



THE CHAMPION

New Publication Highlights Research on Early Childhood Risks and Protective Factors

An online guide about interventions in early childhood that can help prevent drug use and other unhealthy behaviors was developed by the National Institute on Drug Abuse (NIDA) and is now available.

The guide offers research-based principles that affect a child's self-control and overall mental health, starting during pregnancy through the eighth year of life. It recognizes that while substance use generally begins during the teen years, it has known biological, psychological, social, and environmental roots that begin even before birth.

"Thanks to more than three decades of research into what makes a young child able to cope with life's inevitable stresses, we now have unique opportunities to intervene very early in life to prevent substance use disorders," said NIDA Director Nora D. Volkow, M.D., in a news release. "We now know that early intervention can set the stage for more positive self-regulation as children prepare for their school years."

The guide, "[Principles of Substance Abuse Prevention for Early Childhood](#)," addresses the major influences on a child's early development such as lack of school readiness skills, insecure attachment issues, and signs of uncontrolled aggression in childhood behaviors. Special attention is given to a child's most vulnerable periods during sensitive transitions, such as a parents' divorce, moving to a new home, or starting school. There is strong evidence that a stable home environment, adequate nutrition, physical and cognitive stimulation, and supportive parenting can lead to good developmental outcomes.

Two supplemental sections for policymakers and practitioners go into greater detail on how early childhood interventions are designed and how to select the right strategies for a community's specific needs. "This guide is important reading for anyone who has an influence over a child's life, from early development through the transition to elementary school," added Volkow.

[Principles of Substance Abuse Prevention for Early Childhood](#) is the fourth in a series of evidence-based principles produced by NIDA, including: [Principles of Drug Addiction Treatment](#); [Principles of Adolescent Substance Use Disorder Treatment](#); and [Principles of Drug Abuse Treatment for Criminal Justice Populations](#). The guide concludes with a list of selected resources with information on research-based early childhood drug use prevention programs.

<http://www.cadca.org/resources/new-publication-highlights-research-early-childhood-risks-and-protective-factors>

Principles of Substance Abuse Prevention for
Early Childhood
A Research-Based Guide



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Our Vision:
We envision a county where adults support positive youth choices in order to develop into healthy, responsible adults.

Our Mission:
To improve and enhance the health, safety, and quality of life for our children and community by reducing substance use and abuse.

Twitter:
@champforwc
Facebook: Champ of Wadena County



Become a CHAMP member, for more information, call Laure at Wadena County Public Health (218) 631-7629.
Together we can make a difference!

**Fast
 Fact**

“Sibling fights happen for a variety of reasons--attention, jealousy, competition, teasing. If you show your teens that you love each of them for who they are and help them learn how to communicate well and resolve conflict, you will give them what they need to enjoy other important relationships in their future.”

Howard, R. (Trans.). (2004). Parenting at the speed of teens: Positive tips on everyday issues. Minneapolis, MN: Search Institute

We're on the web!
www.champforwc.org

What's Coming Up...Back to School



Menahga —Prom: April 23, 2016; Graduation: May 27, 2016
Sebeka —Prom: April 9, 2016; Graduation: May 27, 2016
Verndale— Prom: April 30, 2016 ; Graduation: May 27, 2016
Wadena-Deer Creek —Prom: April 16, 2016; Graduation: May 20, 2016

The COST of Excessive Alcohol Use

Excessive alcohol use continues to be a drain on the American economy, according to a study released by the Centers for Disease Control and Prevention (CDC). Excessive drinking cost the U.S. \$249 billion in 2010, or \$2.05 per drink, a significant increase from \$223.5 billion, or \$1.90 per drink, in 2006. Most of these costs were due to reduced workplace productivity, crime, and the cost of treating people for health problems caused by excessive drinking.

Binge drinking, defined as drinking five or more drinks on one occasion for men or four or more drinks on one occasion for women, was responsible for most of these costs (77 percent). Two of every 5 dollars of costs -- over \$100 billion -- were paid by governments.

“The increase in the costs of excessive drinking from 2006 to 2010 is concerning, particularly given the severe economic recession that occurred during these years,” said Robert Brewer, M.D., M.S.P.H., head of CDC’s Alcohol Program and one of the study’s authors. “Effective prevention strategies can reduce excessive drinking and related costs in states and communities, but they are under used.”

Excessive alcohol consumption is responsible for an average of 88,000 deaths each year, including 1 in 10 deaths among working-age Americans ages 20-64.

Excessive alcohol use cost states and the District of Columbia a median of \$3.5 billion in 2010, ranging from \$488 million in North Dakota to \$35 billion in California. Washington D.C. had the highest cost per person (\$1,526, compared to the \$807 national average), and New Mexico had the highest cost per drink (\$2.77, compared to the \$2.05 national average). Excessive alcohol use cost the state of MN \$3.9 billion, costing \$733/per person or \$1.74 per drink.

The 2010 cost estimates were based on changes in the occurrence of alcohol-related problems and the cost of paying for them since 2006. Even so, the researchers believe that the study underestimates the cost of excessive drinking because information on alcohol is often underreported or unavailable, and the study did not include other costs, such as pain and suffering due to alcohol-attributable harms.

The study, “2010 National and State Costs of Excessive Alcohol Consumption,” is available at <http://www.ajpmonline.org/content/infoformedia>. For more information: <http://www.cdc.gov/alcohol/>.

In every issue!

Something To Try And Talk About

Here are some ideas for conversations at your next car ride or family meal.

- What are the best places to hang out in our community? Why?
- Name four things you like best about yourself?

- What is the hardest part of school this year? Is it homework? Getting assignments in on time? Tests? Class participation? Getting along with classmates? What makes this hard?

The benefits of eating together will last long after your meal ends, especially if you make family mealtimes a regular activity. For more ideas visit : <http://casafamilyday.org/familyday/tools-you-can-use/conv-starters/>.