

May  
2009

# Marlboro Alliance for the Prevention of Substance Abuse Newsletter

**ALLIANCE MEETINGS:** The Marlboro Alliance acts as a catalyst within our community to raise public awareness about substance abuse issues. Alliance membership comprises representatives of the Marlboro community including but not limited to, police, schools, government, residents and treatment agencies. Our meetings are once a month at the Marlboro Recreation Center at 9:15AM. Everyone is welcome. Refreshments served.

**The Alliance does not meet in  
July & August.**

**Meeting Dates:** September 10, October 8,  
November 12, December 10  
**Please join us!**

**Moving Up to Middle School  
Summer Swim Night at the Aquatic Center  
for all incoming 6<sup>th</sup> graders**  
Tuesday, July 21<sup>st</sup>, 6-8:30PM (raindate, Thursday, July 23<sup>rd</sup>)  
Cost \$5.00 in advance - \$7.00 at the door. You can register at the  
Recreation Building or call 732-617-0186.



### What is drug abuse and drug addiction?

**Drug abuse**, also known as substance abuse, involves the repeated and excessive use of chemical substances to achieve a certain effect. These substances may be "street" or "illicit" drugs, illegal due to their high potential for addiction and abuse. They also may be drugs obtained with a prescription, used for pleasure rather than for medical reasons.

Different drugs have different effects. Some, such as cocaine or methamphetamine, may produce an intense "rush" and initial feelings of boundless energy. Others, such as heroin, benzodiazepines or oxycontin, may produce excessive feelings of relaxation and calm. What most drugs have in common, though, is overstimulation of the pleasure center of the brain. With time, the brain's chemistry is actually altered to the point where not having the drug becomes extremely uncomfortable and even painful. This compelling urge to use, **addiction**, becomes more and more powerful, disrupting work, relationships, and health.

**Prescription drug abuse** is just as dangerous as street drug use. When used appropriately, prescription drugs can have beneficial effects medically or psychologically. Prescription drugs in the opiate family, such as vicodin and oxycontin, are often prescribed for chronic pain or recovery from surgery. Benzodiazapines, such as valium or Xanax, are prescribed to treat anxiety. The problem arises when these drugs are used recreationally.

**Please store all medications in a locked cabinet.**

### Summer Cool - Non Alcoholic Drinks

Here are two of the more common mocktail recipes. These non-alcoholic drinks are great for serving to the entire family. Any drink recipe can be modified by simply leaving the alcohol out.

**Virgin Pina Colada**-The tropical flavors of pineapple and coconut are perfect together blended with ice.

**Ingredients:** 1 cup pineapple juice, 1 cup crushed pineapple, 1/2 cup coconut milk (canned or fresh), juice from one lime, ice to top of blender. **Preparation:** Blend ingredients until ice is slushy. Pour into frosted glasses and enjoy immediately.

**Mango Pina Smoothie**-**Ingredients:** 1 cup fresh mango, skins removed and cut into chunks, 1 cup pineapple, skin removed and cut into chunks, 2 cups papaya or mango juice, ice

**Preparation:** Place ingredients into blender and fill almost to top with ice. Blend until smooth. Garnish with a piece of mango and pineapple. Serve immediately.

For additional delicious non-alcoholic recipes go to:

<http://www.drinks.mixer.com/cat/8/>

### Signs of Drug Abuse in Teens

Some of the most common signs of drug abuse in teenagers include lying, making excuses, breaking curfew, staying in their room, becoming verbally or physically abusive toward others, having items in their possession that are connected to drug use (paraphernalia), the smell of drugs (for example, solvent smell of inhalants, marijuana smell) on them, mood swings, stealing, and changes in friends. Examples of paraphernalia include matches, rolling papers, and pipes for drugs that are smoked, multiple pill bottles for substances that are in pill form, mirrors for drugs that are snorted, and needles, syringes, and items that can be used as tourniquets for drugs that are injected. In addition to behavioral changes, loved ones can look for the physical signs of drug intoxication and withdrawal such as loss or increase in appetite, inability to sleep, red or watery eyes and needle marks. Although different drugs may have different effects on overall physical and mental health, the basic pattern is the same. Getting and using the drug becomes more and more important than anything else, including job, friends and family. The physical and emotional consequences of drug abuse and addiction can also make it difficult to function, often impairing judgment to a dangerous level.

**For additional information or referral services please contact the Alliance Office at 732-617-0186.  
All calls are confidential.**