

March 1, 2004

Dear friends,

Due to your support the results of our work are far greater than could have been predicted or hoped and they continue to unfold! **It is possible for systems to change** – from our own court systems to Moscow City bureaucracy. There are very dedicated caring people who respond strongly and energetically to new possibilities to help children and families! Here are some highlights:

1. **The Moscow Mayor's delegation December visit was a huge success.** Irina Yakubova, OPORA's Co-Director, reports: "The trip was a revelation for those who attended and started the initiative toward a change in our system. The delegates gained (1) new understanding of the need to work with the whole family and of substance abuse as a disease that can be treated and (2) knowledge of the influence of parental substance abuse on children and the need for cooperation between organizations that influence the lives of children. They returned with a desire to take action on what they saw." As a result:
 - OPORA and Moscow Social Services signed a contract to train a team of professionals from each of the ten Moscow districts over the next three years. The goal is to provide each district a trained coordinator for education and mobilization of community prevention coalitions and to deploy programs to reduce high risk behaviors in youth. This will establish cooperation between the ministries of

education, justice, and health based on the model seen in California. It will involve the entire city social structure and has great potential for bringing about broad changes.

- OPORA was appointed to the committee that evaluates prevention efforts and programs in Moscow.
 - OPORA is also providing training for eight other Russian cities in these models. (Individuals come to Moscow for the month of March.)
 - PPI staff returns to Moscow April 21st to provide further training and consultation for OPORA.
2. **Celebrating Families! development continues.** At the request of Judge Len Edwards, Prevention Partnership presented at the January meeting the National Council of Juvenile and Family Court Judges. There's much interest in our model. Replication site applications are due March 1, 2004. Linda Sibley and Rosemary are finishing the editing work, adding illustrations, children's stories, and songs. Training for replication sites will be May 18-21, 2004.

NONE of this would be happening without your partnership!

Thank you!

Rosemary Tisch, Director

an alcohol-use disorder, (Alcoholism: Clinical & Experimental Research, 10/03)

Alcohol & Drugs

U.S. Dietary Guidelines recommend one drink or less per day for women; two drinks or less per day for men. (A drink is 5 ou. of wine, 12-ou. of beer, or 1.5 ou. of distilled spirits.) Consuming alcohol can increase risk of breast cancer in women.

Health Problems Accompanying Addiction include bone fractures, muscle injuries, pain disorders, depression, anxiety, and psychoses. (Archives of Internal Medicine & General Psychiatry 11/03.) People who drink 9 servings of distilled liquor a week are 3x times more likely to get colorectal cancer; heavy beer drinkers are 2 xs as likely. (State Univ. of NY, Stony Brook). Men who consume alcohol regularly are 2x as likely to develop colon cancer (Agence France Presse, News, 9/13/03). Women who consume 2 or more drinks daily are 57% more likely to suffer from coronary heart disease. (Scotsman 1/27/04.); are more likely to develop alcohol-related liver diseases in less time and less drinking; more apt to develop alcoholic hepatitis and to die from cirrhosis of the liver; more likely to suffer alcohol-induced brain damage. (Mayo's Women's HealthSource. 9/03.)

50 to 60% of the risk for alcoholism is genetic (Alcohol Alert, No. 60, NIAAA.) The gene involved regulates the gamma-amino butyric acid (GABA), the chemical that helps to send messages between neurons. (Alcoholism: Clinical and Experimental Research, 1/14/04)

90% of primary-care physicians fail to diagnose addiction in patients who display symptoms. N.Y. Times 10/21/03.

Individuals with ADHD symptoms in adulthood are more at risk for developing

More than half of people with bipolar disorder and one quarter of people with depression have substance abuse problems: Mood disorders and alcohol/ substance use are separate illnesses requiring separate treatments. (Outreach: Newsletter of Depression and Bipolar Support Alliance. Winter 2003-04.)

Tobacco

Smoking and Binge Drinking Raises Oral-Cancer Risk. (King's College, London.)

Women who smoke have twice the risk of developing lung cancer as males. (Radiological Society of North America.)

Secondhand Smoke Increases Cancer Risk 18-32%. (International Journal of Cancer 12/10/03.)

For Men, Heavy Smoking Doubles Risk of Aggressive Prostate Cancer.

Men who smoke are three times more likely than nonsmokers to develop multiple sclerosis; for women the risk doubled. (Neurology, 61(8): 1122-1124.)

Women who continue to smoke during therapy were 2.5 times more likely to die from cancer than women who quit before treatment or had no smoking history. (Am. Society for Therapeutic Radiology and Oncology)

Drug Courts Success

Successful Rehab Leads to N.Y. Prison Closures Associated Press 1/23/-04.

Calif. Prop. 36 offering treatment shows taxpayer Savings of \$275 million. Daily Bruin, UCLA, 7/21/03.

Drug Court More Beneficial for Women. Women had a 14.2 % re-arrest rate within 36 months of graduating, men 21.4 %. Monthly income of female drug-court graduates increased 130%; males rose 31%. (Associated Press 7/30/03.)

World

High Rates of Binge Drinking in Ireland

48% of men, 16% of women binge drink. Problems, such as falls, unintentional sex and public order offenses, are linked to drinkers. (London Press Assoc. 10/8/03)

Drug Use in Iraq Growing. Addiction cases have grown by 75%. UNReport.

Afghanistan Sees Increase in Opium Addiction. Associated Press 7/2/03.

Australia taxpayers paying \$7.6 billion in excessive drinking cost from alcohol-related liver disease, car accidents, fires, and crime.

Children & Teens

Youth Drug Use Declines. Current use of illicit drugs fell to 17%; one-third of students currently use alcohol. Cigarette use declined to 16.6 %. Use of powerful prescription drugs (OxyContin and Vicodin) inc. slightly. Use of cocaine, club drugs, narcotics other than heroin was unchanged. 2003 Monitoring the Future.

Teens Not Pressured to Use Drugs and enjoy spending time with their families. CNN 8/6/03.

Brain Development Makes Teens Vulnerable to Addiction. Because the changing circuitry of teenagers' brains, drug addiction is a developmental disorder, (Am. Journal of Psychiatry.)

Active Girls Less Likely to Use Drugs. New York Times 9/16/03.

Treating children with ADHD with Ritalin and other stimulants reduces their risk of misusing alcohol and other drugs later in life, Timothy Wilens, Massachusetts General Hospital.

Heavy adolescent drinkers had significantly more depression. Youth with depression and who abuse alcohol are at higher risk for a suicide attempt. (Canadian Journal Psychiatry 2003:48: 762–765).

Impact of Parents Use on Children

Men who smoke before conceiving children have a higher risk of offspring with leukemia. No. Calif. Childhood Leukemia Study, Am. Assoc. for Cancer Research in WDC

Smoking During Pregnancy Increases ADHD Risk. American Journal of Psychiatry, 160(11).

Children in the US, Mexico, and Portugal have the greatest chances of dying from neglect or mistreatment among industrialized nations. Poverty and stress-- along with drug and alcohol abuse – are most closely and consistently assoc. with child abuse and neglect. UN Children's Fund.

Study on U.K. Children Harmed by Parents' Drug Use British children are profoundly affected by parents' drug addiction. Children are more likely to exhibit illegal behaviors, fail to thrive, have alcohol and other drug dependency, and have more health problems, such as blood-borne virus infections. "From birth onwards, parents' drug problems endanger their children's health in many ways and cause a great deal of emotional and psychological damage that often goes unnoticed". Report recommends that services for drug users include help for their children. "Parents with serious drug problems should not be frightened. The aim should be to keep children with their parents wherever safe to do so, combining treatment for the parents and support for the child." BBC 6/5/03

Fetal Brains Suffer Badly From Effects of Alcohol "Alcohol affects all cells and a number neurotransmitters. Drinking in the first trimester can lead to facial malformations; the second it can disrupt nerve formation; the third, it can destroy existing neurons and interfere with nervous-system development. Researchers have come to believe that alcohol is far worse for the developing fetus than any other abused drug." Dr. James R. West, Texas A&M Medical School.