



# SCIP NEWS BITES

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## ***Building Healthy, Happy Kids!***

The Search Institute, which is nationally recognized for its research on youth development, developed 40 asset-building factors that are critical for young people's growth and success. The 40 concrete assets, promote positive experiences and qualities that make a difference in the lives of young people. The institute's research has found that assets promote academic success, divert youth from risky behaviors, increase civic engagement and give young people the strengths they need to make positive choices in life.



### **WHAT ARE DEVELOPMENTAL ASSETS?**

The Developmental Assets are 40 common sense, positive experiences and qualities that help influence choices young people make and help them become caring, responsible, successful adults. Because of its basis in youth development, resiliency, and prevention research and its proven effectiveness, the Developmental Assets framework has become one of the most widely used approaches to positive youth development in the United States.

### **THE POWER ASSETS**



The 40 Developmental Assets represent everyday wisdom about positive experiences and characteristics for young people. Search Institute research has found that these assets are powerful influences on adolescent behavior — both protecting young people from many different risky behaviors, and promoting positive attitudes and actions.

All kids of all ages everywhere can and do benefit from having more of the 40 developmental assets. Research has proven that youth with the most assets are least likely to engage in four different patterns of high-risk behavior, including problem alcohol use, violence, illicit drug use, and sexual activity. The same kind of impact is evident with many other problem behaviors, including tobacco use, depression and attempted suicide, antisocial behavior, school problems, driving and alcohol, and gambling.

The positive power of assets is evident across all cultural and socioeconomic groups of youth, and there is also evidence that assets have the same kind of power for younger children. Furthermore, levels of assets are better predictors of high-risk involvement and thriving than poverty or being from a single-parent family. The average young person experiences fewer than half of the 40 assets, and boys experience an average of three fewer assets than girls.

### **RELATIONSHIPS ARE KEY**

Relationships between children and their parents, children and other caring adults, and children and their friends are essential to asset building. Children need people! All adults, teens, and children can get involved and play a role, large or small. The more people who do, the better it is for everyone!



### **ASSET BUILDING IS AN ONGOING PROCESS**

Start building assets today in your children and in your community. If you consciously start to think about it now, building them in the future will become automatic.

### **CONSISTENT MESSAGES ARE IMPORTANT**

Children need to receive consistent messages about what's important and what's expected from their family, school, community, the media and other sources. They should also be encouraged to send themselves consistent messages about what's important to them and what they value.



### **INTENTIONAL REDUNDANCY IS IMPORTANT**

Continue reinforcing the assets over the years in all areas of your children's lives. This means, for example, that if you promote, support and expect your child to be honest with you, that they will most likely be honest with their friends and other people.

Please visit the Search Institute for a more detailed list of the 40 developmental assets at [www.search-institute.org/developmental-assets](http://www.search-institute.org/developmental-assets).

(Sources: [www.search-institute.org](http://www.search-institute.org); <http://assets4youth.wordpress.com>; <http://cfed.org>)



## Psychiatric Disorders Undergo New Category Changes in DSM Manual

The Diagnostic and Statistical Manual (DSM) has undergone its first major revision since 1994, and will officially be released in May 2013. The manual was revised to align more closely with the current knowledge of psychiatric disorders. While the full DSM-5 will not be officially released until May 2013, below are the noted changes that have been released by the American Psychiatric Association (APA).

- Single category for Autism Spectrum Disorders (ASD). This will eliminate Aspergers syndrome as a separate diagnosis. Those individuals that met criteria for an Aspergers diagnosis under the previous DSM will be included under the ASD diagnosis. Those diagnosed under the ASD category will be rated severe, moderate and mild. The APA released a statement regarding this single categorization stating "this should not affect services provided, though it will be crucial to monitor."
- Addition of diagnosis for severe recurrent temper tantrums called Disruptive Mood Dysregulation Disorder. This diagnosis has been added because of the misdiagnosis of young children with severe temperament changes being diagnosed with bipolar.
- Gender Identity Disorder has been replaced by Gender Dysphoria – sited as emotional distress over ones gender.
- Substance Use and Dependency has been changed to Addiction & Related Disorders. This new category will include substance use disorders, with each drug identified in its own subcategory.
- Behavioral Addictions category was created. This revision will only include gambling, although internet addictions were considered.
- Suicidal Risk Scales were updated with the goal of enhancing interventions.
- Improved criteria for anorexia and bulimia and new recognition of binge eating.
- ADHD diagnostic criteria changing from symptoms being present before age 7 to before age 12.

(Sources: [www.dsm5.org](http://www.dsm5.org); [www.huffingtonpost.com/dsm5](http://www.huffingtonpost.com/dsm5))

## Krokodil: An Extremely Dangerous New Drug

Desomorphine, known as Krokodil, is a homemade heroin substitute. It's a synthetic opiate that is many times more powerful than heroin, and a much cheaper replacement for the expensive heroin.

Krokodil is made of codeine, iodine and lighter fluid. It provides an intense high that lasts 90 minutes to 2 hours. It is cooked similar to methamphetamine and injected. The skin at the injection site becomes scaly due to the combination of poisonous ingredients. With continued use, rotting sores form, flesh turns grey and peels away down to the bone, and eventually will cause loss of limbs. A distinct iodine odor is smelled on users skin and clothing.

Krokodil was recently developed in Russia, but the recipe for making the substance has made its way to the United States. Russian professionals state that desomorphine is highly addictive and has extreme withdrawal symptoms that last 5-10 days and often requires sedation.

(Source: <http://dangerousminds.net/krokodil>)

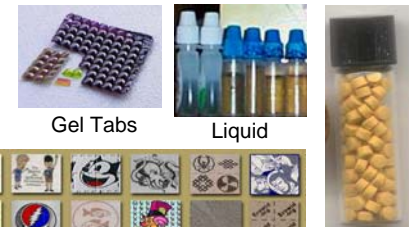
## LSD Use on the Rise

There have been many reports about the resurgence and increased use of LSD — the most common hallucinogen and one of the most potent mood-changing chemicals.

The effects of LSD are unpredictable, depending on the amount taken, the user's personality or mood, and the environment it is taken in. The user may feel several different emotions at once or swing rapidly from one emotion to another. Their sense of time and self becomes altered. A user may experience delusions, terrifying thoughts, feelings of despair, paranoia, fear of losing control, or fear of insanity or death. Some experiences can be frightening and can cause users to panic. Flashbacks, can occur without warning — even years later. A "trip" can last as long as 12 hours, and can turn bad at any time, even if the person has successfully survived many trips before.

LSD can be sold as tablets, capsules, a clear liquid, or on blotting paper that is perforated into small squares and may be colored or have images printed on them. The blotting paper is held in the user's mouth until the drug has been absorbed. It also comes on dissolvable paper that can be put into the eyes; much like a contact lens. LSD can also be found in thin squares of gelatin. It is usually taken orally, but the liquid and gelatin can be put in the eyes.

Street names and slang terms for LSD include acid, blotter, dots, microdot, doses, hits, sugar cubes, tabs, and trips.



Blotters      Gel Tabs      Liquid



Microdots

Signs & symptoms of LSD use include:

- Hallucinations — visual & auditory
- Increased heart rate and blood pressure
- Raise in body temperature
- Reduced perception of reality
- Crossover of senses — hearing colors and seeing sounds
- Dilated pupils
- Tremors
- Loss of appetite
- Dry mouth
- Intensified senses
- Profuse sweating
- Sleeplessness
- Nausea

(Sources: [www.drugabuse.gov](http://www.drugabuse.gov); [www.drugfree.org](http://www.drugfree.org); [www.narconon.org](http://www.narconon.org)) (Images by Erowid.org)