

Lots of news to share!

Family Night for Family Drug Treatment Court has a name – ***Celebrating Families!*** Written evaluation on the pilot will be available in mid July, but here are some of the quotes from clients and staff:

“This program is about healing my family. It’s different from all the other parenting programs I have attended.” A mom.

“I learned a lot about parents in recovery. I have used some of the tools I learned here and they work!” A Mom.

“I learned more about working with children in the past fifteen weeks than in five years of school!” One of the group leaders

“I am so impressed with this curriculum!!!” Nancy Marshall, MFT, Domestic Violence Specialist

We received two important grants this past month: One from the Health Trust which covers the costs of the development of *Celebrating Families!* the second from the Bernard A. Newcomb Foundation at Peninsula Community Foundation towards its replication with other courts throughout the California and the US.

The Russian project is also moving ahead. In August Irina Yakubova, Co-Director of Opora (Russian for support) and a member of the Moscow Rotary, and Irina Osokina, Chief Deputy of the Department of Social Services of Moscow Government and a former member of the Moscow Duma, will be visiting to learn more about nonprofit administration, fundraising and prevention substance abuse. Their trip is supported by the Rotary Clubs of District 5170: San Jose, Cupertino and Palo Alto.

Save the date: Sunday, August 24th we will host a reception for the “Irina’s” at our home, in the late afternoon. Invitations will be mailed later in July.

And, thanks to a persistent donor (and friend) we have a web site – go check us out! www.preventionpartnership.us (Let me know what typos you find, so I can correct them!)

All of this is possible **only** because of your support. Nevertheless:

- The Russian project still needs \$126,000 for the completion of Years II and III.
- Replication of *Celebrating Families* needs \$51,730.

Thanks to your incredible support we have already raised \$129,000 for the Russian project and \$68,000 towards *Celebrating Families*. Contributions are tax deductible and may be paid by check or credit card. PPI is a division of Family Resources International, a 501c3 non-profit organization. Donation forms are on the website and are attached.

Thank you! Rosemary Tisch, Director

Recent Relevant Research Findings

Study Links Early Alcohol Use and Behavior Problems in Young Adulthood. Children who are drinking alcohol by 7th grade are more likely to suffer employment problems, abuse other drugs and commit criminal and/or violent acts once they reach young adulthood. Following a group of young people from 7th grade through age 23, researchers found that youthful drinking was not only associated with an increased likelihood of academic and social problems during teenage years, but also with a heightened risk of behavior problems at least through the early 20s. "Early drinkers do not necessarily mature out of this problematic lifestyle once they become young adults," said the lead author.

"Early alcohol use is a signal that someone is likely to have more problems as they transition into adulthood." Researchers say that the findings suggest that adolescents who drink are at high risk and should be targeted early with intervention programs. Adolescent drinking plays a key role in the four leading causes of death among teens--car accidents, accidental injuries, homicides and suicides.

"Early drinking clearly is associated with other problems that develop in school and in many other settings," said Tucker, a RAND psychologist. "Differences between drinkers and nondrinkers show up early and persist over time." At age 23, those identified in 7th grade as drinkers still showed significantly more behavior problems than nondrinkers. Drinkers were 2 to 3 times more likely to use hard drugs, experience multiple drug problems or have undergone alcohol or drug treatment. They are 3 times more likely to have been arrested for drunk driving,

twice as likely to engage in violent or criminal behavior in the past year and nearly 1.5 times more likely to report missing work for no reason. RAND Health study released 5/3/03

Drug Addiction as a Developmental Disorder A new study from Yale suggests that drug addiction should be thought of as a developmental disorder, due to the changing circuitry of teenagers' brains, which appears to leave them especially vulnerable to the effects of drugs and alcohol. Addictive drugs work by stimulating parts of the brain that are changing rapidly in adolescence. In particular, the drugs tap into a neural imbalance that may underlie teenagers' affinity for impulsive and risky behavior.

As a result, teenagers are more likely to experiment with drugs than other groups and the experience has more profound effects on the brain — and sometimes permanent ones. The article, published in the June issue of *The American Journal of Psychiatry*, was based on a review of 140 earlier studies.

Study Links Alcohol to Cancer. New research suggests that women who drink two or more alcoholic drinks a day are more likely to get breast cancer than those who drink less. The researchers found that 23% of women who had breast cancer reported having two or more drinks per day. "I think we really need to start paying attention to alcohol as a risk factor for breast cancer," said the study's lead investigator and professor of epidemiology and biostatistics at the University of California at San Francisco. 5/6/03, *Marin Independent Journal* The study's findings are published in the May 2003 issue of *Breast Cancer Research*.

Summer 2003

Please contact me if you are interested in the complete research study.

Recent Relevant Research Findings

Kids from Smoking Homes Miss More School Children who live with smokers were 27% more likely to call in sick with respiratory illnesses such as asthma than those from nonsmoking households. Living with more than one smokers increased sick days by 75%. . *Reuters* 5/22/03.

Study on U.K. Children Harmed by Parents' Drug Use. A new report finds children of British parents who use drugs are more likely to exhibit illegal behaviors, fail to thrive, have alcohol and/or other drug dependency and have more health problems, such as blood-borne virus infections. "From birth onwards, parents' drug problems can endanger their children's health in many ways and cause a great deal of emotional and psychological damage that often goes unnoticed." *BBC* 6/5/03.

Religious Beliefs Linked to Decreased Drug Use New research shows that adolescents with strong religious beliefs are less likely to smoke cigarettes, drink alcohol, and/or use marijuana. The researchers found that adolescents who considered religion a meaningful part of their life and a way to cope with stress were half as likely to use drugs as those who didn't find religion important. *Alcoholism & Drug Abuse Weekly* 3/31/03.

"Besides offering coping techniques, being involved with religion can also create more healthy social networks than adolescents would have if they got involved with drugs to find social outlets." The study is published in the March 2003 issue of *Psychology of Addictive Behaviors*.

Studies Say California Drug Courts Save Money. Two studies found that California's 90 drug courts reduced recidivism and saved the state millions of dollars in prison and jail costs. The first report, which looked at drug courts in Los Angeles, San Diego and Butte counties, found a savings of about \$200,000 a year for each of the 100 participants in the study. The second study, conducted by the state Department of Alcohol and Drug Programs and the Administrative Office of the Courts, found that arrest rates declined 85% in 17 counties. In a related article U.S. drug czar John Walters called drug courts "places where miracles happen." *Associated Press* 4/16/03

Study: Breast-Feeding Offsets Smoking Harm If pregnant women can't be convinced to stop smoking, they should at least be counseled to breast-feed their children, which can offset some of the harm caused by maternal smoking according to new research. Children whose parents smoked during pregnancy and were bottle-fed performed poorly on a series of cognitive tests conducted at age 9. On the other hand, children whose mothers smoked but were breast-fed performed about as well as those whose mothers did not smoke. Researchers speculated that the long-chain polyunsaturated fatty acids in breast milk promote brain development and may counteract the harmful effects of smoking on fetal development. The research by Dr. Laura Batstra and colleagues from the University Hospital Groningen in the Netherlands was published in the June 2003 issue of the *Journal of Epidemiology and Community Health*.