



Beer Pong Nintendo Wii Game Normalizes Binge Drinking

After battling with [retail stores](#) to get Beer Pong games off their shelves, now Beer Pong has been turned into a game for the popular Nintendo Wii system. Electronic entertainment company JV Games Inc. recently announced that Beer Pong would be the first of a series of Frat Party games for the Nintendo WiiWare, a move which CADCA believes will only normalize binge drinking and promote underage drinking.

The new game, scheduled to be released in mid-June, will feature two distinct competitive games. Beer Pong, a tournament-style game of beer pong for one to four players, and Speed Pong, during which two or three players compete at the same time, each trying to be the first to eliminate all of his or her beer cups. **For the full article go to: <http://cadca.org/CoalitionsOnline/article.asp?id=1870>**



For more information on HCTC, Youth Development and for the latest on upcoming HCTC Meetings and Activities **Go To: <http://www.gvhp.org/Home/OurProjects/HealthyCommunities/tabid/102/Default.aspx>**

New Research Brief Examines Mental Health in Adolescents

A new report on adolescent mental health in the United States reveals that about one in five adolescents show signs of significant emotional distress, and the most common mental health problems among adolescents include depression, attention-deficit/hyperactivity disorder, and substance abuse. The brief emphasizes the importance of catching these issues early on, since most mental health disorders begin in adolescence, and many mental health problems can have serious negative consequences in both youth and adulthood. **For the full article go to: <http://nahic.ucsf.edu/downloads/MentalHealthBrief.pdf>**



FOCUS ON ALCOHOL AND THE SECONDHAND EFFECTS OF DRINKING

As a society, we are beginning to realize and accept the fact that alcohol use affects not only the drinker but others *who do not drink* as well. Just as smoking tobacco has secondhand effects, alcohol affects people close to the user and the public at large. Secondhand effects include the tragedies of drunk driving, fetal alcohol syndrome, failed family relationships, and rising healthcare costs. Society's tolerance for these secondhand effects is changing and can be seen in new approaches to workplace policies, laws, and interpersonal relationships. This month, see how you can incorporate this issue into your organization's messages and activities.

Facts

- Alcohol related problems cost every person in the United States \$633 per year, whether he or she drinks or not (National Institute on Drug Use, 1998)
- 21% of workers report that their productivity has been affected by co-workers' drinking, including being injured or put in danger, having to re-do work, or having to cover for a co-worker (Mangione, T. 1998)
- As many as 87% of non-binge drinkers at college experience one or more secondhand effects of other students' misuse of alcohol. These effects include having sleep interrupted, having property vandalized, or being the victim of a physical or sexual assault

What to Do:

- Speak out about your concerns about secondhand alcohol effects. Send the message that alcohol use does effect everyone. Write a letter to the editor of your local newspaper about the costs of underage drinking to the community as a whole. These costs include potential vandalism, litter, injury or death from drunk driving, interpersonal violence, and loss of one of the community's most valuable resources—the health and future of the youth.
- Sponsor a college preparation workshop for parents of high school juniors and seniors. Encourage them to learn about the alcohol culture on and off campus before sending their children off to school. Advise parents to look at advertisements around campus that offer cheap alcohol or discounts to students, note articles in the school news paper about the school's alcohol policies. Encourage parents to ask college officials tough questions like: How many alcohol violations were handled in the past year? How many students were medically treated for alcohol violations? Are there ample alternative activities for students?

How to do it: Simple! Just Contact Rachel Pena, HCTC Coordinator: 227-0279 to help you arrange