



## They've "Whipped" Up Another Alcoholic Product

Now that the FDA has just banned alcoholic energy drinks such as Four Loko and Joose, another product is gaining popularity...whipped cream infused with grain alcohol.

Brands such as Whipped Lightning, Cream, and Whip-Ahol come in a variety of flavors such as German Chocolate, Hazelnut Espresso and Strawberry Colada. Each can ranges from 33-36 proof, depending on the flavor, and costs between 10-12 dollars.



These products have a 16-18 percent alcohol content per can, making it the equivalent of at least three beers.

While advertised as a topping for drinks, cocktails and desserts, clips on YouTube

show youths squirting it directly into their mouths straight out of the can. A half a can could easily be consumed in this manner, which is a beer or two right there, leading to intoxication without even realizing it.

Also, of great concern, is using the whipped cream to top off Jell-O shots and shooters, already containing high levels of alcohol, which can lead to severe overconsumption.

Additionally, the product doesn't need refrigeration, making it easy to take anywhere.

Sales have now reached Nebraska, so be on the lookout.

(Sources: msnbc.com; salon.com; whippedlightning.com)

## Update on the "Synthetic Marijuana" Ban

The U.S. Drug Enforcement Administration (DEA) has enacted an emergency ban on five synthetic marijuana chemicals. During the temporary ban, which will be in place for one year, the DEA said they will research if the products should remain illegal, controlled substances permanently.

"Synthetic marijuana", which had been sold legally as incense under brand names such as K2 and Spice, is an herb-and-chemical compound that, when smoked, simulates the effects of the THC in marijuana.

"Makers of these harmful products mislead their customers into thinking that 'fake pot' is a harmless alternative to illegal drugs, but that is not the case," said Michele M. Leonhart, the acting administrator of the DEA.

The DEA said they designated the chemicals as Schedule I substances in response to a rise in reports from hospitals, poison-control centers, and law enforcement agencies since 2009.

(Source: jointogether.org, 12/22/10)

## Teen Drug Use Increases

According to the National Institute on Drug Abuse (NIDA)'s 2010 Monitoring the Future survey, drug use among teens has increased. The survey also reported a change in teen attitudes about the dangers associated with drug use, and perceptions about drug availability. These data confirm a continued softening in young people's attitudes toward drugs - particularly marijuana. Visit <http://monitoringthefuture.org> to view the complete survey results.

Some key findings from the survey include:

- The rate of 8th graders saying they have used an illicit drug in the past year jumped to 16% from last year's 14.5%.
- Fewer high school seniors perceive "great risk" of harm associated with smoking marijuana and/or using heroin in 2010 compared to teens in grade 12 in 2009.
- Daily marijuana use increased significantly among 8th, 10th, and 12th graders.
- Ecstasy use increased among 12th graders in the past year from 1.9% to 2.6%.
- Prescription drug abuse remains high - rates among students in the 12th grade stayed the same in the year prior.

Research shows youth are less likely to use drugs if they have involved adults in their lives who set clear rules and communicate that drug use is unacceptable. Parents and other adult influencers can follow these tips:

- Talk to your kids about drugs.
- Learn to spot risk factors that can lead to drug use.
- Go through your medicine cabinet and remove unused or unneeded prescription drugs.

The National Youth Anti-Drug Media Campaign has revamped the "Above the Influence" (ATI) youth campaign to provide a greater emphasis on youth prevention issues. "Above the Influence" informs and inspires teens to reject the influences of drugs, alcohol and other risky behaviors, and to make smart decisions when confronted with the pressures of negative people and environments around them.

Materials for youth to help them stay "Above the Influence", including FREE customizable ads, brochures, CD's, youth posters and postcards, can be accessed at [www.TheAntiDrug.com/Resources](http://www.TheAntiDrug.com/Resources). The web site also provides resources and helpful tools for parents and community leaders.

(Source: National Youth Anti-Drug Media Campaign, 12/14/10)



## What Do Kids Value...and at What Cost?

Researchers from the Universities of Georgia and San Diego State find the teens they questioned believe that happiness comes with money, fame, and material goods. That creates a formula for problems with mental health because for people who have those extrinsic values, which are difficult to obtain, it can lead to anxiety and depression. As one teen stated, "You're always stressed out. You make achievements, but you never get to the top, because the bar just keeps rising."

"If you want a kid to be able to thrive through his or her whole life, to find something that will sustain him or her for the long haul, they've got to find something they love," says W. Keith Campbell, Ph.D., University of Georgia.

One author of teen books, reflecting upon her high school experiences, said "Sometimes I felt like I was living for someone else. Rather than trying to figure out who I was, I was trying to be the person someone else wanted me to be."

Knowing how to "de-stress" and doing it when things are relatively calm can help you get through challenging circumstances that may arise. The value of social connectedness, too often missing in our online relationships of today, can also be one of the best guards against depression and anxiety. Following are some suggested strategies to control stress:

### Tips for Kids:

- Take a stand against over-scheduling. Opt for just the activities that are most important to you.
- Be realistic. Don't try to be perfect - no one is. Ask for help when needed.
- Get a good night's sleep. Getting enough sleep helps keep your body and mind in top shape, making you better equipped to deal with any negative stressors.
- Learn to relax. The body's natural antidote to stress is called the relaxation response. It creates a sense of well-being and calm. You can help trigger it by learning simple breathing exercises.
- Treat your body well. Experts agree that getting regular exercise helps people manage stress. (Excessive or compulsive exercise can contribute to stress, so as in all things, use moderation.) And eat well to help your body get the right fuel to function at its best.

### Tips for Parents:

- Discuss what success means to your family. Do your actions, as a family, reflect your values?
- Reduce performance pressure.
- Avoid over-scheduling.
- Allow time for play, family, friends, downtime and sleep.
- Ask your children how they are feeling.
- Talk with your children about their experiences in school.
- Allow your children to make mistakes and learn from them.

(Source: connectwithkids.com, 11/3/10)

We **Welcome** the following new schools and behavioral health agencies to the SCIP Program.

- Lutheran High Northeast; Norfolk
- Millard Horizon High; Omaha
- Cedars Youth Services; Lincoln
- UNL Counseling and School of Psychology Clinic; Lincoln
- Family Connections; Omaha

**THANK YOU** for your caring attitude and commitment to the success of the youth in your community!

## Understanding the Shy Child

Many children are labeled shy. Understanding shyness can be a help or a hindrance to a child, depending partly on how it's handled, and you may find it's not such a negative quality after all.

Shyness is a personality trait, not a fault. Many people don't understand shyness and equate being shy with a child automatically having a problem, such as poor self-image. This label couldn't be more unfair. Many shy children have a solid self-concept and are deep-thinking. They have an inner peace that shines, and shyness is one way of protecting it.

There are many positives to a quiet, sensitive, cautious child. They generally are good listeners, sensitive and very loyal to others, and tend to make safer decisions as opposed to reckless ones. Yet, we still worry when a child is quiet in a crowd. We wonder, are they just "shy" or is there a more serious problem? A shy child with healthy self-worth makes eye-to-eye contact, is polite, and seems happy with themselves. They are just quiet. Their behavior is generally good, they are nice to be around, and people are comfortable in their presence.

For some children, shyness is the manifestation of inner problems, not inner peace. The child is more than shy, and many times withdraws. They avoid eye contact and may display behavior problems. When you delve into this child, you may discover they operate from anger and fear. When you delve deeper, you often find they have a lot to be angry about. Some children hide behind the "shy" label so they don't have to reveal a self they don't like; they retreat into a protective shell. It becomes an excuse for not developing or exercising social skills. For these children, shyness is a handicap, reinforcing their weak self-esteem. To cure the shyness you must build up the self-esteem. This child needs adults he/she can trust, who discipline in a way that does not lead to internalized anger and self-dislike.

While it's tempting to want to help the shy child, be careful—the more you pull, the more some children recoil. You can't pull a child out of shyness. It's better to create a comfortable environment that lets their social personality develop naturally.

Avoid the temptation to say "Don't be so shy". Tell the child ahead of time what's expected of them, such as a simple "hi"/greeting and respectful, polite behavior. Don't ask more than you can reasonably expect from the child in social situations. Whenever possible don't put the child on the spot. Don't spring a request for them to perform in front of others without warning. Instead, privately discuss it with them first. Respect a child's comfort level. They must become gradually comfortable performing in front of others.

Never label a child "shy" or make apologies for them being shy. When hearing that, a child may feel something's wrong with them. It may make them feel more self-conscious, or that they need to do something to "fix" it. Use words such as "reserved," "private," or "focused" when describing them. These terms carry a less negative label, and you should recognize these as positive traits.

(Source: askdrsears.com; time.com)