

Happy Holidays

THE LATEST FROM GNCY...

WEBINAR



CANNABIS AND ADOLESCENT MENTAL HEALTH

A special thank you to Dr. Aaron Weiner for his fantastic webinar. GNCY and Knowledge Empowers Youth Coalition hosted Dr. Aaron Weiner for a conversation about the relationship between cannabis and mental health in your teen on Thursday October 21st. To view the webinar, please visit gncy.org.

THANK YOU DR. WEINER!

IN THE COMMUNITY

GNCY was pleased to distribute approximately 500 “goodie bags” to students at GBN during their lunch by having them answer some questions regarding blood alcohol concentration levels, how much is in a standard drink, etc., This was well received by all who participated as our supply ran out in 1 hour Look for the winter hat around town!



Final goodie bags were supplied to both The Northbrook Public Library and The Glenview Public Library loaded with stress relievers, literature on wellness, the x-plan, pens, pencils, stickers, etc. We were excited to reach GBS, GBN & Loyola students this semester and wish them all the best with finals.

The Glenview Public Library invited us to display in their lobby for the month of November! Our display focused on brain development, various substances and how they affect brain development, and we included the latest e-cigarette trends for awareness.



A BIG THANK YOU TO BOTH LIBRARIES!!

DECEMBER IS NATIONAL IMPAIRED DRIVING PREVENTION MONTH



A time to raise awareness of the consequences of driving under the influence of drugs or alcohol. Many people in our community, including kids, understand the importance of not drinking alcohol and driving, however any substance, legal or illegal, can lead to impairment and unsafe driving.

HERE ARE SOME FACTS AND TIPS ON DRUG IMPAIRED DRIVING THAT YOU CAN SHARE WITH YOUR CHILDREN.



- About one in four teen car crashes involves an underage drinking driver.
- Every day about 800 people are injured in a drunk-driving crash.
- Every day in America, another 29 people die as a result of drunk-driving crashes. That's one person every 50 minutes



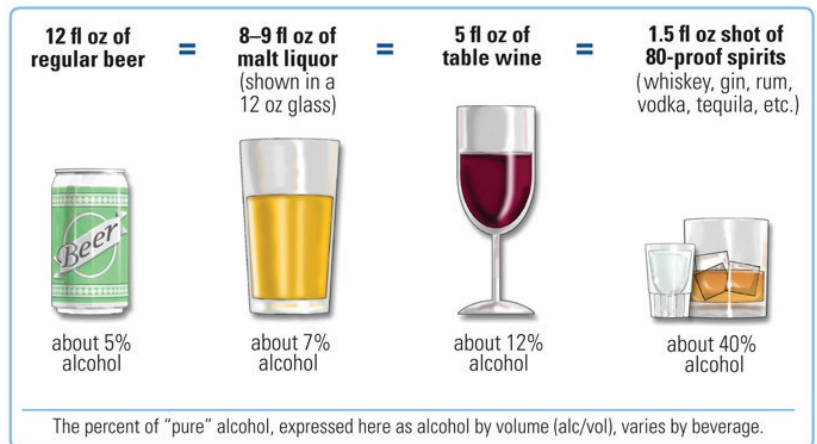
- Marijuana use is increasing, and 13 percent of weekend nighttime drivers have marijuana in their system.
- Marijuana users were about 25 percent more likely to be involved in a crash than drivers with no evidence of marijuana use.²

¹www.nhtsa.gov/risky-driving/drug-impaired-driving

²www.samhsa.gov/sites/default/files/factsheet_ed-impaireddriving_r6f_508c.pdf

- **Alcohol, marijuana, and other drugs** can impair the ability to drive because they slow coordination, judgment, and reaction times.
- Using two or more drugs at the same time, including alcohol, can amplify the impairing effects of each drug a person has consumed.
- Some prescription and over-the-counter medicines can cause extreme drowsiness, dizziness, and other side effects. Read and follow all warning labels before driving, and note that warnings against “operating heavy machinery” include driving a vehicle.¹

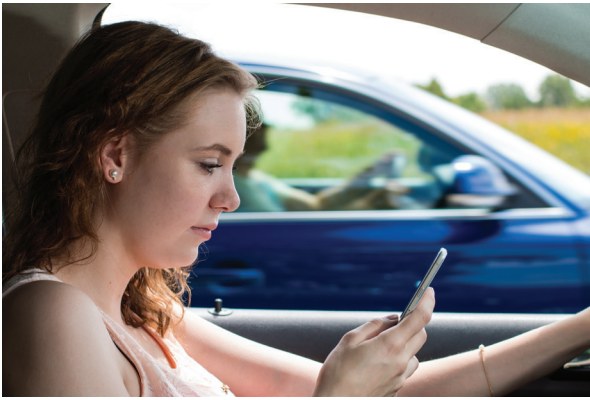
FOR THE AVERAGE ADULT,
1 STANDARD DRINK
(SHOWN IN CHART TO RIGHT)
CAN BRING BAC TO .02.



Standard Drink = 1.5 oz. 80 proof liquor, 12 oz. of beer or 5 oz. of table wine

The Effects of Blood Alcohol Concentration

BLOOD ALCOHOL CONCENTRATION (BAC) IN G/DL	TYPICAL EFFECTS	PREDICTABLE EFFECTS ON DRIVING
.02	Some loss of judgment; relaxation, slight body warmth, altered mood	Decline in visual functions (rapid tracking of a moving target), decline in ability to perform two tasks at the same time (divided attention)
.05	Exaggerated behavior, may have loss of small-muscle control (e.g., focusing your eyes), impaired judgment, usually good feeling, lowered alertness, release of inhibition	Reduced coordination, reduced ability to track moving objects, difficulty steering, reduced response to emergency driving situations
.08	Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing), harder to detect danger; judgment, self-control, reasoning, and memory are impaired	Concentration, short-term memory loss, speed control, reduced information processing capability (e.g., signal detection, visual search), impaired perception
.10	Clear deterioration of reaction time and control, slurred speech, poor coordination, and slowed thinking	Reduced ability to maintain lane position and brake appropriately
.15	Far less muscle control than normal, vomiting may occur (unless this level is reached slowly or a person has developed a tolerance for alcohol), major loss of balance	Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing



ANOTHER CONCERN IS DISTRACTED DRIVING:

Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system — anything that takes your attention away from the task of safe driving.

Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.

You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.³

HERE ARE SOME TIPS ON HOW TO TALK WITH YOUR CHILDREN ABOUT IMPAIRED DRIVING:

Don't Wait for the "Right" Time—there are many opportunities to bring up this important topic. Here are some examples:

- When your child asks to borrow the car
- When you're at the dinner table together
- When your child asks if he/she can ride with a friend to school/a concert/a party, etc.
- When you're running errands on the weekend
- When you're at the grocery store
- When you and your child are in the car together

HELP THEM BUILD AN EXIT PLAN—Some kids may not know what to do if a friend or family member who is under the influence of alcohol or other drugs offers them a ride. Explain to your child that it's okay to say no, and help them think through an exit strategy.

For example, you can suggest:

- Calling a rideshare service or taxi;
- Calling a relative or friend for a ride home;
- Staying the night at their current location; and
- Using the X-Plan to contact you or another trusted adult to get out of the situation and help or the impaired person.

HAVE A BACKUP PLAN IN CASE YOU END UP IN AN UNCOMFORTABLE SITUATION

GNCY
GLENVIEW-NORTHBROOK COALITION FOR YOUTH

Called The "X-Plan":
giving you a way out

³www.nhtsa.gov/risky-driving/distracted-driving