



November-December 2004

CHILDREN AND TEENS AT LOWER RISK WHEN PARENTS ARE 'HANDS-ON'

In 1996, CASA was the first research organization to recognize that the practice of having regular dinners together as a family is associated with a substantial reduction in teens' substance abuse risk. Family dinners represent a measurable symbol of parental engagement in the child/teen's life.

- Parents expect to be told where teen is going in the evening or on weekends and is told the truth by the teen.
- Parents have made clear they would be "extremely upset" to find teen using marijuana.
- There are not periods of time of an hour or more after school or on weekends when parents do not know where their teen is.
- Parents monitor what teen is watching on TV.
- Parents impose restrictions on the kind of music CDs teen is allowed to buy.
- Parents are very aware of how teen is doing in school.
- Parents monitor teen's Internet usage.
- Family typically has dinner together six or seven nights a week. Teen has a weekend curfew.
- An adult is always at home when teen returns from school.
- Teen is responsible for completing regular chores.
- The TV is not on during dinner. Source: an excerpt from the National Survey of American Attitudes on Substance Abuse (The National Center on Addiction and Substance Abuse at Columbia University).

JIMSONWEED (*Datura stramonium*) IS POISONOUS: Parents should be aware that some Colorado teens have recently ingested Jimsonweed resulting in hospitalization. Ingestion of jimsonweed can lead to seizures, coma, and death. Symptoms include dry mucous membranes, difficulty swallowing and speaking, blurred vision, photophobia, hyperthermia, confusion, agitation, combative behavior, and hallucinations. These effects can occur within 30 to 60 minutes after ingestion. Symptoms can continue for 24 to 48 hours because the alkaloids present in jimsonweed retard the digestive process. There is no antidote for jimsonweed poisoning. Treatment normally includes pumping the patient's stomach and administering activated charcoal to absorb the contaminants. Source: National Drug Intelligence Center, September 1998

GREAT AMERICAN SMOKE OUT – November 18

Breaking away from the pack: Thousands of people across Colorado are celebrating the fact that, after dozens of past attempts, they have finally quit smoking for good. And they're eager to share the secret of their success with others. They got the support they needed from two services offered by the Colorado Department of Public Health and Environment: the Colorado Quitline and the Colorado QuitNet.

The Colorado Quitline 1-800-639-QUIT – Free and confidential telephone counseling with a quitting plan developed for you, and support while quitting.

The Colorado QuitNet co.quitnet.com - Free and confidential, plus a quitting calendar with day to day steps, and more.

Parent Corps Update: Two Information nights – Westminster High School

Everyone is welcome to attend – Snacks, childcare and Spanish interpretation will be provided each night.

#1 - Wednesday, November 17, 7:00-8:30PM "Who are my kids hangin' out with?"

#2 - Monday, December 6, 6:00-7:30PM

"What's going on in my neighborhood?" North Metro Task Force – Meth Labs

For more information, contact Paula Van Beek at 303-429-4566 or paula.vanbeek@parentcorps.org.

Equipo Comunitario de Conocimiento y Acción del Área de Westminster (CAAT) Noticiero de November and December del 2004

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For more information in Spanish on the parent nights, please contact _____ at VOICES, 720-542-5360.

FOR INFORMATION IN SPANISH PLEASE CALL _____ at VOICES, 720-542-5360