



Teens and Prescription Drug Use: A recent White House analysis shows that teens are turning away from street drugs, like marijuana and cocaine, and are now abusing prescription drugs to get high. The report, "Teens and Prescription Drugs: An Analysis of Recent Trends on the Emerging Drug Threat," released in February by the Office of National Drug Control Policy (ONDCP), found that new users of prescription drugs have now caught up with new users of marijuana, and prescription drugs are now the second most commonly used illegal drug by teens to get high, behind marijuana. The report also shows that the majority of teens, who use these products, are getting them easily and for free.

[For more information on this story: http://cadca.org/CoalitionsOnline/article.asp?id=1427](http://cadca.org/CoalitionsOnline/article.asp?id=1427)

Surgeon General's Call to Action: Noting that alcohol "remains the most heavily abused substance by America's youth," acting U.S. Surgeon General Kenneth Moritsugu, M.D., M.P.H., called for government, school officials, parents, communities, and youth themselves to do more to prevent underage drinking. The report highlights 6 goals that include engaging all sectors of the community in preventing underage drinking, promoting understanding of teen drinking and the effects on development, improve public health surveillance on underage drinking.

[For More Information on this story: http://www.jointogether.org/news/features/2007/surgeon-general-calls-for.html](http://www.jointogether.org/news/features/2007/surgeon-general-calls-for.html)

[For the full report: http://www.surgeongeneral.gov/topics/underageddrinking/calltoaction.pdf](http://www.surgeongeneral.gov/topics/underageddrinking/calltoaction.pdf)



For more information on HCTC go to:

<http://www.gvhp.org/orgMain.asp?storyID=119&orgID=12&sid=>

For more information on Youth Development: [http://](http://www.gvhp.org/orgMain.asp?storyID=142&orgID=12&sid=)

www.gvhp.org/orgMain.asp?storyID=142&orgID=12&sid=



Tips for Improving Communication with Youth

Keep Your Eyes Open!

The Genesee Valley Health Partnership (GVHP) is working with its partners to develop a quarterly health and wellness newsletter for local schools. The newsletter will be a single source of information on news, announcements, and articles from local health & wellness organizations, including upcoming events, and practical and useful health tips. It will also include information on GVHP projects impacting schools: HIP HOP, Second Step, Healthy Communities That Care, Livingston Worksite Wellness Partnership, and Simple Steps. Look for it in May!

As a parent or an adult that works with youth how many times have you said to a youth "Why can't you just listen!" or how many times has a simple attempt at a conversation turned into a battle ending with your child's feet stomping and door slamming? If you are like most adults probably too many times to count. For many years we have chalked communication breakdowns like these to adolescent hormones or "attitude". Learning how to talk with youth so that they will listen is a skill that takes time, patience and understanding. Here are some tips to get you started on this journey:

- Understand the Youth Brain
- Try to begin statements with "I" instead of "You"
- Be specific and avoid generalizations
- Start Conversations in the Car
- Stick to one topic at a time

[For More Information on these tips go to: http://www.gvhp.org/orgMain.asp?storyID=151&orgID=12&sid=](http://www.gvhp.org/orgMain.asp?storyID=151&orgID=12&sid=)

[Want to know what is happening in each of the 6 HCTC communities? Click here: http://www.gvhp.org/orgMain.asp?storyID=117&orgID=12&sid=](http://www.gvhp.org/orgMain.asp?storyID=117&orgID=12&sid=)

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