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*“Never doubt that a small group of thoughtful committed citizens can change the world: Indeed it's the only thing that ever has”*



**Parents Matter News Letter XIII** **January, 2012**

**The Teen Brain: Still Under Construction**

One of the ways that scientists have searched for the causes of mental illness is by studying the development of the brain from birth to adulthood. Powerful new technologies have enabled them to track the growth of the brain and to investigate the connections between brain function, development, and behavior.

The research has turned up some surprises, among them the discovery of striking changes taking place during the teen years. These findings have altered long-held assumptions about the timing of brain maturation. In key ways, the brain doesn't look like that of an adult until the early 20's.

An understanding of how the brain of an adolescent

is changing may help explain a puzzling contradiction of adolescence: young people at this age are close to a lifelong peak of physical health, strength, and mental capacity, and yet, for some, this can be a hazardous age. Mortality rates jump between early and late adolescence. Rates of death by injury between age 15 to 19 are about six times that of the rate between ages 10 and 14. Crime rates are highest among young males and rates of alcohol abuse are high relative to other ages. Even though most adolescents come through this transitional age well, it's important to understand the risk factors for behavior that can have serious consequences. Genes, childhood experience, and the environment in which a young per-

son reaches adolescence all shape behavior. Adding to this complex picture, research is revealing how all these factors act in the context of a brain that is changing, with its own impact on behavior. The more we learn, the better we may be able to understand the abilities and vulnerabilities of teens, and the significance of this state for life-long mental health.

The fact that so much change is taking place beneath the surface may be something for parents to keep in mind during the ups and downs of adolescence. For complete brochure information contact:

[www.Parentsmattercsd.com](http://www.Parentsmattercsd.com)  
<http://www.nimh.nih.gov>

**Headline News: Compliance Checks**

A total of 17 businesses were checked in the Pierre, Ft Pierre and Hughes County area for alcohol compliance. The checks were completed by members of the Pierre Police Department, Hughes County and Stanley County Sheriff's Offices. The buyer's identification was asked for and checked at every business and the driver licenses that were presented clearly depicted the bearer was "Under 21". A total of 11 businesses were checked in Pierre/Ft. Pierre/Hughes County. The following businesses that were checked for alcohol compliance and passed are:

- Fort Pierre**-Cowboy Country Store, Fresh Start and Metro City;
- Pierre**- Shels Quick Stop, DJ's Amoco, Sinclair; Fresh Stop Sioux/Central, Young's Mobile, Cowboy Country Store Euclid, Cowboy Country Store Harrison, Gas Stop Garfield, Fresh Start Harrison/Wells and Capital City Wine and Spirits;
- Hughes County (Blunt)**-Medicine Creek Convenience Bar and Grill.

Those businesses found to be in violation were Chekkers Fresh Start Pierre, Maxine's Pub Grey Goose, and Kroeplin Ag Service Blunt.

Report By:  
 Elton Blemaster, Captain  
 Pierre Police Department

### Ten Facts About Alcohol

1. Alcohol is a depressant that comes from organic sources including grapes, grains and berries. These are fermented or distilled into a liquid.
2. Alcohol affects every part of the body. It is carried through the bloodstream to the brain, stomach, internal organs, liver, kidneys, muscles—everywhere. It is absorbed very quickly (as short as 5-10 minutes) and can stay in the body for several hours.
3. Alcohol affects the central nervous system and brain. It can make users loosen up, relax, and feel more comfortable or can make them more aggressive.
4. Alcohol lowers their inhibitions, which can set them up for dangerous or embarrassing behavior. Alcohol is a drug and is only legal for people over the age of 21.
5. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), 2.6 million young people do not know that a person can die of an overdose of alcohol. Alcohol poisoning occurs when a person drinks a large quantity of alcohol in a short amount of time.

A standard drink is:

One—12 ounce bottle of beer or wine cooler

One—5 ounce glass of wine

1.5 ounces of 80 proof distilled spirits.

### Health Hazards

6. People who begin drinking before the age of 15 are four times more likely to develop alcohol dependence than those who wait until age 21. Each additional year of delayed drinking onset reduces the probability of alcohol dependence by 13 percent
7. Adolescents who drink heavily assume the same long-term health risks as adults who drink heavily. This means they are at increased risk of developing cirrhosis of the liver, pancreatitis, hemorrhagic stroke, and certain forms of cancer.
8. Adolescents who use alcohol are more likely to become sexually active, which places them at greater risk of HIV infection and other sexually transmitted diseases.
9. One study showed that students diagnosed with alcohol abuse were four times more likely to experience major depression than those without an alcohol problem.
10. Alcohol use among adolescents has been associated with considering planning, attempting, and completing suicide.

For more information about talking with your teen about alcohol, tips for your teen go to:  
[http://www.theantidrug.com/drug\\_info/drug\\_info\\_alcohol.asp](http://www.theantidrug.com/drug_info/drug_info_alcohol.asp)

## COMING ATTRACTIONS

Parents Matter is pleased to announce that **Thomas J. Huber MD**, will be the guest speaker for our **Wednesday, January 11<sup>th</sup> Noon meeting**.

Dr. Huber, a Private Practice/Family Physician is the Founder of Dakota Plains Clinic and is currently employed at the Sanford Clinic-Pierre since 2007 and South Dakota State Medical Association President from 2009-2011. He will be speaking about: ***The Negative Affects That Underage Drinking Has On A Child's Health.***

The meeting will be held in the 5<sup>th</sup> Floor Conference Room, at the St. Mary's Health Care Center. The presentation is free of charge and open to the public. Lunch will be provided. Please contact Ruby or Elaine to reserve a seat by calling: 224-3189 or e-mail:

[parentsmatter@pie.midco.net](mailto:parentsmatter@pie.midco.net)

### Distracted Driving Simulator – Coming to Pierre for the Month of February

Parents Matter of Pierre/Fort Pierre Coalition is working with Eric Majeres of VOA –Office of Highway Safety and Dave Renli of the Sioux Empire SafetyVillage of Sioux Falls in bringing the Driving Simulators to Pierre and Fort Pierre. The simulators are tentatively scheduled for the month of February for Pierre and Fort Pierre Schools. We are currently in the midst of scheduling times and dates for the simulated Program, “Teens, Driving and Texting”.

**Conversation: It's What's for Dinner** will be held at **6:00 PM on Monday, February 13, 2012** in the Atrium of the **Mickelson Law Enforcement Training Center, 1302 E. Highway 14, Suite 5, Pierre, SD 57501.**

John Beranek will be the facilitator for the **free** Community Dinner Event for parents/guardians/caregivers of middle and high school aged students. The program encourages parents to engage children in preventative conversations on teenage sexuality and other safety concerns. Participants will gain new insight skills and approaches to open the lines of communication with their children.

The event is limited to 75 people. Contact Ruby or Elaine 224-3189 By January 31, 2012. or email:

[parentsmatter@pie.midco.net](mailto:parentsmatter@pie.midco.net)

**Christmas Gathering and Sharing of Resources**

Pictured and Signing in:  
Pat Englehart and Laura Snow,  
SD Office of Highway Safety  
Background: Jim McCord,  
SD Tobacco Control and Justin  
Pederson, SD National Guard– Drug  
Demand (DDR) Reduction Program.

Representative Mark Venner joined the  
Parents Matter Coalition in a  
discussion of the various programs/  
activities available in our communities  
of Pierre/Fort Pierre.



*What's Happening in Parents Matter*

**“CLAP, CLAP, CLAP”**



As of November 1, 2011; Growing Up Together has become fully accredited to provide Prevention Services. Parents Matter programming is in full compliance with the requirements of DSS-Community Behavioral Health Prevention Program.

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Parents Matter Coalition members partnered with South Dakota Urban Indian Health Services in Pierre in providing a Holiday Feast for clientele, families and guests. There was a large number of attendees at the very successful event which provided an opportunity to reach a number of people with information of available community resources. Parents Matter Coalition members were also able to gather insightful perspectives of underage drinking issues in our communities from participants at the event.

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Parents Matter Coalition continues growing. Our CMCA One-on-One Interviews have generated an additional list of people wishing to receive our newsletter (42) and provide talents (gifts) and information in regards to addressing underage drinking in our communities. This first round of One-on-One Interviews were due on December 30<sup>th</sup>.

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Parents Matter January Newsletter is focusing on health issues associated with underage drinking. Please visit Parents Matter website: [www.parentsmattercsd.com](http://www.parentsmattercsd.com) to access the article, **Underage Drinking-The Straight Story About Alcohol**. This article along with additional articles may also be accessed from the PRIDE-Omaha organization's website: <http://www.pride.org/alcohol.htm> For more information regarding youth involvement; please e-mail: [infor@pride.org](mailto:infor@pride.org) or call the National Federation of Drug-Free Youth: 1-800-554-KIDS.

## Our Sponsors—Thank You!

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**St. Mary's Healthcare Center**

**DSS**

Strong Families - South Dakota's Foundation and Our Future



**Stanley County Booster Club**



**Retired Seniors Volunteer Program**

- Pierre Police Department.
- Fort Pierre Police Department
- KGFX Dakota Radio Group
- KCCR Radio
- SD Dept of Education
- Pierre School District
- Stanley County School
- SD Dept of Labor, Experience Works
- Teen Court (CAC's)
- Capital Journal
- Hughes County Sheriff
- Stanley County Sheriff



A Participating Agency



*Walgreens of Pierre*



**LYNN'S DAKOTAMART OF PIERRE**



4-H Youth Development  
SD Regional Cooperative  
Extension Service

