



IDAHO OFFICE OF DRUG POLICY



November 2014



Photo Courtesy: Idaho Statesman

ODP wishes you a safe, warm and happy Thanksgiving!

ODP E-SCAVENGER HUNT
REALITY PARTY TOUR WRAP UP
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MONTE STILES NATIONAL RECOGNITION
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BANNOCK YOUTH FOUNDATION DRUG TRENDS: MDMA



ODP E-SCAVENGER HUNT WINNER

Our final E-scavenger Hunt winner from National Substance Abuse Prevention Month is **Kay Bennett**! Kay, your medication lock box is in the mail.

Thank you to all who celebrated National Substance Abuse Prevention Month with ODP!

REALITY PARTY TOUR WRAP UP

A special thanks to the nine communities that organized Reality Parties for Parents:

Kamiah Community Partners Coalition– Kamiah
Lapwai School District Community Care Team– Lapwai
Youth Advisory Council– McCall
Bannock Youth Foundation– Pocatello
Bonneville Youth Development Council– Idaho Falls
Middleton School District– Middleton
Community Coalition for Substance Abuse Prevention– Sandpoint
Drug Free Idaho & Meridian Anti-Drug Coalition– Boise/Meridian
Salmon School District– Salmon

Reality Party Survey Results

An estimated 300 parents and concerned adults attended the Reality Parties, with 255 total being surveyed about their experience. Seventy three percent of all participants were female, 50% were parents and 43% were between the ages of 36–45.

All respondents felt that the Reality Party was similar to actual teen parties in their communities, as well as believed that it was wrong for teens to attend parties where alcohol is being served. Over 48% reported that the Reality Party was very similar to actual teen parties in their community, and close to 61% reported that it was extremely wrong for a teen to attend a party where alcohol was being served.

Over 97% of respondents said that they learned at least something from the Reality Party. Most people (49%) reported that they learned quite a bit. More than 98% of respondents reported that they would likely intervene if they knew a teen party was occurring where alcohol was being served.

Additionally, most people responded that they would likely join a coalition to prevent underage drinking. Most (40%) of the respondents said they were extremely likely to join a coalition.

Out of all of the questions on the Reality Party Survey, the highest level of agreement was regarding whether attendees would discuss their Reality Party experience with others.

Over 76% said they were extremely likely to discuss their experience with a teen, and over 68% said they were extremely likely to discuss their experience with another adult.

ODP is encouraged by these results and hope that three actions come from the Reality Parties:

- Adults discuss the experience with a teen.
- Adults discuss the experience with another adult.
- Participants join a community coalition to prevent underage drinking.

CADCA ACADEMY HIGHLIGHTS

Members of fifteen community coalitions across the state assembled together in Boise for Idaho's first Community Anti-Drug Coalitions of America (CADCA) National Coalition Academy (NCA) from October 13-17. The training, led by three professional trainers, taught coalitions the foundations for assessing their communities and increasing coalition capacity.

The Academy is part of a three week training course that all Strategic Prevention Framework (SPF) grant sub-recipients and a few other community coalitions will undergo to help them better assess, plan, implement, evaluate and sustain environmental strategies for substance abuse prevention. The Academy will meet again in January and March to continue their training.



Coalition members sharing their community maps. The community maps helped coalitions visualize their community and target areas for concern.



Small group discussion was an integral part of the CADCA Academy.

See more CADCA Academy photos on [Facebook](#)

MONTE STILES RECOGNIZED ON TOP 20 LIST

Former state and federal prosecutor, Monte Stiles, was recently recognized on a list of the nation's top 20 anti-marijuana legalization crusaders. Those who know Monte recognize his passion for educating youth and adults on substance abuse issues. [Check out the list](#) to see Monte's profile and those honored alongside Monte.

PROGRAM SPOTLIGHT Bannock Youth Foundation

Bannock Youth Foundation opened its doors in 1978 as a runaway & homeless youth shelter. Since then, they have grown to provide a multitude of resources and services for families and youth in Southeastern Idaho through [Bannock House](#), [MK Place](#), [Square 1](#) and the [Family Resource Center](#).

The Family Resource Center began in 2000 to offer education and support to all families. They have provided prevention services programs such as BabySteps, a prenatal education and incentive program



Family Portrait by a young lady in the school-age Nurturing Program

for pregnant women and their families; and are now partnering with ODP to provide the Nurturing Parenting Program. This family education program is offered in several formats to meet the needs of families with children ages 0–12. The program includes playgroups for 2–4 year olds and workshops for parents of infants, toddlers, preschoolers and school-age children. Focus areas for the program include:

- Providing parents with effective discipline strategies appropriate for their child's age
- Support and skillbuilding for youth dealing with the stress of peer pressure and growing up
- Increased respect among family members

Families are supported each week and given the tools they need to build strong and healthy families.

Learn more about the Bannock Youth Foundation and their services at <http://www.byfhome.com/>.

DRUG TRENDS: MDMA



MDMA can be taken as a pill, tablet or capsule.

MDMA

(3,4-methylenedioxymethamphetamine) also known as "Ecstasy," "Molly," "E," "XTC," "X," "Adam," "hug," "beans," "clarity," "lover's speed," and "love drug", is a synthetic drug with both stimulant and psychedelic effects on the user.

MDMA is used as a social drug and increases energy, euphoria, emotional warmth and empathy toward others as well as distorted time and sensory in the user. The drug gained popularity in "raves" or all night dance parties but, more recently, has moved into a wider range of users.

The National Institutes of Health explains that, "MDMA acts by increasing the activity of three neurotransmitters:

- serotonin
- dopamine
- norepinephrine

The emotional and pro-social effects of MDMA are likely caused directly or indirectly by the release of large amounts of serotonin, which influences mood (as well as other functions such as appetite and sleep).

The surge of serotonin caused by taking MDMA depletes the brain of this important chemical, however, causing negative after effects – including confusion, depression, sleep problems, drug craving, and anxiety – that may occur soon after taking the drug or during the days or even weeks thereafter.

Some heavy MDMA users experience long-lasting confusion, depression, sleep abnormalities, and problems with attention and memory, although it is possible that some of these effects may be due to the use of other drugs in combination with MDMA (especially marijuana)."

Other adverse health effects of MDMA use can include increase in blood pressure and heart rate, difficulty regulating body temperature and other symptoms like muscle tension, involuntary teeth clenching, nausea, blurred vision, faintness, and chills or

sweating.

A most troubling aspect is that ecstasy tablets and even supposedly pure capsules sometimes actually contain other drugs instead or in addition. Those may include ephedrine (a stimulant), dextromethorphan (a cough suppressant), ketamine, caffeine, cocaine, methamphetamine, or even, most recently, synthetic cathinones (the psychoactive ingredients in "bath salts"). These substances are harmful alone and may be particularly dangerous mixed with MDMA. Users who intentionally or unknowingly combine such a mixture with additional substances such as marijuana and alcohol may be putting themselves at even higher risk for adverse health effects.

Source: National Institutes of Health

MISSION: The Idaho Office of Drug Policy leads Idaho's substance abuse policy and prevention efforts by developing and implementing strategic action plans and collaborative partnerships to reduce drug use and related crime, thereby improving the health and safety of all Idahoans.

VISION: The Idaho Office of Drug Policy envisions an Idaho free from the devastating social, health, and economic consequences of substance abuse.



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