

Freehold Municipal Alliance  
To Prevent Substance Abuse

*" Citizens Joined Together To Make Freehold  
A Healthier & Safer Place To Live"*

**Monthly Newsletter - March 2015**

**Just released --- Monitoring The Future report:  
2014 Overview Key Findings on Adolescent  
Drug Use**

Source: The University of Michigan Institute for Social Research,  
February 2015, [website](#)

**Mostly Good News:**

**Key Findings show  
Declines Across a  
Broad Spectrum of Drugs in  
2014**



**Declining use of a number of licit and illicit  
substances is a main finding in 2014**

- Annual prevalence of drug use declined for 28 of the 34 drug outcomes reported for the combined pool of 8th, 10th, and 12th graders.
- Declining illicit drug use is due in large part to a decrease in annual prevalence of marijuana, which declined in 8th, 10th, and 12th grades respectively.
- Annual prevalence of using any illicit drug decreased slightly, but not significantly, in all three grades
- Although use of marijuana declined in 2014, youth marijuana attitudes moved toward greater acceptance:
  - Perceived risk of regular marijuana use declined in all three grades
  - In 2014 the percentages of youth who believe regular marijuana use results in “great harm” physically or in other ways continued its longer-term decline
  - Disapproval of people who use marijuana regularly also declined in 8th grade and 12th grade, but increased slightly in 10th grade
- Additional drugs with declining prevalence include:
  - synthetic marijuana, bath salts, narcotics (*other than heroin*)
  - vicodin and OxyContin), ecstasy (MDMA)
  - hallucinogens other than LSD, Salvia
  - over-the-counter cough and cold medicines
  - amphetamine use without a doctor’s orders
  - Ritalin, Adderall, ‘crack’ cocaine, and any prescription psychotherapeutic drug.
- The psychotherapeutic drugs warrant special attention, given that they now make up a significantly larger part of the overall U.S. drug problem than was true 10–15 years ago. This is in part because use increased for many prescription drugs over that period, and in part because use of a number of street drugs has declined substantially since the mid- to

late-1990s.

- Also, prescription psychotherapeutic drugs are now being advertised directly to the consumer, which implies that they are both widely used and safe to use.
- Illicit Drugs Holding Steady in 2014 showed little or no change from 2013 to 2014. These include:
  - inhalants, tranquilizers, the club drug GHB, LSD,
  - cocaine, heroin, methamphetamine
  - crystal methamphetamine, sedatives, rohypnol, ketamine, and anabolic steroids.
- Tobacco and Alcohol Use; Two main findings stand out for alcohol and tobacco in 2014:
  - First, cigarette smoking and alcohol use have continued their long declines and are now at the lowest levels recorded in the history.
  - Second, the new product of e-cigarettes has made rapid inroads among adolescents, and its prevalence is now higher than the prevalence of tobacco cigarette smoking
- Lifetime prevalence of cigarette use also continues its long-term decline. It declined in 2014 in all three grades
  - The fact that fewer young people initiated smoking is an important reason for the large declines in current use. The proportion of students who have ever tried cigarettes has fallen from peak levels reached in 1996 or 1997 by 73%, 63%, and 47% in the three grades, respectively.
  - Overall increases in perceived risk and disapproval appear to have contributed to the downturn in cigarette use. Perceived risk increased substantially and steadily in all grades from 1995 through 2004, after various other attitudes toward smoking became more unfavorable during that interval as well,
  - Among 8th graders, the proportions saying that they “prefer to date people who don’t smoke” rose from 71%

in 1996 to 81% by 2004, where it remained through 2014. Similar changes occurred in 10th and 12th grades

- Thus, at the present time, smoking is likely to make an adolescent less attractive to the great majority of potential romantic age mates.
- Important role in the decline in use.
  - Cigarette prices rose appreciably in the late 1990s and early 2000s as cigarette companies tried to cover the costs of the 1998 Master Settlement Agreement, and as many states increased excise taxes on cigarettes. A significant increase in the federal tobacco tax passed in 2009 may have contributed to the continuation of the decline in use since then.
- Smokeless tobacco. From the mid-1990s to the early 2000s, smokeless tobacco use declined substantially, but a rebound in use developed from the mid-2000s through 2010. Since 2010, prevalence levels have declined modestly in all three grades and then remained steady in 2014.
  - Perceived risk and disapproval appear to have played important roles in the earlier decline in smokeless tobacco use.
  - In all three grades, perceived risk and disapproval rose fairly steadily from 1995 through 2004, accompanied by declines in use.
  - However, there was not much change between 2004 and 2010, suggesting that other factors may have led to the increases in smokeless tobacco use during that time interval.
  - These factors might include increased promotion of these products, a proliferation of types of smokeless tobacco products available, and increased restrictions on places where cigarette smoking is permitted.
  - The decline or leveling in smokeless tobacco use since 2010 may be attributable, at least in part, to the 2009 increase in federal taxes on tobacco. Perceived risk did

not significantly

- Alcohol remains the substance most widely used by today's teenagers.
  - Despite recent declines, two out of every three students (66%) have consumed alcohol (more than just a few sips by the end of high school, and over a quarter (27%) have done so by 8th grade. In fact, half (50%) of 12th graders and one in nine (11%) 8th graders in 2014 reported having been drunk at least once in their life.
  - Alcohol use began a substantial decline in the 1980s. To some degree, alcohol trends have tended to parallel the trends in illicit drug use.
  - These include a modest increase in binge drinking (defined as having five or more drinks in a row at least once in the past two weeks) in the early to mid-1990s, though it was a proportionally smaller increase than was seen for cigarettes and most of the illicit drugs.
  - Fortunately, binge drinking rates leveled off in the early 2000s, just about when the illicit drug rates began to turn around, and in 2002, a drop in drinking and drunkenness resumed in all grades. Gradual declines continued into 2014, which marked the lowest levels for drunkenness and alcohol use in all three grades ever recorded by the survey.
- e-cigarettes now have the highest 30-day prevalence of all tobacco products, including regular cigarettes, at all three grade levels.
  - Prevalence of e-cigarette use was 8.7%, 16.2%, and 17.1% in 8th, 10th, and 12th grade, respectively.
  - The corresponding



prevalence for regular cigarette use was 4.0%, 7.2%, and 13.6%. Note that in 8th and 10th grades e-cigarette prevalence is more than twice the prevalence of regular cigarettes.

- e-cigarettes have a lower perceived risk for regular use than any other drug in the survey, including alcohol.

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## **Freehold Municipal Alliance To Prevent Substance Abuse**

### **Mission Statement**

The Freehold Municipal Alliance exists to meet the need for comprehensive, coordinated substance abuse awareness planning and programming for the residents of Freehold Township and Freehold Borough. The Alliance conducts needs assessments, produces an annual prevention plan, and advocates for enhanced prevention services based on community needs and priorities.

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Alliance sponsored programs and activities are primarily funded by the Governor's Council on Alcoholism and Drug Abuse through the Drug Enforcement Demand Reduction Fund. Additional funding is supplied by the Township of Freehold, Freehold Borough, private donations, and our annual golf outing fundraiser.

To help us continue to provide substance abuse awareness

programs, donations are welcomed.

## **Upcoming Events**

### **Alliance Monthly Meeting**

Wednesday, March 11, 2015, 12pm  
Freehold Twp. Munc Bldg.

### **Community Outreach Subcommittee Meeting**

Wednesday, March 11, 2015, 11am  
Freehold Twp. Munc. Bldg.

### **Youth & Education Program Subcommittee Meeting**

Wednesday, March 11, 2015, 1pm  
Freehold Twp. Munc. Bldg

### **Fundraising Subcommittee Meeting**

Thursday, March 5, 2015, 9am  
Freehold Twp.Munc. Bldg

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## **Board Members**

Margaret B. Jahn  
**Program Director**

Eva Carella

Jeff Friedman  
**Co-Chairperson**

Ross Kasun

John McGeehan  
**Co-Chairperson**

Marvin Krakower

Thomas J. McGowan

Lauren Mann  
**Alliance Coordinator**

Kathleen Andrejco  
**Youth & Education Program Chair**

Jeff Friedman  
**Fundraising Committee Chair**

Mindy Wille  
Annette Jordan  
**Community Outreach Co-Chairs**

Frank Dalotto  
**Newsletter Editor**

Barbara McMorrow

Rev. Patricia Medley

John Reiff

Sharon Shutzer

John Soviero

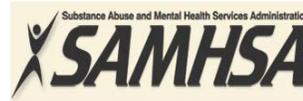
Rocco Tomazic

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To join or attend a meeting contact:  
Lauren Mann  
Alliance Coordinator  
LMann@twp.freehold.nj.us

## Important Websites





Smoking is one of the rare things in life when it's ok to be quitter.



Learn More →

DRIVING STUPID CAN REALLY MAKE YOU LOOK BAD



DON'T DRIVE STUPID

AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY

**STOP**  
Underage Drinking

Partnership for a Drug-Free New Jersey

**SADD**  
Find us on Facebook

Get others INVOLVED



You are encouraged to call 24 hours a day, 7 days a week if you need help understanding or accessing available services.

- Temporary assistance
- Housing
- Mental health services
- Disaster relief
- Government benefits
- Health care
- Food
- Individual counseling
- Addiction treatment
- Donor services

Need help? Start

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