



SUBSTANCE USE PREVENTION PARTNERSHIP

Strengthening our communities to support alcohol and drug free youth in Lincoln County.

July, 2016



TALKING TO TEENS ABOUT MARIJUANA

Whether you're a parent, neighbor, teacher, coach, or just someone who comes in contact with teens, there may come a time when you're in a position to talk to a teen about marijuana. What do you say?

When teens receive consistent and clear messages about the risks of marijuana use, you are helping prevent youth substance use. The big picture message: It is not appropriate for youth to use mood or mind altering substances, just like it's not acceptable for a 11 year old to drive, or a 13 year old to vote. But above and beyond that message, there's more you can say.

BRAIN/BODY THEME

A teen says to you, "I know kids who smoke and play sports and have no problems."

You can say: "While it may seem that way, marijuana affects timing, movement, and coordination. So they may be making mistakes in the game and not performing their best."

LEGAL THEME

A teen says to you, "Pot is safer than alcohol and alcohol is legal."

You can say: "One is not necessarily safer than the other; both are harmful to brains which are still growing and developing. Alcohol isn't necessarily safe because it is legal; it can be very harmful if it is misused and abused."

MEDICAL USE THEME

A teen says to you, "My friend uses marijuana to reduce their stress."

You can say: "When you are "high", this drug may make you feel more relaxed, but it also doubles your risk of depression and anxiety. There are other safer ways to relax."

Being a teenager can be challenging. Creating opportunities to talk and support teens to find health ways to deal with difficulty will help prevent substance use.

GETTING TO KNOW "THIRDHAND SMOKE"

While most people are familiar with the idea of secondhand smoke, researchers are slowly learning more about thirdhand smoke. It is the tobacco smoke contamination, or smoke residue, which remains after a cigarette, cigar, or other tobacco product has been extinguished. The residue contains toxins that can linger in carpets, sofas, clothes, hair, skin and other surfaces



Infants and children are **more exposed** to thirdhand smoke because they crawl on the floor and put things in their mouths.

long after the smoking has ended. While we're still learning more about thirdhand smoke, it is clear that it can impact health.

The [Breathe Easy Coalition](#) has some helpful information, or you can [view their newest resource](#) with information on second and thirdhand smoke. Contact HLC at 563-1330 if you're interested in updating your organization's policy to include thirdhand smoke.

Many teens test the water and try alcohol before they begin high school.

- ✓ Get to know your teen's friends.
- ✓ Talk with their parents.
- ✓ Share your rules and expectations.

tip of the month



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MAINE'S NEW OPIOID PRESCRIBING LAW TAKES EFFECT

On July 29th, LD 1646, An Act to Prevent Opiate Abuse by Strengthening the Controlled Substances Prescription Monitoring Program - Public Law 2015, chapter 488 went into effect. This law makes changes to the existing Prescription Monitoring Program in Maine and sets dosage and duration limits for the prescribing of opioid pain medication for pain treatment.

The law now requires doctors and pharmacists to check the Prescription Monitoring Program before first prescribing any opioid for pain treatment to a patient, and in certain other circumstances. Additionally, physicians may not prescribe more than a 100 morphine milligram equivalent of an opioid to a patient unless the patient meets certain exception criteria. The physician may prescribe only a seven-day dose for acute pain and only a 30-day dose for chronic pain.

This law greatly expands the monitoring and regulatory requirements associated with the administration and prescribing of opioids and directs the Maine Department of Health and Human Services to conduct rulemaking pursuant to the law by January 1, 2017.

Source: <http://www.pierceatwood.com/webfiles/2016%20Revised%20Summary%20of%20New%20Maine%20LawsC.pdf>

MARK YOUR CALENDAR: NEXT COALITION MEETING

Our next coalition meeting will be on Thursday, August 4th at 9:00am at the Waldoboro Town Office. We hope to see you there!

Visit us online at www.healthylincolncounty.org



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