

Report Finds Adults Provide 40 Percent of Alcohol Given To Underage Drinkers

Adults over the age of 21, including a substantial number of parents and guardians, are contributing to the underage drinking phenomenon by supplying free alcohol to young people, a nationwide report from the Substance Abuse and Mental Health Services Administration (SAMHSA) has found.

The report, *Underage Alcohol Use: Findings from the 2002-2006 National Surveys on Drug Use and Health*, states that more than 40 percent of youths ages 12 to 20 who used alcohol in the past 30 days reported receiving free alcohol from an adult. One in 16 underage drinkers, or an estimated 650,000 youths, had received alcohol from a parent or guardian in the past month.

"This report provides unprecedented insight into the social context of this public health problem and shows that it cuts across many different parts of our community," said SAMHSA Administrator Terry Cline, Ph.D. "Its findings strongly indicate that parents and other adults can play an important role in helping influence — for better or for worse — young people's behavior with regard to underage drinking."

The report also states that binge drinking rates are significantly higher for young people living with a parent who engaged in past-year binge drinking. A total of 30.3 percent of underage drinkers reported that they were in their own home when they had their last drink, while 53.4 percent were at someone else's home and comparatively few were at a restaurant, bar or club.

Addiction Carries a \$5.8 Billion Price Tag in Oklahoma

Data from a 2005 task force report show that the direct and indirect costs associated with drug and alcohol addiction in Oklahoma outpace the entire cost of running the state government, the Oklahoman reported July 27.

The total cost of \$5.8 billion a year to the state includes \$1.4 billion in direct costs of treatment,

prevention and incarceration activity related to addiction, and \$4.4 billion in indirect societal costs resulting from premature death and other harms. According to the Oklahoma Department of Mental Health and Substance Abuse Services, substance addiction contributes to 85 percent of all homicides, 80 percent of all incarcerations and 65 percent of all child abuse cases in the state.

State officials say the spending of more than \$59 million in state and federal funds to combat addiction has generated some successes, such as a growing influence of drug court programs. But they add that the need is much greater than what present resources serve.

"I'd like for that to double," department deputy commissioner Caletta McPherson said of the current funding. "There are gaps in substance abuse services statewide that I'd like to see us be able to fill. ... We need beds in all parts of the state for residential services, for adolescents and adults."

The treatment gap remains a staggering problem in Oklahoma and elsewhere in the country. While state officials estimated that in 2006 a total of 250,000 adults and 31,640 youths needed substance use treatment, the number of clients served in a typical fiscal year hovers around 20,000.

DWI About Us Resource Center, Inc.

The DWI Resource Center is a tax-exempt 501(c)3 New Mexico organization formed to reduce the social and economic impact of DWI through public awareness, education, prevention programs and research. The Center also provides assistance to victims and serves as a central clearinghouse of information on DWI and victims' rights.

- Research and Statistics
- Public Policy & Law
- Victims' Rights Legal Assistance Project
- Court Monitoring
- Drug-Free Workplace Programs
- Retailers For Responsibility
- Victim Impact Panels

For more information about the Center or to make a contribution, please call us at (505) 881-1084, or visit our website at www.dwiresourcecenter.org.

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www.dwiresourcecenter.org

DWI Business Alliance Encourages Employers to Participate in National Drug-Free Work Week, Oct. 20 - 26, 2008

October 20-26, 2008 is National Drug-Free Work Week, and the DWI Business Alliance encourages all Albuquerque employers to participate. Drug-Free Work Week is a dedicated time each year to highlight the benefits that drug-free workplace programs bring to employers, workers and communities. By participating in Drug-Free Work Week, employers spread the word that working drug free:

- Prevents accidents and make workplaces safer
- Improves productivity and reduce costs
- Encourages people with alcohol and drug problems to seek help

According to recent research, it's a message that many workers need to hear.

- 75 percent of the nation's current illegal drug users are employed—and 3.1 percent say they have actually used illegal drugs before or during work hours.
- 79 percent of the nation's heavy alcohol users are employed—and 7.1 percent say they have actually consumed alcohol during the workday.

Drug-free workplace programs help protect employers and employees alike from the potentially devastating consequences of worker alcohol or drug abuse. Establishing policies,

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educating about the dangers of alcohol and drug use, deterring and detecting use, and urging people to seek help for alcohol and drug problems are smart safety strategies. They're also smart business strategies.

Drug-Free Work Week is a time to reinforce the importance of working drug free in positive, proactive ways. Need some ideas on what to do? Below are specific suggestions for ways that businesses of any size can support Drug-Free Work Week. Ideas range from small to comprehensive, but all help promote safer, healthier workplaces and represent wise business practices that can be implemented at any time of the year.

Implement or Promote a Drug-Free Workplace Program

Drug-Free Work Week is the perfect time to launch a Drug-Free Workplace Program if your company does not already have one. Such programs are natural complements to other initiatives that help protect worker safety and health. The DWI Resource Center offers detailed guidance on how to develop a program, starting with the first step: a written policy. To get started, call the DWI Resource Center at (505) 881-1084.

If your company already has a program, Drug-Free Work Week is a logical time to remind employees about its important role in keeping them safe. One way to do this is to distribute a copy of your drug-free workplace policy to all employees, along with a positive message about valuing their health and safety.

Train Supervisors

As part of Drug-Free Work Week, companies could provide training to supervisors to ensure they understand the company's policy on alcohol and drug use; ways to deal with workers who have performance problems that may be related to alcohol and drug use; and how to refer employees to available assistance. The DWI Resource Center offers both Reasonable Suspicion and Alcohol Awareness Training. For more info, call us at (505) 881-1084.

Need Ideas for Drug Free Work Week? We've Got Plenty!

Educate Workers

To achieve a drug-free workplace, it is critical that a company educate its workers about the nature of alcohol and drug use and its negative impact on workplace safety and productivity. Drug-Free Work Week is a natural time to step up such efforts through training sessions or brown-bag lunches. A guest speaker could be brought in to deliver a workshop, or the DWI Resource Center is happy to provide Alcohol Awareness or DWIAwareness training to your employees. For more information, call the Center at (505) 881-1084.

Remind Employees About the Availability of Assistance

If your company has an Employee Assistance Program (EAP), Drug-Free Work Week is a great time to remind them about it. EAPs offer confidential services to help employees resolve personal and workplace problems, including alcohol and drug abuse. They may also offer educational programs, confidential substance abuse screenings and help employees locate local treatment resources.

Offer Health Screening

Companies can use Drug-Free Work Week to encourage employees to look at their own use of alcohol and drugs and privately determine if they need help to change their behavior. For example, they can inform employees about the confidential, self-administered online screening tool AlcoholScreening.org and, if possible, provide access to the Internet in a private location in case they want to use it. Confidential screenings by qualified professionals could also be offered by the EAP, health unit and/or occupational nurse.

Compile a List of Local Resources

Whether or not your company has an EAP or health unit, help for alcohol and drug abuse is likely available through a nearby hospital, public health department or substance abuse treatment center. Draft a list of local resources and post or distribute it,

along with a message such as "It's important to work drug free, but if you can't, help is available." The DWI Resource Center can provide you with a copy of our Resource Guide for employers at your request. Call us at 505-881-1084 to get your copy. Also, self-help programs such as the 12-step programs of Alcoholics Anonymous and Al-Anon are free and available nationwide. A local phone book may provide contact information.

Review Your Health Insurance Policy

Coverage for substance abuse treatment makes it more likely that employees struggling with alcohol and drug problems will get the help they need. Review your health insurance policy to see if substance abuse treatment is covered, and if it is not, consider discussing the prospect of adding coverage with the person who handles your company's health benefits.

Allow Employees Time to Volunteer in Community Drug Prevention Efforts

Drug-Free Work Week offers a chance to show commitment to prevention both inside and outside the workplace. One way to do this is to offer employees time off to volunteer to assist with efforts to prevent substance abuse in the community or organize a team of volunteers to support a local prevention initiative. Such efforts often are coordinated by schools, faith-based organizations and community anti-drug coalitions. For more information, contact Community Anti-Drug Coalitions of America at www.cadca.org.

Create a Drug-Free Workplace Display

Use Drug-Free Work Week to freshen up bulletin boards in break areas or other locations that employees frequent by posting positive messages about the importance of being drug-free to their safety and that of their coworkers. The DWI Resource Center website has posters available to help you get started. The Center also has a variety of other materials available such as paycheck inserts, training videos, a list of local and national helplines, and EAP contact information.

Feature Drug-Free Work Week in the Employee Newsletter or Intranet

Drug-Free Work Week offers timely and fresh content for an employee newsletter or internal Web site. Articles could be on a range of topics, including general information about substance abuse and its impact in the workplace environment; sources of help for workers with substance abuse problems; and actions workers can take if they think a colleague may have a substance abuse problem. An easy way to do this is to use one or more "drop-in" articles available on the Working Partners Web at: <http://www.dol.gov/asp/programs/drugs/workingpartners/dfww-toolbox.htm>

Distribute Posters and Paycheck Inserts With Drug Free Messaging

Paychecks are one thing that every employee pays attention to! Provide additional value during Drug-Free Work Week by including a leaflet or message listing sources of help for those with substance abuse problems or a simple reminder that it is Drug-Free Work Week and a good time to re-commit to working drug-free. The DWI Resource Center has a wide variety of posters and paycheck inserts to meet your needs. Materials are available free of charge by calling the Center at (505) 881-1084.

Hold a Social Event Celebrating Safety and Health

A social event with plenty of food, fun and non-alcoholic drinks can help reinforce the importance of being drug free to working safely and remind workers that alcohol is not necessary to unwind and relax. The theme for such an event could be one of general health and wellness, with door prizes such as gift certificates for local health clubs or recreational activities.

For more ideas on how to recognize Drug-Free Work Week or for help in providing employee and supervisor training, call the DWI Resource Center at (505) 881-1084.

DWI Business Alliance Luncheon

Sept. 12th, 11:30 a.m. to 1 p.m.
La Peep Restaurant
2125 Louisiana Blvd, ABQ

RSVP @ (505) 881-1084

