



An important message from the MMA...

Underage Drinking is a Prevalent Health Problem Among YOUTH

This problem exists at colleges, high schools and even middle schools!

The National Institute on Alcohol Abuse and Alcoholism recognizes underage drinking as a widespread public health problem that poses many risks. Many parents believe that allowing their teenage children and their friends to drink at home with adult supervision leads to a safe and healthier attitude about drinking habits. Unfortunately, nothing can be further from the truth! In fact, underage drinking can lead to serious and negative consequences for both parents and children.

Facts show that allowing underage drinking at home is not an effective reduction strategy and may have many unintended consequences. Alcohol use increases the risk of unintentional injuries, interpersonal violence, risky sexual behavior and sexual assault.

Use of cell phone cameras and instant social media, can subject our children to public embarrassment that potentially could follow them forever and have devastating consequences on their self esteem and mental health. Social media posts depicting alcohol and partying can also jeopardize college admissions, scholarships and job offers since colleges and prospective employers routinely view social media pages as a means of character reference.

Parents who condone, encourage, or simply allow underage drinking may believe that it decreases the risk for continued drinking as teens get older. However the opposite is true. Recent research from "The Partnership Attitude Tracking Study" (PATS) reveals that teens who perceive their parents to be more permissive about alcohol use are more likely to abuse alcohol and to use other drugs.

Allowing underage drinking in your home as a social host also places you at great legal and civil liability. If an incident, injury or even an automobile accident occurs as a result of alcohol consumed at your home, you may be held liable.

When you think about your own hardworking and responsible teenage son or daughter these consequences may seem out of the realm of possibility, but unfortunately it occurs more often than not, even in Mahwah. It is not always easy to be the parent that does not condone underage drinking, but it can protect your children from numerous potentially devastating consequences.

The Mahwah Municipal Alliance is proud to provide resources and information on this important social issue so parents can better make an informed decision.

Our next newsletter will address social media and parenting in a social media age. With each new social media connection experts say it is crucial for parents to be vigilant about monitoring their children's online activity. Facebook, Instagram, Snapchat, Tumblr, Vine, Pinterest, Facetime and VSCO..... Do you know these platforms your children may be using? If not, watch for our next newsletter and visit www.mahwahalliance.org

James N. Batelli

Chief of Police, Mahwah Police Department

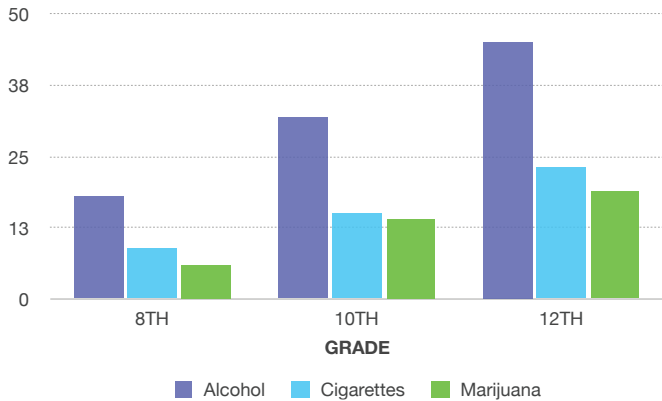
Carolyn Blake

President, Mahwah Municipal Alliance

Underage Drinking

As children mature, it is natural for them to assert their independence, seek new challenges, and try taking risks. When young people take part in drinking they often don't understand the risks and damaging effects it can cause. Aside from being illegal, underage drinking is a prevalent health problem among youths.

Adolescent Alcohol Use vs. Cigaretts and Marijuana



1 IN 6 YOUNG ADULTS PARTICIPATE IN BINGE DRINKING

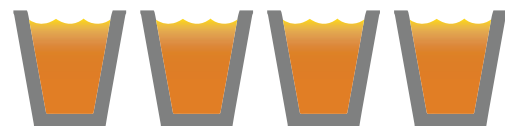
“Approximately 40% of individuals who report drinking before age 15 also describe their behavior in ways consistent with a diagnosis for alcohol dependence.”



MORE THAN HALF OF ALL U.S. TEENS HAVE THEIR FIRST ALCOHOLIC DRINK BEFORE THE AGE OF 15



3 LEADING CAUSES OF DEATH BETWEEN AGES 15 AND 24 CAN BE LINKED TO ALCOHOL-RELATED INJURIES EVERY YEAR



TEENS CONSUME MORE THAN 90% OF ALCOHOL BY BINGE DRINKING, MOST COMMON BETWEEN AGES 12 AND 20

THOSE WHO BEGIN DRINKING
BEFORE 15 YEARS OF AGE
ARE 4X MORE LIKELY TO
DEVELOP ALCOHOLISM
 THAN THOSE WHO DON'T.

**DRINKING CAN CAUSE YOUNG
 ADULTS TO MAKE POOR DECISIONS
 OR HAVE BEHAVIORAL AND/OR
 EMOTIONAL ISSUES.**

THESE ISSUES MAY INCLUDE: STEALING,
 FIGHTING, SKIPPING SCHOOL, DRUNK DRIVING,
 RISKY SEXUAL BEHAVIOR, VIOLENCE, ETC.

**BRAIN DEVELOPMENT CONTINUES
 WELL INTO A PERSON'S 20'S.**

ALCOHOL CAN EFFECT DEVELOPMENT
 AND CONTRIBUTES TO A RANGE OF
 HEALTH PROBLEMS.

ALCOHOL IS A GATEWAY DRUG!

THOSE WHO ABUSE ALCOHOL ARE MORE
 LIKELY TO GO ON TO ABUSE OTHER DRUGS
 THAN THOSE WHO DON'T.

**DEPRESSION AND ANXIETY
 ARE ALSO RISK FACTORS
 FOR ALCOHOL ABUSE**

BECAUSE SOME PEOPLE USE DRINKING AS
 A COPING STRATEGY FOR DEALING WITH
 INTERNAL STRESS.

**APPROXIMATELY 40% OF
 INDIVIDUALS REPORT
 DRINKING BEFORE AGE 15**

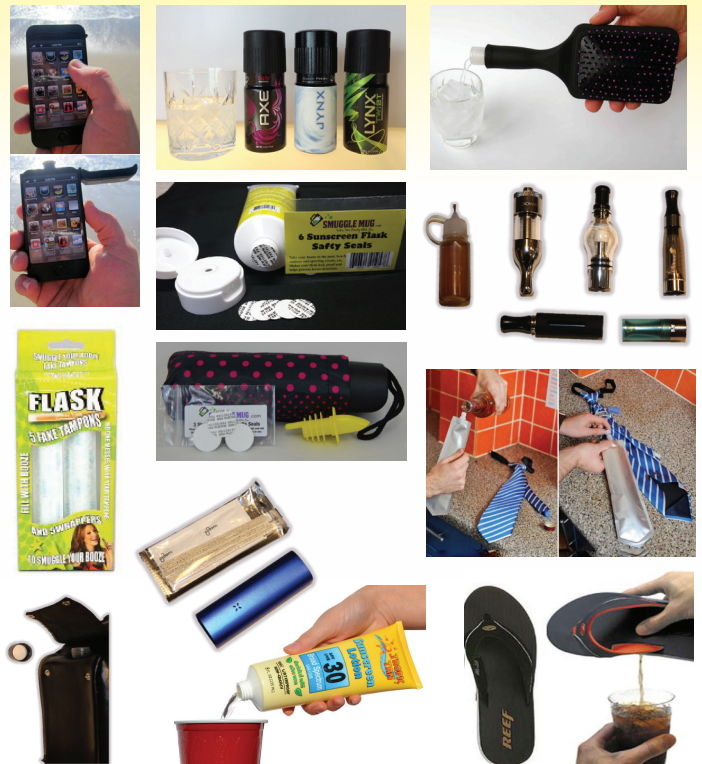
ALSO DESCRIBE THEIR BEHAVIOR IN WAYS
 CONSISTENT WITH A DIAGNOSIS FOR
 ALCOHOL DEPENDENCE.



How Teens Conceal Alcohol and Illicit Drugs

The Mahwah Police advised that “pre-staging” of alcohol tends to happen at teenage parties. This means that teens hide there alcohol before the party begins. It may be in a wooded area near the house, or within the house. Parents need to frequently patrol the area with great diligence. There should be one entry and exit point in/out of the house. Parents should be monitoring those coming and going, but be aware that alcohol may be being handed in from the outside through a window. Also fake IDs may be an issue of which parents need to be aware.

ASSORTED PARAPHERNALIA USED BY TEENS TO CONCEAL ALCOHOL AND ILLICIT DRUGS



Photos Courtesy of Tim Shoemaker

What Parents and Teachers Can Do?

Starting the conversation –

In talking with your young adult about alcohol, look for opportunities to raise the topic naturally.

Discussions about majors and course selection can lead to a conversation about ways in which alcohol use can disrupt academic success and career options.



Get familiar with the school's alcohol use policy together –

Does the school have different sanctions for student athletes and those attending on scholarships?

Does the school require new students to complete an online course in alcohol use prior to arriving on campus?

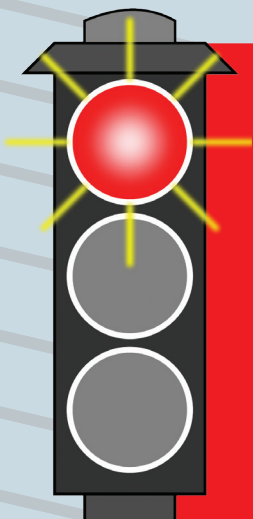
How might eviction from a residence hall, being released from a team, or loss of a scholarship affect your young adult's ability to remain in school?

How to keep the conversation going –

Continue to keep communication between you and your young adult throughout all college years. Regular conversations show your continuing concern about their well being and also provides an opportunity to reinforce your zero-tolerance stance of underage drinking. Regular communication also makes it easier to detect potential alcohol use or early signs of a problem.

“In fact, the vast majority of teenagers, 80% say their parents are the biggest influence on their decision whether to drink.”

– David Bohl, Executive Director of Kiva Recovery



STOP! Can You Recognize Signs of Underage Drinking?

- Academic and/or behavioral problems in school
- Changing groups of friends
- Less interest in activities and/or appearance
- Finding alcohol among a young person's things or smelling alcohol on their breath
- Slurred Speech
- Coordination problems
- Memory and/or concentration problems

Transitioning to College

Drinking at college has become a ritual that students often see as an integral part of their higher education experience. Many students come to college with established drinking habits, and the college environment can exacerbate the problem.



College Campus Drinking Community

Ongoing research continues to improve our understanding of how to address the persistent and costly problem of harmful underage student drinking. Successful efforts usually involve a mix of strategies that target individual students, the student body as a whole, and the broader college community.



Often, a major goal is to reduce the availability of alcohol to youths, because research shows limiting the availability of alcohol reduces consumption and harmful consequences on campuses as well as in the general population.

Strategies Targeting Individual Students

Individual interventions are designed to change students' knowledge, attitudes and behaviors related to alcohol so they drink less, take fewer risks, and experience fewer harmful consequences.



- Education and awareness programs
- Cognitive-behavioral skills-based approaches
- Behavioral interventions by health professionals



Spring Break

Spring break is a time for teens to experience freedom and spend time with friends and family. However, extra free time and lenient rules can also increase underage drinking, specifically binge drinking. This is a great opportunity to reinforce your zero-tolerance stance of underage drinking.

“It can be so challenging that about one-third of first-year students fail to enroll for their second year!”

Underage Drinking College Stats



About 25% of students report academic consequences of drinking, including:

Missing class or falling behind, doing poorly on exams or papers, and receiving lower grades overall.



Over 1,500 students die from alcohol-related unintentional injuries, including motor vehicle crashes.

599,000 students are unintentionally injured under the influence of alcohol.

19% of college students meet the criteria for alcohol abuse or dependence.



Almost 700,000 students are assaulted by another student who has been drinking.

97,000 students are victims of alcohol-related sexual assault or date rape.

400,000 students have unprotected sex.

100,000+ students report having been too intoxicated to know if they consented to having sex.

3,360,000 students drive under the influence of alcohol.



5% of students are involved with police or campus security as a result of their drinking.

110,000 students are arrested for an alcohol-related violation.

DRUG & ALCOHOL EMERGENCIES

Mahwah Police Department
201-529-1000 or 911

Bergen Regional Medical Center
230 East Ridgewood Avenue, Paramus, NJ
800-730-2762 – 24/7 Access #
201-967-4000 – Main #
or go to ER at this location.
Police will not be contact if you reach out for medical help at the ER.

201-262-HELP

They provide emergency mental health services to residents of Bergen County.

ADDICTION GROUPS AND SUPPORT

Addiction Helpline for Parents Support/NJ
800-561-4299
24 Hours
Counselors are on call to speak with families.

Addictions Hotline

800-238-2333
24 Hours
For people 18 and over who do not have insurance or are on Medicaid – will help them find a facility.

Bergen County Office of Alcohol & Drug Dependency
201-634-2740

The Center for Alcohol & Drug Resources
Fairlawn/Hackensack, NJ
201-740-7069 or 201-261-2800
www.tcadr.org

Parents Anonymous/Family Helpline

800-843-5437
24 Hours
Can be called to get community resources or if one "just needs to talk" and deals with all family issues, not only addictions.

Perform Care

877-652-7624
Under 18 – 24/7
Mental health and substance abuse referrals.

Women Supporting Women

wsw4health@gmail.com

Joan Stewart, MA

Mahwah High School
Student Assistant Counselor
201-762-2313

My Cup IS NOT My Consent



PARTNERSHIP FOR CHANGE



Being in an unhealthy or abusive relationship is already a difficult situation. Alcohol and drug abuse only make matters worse. When a partner is under the influence, the risks of abuse on all levels - physical, verbal, emotional, digital and sexual - are all amplified, leading to a deeply troubling situation.

Alcoholism and substance abuse are a reality among young people. On average, they have about five drinks on a single occasion, which leads to serious injuries, impaired judgments and increased risk for physical and sexual assault. In a relationship, these factors only hurt the ones they claim to love.

- Teens who suffer dating abuse are subject to long-term consequences like alcoholism, eating disorders, promiscuity, thoughts of suicide, and violent behavior.
- 33% of adolescents in America are victim to sexual, physical, verbal, or emotional dating abuse.
- 50% of young people who experience rape, physical or sexual abuse will attempt to commit suicide.
- Females between the ages of 16 and 24 are roughly 3 times more likely than the rest of the population to be abused by an intimate partner.

BLAMING THE BOOZE

"It wasn't me, it was the beer talking!"

"I would never do that if I was sober."

"I'm not really that person. That's who I am when I'm high."

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MAKING A DIFFERENCE TOGETHER

The Mahwah Municipal Alliance (MMA), a nonprofit 501c3 organization, is a group of community volunteers and law enforcement officials working together to provide programs and initiatives that will help our youth make good decisions. We offer programs that focus on the dangers of alcohol and substance abuse, addiction, teenage anxiety and depression, bullying, teen dating abuse and internet safety.

The MMA has sponsored several Town Hall Meetings addressing teenage drug and alcohol use. Other programs have included: Chris Herren, Remembering TJ, A Partnership for Change, Dr. Bradley, CyberBullying, Ryans' Story, Rachels Challenge, Jeff Yalden, Jesses Journey and many more.

The Mahwah Police in conjunction with the MMA offer two outstanding leadership academies: the Junior Police Academy and the Youth Leadership Academy, an innovative one of a kind Academy where students work together with law enforcement officers to develop positive self esteem and leadership skills. The objective of the Academies is to promote an environment where students learn the principles of respect, discipline, teamwork, motivation, and leadership. The MMA is fortunate enough to have volunteers and police officers who care deeply about these critical issues and strive to provide information. This is a collaborative effort from all components of our community and we appreciate your support. We are grateful for the support of our local Board of Education, Township and Business Community.

Your ideas are important to us. We welcome your ideas and are always looking for suggestions and new programs that can help make a difference. Please contact us at mahwahalliance@mahwahpd.org and visit our website.

MMA MEMBERS

- Chief James Batelli
- Captain Steve Jaffe
- Office Klaus Stewen
- Mayor Bill Laforet
- Carolyn Blake
- Don Floyd
- Valerie Tzaneteas
- Joan Stewart
- Victoria Shaw
- Todd Van Duren
- Chris Howard
- Jim McQueeny
- Liz Skrod
- Sam Alderisio - Past Chief

www.mahwahalliance.org