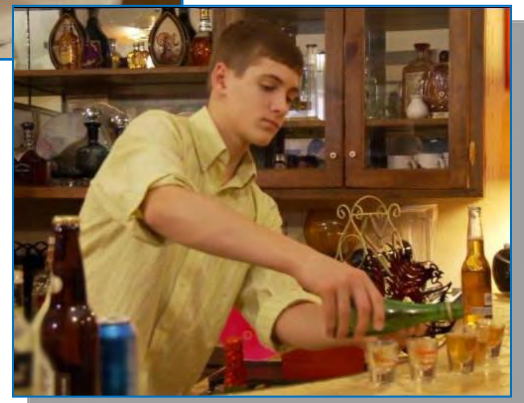


South Carolina's Underage Drinking Discussion Guide



for use in conjunction with the video

**Underage Drinking in South Carolina:
There Are Costs to Being the Life of the Party**



**South Carolina's
Underage
Drinking
Discussion Guide**

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**I. About This
Discussion Guide:
Community-Based
Approach
to Prevent and Reduce
Underage Drinking**

The following facts make underage drinking one of our state’s most troubling health issues:

- An estimated 85 South Carolinians under 21 die each year from alcohol use.
- Underage drinking costs South Carolina \$1 billion per year – \$2,309 for each young person in our state.
- 71% of ninth- through 12th-graders in South Carolina have tried alcohol.
- 35% of these students took their first drink, beyond just a few sips, before age 13.
- 40% of ninth- through 12th-graders in South Carolina drank alcohol in the past month.
- In 2010, youth under 21 consumed an estimated 12% of the alcohol consumed in South Carolina.
- Liquor is now the most popular drink of choice among high school students.
- One in nine high school students has driven after drinking in the past month.
- Excessive alcohol use ranks third among lifestyle-related causes of death in the United States.

As a result, the S.C. Department of Alcohol and Other Drug Abuse Services (DAODAS), along with other state and local agencies, considers it essential to provide tools and support for the three tactics proven effective in the prevention of underage drinking – curtailing the availability of alcohol, consistent enforcement of existing laws and regulations, and ***changing norms and behaviors through education***. And primary education on the dangers of underage drinking can begin right at home. Parents and other caring adults need to be proactive and have open, honest dialogue with teens about avoiding risky situations involving alcohol and other drugs. Surveys show that parents are still the number-one factor influencing their children’s decision on whether or not to drink.

To stress the importance of parent involvement, since 2007 DAODAS has coordinated the South Carolina “Parents Who Host, Lose the Most” campaign, which is aimed at encouraging parents and other adults to never provide alcohol to someone else’s child. Besides the fact that underage drinking is dangerous, and sometimes deadly, adults can be charged criminally with fines up to \$1,075 and up to 30 days in jail. They also can be sued by someone if the drinking they allow on their property leads to great bodily harm or damage.

For more information, visit the DAODAS website at www.daodas.state.sc.us or South Carolina’s “Parents Who Host, Lost the Most” website at www.parentswhohostsc.com.

II. A Closer Look at the Party

- **Ideas for Structuring
Your Discussion**
- **Some Questions to Ask**
- **Potential Focus Areas
for Discussion**

Ideas for Structuring Your Discussion:

1. Group discussion-depending on the size of your audience, this may be an effective way to debrief and discuss in more detail some of the situations introduced by the video.
2. Roundtable or small group discussion- For larger audiences, this may be a more effective way to debrief and discuss in more detail some of the situations introduced by the video. You may need to consider having more people that can help you facilitate these discussions.
3. Café' discussion sessions- Small round table discussions can be effective to engage a larger audience in a meaningful discussion. Have discussion tables set-up throughout the room to address each one of the scenarios presented in the video. You will need to have one facilitator for each table. There are different ways this type of model can be used. For example, people can rotate to each table so they have an opportunity to participate in each discussion after a certain period of time or when they feel they are ready to move. The facilitator can summarize the discussion when new "members" join the table.
4. For youth audiences you may choose to separate males and females if you feel that would be best
5. For mixed audiences you may choose to separate youth and adults-this would require more facilitators

Some Questions to Ask:

- What was your first reaction to the video?
 - Have the audience members provide one/two word answers
 - Capture their answers in a way that folks can "see" all that is said
 - Dive into some of the words that are captured most often- ask follow-up questions to start a discussion
 - If you are breaking up into smaller groups or structuring a café' discussion-have each group takes one of the reactions captured in the group brainstorm and discusses it in more detail.
- What captured your attention?
- What are the major issues that surfaced for you?
- What are you going to take away from watching this video?
- What or how will you change as a result of what you have seen/discussed?

Potential Focus Areas for Discussion:

- Discussion can focus on the actions (or lack of action) taken by the parent hosts in the video.
- Discussion can focus on the actions of the party guests (possible alcohol poisoning, sexual assault, friends not watching out for each other, legal consequences, etc.).
- Ask what may happen next in some of the scenarios...
 - What could happen to the "couple"?
 - What could happen between the girl and her friend?
 - What could happen to the boy who needed medical attention?

- What could happen to the parents who hosted the party?
- What could happen to the teens that were at the party?
- Ask what could have been done differently? What actions by the youth and the parents could have yielded different results?

III. Underage Drinking

- **The Teen Brain**
- **Problem of Underage Drinking**
- **Its Laws and Consequences**

The Teen Brain

The two areas in the brain that are most negatively affected by underage alcohol use are the prefrontal cortex (the area right behind the forehead) and the hippocampus (deep inside the brain). These quotes are from a fact sheet by the American Medical Association:



“The prefrontal area [responsible for good judgment, planning, decision making and impulse control] undergoes the most change during adolescence. Researchers found that adolescent drinking could cause severe changes in this area, which plays an important role in forming adult personality and behavior. Damage from alcohol at this time can be long-term and irreversible.”

“The hippocampus [involved in learning and memory] suffers from the worst alcohol-related brain damage in teens. Those who had been drinking more and for longer had significantly smaller hippocampi (10 percent). In addition, short-term or moderate drinking impairs learning and memory far more in youth than adults. Frequent drinkers may never be able to catch up in adulthood, since alcohol inhibits systems crucial for storing new information.”

Simply put, underage drinking can hinder how a teen’s brain develops, damaging the impulse control/good judgment area of the brain, and harming the learning/memory parts of the brain. While the damage may not show up right away, when underage drinkers have to solve complex relationship problems or higher-level math equations, for example, performing those mental tasks may be more difficult.

From www.parentsempowered.org, a campaign of the Utah Division of Substance Abuse and Mental Health American Medical Association’s report on “Alcohol’s Adverse Effects on the Brains of Children, Adolescents and College Students, 2003 Fact Sheet” was published in 2003.

Brain reward system

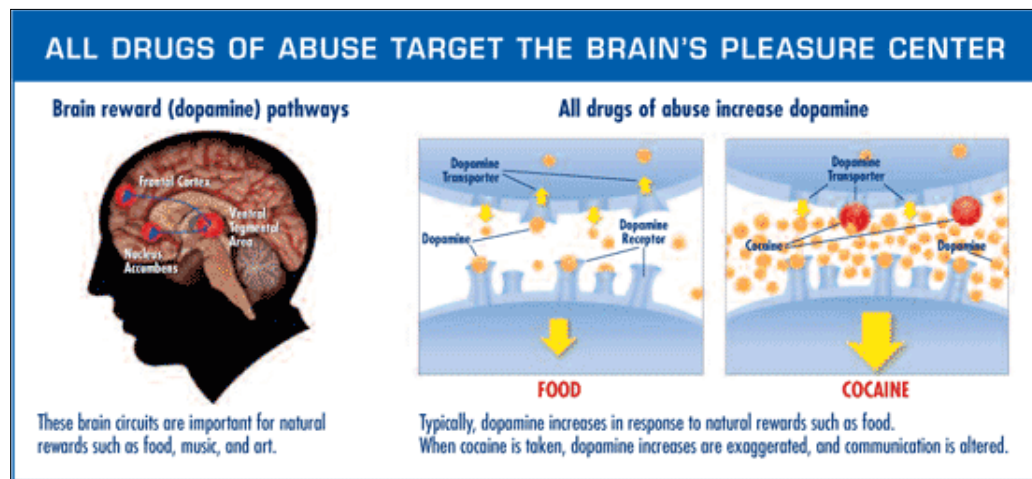
A reward is a great way to encourage someone to do something. For example, if you offer a \$300 reward to find your lost dog, people may be more likely to look for and return him or her. Or, if your parents offer to reward you for keeping your room clean or getting good grades, you have an incentive to do it.

Our brain has its own reward system. When we do certain things, the brain rewards us by making us feel good. The **brain reward system** is a brain circuit that causes feelings of pleasure when it is “turned on” by something we enjoy (*see figure below*), like eating good food or being in love.

Whenever this reward circuit is activated, our brains note that something important is happening that is worth remembering *and* repeating.

Drugs activate the brain reward system in a similar manner. However, most drugs set off a surge of the brain chemical dopamine and therefore produce a much stronger and longer-lasting “artificial” pleasure sensation than natural highs. The effect of such a powerful reward strongly motivates people to take drugs again and again, even when they no longer really *want* to.

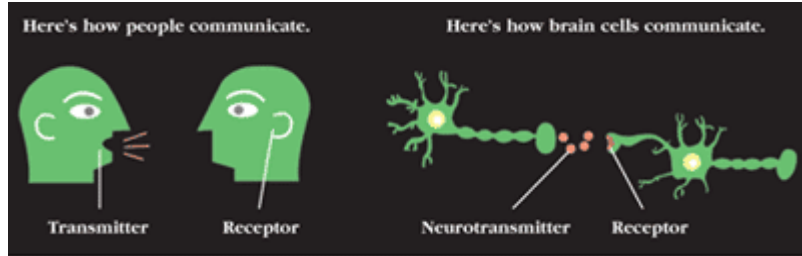
That can happen because drugs can actually reprogram the brain, so that every time a person takes the drug, the effect is a little weaker, and so they have to take more and more of it to get the same feeling. Eventually, a person can become addicted to the drug and compulsively use it, not so much to feel good but to keep from feeling bad. That’s the “sneaky” part of addiction.



From <http://teens.drugabuse.gov/blog/post/word-day-brain-reward-system>, National Institute on Drug Abuse

How does the brain communicate?

The brain is a complex communications network consisting of billions of neurons, or nerve cells. Networks of neurons pass messages back and forth within the brain, the spinal column, and the peripheral nervous system. These nerve networks control everything we feel, think, and do.



Neurons

Your brain contains about 100 billion neurons – nerve cells that work nonstop to send and receive messages. Within a neuron, messages travel from the cell body down the axon to the axon terminal in the form of electrical impulses. From there, the message is sent to other neurons with the help of neurotransmitters.

Neurotransmitters – The Brain's Chemical Messengers

To make messages jump from one neuron to another, the neuron creates chemical messengers, called neurotransmitters. The axon terminal releases neurotransmitters that travel across the space (called the synapse) to nearby neurons. Then the transmitter binds to receptors on the nearby neuron.

Receptors – The Brain's Chemical Receivers

As the neurotransmitter approaches the nearby neuron, it attaches to a special site on the cell called a receptor. A neurotransmitter and its receptor operate like a key and lock, in that an exquisitely specific mechanism makes sure that each receptor will forward the appropriate message only after interacting with the right kind of neurotransmitter.

Transporters – The Brain's Chemical Recyclers

Once neurotransmitters do their job, they are pulled back into their original neuron by transporters. This recycling process shuts off the signal between the neurons.

From <http://teens.drugabuse.gov/drug-facts/brain-and-addiction>, National Institute on Drug Abuse

Alcohol and judgment

The teenage brain is still developing. Alcohol can impair the parts of the brain that control the following:

Motor coordination: This includes the ability to talk, drive and process information.

Impulse control: Drinking lowers inhibitions and increases the chances that a person will do something that they will regret when they are sober.

Memory: Impaired recollection and even blackouts can occur when too much alcohol has been consumed.

Judgment and decision-making capacity: Drinking may lead young people to engage in risky behaviors, including getting into a car with someone who has been drinking. These behaviors can result in illness, injury and even death.

From Parents Empowered, a campaign of the Utah Division of Substance Abuse and Mental Health

Problem of Underage Drinking

SOUTH CAROLINA UNDERAGE DRINKING DATA

<u>From the 2011 Youth Risk Behavior Survey:</u>	SC	Nation
➤ Past-month drinking:	39.7%	38.7%
➤ Lifetime drinking:	71.4%	70.8%
➤ Past-month binge drinking:	21.7%	21.9%
➤ Past-month drove while drinking:	11.1%	8.2%
➤ Past-month driving with a drinking driver:	26.3%	24.1%
➤ % of drinkers who began before age 13:	24.1%	20.5%
➤ % of sexually active students that drank alcohol or used drugs prior to last sexually intercourse encounter:	25.9%	22.1%
➤ * % think there is "great risk" in having 5 or more drinks once or twice each weekend:	36%	* Questions was not on national survey

Note: Most of these 2011 figures are more desirable than 2005 but are non-significant undesired changes compared to 2007 and 2009

Source of last drink (for drinkers only) (2011 YRBS):

➤ Store:	8%	} (total retail: 11%)
➤ Restaurant/Bar/Club/Public Event:	3%	
➤ Gave someone \$ to buy for me:	18%	
➤ Someone gave it to me at a party:	36%	
➤ Someone gave it to me somewhere else:	10%	
➤ Took it from a store or family:	9%	
➤ Other:	15%	

Source of Alcohol (Who provided alcohol) in the past 30 days (2012 SC Communities That Care Survey)

Nobody got it for me	20.3%
My parent	5.7%
Parent of a friend	6.9%
Friend or Family member older than 25	13.1%
Friend or Family member 21-25	24.4%
Friend of Family member under 21	16.2%
Some other adult	13.4%

Last updated 9.19.2013

Other:

Center for Disease Control estimates **85** South Carolinians under age 21 die each year related to alcohol use

Local enforcement retail violation rate in compliance checks (FY '13): **11.3%**

Source: South Carolina Department of Alcohol and Other Drug Abuse Services

Costs:

- Underage drinking cost the citizens of South Carolina **\$1.0 billion in 2010**. These costs include medical care, work loss, and pain and suffering associated with the multiple problems resulting from the use of alcohol by youth.
- This translates to a cost of **\$2,309** per year for each youth in the State or \$4.44 per drink consumed underage.
- Excluding pain and suffering from these costs, the direct costs of underage drinking incurred through medical care and loss of work cost South Carolina \$462 million each year or **\$1.99** per drink. In contrast, a drink in South Carolina retails for **\$1.12**.

Total: \$1.0 billion

Produced by the Pacific Institute for Research and Evaluation (PIRE) with funding from the Office of Juvenile Justice and Delinquency Prevention (OJJDP), September 2011.

Last updated 9.19.2013

Underage Drinking Laws and Consequences

If You're Old Enough to Vote, Why Can't You Have a Drink at 18?

The "21 law" is not based on responsibility, but on human physiology:

- Young people who use alcohol before age 21 are far more likely to have alcohol-related problems later in life.
- The brain of an 18-year-old is not fully developed. The brain doesn't finish its development until a person's early 20s. During its development, your brain is very vulnerable to alcohol.
- Teenagers who drink heavily may lose as much as 10% of their brainpower — the difference between passing and failing in school...and in life.

Making it illegal for youth under 21 to drink prevents almost 1,000 traffic deaths each year.

The consequences of drinking outweigh the experience...so why roll the dice?



For More Information About Underage Drinking, Visit...

www.daodas.org/underage_drinking.asp

This brochure was created by the South Carolina Department of Alcohol and Other Drug Abuse Services.

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Current South Carolina Laws Related to Youth and Alcohol

Know the Rules Before You Play the Game



Possessing or Providing Alcohol

If you are under 21, it's illegal to:

- Possess;
- Consume;
- Purchase; or
- Attempt to Purchase
beer, wine or liquor.

If you do, you could have to:

- Pay a fine of \$265 to \$470 and/or go to jail for up to 30 days for a first offense.
- Lose your driver's license for 120 days for a first offense and one year for a second or subsequent offense.
- Complete an alcohol prevention/intervention/education program.

If you give beer, wine or liquor to anyone who is also under the age of 21, you could have to:

- Pay a fine of \$470 to \$677.50 and/or go to jail for up to 30 days for a first offense.
- Pay a fine of \$885 to \$1,092.50 and/or go to jail for up to 30 days for a second or subsequent offense.

If you work in a store, restaurant or bar and sell alcohol to someone under 21:

- You'll face the same penalties as providing alcohol for free, plus you'll have to complete an approved merchant-education program.

* All fines include court costs.

Are You a College Student or Planning to Go to College?

Two violations of any alcohol- or other drug-related laws can also cause you to lose your state-funded grants and/or scholarships (like the LIFE Scholar-ship) for one year.

New Keg Law

All kegs in South Carolina must have a store-issued tag. If you remove or damage a keg tag or possess a keg without a tag, you might have to pay a fine of up to \$1,092.50 and/or go to jail for up to 30 days.

Lying and Fake IDs

If you use an altered driver's license or ID card containing false information or use someone else's license or personal ID card:

- Pay a fine of up to \$100 or go to jail for up to 30 days.
- Lose your driver's license for 120 days for a first offense, and one year for a second or subsequent offense.

If you lie or provide false information about your age to purchase beer, wine or liquor:

- Pay a fine of \$262.50 to \$470 and/or go to jail for up to 30 days.
- Lose your driver's license for 120 days for a first offense and one year for a second or subsequent offense.

If you lend your license or personal ID card to any other person:

- Pay a fine of up to \$470 or go to jail for

up to 30 days and lose your license for 120 days.

- Pay a fine of up to \$1,092.50 or go to jail for up to six months and lose your license for one year for a second or subsequent offense.

If you sell or issue a false driver's license or alter a driver's license:

- Pay a fine of up to \$5,250 or go to jail for up to six months – or both.
- Lose your license for 120 days for a first offense, and one year for a second or subsequent offense.

If you possess an altered or invalid driver's license or personal ID card:

- Pay a fine of up to \$470 or go to jail for up to 30 days for a first offense.
- Pay a fine of up to \$1,092.50 or go to jail for up to six months for a second or subsequent offense.

Driving and Public Drinking

The following violations carry stiff penalties:

Driving a vehicle while under the influence of alcohol or other drugs and causing death to any other person (considered a felony).

Having an open container of beer or wine in a moving vehicle of any kind, except in the trunk or luggage compartment.

Driving a motor vehicle with a BAC of .02% or higher if you are under the age of 21. (Don't think you can get around this by refusing a BAC test. Simply refusing the test can cause you to lose your license or be denied the right to obtain a license for six months to one year.)

Being grossly intoxicated on any highway or at any public place or public gathering.

Consuming alcoholic liquor in a public conveyance.

DID YOU KNOW?

- That according to a national survey, one in four eighth graders reports drinking alcohol within the past month?
- That 18 percent of eighth graders say they have gotten drunk at least once in the past year?
- That 75 percent of young teens say that alcohol is easy to get?

*From "Make a Difference: Talk to Your Child About Alcohol,"
a publication of the National Institute on Alcohol Abuse and Alcoholism*

IV. Preventing Underage Drinking

- **Preventing Underage Alcohol Use**
 - **The “Red Flags” of Risky Behavior**
- **Conversation Starters/Tools for Parents and Other Adults**

Preventing Underage Alcohol Use

The best way to influence your child to avoid drinking is to have a strong, trusting relationship with him or her. Research shows that teens are much more likely to delay drinking when they feel they have a close, supportive tie with a parent or guardian. Moreover, if your son or daughter eventually does begin to drink, a good relationship with you will help protect him or her from developing alcohol-related problems.

The opposite is also true: When the relationship between a parent and teen is full of conflict or is very distant, the teen is more likely to use alcohol and to develop drinking-related problems. This connection between the parent-child relationship and a child's drinking habits makes a lot of sense when you think about it. First, when children have a strong bond with a parent, they are apt to feel good about themselves and therefore be less likely to cave in to peer pressure to use alcohol. Second, a good relationship with you is likely to influence your children to try to live up to your expectations, because they want to maintain their close tie with you. Here are some ways to build a strong, supportive bond with your child:

- Establish open communication. Make it easy for your teen to talk honestly with you.
- Show you care. Even though young teens may not always show it, they still need to know they are important to their parents.
- Draw the line. Set clear, realistic expectations for your child's behavior. Establish appropriate consequences for breaking rules and consistently enforce them.
- Offer acceptance. Make sure your teen knows that you appreciate his or her efforts as well as accomplishments. Avoid hurtful teasing or criticism.
- Understand that your child is growing up. This doesn't mean a hands-off attitude. But as you guide your child's behavior, also make an effort to respect his or her growing need for independence and privacy.

Here are some important facts to share:

- Alcohol is a powerful drug that slows down the body and mind. It impairs coordination; slows reaction time; and impairs vision, clear thinking, and judgment.
- Beer and wine are not "safer" than hard liquor. A 12-ounce can of beer, a 5-ounce glass of wine, and 1 ounce of hard liquor all contain the same amount of alcohol and have the same effects on the body and mind.
- On average, it takes two to three hours for a single drink to leave the body's system. Nothing can speed up this process, including drinking coffee, taking a cold shower, or "walking it off."
- People tend to be very bad at judging how seriously alcohol has affected them. That means many individuals who drive after drinking think they can control a car – but actually cannot.
- Anyone can develop a serious alcohol problem, including a teenager.

Excerpted from "Make a Difference: Talk to Your Child About Alcohol," a publication of the National Institute on Alcohol Abuse and Alcoholism

When should I start discussing alcohol?

How should the conversation change as my child gets older?

As long as the discussion is developmentally appropriate, there is no age too young to begin talking about how your child takes care of his or her body. Remember that talking about the issue of alcohol before there is an immediate need to discuss the subject will make it much easier to bring up this topic once your child reaches the age when first experimentation often occurs. For young children (kindergarten through second grade), talking about alcohol can be tied to discussions about other safety and wellness measures – eating healthy, wearing a seatbelt, not touching a hot stove, etc. One good example is medicine – it can help you when you’re sick, but it can be harmful if you don’t have a doctor’s and parent’s permission to take it, if you take too much, or if you don’t have the illness that the medicine is supposed to help. Another example for younger kids could be a bar of soap – great for its intended use, which is cleaning the outside of your body, but will hurt if it gets in your eyes or make you ill if swallowed. Likewise, a developmentally appropriate explanation of the intended use for alcoholic beverages might be “only a little,” only by adults, and never before driving. When adults drink too much alcohol, it can make them “dizzy” and sick. When younger people drink alcohol, it is even more dangerous and could result in hurting one’s brain (the most important part of your body).

Elementary school age

More serious discussion should begin no later than third grade and continue through college. Make sure to securely store any alcohol in your home from this age onward. Just as with any other risky behavior, talking about underage drinking once is definitely not enough. Rather than planning “a talk,” think about how you can weave the topic into a series of everyday, ongoing conversations. Talk about underage drinking while you’re eating dinner or riding in the car. Media coverage of incidents, alcohol advertising and movies are great for sparking conversation, as are family members who may have experienced negative consequences from alcohol misuse or abuse. Don’t make conversations something that you or your child dreads. Discussions don’t have to be – and shouldn’t be – long. Sometimes they may consist simply of a few comments you exchange after observing something in the surrounding environment.

By *fifth grade*, your son or daughter should understand very clearly that you don’t want him or her to drink before age 21. S/he should be able to list reasons for not drinking as well as your family’s rules regarding alcohol. Reiterate these from time to time, especially during the transition to the middle-school grades.

Middle school age

As kids head into sixth grade, discussions should begin to offer opportunities for talking about the child’s actual behavior, since first experimentation with alcohol is most common during the middle-school years. For example, parents can ask, “Have you ever been in a situation where alcohol was available or offered?” or “Have you ever felt like your friends expected you to drink?” Anticipate your son or daughter’s possible reactions, questions or disclosures. For example, what would you say if your child:

- Thinks it’s funny or “stupid” that you’ve brought up the topic?
- Mentions having tried alcohol?
- Mentions his/her friends’ drinking habits?
- Mentioned having felt pressured or uncomfortable around drinking peers?
- Asks if you drank as a teen?

At this age, e-mailing, text messaging and “tweeting” are great ways to use young people’s preferred methods of communication to reinforce not only your expectations, but also your care and concern.

Because the conversation becomes more sensitive as your son or daughter gets older, it might also help to have a few discussion-opening, non-judgmental responses ready, such as:

- It sounds like you had to make an important choice.
- I’m worried about you being in a situation like that.
- I’m glad you told me. Let’s talk about it.
- How did you feel when your friends did that?
- Let’s plan some things you can do if you’re in that situation again.
- How do you think you can avoid that situation in the future?

Make sure to focus on skills you’d like your child to develop – for example, avoiding risky situations, removing oneself from risky situations, and declining alcohol in the midst of risky situations. Rather than simply imposing your ideas, make sure your son or daughter has chosen his/her preferred method for dealing with all of these scenarios. It also doesn’t hurt to practice or role-play a bit. Even if your child thinks it’s silly, s/he’ll be more likely to remember and use these techniques in the future.

Another effective way of communicating expectations concerning alcohol is asking your son or daughter to help you draft a family motto or “mission statement.” This activity can open discussion about why avoiding alcohol use reflects not only respect for the law, but also family values of safety, wellness and personal responsibility.

High school age

As your child enters high school, your conversations should become more mature – making very clear your family’s reasons for avoiding any alcohol use before age 21, such as:

- Underage drinking is illegal, and increasingly, parents and youth face consequences for breaking the law;
- The Minimum Legal Drinking Age (MLDA) of 21 is proven to save young lives; and
- We know a lot more now about how drinking at a young age permanently damages young brains and increases the risk for alcoholism even if there is no family history of addiction.

Your son or daughter should also be aware of laws regarding underage drinking, how alcohol affects one’s ability to drive, how medications and caffeine can interact with alcohol, how slowly the body metabolizes alcohol, the dangers of drinking games and how alcohol poisoning can occur, how alcoholism develops, and how alcohol use during the teen years can permanently affect brain functioning.

- Be careful to balance these “danger” messages with messages of caring and support, such as:
- I don’t want you to get hurt;
- I know how important your friends are to you (avoid criticizing his/her friends), and I don’t want them to get hurt;
- I am here to help if you ever feel like you need alcohol to deal with stress or anxiety;

- Your life goals deserve your full attention;
- I want you to be able to use your full talents; and
- To me (and I hope to you as well) the “cool” teen is one who’s strong enough to make decisions based on his/her values and beliefs, rather than simply what the crowd is doing.

Make sure to set some mutual expectations regarding the following:

- Consequences that will occur if rules are broken (consequences should be clearly spelled out and can even be written into a “contract” that you and your child sign);
- Never driving after consuming alcohol, riding with someone who has consumed alcohol, or transporting intoxicated passengers;
- Calling 911 if a friend has passed out from intoxication;
- Calling home if a no-questions-asked ride home is needed (you may want to develop a “code word” so that your child can easily escape a dangerous situation);
- Confirming plans with parents in advance – where s/he’ll be, with whom, and at what time s/he’ll be home;
- Attending or hosting parties only if underage drinking is prohibited; and
- Your son or daughter earning trust in proportion to the amount of responsible behavior demonstrated.

At this age, youth are likely to make some observable mistakes with alcohol use. Even if you’ve written down rules and consequences, it will help to keep conversations flexible – be prepared to leave the discussion for another time if the conversation is turning into an argument or your child is “tuning out.” In addition, it may be useful to plan your responses to the following situations:

- Your son or daughter mentions having been drunk;
- S/he is caught drinking by you or another adult;
- S/he comes home intoxicated;
- You discover s/he has told lies in order to drink;
- S/he obtains alcohol from an older sibling or friend; or
- S/he mentions being concerned about the effects of his/her own or a peer’s drinking.

Think about it:

- What will you say, and how will you say it?
- How will your monitoring of him/her change?
- What behaviors will you need to see in your child so that s/he can earn back your trust?
- If your child’s friends and/or his or her parents in some way facilitated the underage drinking, how will you handle the situation?
- What skills will you teach so that your teen makes a better decision next time? For example, does s/he have a preferred method of declining peers’ offers of alcohol?
- How will you communicate your care and concern even though you are disappointed with his/her behavior?

Excerpted from “A Parent’s Guide to Preventing Underage Drinking,” a publication of The Governor’s Prevention Partnership (Wethersfield, Conn.)

The “Red Flags” of Risky Behavior

- Alcohol-related traffic accidents are a major cause of death and disability among teens. Alcohol use also is linked with youthful deaths by drowning, fire, suicide, and homicide.
- Teens who use alcohol are more likely to become sexually active at earlier ages, to have sexual intercourse more often, and to have unprotected sex than teens who do not drink.
- Young people who drink are more likely than others to be victims of violent crime, including rape, aggravated assault, and robbery.
- Teens who drink are more likely to have problems with school work and school conduct.
- An individual who begins drinking as a young teen is four times more likely to develop alcohol dependence than someone who waits until adulthood to use alcohol.

Excerpted from “Make a Difference: Talk to Your Child About Alcohol,” a publication of the National Institute on Alcohol Abuse and Alcoholism

WARNING SIGNS OF A DRINKING PROBLEM

While the following behaviors may indicate an alcohol or other drug problem, some also reflect normal teenage growing pains. Experts believe that a drinking problem is more likely if you notice several of these signs at the same time, if they occur suddenly, and if some of them are extreme in nature.

- Mood changes: flare-ups of temper, irritability, and defensiveness.
- School problems: poor attendance, low grades, and/or recent disciplinary action.
- Rebelling against family rules.
- Switching friends, along with a reluctance to have you get to know the new friends.
- A “nothing matters” attitude: sloppy appearance, a lack of involvement in former interests, and general low energy.
- Finding alcohol in your child’s room or backpack, or smelling alcohol on his or her breath.
- Physical or mental problems: memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech.

From “Make a Difference: Talk to Your Child About Alcohol,” a publication of the National Institute on Alcohol Abuse and Alcoholism

Alcohol Poisoning

Most kids have not yet developed the “cut-off” switch that makes them go to sleep or pass out from too much drinking. They can consume dangerous amounts of alcohol before they realize it’s too late. This can result in alcohol poisoning, which can cause difficulty breathing, unconsciousness, and death. Binge drinking can and does kill – killing as many young people as all other drugs combined. If a young person ever passes out from drinking, 911 should be called for immediate medical attention.

From Parents Empowered, a campaign of the Utah Division of Substance Abuse and Mental Health

Binge Drinking and Alcohol Poisoning Can Be Fatal

Binge drinking is defined as consuming five or more drinks in a row for males and four or more drinks in a row for females.⁴ Alcohol poisoning is the most serious consequence of binge drinking, and can result in death. Excessive amounts of alcohol can cause a person’s brain to shut down functions that regulate breathing and heart rate.

Alcohol poisoning can be fatal. Call 911 if you suspect alcohol poisoning. Watch for these deadly signs:

- Unconscious and cannot be awakened
- Cold, clammy, pale or bluish skin
- Breathing slowly or irregularly — less than twelve times a minute or ten seconds or more between any two breaths
- Vomiting, while passed out and doesn’t wake up during and after vomiting

What can you do to help?

- Call 911 if you suspect alcohol poisoning
- Do not leave the person alone
- Turn the person on his or her side
- Watch his or her breathing
- If you know CPR, perform as needed

From “Underage Drinking and Driving: A Parent and Teen Guide,” a publication of The Alcohol & Impaired Driving Work Group of the Traffic Safe Communities Network, Santa Clara County (Calif.) Public Health Department

Myths About Drinking and Driving

One drink doesn't affect driving.

False. Each 0.02% increase in BAC places 16 to 20 year-old drivers at an increasingly greater risk for a crash. The crash rate of young drivers is substantially higher than those of older groups, even at low and moderate BACs.

Beer and wine are “safer” than hard liquor.

False. One serving of each has the same amount of alcohol and has the same effects on the body and brain. One drink equals:

- 12-ounce can of beer → = 1 drink
- 5-ounce glass of wine → = 1 drink
- 1-ounce of hard liquor → = 1 drink

Cold showers, fresh air or hot coffee help sober you up.

False. Time is the only cure. It takes most people over an hour to eliminate a beer or a glass of wine — even longer for teens. All you do when you give a drowsy drunk a cup of coffee is create a wide-awake drunk.

Everyone reacts to alcohol in the same way.

False. There are many factors that affect reaction to alcohol, including weight, gender, physical makeup, age, illness, fatigue, etc.

From “Underage Drinking and Driving: A Parent and Teen Guide,” a publication of The Alcohol & Impaired Driving Work Group of the Traffic Safe Communities Network, Santa Clara County (Calif.) Public Health Department



ALCOHOL MYTHS

MYTH I can drink and still be in control.

FACT Drinking impairs a person's judgment, which increases the likelihood that they will do something they will later regret such as having sex, being involved in a date rape, damaging property, or being victimized by others.

MYTH Drinking isn't all that dangerous.

FACT One in three 18-to-24 year-olds admitted to emergency rooms for serious injuries is intoxicated. And alcohol is also associated with homicides, suicides, and drownings.

MYTH I can sober up quickly if I have to.

FACT It takes about three hours to eliminate the alcohol content of two alcoholic beverages, depending on a person's weight. Nothing can speed up this process-not even coffee or cold showers.

MYTH I can manage to drive well enough after a few drinks.

FACT About one-half of all fatal traffic crashes among 18- to 24-year-olds involve alcohol. If you are under 21, driving after drinking any alcohol is illegal and you could lose your license. The risk of a fatal crash for drivers with positive Blood Alcohol Content (BAC) compared with other drivers increases with increasing BAC, and the risks increase more steeply for drivers younger than age 21 than for older drivers.

MYTH I'd be better off if I learn to "hold my liquor."

FACT If someone has to drink increasingly larger amounts of alcohol to get a "buzz" or get "high," they are developing tolerance. Tolerance is actually a warning sign that they are developing more serious problems with alcohol.

MYTH Beer doesn't have as much alcohol as hard liquor.

FACT A 12-ounce bottle of beer has the same amount of alcohol as a standard shot of 80-proof liquor (either straight or in a mixed drink) or five ounces of wine.

Source: National Institute on Alcohol and Alcoholism

*From the "Parent Guide to Preventing Underage Drinking,"
a publication of the Virginia Governor's Office for Substance Abuse Prevention*

Conversation Starters/Tools for Parents and Adults

Tips for Communicating With Your Teen

Developing open, trusting communication between you and your child is essential to helping your child avoid alcohol use. If your child feels comfortable talking openly with you, you'll have a greater chance of guiding him or her toward healthy decisionmaking. Some ways to begin:

- Encourage conversation. Encourage your child to talk about whatever interests him or her. Listen without interruption and give your child a chance to teach you something new. Your active listening to your child's enthusiasms paves the way for conversations about topics that concern you.
- Ask open-ended questions. Encourage your teen to tell you how he or she thinks and feels about the issue you're discussing. Avoid questions that have a simple "yes" or "no" answer.
- Control your emotions. If you hear something you don't like, try not to respond with anger. Instead, take a few deep breaths and acknowledge your feelings in a constructive way.
- Make every conversation a "win-win" experience. Don't lecture or try to "score points" on your teen by showing how he or she is wrong. If you show respect for your child's viewpoint, he or she will be more likely to listen to and respect yours.

*From "Make a Difference: Talk to Your Child About Alcohol,"
a publication of the National Institute on Alcohol Abuse and Alcoholism*

HOW TO HOST A TEEN PARTY

- Agree on a guest list—and don't admit party crashers.
- Discuss ground rules with your child before the party.
- Encourage your teen to plan the party with a responsible friend so that he or she will have support if problems arise.
- Brainstorm fun activities for the party.
- If a guest brings alcohol into your house, ask him or her to leave.
- Serve plenty of snacks and non-alcoholic drinks.
- Be visible and available—but don't join the party!

*From "Make a Difference: Talk to Your Child About Alcohol,"
a publication of the National Institute on Alcohol Abuse and Alcoholism*

Taking Action: Prevention Strategies for Parents

While parent-child conversations about drinking are essential, talking isn't enough – you also need to take concrete action to help your child resist alcohol. Research strongly shows that active, supportive involvement by parents and guardians can help teens avoid underage drinking and prevent later alcohol misuse.

In a survey of sixth graders, over half said it would be easy for a kid their age to get alcohol at a party. And in a recent national survey, 75 percent of eighth graders said alcohol was "fairly easy" or "very easy" to get. The message is clear: Young teens still need plenty of adult supervision. Some ways to provide it:

- **Monitor Alcohol Use in Your Home.** If you keep alcohol in your home, keep track of the supply. Make clear to your child that you don't allow unchaperoned parties or other teen gatherings in your home. If possible, however, encourage him or her to invite friends over when you are at home. The more entertaining your child does in your home, the more you will know about your child's friends and activities.
- **Connect With Other Parents.** Getting to know other parents and guardians can help you keep closer tabs on your child. Friendly relations can make it easier for you to call the parent of a teen who is having a party to be sure that a responsible adult will be present and that alcohol will not be available. You're likely to find out that you're not the only adult who wants to prevent teen alcohol use – many other parents share your concern.
- **Keep Track of Your Child's Activities.** Be aware of your teen's plans and whereabouts. Generally, your child will be more open to your supervision if he or she feels you are keeping tabs because you care, not because you distrust him or her.

- **Develop Family Rules About Teen Drinking.** When parents establish clear “no alcohol” rules and expectations, their children are less likely to begin drinking. While each family should develop agreements about teen alcohol use that reflect their own beliefs and values, some possible family rules about drinking are:

- Kids will not drink alcohol until they are 21.
- Older siblings will not encourage younger brothers or sisters to drink and will not give them alcohol.
- Kids will not stay at teen parties where alcohol is served.
- Kids will not ride in a car with a driver who has been drinking.

Once you have chosen rules for your family, you will need to establish appropriate consequences for breaking those rules. Be sure to choose a penalty that you are willing to carry out. Also, don’t make the consequences so harsh that they become a barrier to open communication between you and your teen. The idea is to make the penalty “sting” just enough to make your child think twice about breaking the rule. A possible consequence might be temporary restrictions on your child’s socializing.

Finally, you must be prepared to consistently enforce the consequences you have established. If your children know that they will lose certain privileges each and every time an alcohol use rule is broken, they will be more likely to keep their agreements.

- **Set a Good Example.** Parents and guardians are important role models for their children – even children who are fast becoming teenagers. Studies indicate that if a parent uses alcohol, his or her children are more likely to drink themselves. But even if you use alcohol, there may be ways to lessen the likelihood that your child will drink. Some suggestions:
 - Use alcohol moderately.
 - Don’t communicate to your child that alcohol is a good way to handle problems. For example, don’t come home from work and say, “I had a rotten day. I need a drink.” Instead, let your child see that you have other, healthier ways to cope with stress, such as exercise; listening to music; or talking things over with your spouse, partner, or friend.
 - Don’t tell your kids stories about your own drinking in a way that conveys the message that alcohol use is funny or glamorous.
 - Never drink and drive or ride in a car with a driver who has been drinking.
 - When you entertain other adults, make available alcohol-free beverages and plenty of food. If anyone drinks too much at your party, make arrangements for them to get home safely.
- **Don’t Support Teen Drinking.** Your attitudes and behavior toward teen drinking also influence your child. Avoid making jokes about underage drinking or drunkenness, or otherwise showing acceptance of teen alcohol use. In addition, never serve alcohol to your child’s underage friends. Research shows that kids whose parents or friends’ parents provide alcohol for teen get-togethers are more likely to engage in heavier drinking, to drink more often, and to get into traffic accidents. Remember, too, that it is illegal in most states to provide alcohol to minors who are not family members.

You can also join school and community efforts to discourage alcohol use by teens. By working with school officials and other members of your community, you can help to

develop policies to reduce alcohol availability to teens and to enforce consequences for underage drinking.

- **Help Your Child Build Healthy Friendships.** If your child’s friends use alcohol, your child is more likely to drink too. So it makes sense to try to encourage your young teen to develop friendships with kids who do not drink and who are otherwise healthy influences on your child. A good first step is to simply get to know your child’s friends better. You can then invite the kids you feel good about to family get-togethers and outings and find other ways to encourage your child to spend time with those teens. Also, talk directly with your youngster about the qualities in a friend that really count, such as trustworthiness and kindness, rather than popularity or a “cool” style.

When you disapprove of one of your child’s friends, the situation can be tougher to handle. While it may be tempting to simply forbid your child to see that friend, such a move may make your child even more determined to hang out with him or her. Instead, you might try pointing out your reservations about the friend in a caring, supportive way. You can also limit your child’s time with that friend through your family rules, such as how after-school time can be spent or how late your child can stay out in the evening.

- **Encourage Healthy Alternatives to Alcohol.** One reason kids drink is to beat boredom. Therefore, it makes sense to encourage your child to participate in supervised after-school and weekend activities that are challenging and fun. According to a recent survey of preteens, the availability of enjoyable, alcohol-free activities is a big reason for deciding not to use alcohol.

If your community doesn’t offer many supervised activities, consider getting together with other parents and young teens to help create some. Start by asking your child and other kids what they want to do, since they will be most likely to participate in activities that truly interest them. Find out whether your church, school, or community organization can help you sponsor a project.

*Excerpted from “Make a Difference: Talk to Your Child About Alcohol,”
a publication of the National Institute on Alcohol Abuse and Alcoholism*

ACTION CHECKLIST

- Establish a loving, trusting relationship with your child.
- Make it easy for your teen to talk honestly with you.
- Talk with your child about alcohol facts, reasons not to drink, and ways to avoid drinking in difficult situations.
- Keep tabs on your young teen's activities, and join with other parents in making common policies about teen alcohol use.
- Develop family rules about teen drinking and establish consequences.
- Set a good example regarding your own alcohol use and your response to teen drinking.
- Encourage your child to develop healthy friendships and fun alternatives to drinking.
- Know whether your child is at high risk for a drinking problem; if so, take steps to lessen that risk.
- Know the warning signs of a teen drinking problem and act promptly to get help for your child.
- Believe in your own power to help your child avoid alcohol use.

*From "Make a Difference: Talk to Your Child About Alcohol,"
a publication of the National Institute on Alcohol Abuse and Alcoholism*

Suggestions for Being Effective and Connected Parents

When your son or daughter returns from going out at night, have some contact with him or her.

When your teen comes home have a brief conversation.

- Did anything trouble your teen during the evening?
- Are there signs of alcohol or drug use — either in your teen or in his or her friends?

More DUI related crashes occur between 1:00 a.m. and 3:00 a.m., especially on the weekends, than any other hour of the day.⁵

- If it's not possible to stay awake to greet your teen, set an alarm clock for curfew time so you can greet your teen when he or she comes home.
- If you prefer not to be awakened during the night, tell your teen that you are going to set an alarm clock for a time shortly after curfew. Expect your teen to come quietly into your room and turn off the alarm. In this way, if the curfew is observed, you will not be awakened. If, on the other hand, your teen is not home when he or she should be, you will know.
- In the morning, have a brief conversation about what happened during the evening.

From "Underage Drinking and Driving: A Parent and Teen Guide," a publication of The Alcohol & Impaired Driving Work Group of the Traffic Safe Communities Network, Santa Clara County (Calif.) Public Health Department

Keep inviting your teen’s friends to spend time with you.

Even busy teens enjoy a good dinner before going out with friends for the evening. Inviting friends over for dinner will be an opportunity for teens and parents to get to know each other.

Don’t be afraid to be a parent rather than a “friend.”

Although it’s natural to progress toward a more adult relationship with your maturing teen, do not give up your role as a parent too early. Tell your teen that he or she can use you as an excuse to get out of uncomfortable situations. “My mom will ground me if I”

Involve your teen in the discipline process.

Before it’s too late, teens should know the consequences for breaking family rules — getting speeding tickets, missing curfew, drinking, etc. If you have discussed the rules and consequences together, the rules will be easier to enforce.

Take advantage of “teachable moments.”

When a TV show or movie makes drinking, smoking or sex seem cool, take this opportunity to talk to your teen.

From “Underage Drinking and Driving: A Parent and Teen Guide,” a publication of The Alcohol & Impaired Driving Work Group of the Traffic Safe Communities Network, Santa Clara County (Calif.) Public Health Department

25% of 11th grade students in Santa Clara County high schools have driven while drunk or ridden with a driver who had been drinking.¹

Establish a curfew and enforce it.

Even though teens may protest, they expect and often want parents to set limits for them. Make your expectations clear. Let your teen know that if anyone in the car has been drinking they should call you instead of rushing home to make curfew. Also, tell your teen to never risk a crash in order to be home on time. Instead, require your teen to call if there are any delays.

Effective January 1, 2006, teens aged 16-18 with California provisional licenses cannot drive between 11 p.m. and 5 a.m. for the first year without a licensed driver 25 years of age or older in the car. Therefore, 11 p.m. should be the absolute latest curfew for a young driver. Make sure your teen knows in advance the consequences of breaking curfew — both legally and at home.

Role-play with your teen.

Your teen will be better able to deal with difficult situations if he or she has prepared a response in advance. Practice “What would you do if . . . ?” and fill in the blanks. For example, ask: “What would you do if someone offered you a joint . . . or your ride home has been seen drinking . . . or your best friend asks you to a party where ‘everyone’ is going to try a drink?” These conversations should be light-hearted. The point of role-playing is not to dictate policy, but rather to let your teen rehearse his or her responses, to which you can offer constructive feedback.

From “Underage Drinking and Driving: A Parent and Teen Guide,” a publication of The Alcohol & Impaired Driving Work Group of the Traffic Safe Communities Network, Santa Clara County (Calif.) Public Health Department

Tips for Parents When Supervising Teen Parties

When the party is at your home

Before the party . . .

- Decide with your teen which areas of the house will be used and which are off-limits.
- Discuss acceptable behavior and the consequences of unacceptable behavior.
- Reinforce with your teen that you won't be serving beer, wine, hard liquor or controlled substances to guests because it's against the law.
- Make sure you're home at all times during the party.
- Welcome phone calls from parents calling to ask about the party at your house. Affirm that you will be enforcing guidelines for behavior.
- Keep a guest list of those invited to the party.
- Speak with your neighbors ahead of time about the party, possible noise and traffic.
- Discuss with your teen ways to handle problem guests. Let your teen know that he/she can call on you if he/she needs help.
- Remove prescription and non-prescription medications from bathrooms and bedrooms, lock up wine or liquor cabinets, and remove your personal supply of wine or beer from the refrigerator. Place these items in a room that you've designated as off-limits to the teens.

From "Underage Drinking and Driving: A Parent and Teen Guide," a publication of The Alcohol & Impaired Driving Work Group of the Traffic Safe Communities Network, Santa Clara County (Calif.) Public Health Department

During/after the party . . .

- Make it easy for your teen to leave the party if he or she wants “out” for any reason. Tell your teen that you are always available to drive him/her home.
- Be awake when your teen comes home. Let your teen know that you appreciate his/her following the rules. Have a brief conversation and watch for signs of intoxication.
- Sleepovers, if you allow them, present a need for special attention because you cannot observe your teen at the end of the evening. It’s a good idea to check in with the hosting parent during the evening.
- If you believe substances have been used or other rules have been violated, wait until the next day to talk things out. Follow through on consequences.

When the party is at your house, but you don’t know it

- If you are going to be away for longer than an evening, call your neighbors and give them the phone numbers where you can be reached.
- Call the parents of your teen’s close friends to let them know that you’ll be gone and what is permitted at your home during your absence.
- Have a responsible adult (relative, friend, neighbor) supervise your teen and your house while you’re away.
- If your teen throws a party anyway, pre-arrange for a neighbor to call the police to shut down the party if things get out of control. Tell your teen you have done this.

From “Underage Drinking and Driving: A Parent and Teen Guide,” a publication of The Alcohol & Impaired Driving Work Group of the Traffic Safe Communities Network, Santa Clara County (Calif.) Public Health Department

During the party . . .

- Have guests leave heavy coats and backpacks with you.
- Don't allow a guest inside if he/she is carrying any beverage you have not inspected. Teens may conceal alcohol in another container.
- Make it clear that once a guest leaves the party, he/she may not return.
- Serve snacks in small bowls so that you have an obvious reason to enter the party area frequently.
- Without being intrusive, watch for signs of alcohol use. Don't simply disappear in your room for the evening.
- Be at the door as the party draws to a close. Don't let anyone drive if you suspect they are under the influence.
- Don't hesitate to call a teen's parents or the police if problems develop or uninvited guests crash the party.

When the party is elsewhere

Before the party . . .

- Set ground rules. Let your teen know the curfew and your expectations for appropriate behavior.
- Ask to be informed if plans change.
- Discuss ways to handle unexpected situations, such as the presence of drugs or alcohol or unwanted sexual pressure.
- Make sure you and your teen have a mutual understanding about transportation arrangements — both ways.

From "Underage Drinking and Driving: A Parent and Teen Guide," a publication of The Alcohol & Impaired Driving Work Group of the Traffic Safe Communities Network, Santa Clara County (Calif.) Public Health Department

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False. Each 0.02% increase in BAC places 16 to 20 year-old drivers at an increasingly greater risk for a crash. The crash rate of young drivers is substantially higher than those of older groups, even at low and moderate BACs.

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Conversation Starters

Help for Talking with Your Teen about Underage Drinking

How do you begin a conversation with your teen about the risks of underage drinking? Start by watching the videos on The Risk is Real website (www.theriskisreal.org). Then take a few minutes to share how you both felt about the stories and the people in the videos. The suggested questions below can also help you start the conversation. And remember, parents: listen more than you talk!

- What would you do if someone offered you alcohol at a party? What do you think [name a close friend of your teen] would do?
- Do you believe that a party is more fun when alcohol is involved? Why?
- What makes for a "good time" when you and your friends get together?
- Underage drinking is illegal. What risks does any illegal activity place on our family? How do you think that would make you feel?
- Talk about all of the things your family does to try to live a healthy life. Then ask your teen: how would drinking alcohol interfere with all of our other activities?
- Ask your teen about his/her future dreams and goals. What does your teen hope to accomplish? How would underage drinking impact that?
- Discuss some of the unhealthy risks you expect your teen to avoid, including but not limited to underage drinking. Ask your teen: how can I help you stay on the right track?
- Some experts say that kids drink to relieve the stress and pressure of their lives. Ask your teen: do you feel a lot of anxiety? How do you relieve stress in your life? How can I help?

Teens need to know where their parents stand when it comes to underage drinking. Share your honest expectations and any family history of alcohol abuse. Teens often ask their parents about their own previous teenage behaviors; experts recommend that you keep self-disclosure to a minimum, **and never glorify drinking**. Simply tell your children that you remember how difficult making choices can be during the teenage years, and remind them of your expectations.

It's not always easy to talk with our kids about tough topics, but studies show that involved parents can have a positive effect on the health of their children.

A publication of the Throggs Neck (N.Y.) Community Action Partnership



Tips for Talking with Your Teen About Underage Drinking

It's not always easy to have a conversation with our kids about risky behaviors and our expectations and values. Below are top tips from health experts.

- Discuss the actual facts and risks of underage drinking. Try to avoid too many "fear" tactics -- the facts are scary enough.
- Aim for a discussion – not a lecture. Learn what your teen already knows about alcohol.
- Dispel any myths and misconceptions your teen may have about alcohol. Make sure your teen knows that alcohol has a very potent affect, especially on young people. Explain that people of all ages are very bad at judging how alcohol affects them, especially after they have had a drink or two.
- Ask your teen how he/she feels about underage drinking, and listen without interrupting. Don't react in a way that will cut off further discussion. If your teen makes statements that challenge or shock you, take a deep breath and try to continue the conversation calmly.
- Keep the lines of communication open. Be a good listener and encourage your children to ask questions. If you don't know an answer, offer to find out. Showing your willingness to listen will make your teen feel more comfortable about opening up to you.
- Discuss your expectations and rules about underage drinking, and be very clear about the consequences for breaking a rule. Remind your teen that the legal drinking age is 21, and underage drinking is illegal. They will face legal consequences for breaking the law.
- Tell your kids that drinking alcohol often makes people do things they later regret. This can affect a person's self-respect, damage relationships, and put goals at risk, such as employment and college admission.
- There is no "safe" level of alcohol use when it comes to teenagers. To keep your kids safe, adopt a "no use" policy. Make sure your kids know they are not allowed to drink at other people's homes either.
- As parents or caregivers, present a united front whenever possible, especially when it comes to your teen's safety and protection.
- Forget about being the "cool" parent. Parents who are overly permissive put their kids at higher risk of getting into trouble, including car accidents, violence, sexual behavior and substance abuse. Saying no to underage drinking does not make a parent less "cool."
- Drinking is always dangerous for teens, even if it happens in a "safe place" and the teen will not be driving.
- Monitor and address sources of alcohol for teens in your community. Talk to school, city officials and other parents to learn more about where teens are getting alcohol, including sources such as young adults and commercial establishments.



SAMPLE FAMILY ALCOHOL CONTRACT

FAMILY CONTRACT

WE AGREE on the importance of trust and honesty between us. We understand the need to abstain from unhealthy behaviors such as underage drinking. We also agree to the consequences associated with any failure to fulfill our responsibilities. Together, we can work to ensure a safe future by following the agreement made between

[Parents]

[Youth]

1. WE AGREE on the following rules:

- ✓ Young people will not drink alcohol until age 21.
- ✓ Young people will not stay at parties where alcohol is being served.
- ✓ Young people will not ride in a car with a driver who has been drinking.
- ✓ Young people will call a parent for a ride if they or the driver of the car has been drinking.
- ✓ Parents agree to pick up youth at any time and will not discuss the event until the following morning.
- ✓ Young people will not allow their guests to bring alcohol into the house. No one is to make alcohol available to anyone under age 21.
- ✓ Older brothers and sisters will not encourage younger siblings to drink and will not give them alcohol. Siblings will not take alcohol from anyone.

2. WE AGREE that all discussions will promote mutual respect. Even if we don't agree, we will use our normal voice level, and our voice tone and language will show respect. We will keep communication channels open.

3. WE AGREE that failure to abide by these rules will result in consequences that will be decided jointly by all of us.

4. WE AGREE on the importance of responsible behaviors. Therefore, we agree to jointly establish priorities for healthy behaviors and choices. Parents and youth will agree on the type of support parents will give youth participating in fun, interesting, and healthy activities.

The Parents

The Child

Date

Adapted from Family Contract in SAMHSA's *Family Guide to Keeping Youth Mentally Healthy and Drug Free*.

PARENT GUIDE TO PREVENTING UNDERAGE DRINKING

From the "Parent Guide to Preventing Underage Drinking," a publication of the Virginia Governor's Office for Substance Abuse Prevention



ABOUT PARENT PLEDGE PROGRAMS

In Safe Homes, a long-running program to prevent underage drinking, parents sign a pledge to follow simple principles that provide a safer environment for their children.

Safe Homes recognizes that parents and kids need support to resist peer pressure to drink. The pledge is a one-year commitment, renewed annually. Parents agree to:

- ✓ Provide adult supervision for all children visiting their homes.
- ✓ Provide a secure storage place for all forms of alcohol in their homes.
- ✓ Not allow parties or gatherings in their homes when they are not there.
- ✓ Not allow children to drink alcohol in their homes.
- ✓ Talk with any Safe Homes parent of a child they personally observe using alcohol or drugs.

For more information, contact Safe Homes, Informed Families Education Center at <http://informedfamilies.org>



SAMPLE PARENT PLEDGE

Signing of the pledge indicates your commitment to an alcohol-free environment for youth.

Parents communicating with one another is an important aspect of the pledge. Parents who sign the pledge are committing to communicate with other parents, relating to youth's social gatherings.

WE WILL provide responsible adult supervision for all students visiting our home.

WE WILL provide a secure storage place for all forms of alcohol and medications in our home.

WE WILL not allow parties or gatherings in our homes when we are not there.

WE WILL not allow youth under the age of 21, to drink alcohol in our home.

WE WILL talk to any parent of a student we personally observe as being under the influence of alcohol or drugs.

WE WILL foster a school culture of guidance and support as opposed to judgment and condemnation.

Parent/Guardian Signature(s)

Print name(s) _____

Home Address _____

Home Phone _____

Student's Name _____

Grade _____ School _____

Student's Name _____

Grade _____ School _____

Please feel confident that this information will only be used for the Parent Pledge database and will not be given or shared with any other programs, agencies, organizations, etc.

Adapted from the Parent to Parent Handbook available from SAMHSA's Southwest Center for the Application of Prevention Technologies. Online at: <http://captus.samhsa.gov/southwest/RegGrntees/documents/ParenttoParentPledgeHandbook-2006.doc>

From the "Parent Guide to Preventing Underage Drinking," a publication of the Virginia Governor's Office for Substance Abuse Prevention



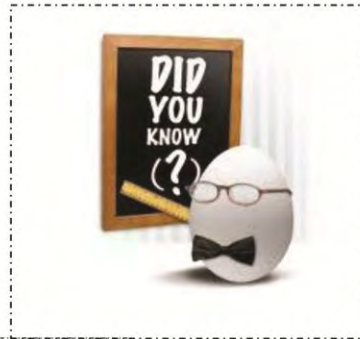
V. What's My Role in Preventing Underage Drinking?

Parents

“Prevention is a BIG thing”

4 Ways Parents can help:

- Talk with your children
- Set a firm policy: No alcohol or tobacco until age 21
- Be an involved parent
- Be a good role model



Today, nearly 10.8 million youth aged 12 to 20 are underage drinkers!

Conversation Starters.... Know the signs

- “You drink alcohol—why can’t I?”
- “Did you drink alcohol when you were a child?”
- “What if my friends ask me to drink?”

Online Resources:

Underage Drinking Prevention Portal:
<http://www.stopalcoholabuse.gov>

SAMHSA’s Too Smart To Start program
<http://www.toosmarttostart.samhsa.gov>

MADD- Power to Parent
www.madd.org/underage-drinking/the-power-of-parents/

Signs of Underage Drinking

Secretive Behavior
Mood Swings
Stealing
A lack of energy
Declining academic performance
Problems with police
Memory problems

Youth

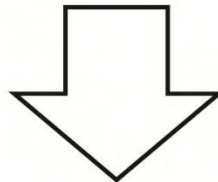
How you can help your peers?

- Setting a good example
- Thinking of other ways to hang out (i.e.. watching movies, bowling etc)
- Being involved (i.e. sports, clubs, organizations)
- Being more open to talk



Signs of Using:

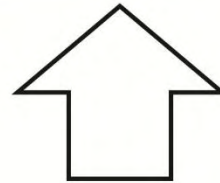
- ✓ **Misses classes constantly**
- ✓ **Pressures others to use**
- ✓ **Borrows or steal money**
- ✓ **Has broken plans with you and always shows up late**



There's nothing cool about stumbling around, passing out, or puking on yourself. Drinking alcohol also can cause bad breath and weight gain.



Drinking alcohol will make me cool.



How to say No!

- If you are offered alcohol, the first line of defense is to say no, but use humor with it.
- The second line of defense is to make up some kind of sad story about a family member or close died from an alcohol related incident
- If you are invited to a party and you know there will be alcohol, it is best to avoid the situation all together and don't go. Instead invite some friends to go bowling or to the movies with you

Online Resource:
Above The Influence
www.abovetheinfluence.com



Concerned Citizens

How can you help?

- Raising Awareness
- Mobilizing and creating community coalitions
- Attend local city council meetings
- Lobbying

Why does this matter....?

As they grow older, the chance that young people will use alcohol grows. Approximately 10 percent of 12-year-olds say they have used alcohol at least once. By age 13 that number doubles. And by age 15, approximately 50 percent have had at least one drink.



- **Be aware of factors that may increase the risk of teen alcohol use.**
- **Be a positive adult role model.**
- **Work with schools, communities, and government to protect teens from underage alcohol.**
- **Support your children and teens and give them space to grow.**

Policymakers

Policymakers What You Can Do:

Whether you are a policymaker at the local, State, or national level, you can help enact and support policies that prevent underage drinking.

Strategies include:

- Train and license Sellers and Servers.
- Implement compliance checks.
- Control the number of alcohol outlets.
- Raise the price of alcoholic beverages.
- Restrict home delivery.

Policy/Community Strategies:

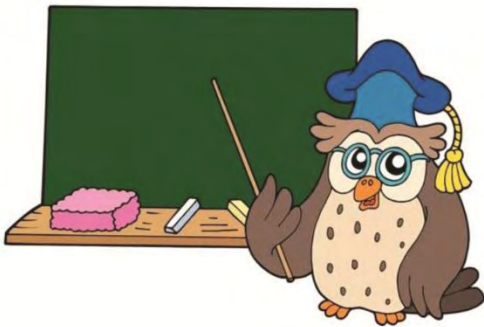
- Excise taxes
 - Minimum legal drinking age of 21
- Citizen action to reduce commercial and social availability of alcohol



Each year, the federal government spends between \$900 million and \$1 billion on alcohol prevention services for people of all ages: 4 this total is less than 2 percent of the annual costs of alcohol use by youth alone.

Educators

Educators can help change attitudes about teen drinking, create an environment that can protect youth from underage drinking, and decrease the risk of adolescent alcohol use and the associated negative consequences.



Why Prevent Underage Drinking?

- Drinking alcohol is particularly dangerous for young people because their bodies are still developing
- Alcohol impairs physical and mental coordination.
- Alcohol is linked to violence and crime.
- The earlier young people start drinking, the greater the chances of developing alcohol dependence.

Resource:

Too Smart Too Start

<http://www.toosmarttostart.samhsa.gov/educators/resources/default.aspx>

Business Owners



How can you help?

- **Require good management policies and training to ensure that servers and clerks routinely and effectively check age identification.**
- **Require minimum age of 21 for all servers and clerks.**
- **Prohibit employee alcohol consumption while on duty.**
- **Prohibit all public nuisance activities in and around alcohol outlets, including loitering, littering, harassment of passersby, graffiti, loud noise, violations of state ABC code provisions, and criminal conduct.**

Business Practices:

- ✓ **Hire, train and supervise responsible staff to keep business in compliance with alcohol sales laws**
- ✓ **Develop comprehensive written policies; include requirement to ID everyone or at a minimum ID anyone under age 40**
- ✓ **Supervise and monitor employee compliance with company policies and state and local laws**

Where can you get information on Alcohol laws and regulation?

Contact your local government business license office or online at Contact your local government's business license office. Check out government websites. Or check online at www.municode.com – not all localities post their ordinances and regulations here, but many do.

Healthcare Providers

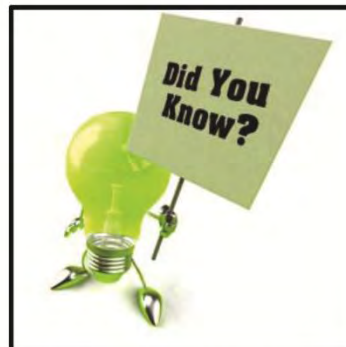


How can you help?

- Provide valid, scientific information and education about the consequences of alcohol consumption on public and individual health, the family, and society.
- Promote and advocate for science-based policies, environmental solutions, and preventive strategies to reduce the negative consequences
- Advocate for the rights of all children, adolescents, young adults and all people who do not, or for health or other reasons cannot, consume alcohol to be safeguarded from pressure to drink and supported in their non-drinking behavior.

What to look for...?

- ✓ Prescription and painkiller overdose
- ✓ High blood pressure
- ✓ Hepatitis C
- ✓ Breathing/heart rate
- ✓ Gag reflex



Up to 40% of all hospital beds in the United States, except for those being used by maternity and intensive care patients, are being used to treat health conditions that are related to alcohol consumption by youth and adults. [Drug Abuse Warning Networks, SAMHSA Substance Abuse Mental Health Services Administration]

Religious Leaders

The faith community can provide trusted guidance to help cut through the chaos, confusion and mixed messages about alcohol in our society.



How can Faith-Based Communities Help Reduce Underage Drinking?

- **Help get the word out about underage drinking laws.**
- **Help get the word out about social host laws and legal consequences for adults.**
 - **Support parents and caregivers in their roles as mentors and monitors.**
 - **Create friendly alcohol-free places and programs where youth can gather, volunteer and succeed without alcohol.**
- **Make it easier for young people who are involved in high risk drinking or at risk for alcohol dependence to get help.**

Resources:
Cobb Alcohol Task Force
<http://cobbat.org/the-answer/faith/>

VI. Key Sources of Information and Resources

Key Sources of Information and Resources

Draft: 8/23/13

Are you feeling weighed down by pressures and don't know what to do? It might help if you talked to someone. There are a lot of great resources. Here are just a few to get you started.

Get help immediately by calling 1-800-448-3000 (24 hours a day / 7 days a week)

- **Do you or a friend need help dealing with a drug or alcohol problem?**
Drug Facts: <http://www.abovetheinfluence.com/facts/drugfacts>
- **Get quick facts about drug risks.**
NIDA (National Institute on Drug Abuse) :<http://teens.drugabuse.gov/>
- **Are you concerned about your parents alcohol or drug abuse?**
When Your Parents Use Drugs: <http://www.abovetheinfluence.com/help/whenparentsuse>
- **Learn more about your parent's drug use and answers to questions you might have.**
National Association for Children of Alcoholics:
<http://www.abovetheinfluence.com/help/whenparentsuse>
- **For more information and help.**
Alateen: <http://www.al-anon.alateen.org/>

SAMHSA : <http://www.samhsa.gov/>
Your parent can call SAMHSA for help. Call 1-800-662-HELP(4357), 24 hours a day/7 days a week.
- **Need free drug information or treatment in your area?**
SAMHSA (Substance Abuse and Mental Health Services Administration):
<http://www.samhsa.gov/>
For free resources or referrals to treatment, visit SAMSHA website to download information or to speak to someone now, call the help line at 1-800-662-HELP, 24 hours a day/7 days a week.

Other National Crisis Lines:

- **Having trouble coping with pressure and want to talk to a counselor right now?**

1. **Boys Town National Hotline** : <http://www.boystown.org/hotline>

Boys Town National Hotline is a 24-hour crisis, resource and referral line staffed by highly-trained counselors who can respond to your questions about family and school problems, pregnancy, suicide, chemical dependency, sexual and physical abuse. They also have a chat room staffed with trained counselors.

Source: <http://www.abovetheinfluence.com/help/resources>

Key Sources of Information and Resources

Draft: 8/23/13

Call 1-800-448-3000, 24 hours a day/7 days a week.

2. Covenant House "NineLine" Hotline : <http://www.covenanthouse.org/homeless-youth-programs/nineline>

This is a general hotline for teens with any kind of problems with substance abuse to family and school problems to relationships, The Covenant House's expertise is in dealing with homeless and runaway youth.

Call 1-800-999-9999, 24 hours a day/7 days a week.

- **Are you looking for advice on other topics?**

1. National Suicide Prevention Lifeline:
<http://www.suicidepreventionlifeline.org/GetHelp>

The National Suicide Prevention Lifeline is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. Its mission is to provide immediate assistance to anyone seeking mental health services. Call for yourself, or someone you care about. The call is free and confidential.

Call 1-800-273-TALK (8255), 24 hours a day/7 days a week.

2. National Eating Disorders Association : <https://www.nationaleatingdisorders.org/find-help-support>

The National Eating Disorders Association provides a toll-free helpline to connect people with resources, information, or referrals to national and local treatment providers.

Call 1-800-931-2237, Available Monday through Friday, 11:30 a.m. to 7:30 p.m. Eastern Standard Time

3. S.A.F.E. Alternatives : <http://www.selfinjury.com/resources/faqs/>

Self-injury is known by many names, including self-abuse, cutting, self-mutilation, or deliberate self-harm. S.A.F.E. Alternatives is a nationally recognized group that provides counseling, treatment referrals, and resources if you need help. This toll-free 800 number is an information line, but hotline information is available on the S.A.F.E. website.

Call 1-800-DONTCUT (366-8288), Available Monday through Friday, 9:00 a.m. to 5:00 p.m. Eastern Standard Time

Source: <http://www.abovetheinfluence.com/help/resources>

Key Sources of Information and Resources

Draft: 8/23/13

4. GirlsHealth.gov: <http://girlshealth.gov/>

The goal of this site, provided by the Office of Women's Health, is to provide advice to girls to help them remain healthy physically and mentally. The site provides useful information on health issues, relationships, nutrition, and dealing with stress.

5. Cool Spot: <http://girlshealth.gov/>

This Web site is focused on helping younger teens get the facts on underage drinking and avoiding alcohol. The site is provided by the National Institute on Alcohol Abuse and Alcoholism (NIAAA).

VII. South Carolina Resources

SOUTH CAROLINA ALCOHOL AND DRUG ABUSE AUTHORITIES

Mount/October 30, 2013

ABBEVILLE

Mr. David D. Matthews, Executive Director
Cornerstone
112 Whitehall Street
P.O. Box 921
Abbeville, SC 29620
Phone: (864) 366-9661
FAX: (864) 459-5314
E-Mail: dmatthews@cornerstonecares.org

AIKEN

Mr. H. Herbert Mattocks, Executive Director
Aiken Center
1105 Gregg Highway
Aiken, SC 29801
Phone: (803) 649-1900
FAX: (803) 643-2926
E-Mail: info@aikencenter.org

ALLENDALE

Mr. Ronald Rickenbaker, Interim Director
(see "Colleton" for contact information)
New Life Center
570 Memorial Avenue
P.O. Box 806
Allendale, SC 29810
Phone: (803) 584-4238
FAX: (803) 584-0370
E-Mail: newlifehampton@gmail.com

ANDERSON

Ms. Karen B. Beck, Director
Anderson/Oconee Behavioral
Health Services
226 McGee Road
Anderson, SC 29625
Phone: (864) 260-4168
FAX: (864) 261-7543
E-Mail: aobhsbeck@bellsouth.net

BAMBERG

Mr. Mike Dennis, Executive Director
Tri-County Commission
on Alcohol and Drug Abuse
608 North Main Street
P.O. Box 907
Bamberg, SC 29003
Phone: (803) 245-4360
FAX: (803) 245-4360 (call before faxing)
E-Mail: sbolton@tccada.state.sc.us

BARNWELL

Ms. Cheryl Azouri Long, Executive Director
Axis I Center of Barnwell
1644 Jackson Street
Barnwell, SC 29812
Phone: (803) 541-1245
FAX: (803) 541-1247
E-Mail: info@axis1.org

BEAUFORT

Mr. Douglas H. "Bud" Boyne Jr., Director
Beaufort County Alcohol and
Drug Abuse Department
1905 Duke Street (29902)
P.O. Box 311
Beaufort, SC 29901
Phone: (843) 255-6000
FAX: (843) 255-9406
E-Mail: bray@bcgov.net

BERKELEY

Mr. Jerome E. Tilghman Jr., Executive Director
Ernest E. Kennedy Center
306 Airport Drive
Moncks Corner, SC 29461
Phone: (843) 761-8272
FAX: (843) 719-3025
E-Mail: ekcenter@infoave.net

CALHOUN

Mr. Mike Dennis, Executive Director
Tri-County Commission
on Alcohol and Drug Abuse
Herlong Extension Industrial Park
P.O. Box 322
St. Matthews, SC 29135
Phone: (803) 655-7963
FAX: (803) 655-7963 (call before faxing)
E-Mail: sbolton@tccada.state.sc.us

CHARLESTON

Dr. Chanda Brown, Director
Charleston Center
5 Charleston Center Drive (29401)
P.O. Box 31398
Charleston, SC 29417
Phone: (843) 958-3300
FAX: (843) 958-3498
E-Mail: cfbrown@charlestoncounty.org

CHEROKEE

Ms. Beth Powell, Executive Director
Cherokee County Commission on
Alcohol and Drug Abuse
201 West Montgomery Street
Gaffney, SC 29341
Phone: (864) 487-2721
FAX: (864) 487-2764
E-Mail: cccadabp@bellsouth.net

CHESTER

Ms. Maria Bates, Executive Director
Hazel Pittman Center
130 Hudson Street
Chester, SC 29706
Phone: (803) 377-8111
FAX: (803) 581-5380
E-Mail: maria@hazelpittman.org

SOUTH CAROLINA ALCOHOL AND DRUG ABUSE AUTHORITIES

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CHESTERFIELD

Mr. Paul W. Napper, Executive Director
Alpha Center
1218 East Boulevard
P.O. Box 838
Chesterfield, SC 29709
Phone: (843) 623-7062
FAX: (843) 623-7112
E-Mail: pnapper@alphacentersc.com

CLARENDON

Ms. A. Ann Kirven, Executive Director
Clarendon Behavioral Health Services
14 North Church Street
P.O. Box 430
Manning, SC 29102
Phone: (803) 435-2121
FAX: (803) 435-8856
E-Mail: akirven@clarendonbhs.com

COLLETON

Mr. Ronald Rickenbaker, Director
Colleton County Commission on
Alcohol and Drug Abuse
1439 Thunderbolt Drive
P.O. Box 1037
Walterboro, SC 29488
Phone: (843) 538-4343
FAX: (843) 538-7613
E-Mail: rickenbaker@lowcountrybhhsa.org

DARLINGTON

Mr. Winston H. McElveen, Director
Rubicon Inc.
510 East Carolina Avenue (29550)
P.O. Box 2076
Hartsville, SC 29551
Phone: (843) 332-4156
FAX: (843) 332-4159
E-Mail: wmcelveen@rubiconsc.org

DILLON

Mr. Donny Brock, Director
Trinity Behavioral Care
204 Martin Luther King Jr. Blvd.
Dillon, SC 29536
Phone: (843) 774-6591
FAX: (843) 774-1409
E-Mail: dillon@trinitybehavioralcare.org

DORCHESTER

Mr. Samuel J. Miller, Director
Dorchester Alcohol and Drug Commission
500 North Main Street, Suite 4
Summerville, SC 29483
Phone: (843) 871-4790
FAX: (843) 871-8579
E-Mail: tfsmith@dadc.org

EDGEFIELD

Mr. David D. Matthews, Executive Director
Cornerstone
603 Augusta Road
P.O. Box 41
Edgefield, SC 29824
Phone: (803) 637-9336
FAX: (803) 637-9339
E-Mail: dmatthews@cornerstonecares.org

FAIRFIELD

Mr. Vernon Kennedy, Executive Director
Fairfield Behavioral Health Services
200 Calhoun Street
P.O. Box 388
Winnsboro, SC 29180
Phone: (803) 635-2335
FAX: (803) 635-9695
E-Mail: vkennedy@fairfieldbhs.org

FLORENCE

Mr. Randy Cole, Chief Executive Officer
Circle Park Behavioral Health Services
601 Gregg Avenue (29501)
P.O. Box 6196
Florence, SC 29502
Phone: (843) 665-9349
FAX: (843) 667-1615
E-Mail: rcole@circlepark.com

GEORGETOWN

Mr. William J. Walker, Director
Georgetown County Alcohol and
Drug Abuse Commission
1423 Winyah Street (29440)
P.O. Box 515
Georgetown, SC 29442
Phone: (843) 527-3125
FAX: (843) 527-1697
E-Mail: wwalker@gcadac.org

GREENVILLE

Mr. Adam Brickner, Executive Director
The Phoenix Center
1400 Cleveland Street (29607)
P.O. Box 1948
Greenville, SC 29602
Phone: (864) 467-3790
FAX: (864) 467-2631
E-Mail: abrickner@phoenixcenter.org

GREENWOOD

Mr. David D. Matthews, Executive Director
Cornerstone
1612 Rivers Street
P.O. Box 50209
Greenwood, SC 29649
Phone: (864) 227-1001
FAX: (864) 227-3619
E-Mail: dmatthews@cornerstonecares.org

SOUTH CAROLINA ALCOHOL AND DRUG ABUSE AUTHORITIES

Mount/October 30, 2013

HAMPTON

Mr. Ronald Rickenbaker, Interim Director
(see "Colleton" for contact information)
New Life Center
102 Ginn Altman Avenue, Suite C
Hampton, SC 29924
Phone: (803) 943-2800
FAX: (803) 943-2267
E-Mail: newlifehampton@gmail.com

HORRY

Mr. John Coffin, Executive Director
Shoreline Behavioral Health Services
2404 Wise Road (29526)
P.O. Box 136
Conway, SC 29528
Phone: (843) 365-8884
Admin. FAX: (843) 365-6697
Clinical FAX: (843) 365-6685
E-Mail: john.coffin@shorelinebhs.org

JASPER

Mr. Ronald Rickenbaker, Interim Director
(see "Colleton" for contact information)
New Life Center
113 East Wilson Street
P.O. Box 1362
Ridgeland, SC 29936
Phone: (843) 726-5996
FAX: (843) 726-4313
E-Mail: newlifehampton@gmail.com

KERSHAW

Mr. Paul W. Napper, Executive Director
Alpha Center
709 Mill Street
Camden, SC 29020
Phone: (803) 432-6902
FAX: (803) 432-6890
E-Mail: pnapper@alphacentersc.com

LANCASTER

Mr. Walter J. Quinn, Director
Counseling Services of Lancaster
114 South Main Street (29720)
P.O. Box 1627
Lancaster, SC 29721
Phone: (803) 285-6911
FAX: (803) 286-6697
E-Mail: csl@comporium.net

LAURENS

Mr. Leland J. Nelson, Executive Director
GateWay Counseling Center
219 Human Services Road
Clinton, SC 29325
Phone: (864) 833-6500
FAX: (864) 833-6905
E-Mail: lnelson@gatewaycounseling.org

LEE

Mr. Paul W. Napper, Executive Director
The Lee Center Family Counseling
and Addiction Services
108 East Church Street
Bishopville, SC 29010
Phone: (803) 484-6025
FAX: (803) 484-6121
E-Mail: pnapper@alphacentersc.com

LEXINGTON

Ms. Deborah "Debbie" Francis, President &
Chief Operating Officer
LRADAC
1068 South Lake Drive
Lexington, SC 29073
Phone: (803) 726-9400
FAX: (803) 726-9403
E-Mail: clewis@lradac.org

MARION

Mr. Donny Brock, Director
Trinity Behavioral Care
103 Court Street
P.O. Box 1011
Marion, SC 29571
Phone: (843) 423-8292
FAX: (843) 423-8294
E-Mail: marion@trinitybehavioralcare.org

MARLBORO

Mr. Donny Brock, Director
Trinity Behavioral Care
211 North Marlboro Street, Second Floor
P.O. Box 1053
Bennettsville, SC 29512
(Mail to Director should be sent to Marion address.)
Phone: (843) 479-5683
FAX: (843) 479-5685
E-Mail: mdcada@trinitybehavioralcare.org

MCCORMICK

Mr. David D. Matthews, Executive Director
Cornerstone
504 North Mine Street
P.O. Box 337
McCormick, SC 29835
Phone: (864) 852-3306
FAX: (864) 852-3148
E-Mail: dmatthews@cornerstonecares.org

NEWBERRY

Mr. Hugh B. Gray, Executive Director
Westview Behavioral Health Services
800 Main Street
P.O. Box 738
Newberry, SC 29108
Phone: (803) 276-5690
FAX: (803) 321-2234
E-Mail: hgray@westviewbehavioral.org

SOUTH CAROLINA ALCOHOL AND DRUG ABUSE AUTHORITIES

Mount/October 30, 2013

OCONEE

Ms. Karen B. Beck, Director
Anderson/Oconee Behavioral
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691 South Oak Street
Seneca, SC 29678
Phone: (864) 882-7563
FAX: (864) 882-7388
E-Mail: aobhsbeck@bellsouth.net

ORANGEBURG

Mr. Mike Dennis, Executive Director
Tri-County Commission
on Alcohol and Drug Abuse
910 Cook Road (29118)
P.O. Box 1166
Orangeburg, SC 29116
Phone: (803) 536-4900
FAX: (803) 531-8419
E-Mail: sbolton@tccada.state.sc.us

PICKENS

Mr. Bob Hiott, Executive Director
Behavioral Health Services
of Pickens County
309 East Main Street
Pickens, SC 29671
Phone: (864) 898-5800
FAX: (864) 898-5804
E-Mail: rehiott@bhspickens.com

RICHLAND

Ms. Deborah "Debbie" Francis, President &
Chief Operating Officer
LRADAC
2711 Colonial Drive (29203)
P.O. Box 50597
Columbia, SC 29250
Phone: (803) 726-9300
FAX: (803)
E-Mail: clewis@lradac.org

SALUDA

Mr. G. Daniel Neel, Executive Director
Saluda Behavioral Health System
204 Ramage Street
Saluda, SC 29138
Phone: (864) 445-2968
(864) 445-3827
FAX: (864) 445-9592
E-Mail: sbhs01@earthlink.net

SPARTANBURG

Mr. David L. Forrester, Executive Director
Spartanburg Alcohol and Drug
Abuse Commission
187 West Broad Street, Suite 200 (29306)
P.O. Box 1252
Spartanburg, SC 29304
Phone: (864) 582-7588
FAX: (864) 582-8119
E-Mail: forrester.david@gmail.com

SUMTER

Mr. Glenn Peagler, Executive Director
Sumter Behavioral Health Services
115 North Harvin Street, 3rd Floor (29150)
P.O. Box 39
Sumter, SC 29151
Phone: (803) 775-6815
(803) 775-2727
FAX: (803) 773-6232
E-Mail: gpeagler@sumterbhs.org

UNION

Ms. Nikki Pyles, Executive Director
Union County Commission on
Alcohol and Drug Abuse
201 South Herndon Street
P.O. Box 844
Union, SC 29379
Phone: (864) 429-1656
FAX: (864) 429-1667
E-Mail: uccada@uccada.org

WILLIAMSBURG

Ms. Jackie Scott Graham, Director
Williamsburg County Department on
Alcohol and Drug Abuse
115 Short Street
P.O. Box 506
Kingstree, SC 29556
Phone: (843) 355-9113
(843) 355-7123
FAX: (843) 355-9389
E-Mail: jgraham@wcdada.org

YORK

Ms. Janet Martini, Executive Director
Keystone Substance Abuse Services
199 South Herlong Avenue
P.O. Box 4437
Rock Hill, SC 29732
Phone: (803) 324-1800
FAX: (803) 328-3831
E-Mail: pkeenan@keystoneaod.org

South Carolina Additional Resources

Abbeville

South Carolina Department of Health and
Environmental Control Health Department
905 W Greenwood ST
Abbeville, SC 29620
Phone: (864) 366-2131
FAX: (864) 366-4105

*Description: Provides child health services, family,
planning (ie. pregnancy test), transmitted disease services,
nutrition services, vital records, WIC Program and much
more.*

Aiken

Aiken Families in Transition
829 Richland AVE W
Aiken, SC 29801
Phone: (803).502.0458
Email: aikenfamiliesintransition@yahoo.com

*Description: provides anger management classes,
domestic violence classes, parenting education/parenting
skills classes and supervision exchanges/visitation of
children between divorced or separation.*

Allendale

Allendale County Health Department
571 Memorial Ave N
Allendale, 29810
Phone: (803) 584-3818

*Description: Provides child health services, family,
planning (ie. pregnancy test), transmitted disease services,
nutrition services, vital records, WIC Program and much
more.*

Anderson

Boulevard Baptist Church
700 BLVD
Anderson, SC 29621
Phone: (864) 225-8693

*Description: provides Alzheimer's support group,
DivorceCare support group, Meals on Wheels, and
English as a Second Language classes (ESL).*

Bamberg

Bamberg County Emergency Services
2893 Main HWY
Bamberg, SC 29003
Phone: (803) 245-4313
FAX: (803) 245-3109

*Description: Provides field operations, mitigation,
operations support, preparedness, recovery and response.*

Barnwell

Kay Nixon, Director
Cumbee Center to Assist Abused Persons, Inc.
130 Main ST
Barnwell, SC 29812
Phone: (803) 259-4451
FAX: (803) 259-3873

Email: caap_bsa@bellsouth.net
*Description: Provides free, confidential, 24-hour
emergency services to domestic violence and sexual
assault survivors, crisis and long term counseling
educational presentations on domestic violence and sexual
assault, legal advocacy and support groups.*

Beaufort

Child Advocacy Center
218 E Calhoun ST
Anderson, SC 29621
Phone: (864) 261-6111

Email: info@foothillsalliance.org
*Description: Organization serves children who have
survived sexual abuse or sexual assault.
It provides adolescent support groups, community
prevention, community referral system, counseling/
therapy, education programs, non-offending parent
support groups and parenting classes.*

Berkeley

Pat Merriam, Facilitator
Depression Bipolar Support Group
Immaculate Conception Church
510 St. James Blvd.
Goose Creek, SC 29445
Phone: (843) 569-7563

Email: dbsaberkeley@comcast.net
*Description: provides educational and support groups for
family members and peer support groups.*

Calhoun

Calhoun County Health Department
2837 Old Belleville Rd.
St. Matthews, SC 29135
Phone: (803)874-2037
Fax: (803) 874-4693

*Description: Provides child health services, family,
planning (ie. pregnancy test), transmitted disease services,
nutrition services, vital records, WIC Program and much
more.*

South Carolina Additional Resources

Calrendon

Tom Mahoney, Office Manager
Clarendon County Council On Aging
206 S Church ST
Manning, SC 29102
Phone: (803) 435-2913
FAX: (803) 435-8593
Email: clarendoncoa@yahoo.com
Description: Provides aging & disability information center, information and referral long term care ombudsman, medication assistance and regional transportation management.

Charleston

FamilyCorps
1285 Avenue G.
North Charleston, SC 29405
Phone: (843) 747-0480
Description: Parents Anonymous Children and Youth Program and The Strengthening Families Program (SFP).

Cherokee

Cherokee Pregnancy Center
1421 N Limestone ST
Gaffney, SC 29340
Phone: (864) 489-9939
FAX: (864) 489-9970
Email: info@optionsmedical.org
Description: Provides free pregnancy testing and support to those experiencing unplanned pregnancies. Also offers counseling, mentoring programs, parenting and nutrition classes, and other limited related education services.

Chester

Jennifer Bowler, Executive Director
Fort Lawn Community Center
5554 Main ST
Fort Lawn, SC 29714
Phone: (803) 872-4491
FAX: (803) 872-4494
Email: jbowler@fortlawncenter.org
Description: Provides senior center, adult literacy program and adult basic education.

Chesterfield

TRI-County Community Mental Health Center
Post Office Box 471
207 Commerce Avenue
Chesterfield, South Carolina 29709
Phone: (843) 623-2229
Description: provides coordinated outpatient services to adults and children with severe and persistent mental illness.

Darlington

The Department Health and Environmental Control Center
130 E Camden Ave
Hartsville, SC 29550
Phone: (843) 332-7303
Email: info@dhec.sc.gov
Description: Provides child health services, family, planning (ie. pregnancy test), transmitted disease services, nutrition services, vital records, WIC Program and much more.

Dillon

Deborah Locklair, Administrator
McLeod Medical Center Dillon
301 E Jackson ST
Dillon, SC 29536
Phone: (843) 774-4111
Description: Provides intensive care, cardiac rehabilitation, same day surgery, general surgery, obstetrics/gynecology and orthopedic surgery.

Dorchester

Bereavement Support Groups Amedisys Home Health
75 Old Trolley Rd
Summerville, SC 29485
Phone: (843) 554-7161
Description: Provides bereavement support group in Summerville location at Daystar Ministries: Second Monday of each month, 4:30pm-5:30pm

Edgefield

South Carolina Department of Health and Environmental Control
21 Star RD
Edgefield, SC 29824
Phone: (803) 637-4035
FAX: (803) 637-4039
Description: Provides child health services, family, planning (ie. pregnancy test), transmitted disease services, nutrition services, vital records, WIC Program and much more.

Fairfield

Fairfield County Department of Social Services
1136 Kincaid Bridge Rd
Winnsboro, SC 29180
Phone: (803) 635-5502
FAX: (803) 635-2322
Description: Advocates for Better Care (ABC), adoption services and pre-adoptive home studies, Adult Protective Services, and much more.

South Carolina Additional Resources

Florence

Pee Dee Coalition Against Domestic and Sexual Assault Alternatives to Violence

234 S Dargan ST

Florence, SC 29501

Phone: (843) 673-2008

FAX: (843) 678-9803

Email: cbrockington@atvpdc.org

Description: Provides 24-hour crisis intervention, Medical examinations, diagnosis, and treatment, Forensic interview, Individual and group counseling, Legal assistance, support groups, Community education and training

Georgetown

Ka'renia Hanna, Administrator Supervisor
South Carolina Department of Health and Environmental Control Health Department
531 Lafayette CIR

Georgetown, SC 29440

Phone: (843) 546-5593

FAX: (843) 546-0456

Email: hannaka@dhec.sc.gov

Description: Provides child health services, family, planning (ie. pregnancy test), transmitted disease services, nutrition services, vital records, WIC Program and much more.

Greenville

Family Connection of South Carolina

29 N Academy ST

Greenville, SC 29601

Phone: (864) 331-1340

Toll Free: (800) 578-8750

FAX: (803) 799-8017

Email: info@familyconnectionsc.org

Description: provides support groups for parents who children have autism, down syndrome, Obsessive-Compulsive Disorder (OCD) and ADD/HDAD.

Greenwood

Crossroads Pregnancy Center

801 Reynolds AVE

Greenwood, SC 29649

Phone: (864) 223-3110

Email: director@cppsc.org

Description: Provides abortion education, abstinence education, baby clothes (baby clothing), free 24 hour crisis intervention, material assistance; maternity clothes (maternity clothing) and parenting classes.

Hampton

Hampton County Department of Health and Environmental Control

531 W Carolina Ave

Varnville, SC 29944

Phone: (803) 943-3878

FAX: (803) 943-1067

Description: Provides Adult Sickle Cell Program, BabyNet, Birth and Death Certificates available, Breast Feeding Support available through WIC, clinics for chest X-rays, family planning services: counseling, pregnancy tests and birth control information, food restaurant inspection and much more.

Horry

Joyce Riley-Hart, Director

Rape Crisis Center

Myrtle Beach, SC 29577

Phone: (843) 448-3180

FAX: (843) 626-2710

Email: joyce@victimtosurvivor.org

Description: Provides 24 hour crisis line, hospital accompaniment for forensic examination, legal advocacy, prevention through education, support groups, victim counseling and assistance.

Jasper

South Carolina Department of Probation, Parole and Pardon Services

214 Second AVE

Ridgeland, SC 29936

Phone: (843) 726-7728

Description: Provides Governor's Emergency Powers Act, case investigations including individuals eligible for parole and pardons who have any affiliation with this county, court order enforcement fine, fee, and restitution collection and victim's assistance.

Kershaw

Roslyn Moses, Executive Director

The Family Resource Center

1111 Broad ST Suite 3A

Camden, SC 29020

Phone: (803) 425-4357

24 Hour Hotline: (800) 585-4455

Email: rmosesfrc@bellsouth.net

Description: Provides sexual assault resource center, 24/7 hotline, education about bodily safety to schools and teen pregnancy prevention service.

South Carolina Additional Resources

Lancaster

Catawba Community Mental Health Center
1906 Hwy. 521 Bypass
Lancaster, SC 29720
Phone: (803) 327-2012
FAX: (803) 327-4198

Description: Provides community mental health agencies and mental health drop in center.

Laurens

Laurens County Department of Health and Environmental Control
93 Human Service Rd.
Clinton, SC 29325
Phone: (864)833-0000

Description: Provides BabyNet for children ages 0-3 with delays or disabilities, child health services child rehabilitation, environmental health services (including septic tank permits) Family Planning (ie. pregnancy tests) and much more.

Lee

Paul Napper, Executive Director
Lee Center Family Counseling and Addiction
108 E Church ST
Bishopville, SC 29010
Phone: (803) 484-6025
FAX: (803) 484-6121

Email: pnapper@alphacentersc.com

Description: Provides alcohol counseling, alcohol treatment, drug counseling, drug treatment and substance abuse hotline.

Lexington

Mona Henderson, Interim Executive Director
Samaritan's Well
129 Gibson ST
Lexington, SC 29072
Phone: (803) 785-4357

Email: samaritanswellscm@yahoo.com

Description: Provides homeless shelter for women and women with children.

Marion

PeeDee Community Action Agency
201 Witcover St
Marion, SC 29571
Phone: (843) 423-6711

Description: Provides Head Start, Day Care homes, The Weed and Seed Program to remove criminal cavity from the community and transitional shelter.

Marlboro

Marlboro County Mental Health Center
1035 Cheraw HWY
Bennettsville, SC 29536
Phone: (843) 454-0442
FAX: (843) 454-0212

Descriptions: Provides adolescent/youth counseling, crisis intervention, group counseling, individual counseling, mental health evaluation and psychiatric disorder counseling.

McCormick

McCormick Department of Health and Environmental Control Center
204 Hwy 28,
McCormick, SC 29835
Phone: 864-465-2511

Description: Provides BabyNet for children ages 0-3 with delays or disabilities, child health services child rehabilitation, environmental health services (including septic tank permits) Family Planning (ie. pregnancy tests) and much more.

Newberry

South Carolina Department of Health and Environmental Control Health Department
2111 Wilson RD
Newberry, SC 29108
Phone: (803) 321-2170

FAX: (803) 321-2300

Description: Provides BabyNet for children ages 0-3 with delays or disabilities, child health services child rehabilitation, environmental health services (including septic tank permits) Family Planning (ie. pregnancy tests) and much more.

Oconee

Foothills Pregnancy Care Center
1449 Blue Ridge BLVD
Seneca, SC 29672
Phone :(864) 882-8796

Crisis Line: (800) 395-4357

Email: reviewteam@foothillscarecenter.org

Descriptions: Provides 24-hour crisis pregnancy hotline, abortion information and alternatives, abstinence education and pregnancy prevention., confidential peer counseling, father mentor program, fetal development education and limited obstetrical sonograms.

South Carolina Additional Resources

Orangeburg

South Carolina Department of Mental Health
2319 St. Matthews RD
Orangeburg, SC 29118
Phone: (803) 536-1571
FAX: (803) 536-1463

Description: Provides individual, group, conjoint and family counseling, therapy groups, medication and other mental health services for community residents.

Pickens

Birthright of Clemson
105 Wall ST
STE 4
Clemson, SC 29631

Phone: (864) 654-3377
FAX: (864) 654-3378

Email: info@birthright.org

Description: Provides free pregnancy testing, maternity clothes and baby clothes, stages of pregnancy education, pre-natal counseling and referrals for adoption, parenting and education.

Richland

South Carolina Coalition Against Domestic
Violence and Sexual Assault
2711 Middleburg DR
Suite 212
Columbia, SC 29204
Phone: (803) 256-2900
Toll Free: (803) 260-9293
FAX: (803) 661-7327

Description: Provides advocacy and specialized information and referral.

Saluda

Saluda Department of Health and
Environmental Control
613 Newberry Hwy
Saluda, SC 29138
Phone: (864) 445-2141

Description: Provides BabyNet for children ages 0-3 with delays or disabilities, child health services child rehabilitation, environmental health services (including septic tank permits) Family Planning (ie. pregnancy tests) and much more.

Spartanburg

Alexia Newman, Director
Carolina Pregnancy Center
103 Metro DR
Spartanburg, SC 29303
Phone: (864) 582-4673
FAX: (864) 585-2946

Email: alexia@carolinapregnancy.org

Descriptions: Provides basic information, bible study support group for post abortion, maternity and baby clothes, spiritual, emotional, and family counseling.

Sumter

Mindy Popovich, President
United Way of Sumter
215 N Washington ST
Sumter, SC 29150
Phone: (803) 773-7935

FAX: (803) 773-5555

Email: mpopovich@uwaysumter.org

Description: Provides childcare resource and referral Success by Six fundraising and resource development support and teen pregnancy.

Union

Lisa Hartley, Director
Union County Pregnancy Center
115 E. Main ST
Union, SC 29379
Phone: (864) 427-0447

Email: lhartley_1@yahoo.com

Descriptions: Provides free pregnancy testing, individual counseling and family counseling, maternity clothing and baby clothes, referrals for professional services, spiritual counseling and support groups for post-abortion stress.

Williamsburg

Williamsburg Disabilities and Special
Needs Board
61 Greenlee ST
Kingstree, SC 29556
Phone: (843) 355-5481
FAX: (843) 355-5483

Descriptions: Offers Aging and Disability Resource Centers, Early Intervention for Children with Disabilities/Delays and Protection and Advocacy for Individuals with Disabilities.

South Carolina Additional Resources

York

Anita Case, Executive Director

Catawba Care

500 Lakeshore PKWY

Rock Hill, SC 29730

Phone: (803) 909-6363

FAX: (803).909.6364

Email: acase@catawbacare.org

Description: Provides AIDS/HIV prevention,
AIDS/HIV/STD prevention kits and HIV testing.

Acknowledgments

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