have ever done in my life. I had the option of

living or dying, and I chose to live. I found a rehab center, did my 12 steps and worked as hard as I could to improve myself. I went to Narcotics Anonymous and depended on my mom a lot for help. Family can be your strength and backbone. I maintain my recovery with the help of my family, friends and continued education. It also helps to keep being grateful and enjoying life to the fullest every day. Consequential thinking is generally what still keeps me sober. I have worked extremely hard to get to where I am right now. I have made a 360 degree turn for the better."

Thank you for all you do to improve the lives of our youth Violetta!

The notMYkid Staff



Deer Valley Unified

Gilbert

Higley Unified

Kyrene

Paradise Valley Unified

Phoenix Union

Tempe Union

HOW YOU FEEL MATTERS TO US | COMMUNITY FEEDBACK

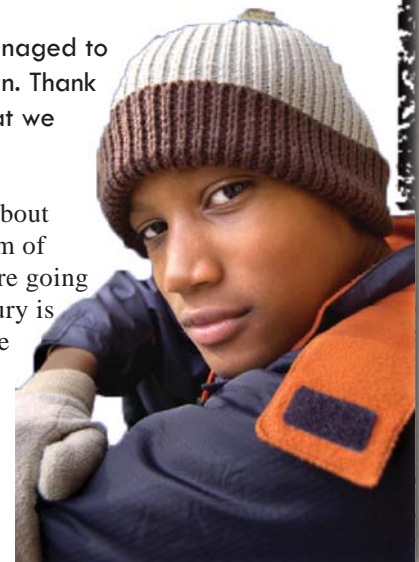
" thanks so much for coming to talk to our class i really appreciate it....your story really opened my eyes to some things because one of my best friends was an alcoholic so your story was very similar to hers...

I wanted to thank you for coming to our class and allowing us to get a glimpse at what your addiction was like. Also your story truly inspiring because it dealt with alcohol and that is something that is common. I am glad I had the chance to hear your story because my dad still has problems with alcohol.

Your presentation was truly inspiring. What really stood out to me is how you managed to pull through those troubles and never gave up. You are really an amazing woman. Thank you so much for taking the time to come in and share your mistakes with us so that we don't have to go through the same.

I just wanted to say how happy i was that [a ClearChoices speaker] came to speak about depression and self injury. I think alot of the kids my age need to know the real harm of what pretty much is a disease. No one really understands what its like unless they are going through it themselves or have someone they know that is going through it...Self injury is a very serious thing and im so happy that Carley told her story to my school because it made you understand what she was feeling. And i really appreciate someone with that problem coming to help out.

All the topics your organization has talked about to our classes are so great. The speakers have stopped my friends from doing a lot of things that can mess with their life. ”



notMYkid gets called in by the principal...

August 13, 2008

To Whom It May Concern:

It is truly a pleasure to write this letter of recommendation to you on behalf of notMYkid and the ClearChoices program offered to schools. I am a middle school principal in the Paradise Valley Unified School District, and I have a degree in counseling. The mission of middle school is very much to look at the entire child – academic, social, and emotional development – and to include these as part of the educational program we deliver.

The ClearChoices program has been an outstanding addition to Vista Verde. We have targeted mostly seventh graders for these programs on substance abuse, bullying, internet safety, binge drinking, safe dating, depression and eating disorders. Every single seventh grader receives the same information. The speakers are engaging, young, skilled and trained; and they quickly involve students in the issue at hand because they themselves have either been victims or poor decision-makers at some point in their lives. In addition, parents have the opportunity to attend a meeting each semester in which an adult speaker addresses what parents need to know as well as the specifics of presentations the students will hear.

“The speakers are engaging, young, skilled and trained; and they quickly involve students in the issue at hand...”

Children in middle school are very vulnerable to outside influences, and often they do not have the executive functioning ability to make sound decisions. This program and the wonderful people who work within the organization provide a service that cannot be matched. Money spent for notMYkid is money well spent.



I welcome the opportunity to speak with you regarding this organization. I can be reached at (602) 449-5304. Thank you.

Sincerely,

Elaine Jacobs
Principal
Vista Verde Middle School

• Physical

A major change in eating and/or sleeping patterns--either an increase or a decrease; frequent complaints of physical illness such as headaches and stomach aches; low energy

DEPRESSION IS A PROBLEM THAT MANY TEENS FACE. IT OFTEN DISGUISES ITSELF AS NORMAL "MOOD SWINGS" DUE TO PUBERTY OR TEENAGE DEVELOPMENT. THEREFORE, IT IS OFTEN IGNORED UNTIL SOMETHING MORE SERIOUS HAPPENS, LIKE A SUICIDE ATTEMPT OR A SERIOUS RISK TAKING BEHAVIOR GETS THE TEEN IN TROUBLE.

THE HOLIDAYS ARE A TIME WHEN TEENS ARE ESPECIALLY AT RISK FOR DEPRESSION AND ENGAGING IN SUBSTANCE USE BECAUSE OF HIGH STRESS, FREQUENT BOREDOM, FREEDOM TO SPEND MONEY, OR SOME COMBINATION OF THESE FACTORS. HELP PROVIDE YOUR TEEN WITH STRUCTURE AND INVOLVE THEM IN FAMILY ACTIVITIES. KNOW WHERE YOUR TEEN IS AND WHO THEY ARE WITH. IF YOU SUSPECT YOUR TEEN IS DEPRESSED, DO NOT IGNORE IT. VISIT WWW.NOTMYKID.ORG FOR RESOURCES.

• Mental

Poor concentration; thoughts or expressions of suicide or self-destructive behavior; difficulty making decisions

• Emotional

Frequent sadness, tearfulness, or crying; empty or hopeless feelings; feelings of inadequacy, unworthiness, guilt; extreme sensitivity to rejection or failure; increased irritability, anger, or hostility

• Behavioral

Decreased interest in activities or inability to enjoy former favorite activities; persistent boredom; withdrawal from other children and adults; lack of communication with others; difficulty with relationships; frequent absences from school or poor performance in school; talk of or efforts to run away from home

SAMSHA, 2006

Signs of teen depression around the holidays



COMMUNITY OUTREACH...

THE DREAM CENTER FALL FESTIVAL | PHOENIX, AZ

notMYkid TEEN ADVISORY BOARD MEMBERS



Shovna Mishra
North Canyon

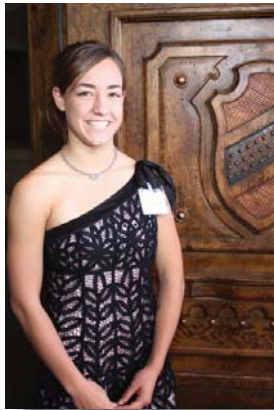


Jordyn Greenburg
Desert Mountain



Matt Rucker
Shawdown Mountain

notMYkid EDUCATIONAL SERIES | PARADISE VALLEY COUNTRY CLUB OCTOBER 23, 2008



Pinnacle High School
TAB Member
Alexis Rounds



notMYkid Director of Adult
Educational Services
Ric Borom, M.Ed.



Erica Stottlemire and
Cathy Fassero



Arizona Attorney General Terry Goddard,
notMYkid founder Debbie Moak,
notMYkid CEO/Executive Director Brad Barrett, Ph.D.



notMYkid Adult Education speakers:
Angela Willingham, Gia Venturi, Missy Timothy and Lisa Garcia

INSPIRING POSITIVE LIFE CHOICES

notMYkid EDUCATIONAL SERIES | MESA COUNTRY CLUB OCTOBER 28, 2008



Dawn Vucetich and Sandra Steubner of Chandler-Gilbert Community College



notMYkid Adult Education speaker Elizabeth Barrett



Kim O'Connor, Governor's Office/Division for Substance Abuse Policy and notMYkid Senior Director Development and Marketing Jill Woods



Jennifer Nielson and Ann Barney



Lorri Lawson, Meg Gillett and Barb Dwyer of Gilbert Public Schools



notMYkid Executive Team: Jill Woods, Sam Cianfarano, Ed.D., Rebecca Lahann, M.A. and Brad Barrett, Ph.D.



Luncheon attendees test their knowledge around substance abuse trends



notMYkid Student Education speaker Violetta



Jean Woods, Principal Desert Ridge Jr. HS and Joyce Meyer, Principal Greenfield Jr. HS



Rissa Cain and Jennifer Corey of Gilbert Public Schools

notMYkid | Calendar of Events

November 30th – National Meth Awareness Day

December – National Drunk and Drugged Driving Prevention Month

December 2nd – notMYkid Board of Directors Meeting

December 24th – January 1st – notMYkid Holiday Break, Offices Closed

January 14th – notMYkid Auxiliary Board Meeting

February 10th – notMYkid men's breakfast and ladies' lunch educational series – visit

www.notMYkid.org for registration

eNews Sign Up

VISIT www.notMYkid.org

TO SIGN UP AND RECEIVE

OUR NEWSLETTER

DELIVERED TO YOUR EMAIL



notMYkid

Inspiring Positive Life Choices

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2008 notMYkid Board of Directors

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Steve Moak Founder	Brad Barrett, Ph.D. CEO/Executive Director
Scott Cocuzza	Richard Shapiro
Michael Dee	Todd Stottlemyre
Rick Federico	Patrick van den Bossche
Wes Gullett	Bruce Ward
Stephanie Inzalaco	James Calleroz White
Kathy Pidgeon	
Mark Rohde, Ph.D.	

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Stephanie Brown	Robin Milne
Courtney Buck	Debbie Moak
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Becka Connelly	Sabrina Nikel
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