



Parents Matter Coalition of Pierre/Fort Pierre  
c/o Growing Up Together  
800 E. Dakota  
Pierre, SD 57501  
Telephone: 605-224-3189  
Email: [parentsmatter@pie.midco.net](mailto:parentsmatter@pie.midco.net)  
Website: [www.parentsmattercsd.com](http://www.parentsmattercsd.com)

Parents Matter Coalition of Pierre/Fort Pierre  
Wednesday, September 11, 2013  
5<sup>th</sup> Floor Conference Room, Avera/St. Mary's Hospital  
**“A Lethal Dose: What Parents Should Know About Alcohol, Prescription  
and Over –the-Counter Drugs”**

The Parents Matter Coalition meeting was called to order by Chair, Larry Weiss. Those in attendance for the presentation included: Carmella Bourk (Health Sector), Bonnie Nickels, Jeff Askew, Cheryl Arguello (Faith Based Sector), Jon Heller, Nichole Metzinger, Kristen Tate, Larry Weiss, (Chair), Michelle Baumann, Elton Blemaster (Law Enforcement Sector), Representative Mary Duvall, Diane Novak, Nancy Duffel, Sandy Schmidt, Linda Taylor and Ruby L. Douglas (Project Director)

Ruby provided the group information details about upcoming events: “Talk: They Hear You Campaign” currently underway on the airwaves, bus transit signs and posters. Cindy Bahe, Parents Matter Marketing Director, will have the ads and fliers out by September 17<sup>th</sup> and running through the end of the month .

Pride Surveys are currently being administered in the Pierre/Fort Pierre Schools and are tentatively scheduled to be completed by the middle of November including the on-line Parent and Teacher surveys, paper and pencil surveys for Support Staff and the 6<sup>th</sup>-12<sup>th</sup> Grade Student Surveys. Pride Survey Analyst, Wendy McGrath, will be coordinating a conference call and providing technical assistance to Parents Matter Coalition, School personnel and Board Members, regarding the composite data report and assistance in prioritizing the needs of the schools and communities. Please let Ruby or Larry know if you would like to be a part of this process.

The Community Survey – **E-CHECK UP TO GO**, is available and can be accessed from the Parents Matter website: [www.parentsmattercsd.com](http://www.parentsmattercsd.com) . The anonymous, self-inventory electronic educational tool elicits information regarding one's attitudes, behaviors and beliefs about alcohol and tobacco use. It also helps to one to identify their personal risk factors, information on how to make changes to protect one's health and local/national resources. The personalized “feedback” is generated within 5-10 seconds after the self-inventory is completed. The self-inventory tool can be accessed on-line 24/7. Parents

Matter will donate a \$1.00 (up to \$500) to the Pierre/Fort Pierre Food Pantry for every completed inventory during the month of October.

Larry thanked everyone for coming and recognized District 32 Representative Mary Duvall. Larry introduced Jon Heller who in turn introduced the speakers, Walgreen Pharmacists Kristen Tate and Nicole Metzinger,

Kristen provided the following statistics:

- 478 million prescriptions for controlled substances dispensed in US in 2010
- 7 million Americans reported current non-medical use of prescription drugs in 2010
- 1 in 4 people using drugs for the first time in 2010 began by using a prescription drugs
- 28,000 unintentional overdose deaths in 2007 driven by prescription opioids
- Next to Marijuana, the most common illegal drugs teens are abusing are prescription medications
- 20% of US high school students say they have taken prescription drugs without consulting a doctor
- 1 in 5 teens has abused prescription drugs
- 1 in 3 teens say there is “nothing wrong” with abusing prescription medications “every once in awhile”
- Every day, almost 2,500 teens abuse a prescription medication for the first time
- 40% of teens agree that prescription drugs , even if not prescribed by a doctor, are much safer to use than illegal drugs
- 29% of teens agree that prescription pain relievers, even if they are not prescribed by a doctor, are not addictive.

#### Local Statistics, Pride Survey 2012-2013

- Use of cigarettes in the past 30 days: 13.0% (1417 responses)
- Use of Alcohol in past 30 days: 17.3% (1414 responses)
- Use of Marijuana In past 30 days 7.3% (1417 responses)
- Use of prescription drugs past 30 days: 37% (1416 responses)

Perception of risk of cigarette use (1406 responses)	Moderate or Great Risk	88.2%
Perception of risk of alcohol use (1403 responses)	Moderate or Great Risk	77.6%
Perception of risk of Marijuana use (1394 responses)	Moderate or Great Risk	76.8%
Perception of risk of Prescriptions (1402 responses)	Moderate or Great Risk	87.3%

\*The greater the perception of harm of a drug, the less use.

## Perception of Parental Disapproval

Disapproval of Tobacco Use	94.1%	(1399 responses)
Disapproval of Alcohol Use	92.0%	(1405 responses)
Disapproval of Marijuana Use	95.2%	(1401 responses)
Disapproval of Prescription Use	96.6%	(1403 responses)

\*National statistics: 80% of youth reported not using alcohol or drugs because of their parents disapproval.

## Perception of Friends Disapproval

Disapproval of Tobacco Use	79.5%	(1417 responses)
Disapproval of Alcohol Use	79.4%	(1418 responses)
Disapproval of Marijuana use	84.1%	(1418 responses)
Disapproval of Prescription use	91.0%	(1418 responses)

\* Alcohol is still the number 1 drug of choice and perception of harm/disapproval is considered less than other noted drugs.

Kristin stated youth are using alcohol at younger and younger ages and “graduating” to using other substances to get a “high”. She also noted that “bowl” parties are becoming more popular. (Super Bowl, “Skittles and “Chex Mix” are references made to combining prescription and over-the-counter drugs and washing them down with alcohol).

Kristen gave several examples of how parents can reduce youth’s access to medications through several methods but, stressed that the best way is for parents to use their influence in educating their children about alcohol and drugs. She also encouraged parents to serve as a positive role models for youth as a means of reducing youths’ alcohol and drug abuse.

Walgreen’s manager, Jon Heller, stated that youth are taking products off the shelf for ingredients contained in cough syrups like robitussion, etc. It has become a “loss” issue for the store.

Kristen also discussed the signs and symptoms related to drug abuse including academic failure, loss of interest, change in behaviors, etc. (For a copy of the DEA’s booklet: “Prescription for Disaster: How Teens Abuse Medicine” contact: Parents Matter @224-3189)

Nicole spoke to the group on how to safely dispose of unused medications. It was suggested that those with notations on the bottles could safely be “flushed” and other medications should be crushed into kitty litter or coffee grounds with dish soap added. It was also recommended that all personal information on empty prescription bottles be removed prior to disposing of them.

Nicole asked if Pierre/Fort Pierre had a, “Take Back Day”. Elton Blemaster said that two are held each year. The next DEA Take Back Day is scheduled for

October 26, 2013, at the S. Door of City Hall from 10:00AM-2:00 PM. Dusty Pelle will be the point of contact at: 773-7410.

There being no other questions or business; the meeting was adjourned.

Attached please find the August Arrest Report, Capt. Elton Blemaster and an upcoming free webinar regarding the **The Medicine Abuse Project**, Dr. Volkow on Monday, September 16, 2013.

The next Parents Matter Coalition Meeting is scheduled for October 9, 2013 at Noon, 5<sup>th</sup> Floor Conference Room, Avera/St. Mary's Hospital. Everyone is welcome and asked to bring a friend.

Respectfully submitted,

Ruby L. Douglas, MsEd, CPS  
Project Director  
Parents Matter Coalition of Pierre/Fort Pierre  
(605) 224-3189/ 222-0638

[parentsmatter@pie.midco.net](mailto:parentsmatter@pie.midco.net) (E-mail)  
[www.parentsmattercsd.com](http://www.parentsmattercsd.com) (Website)  
[www.facebook.com/ParentsMatterCoalition](http://www.facebook.com/ParentsMatterCoalition)

"To educate,empower and engage parents and the community in reducing and/or preventing youth substance abuse."

**Parents Matter Coalition Sector Member Representatives:** Cheryl & Tito Arguello, Captain Elton Blemaster, Carmella Bourk, Amy Fowler, Dr.Kelly Glodt, Jeanne Kelle,yAndrea Klein, Janice Johnson,Tony Mangan, Diana Melvin, Denice Lee Moore, Barbara Rohrbach and Jeri Thomas



THE PARTNERSHIP®  
AT DRUGFREE.ORG

## The Medicine Abuse Project eNews

Year two of [The Medicine Abuse Project](#) is in full swing. This month, there are a number of ways to get involved and support our goal of preventing half a million teens from abusing medicine by the year 2017.

***You're invited: Listen To Your Mother and The Partnership at Drugfree.org Host Live-Streaming Event on Teen Medicine Abuse***

[Listen To Your Mother](#) (LTYM), a platform that aims to support motherhood creatively through artistic expression, provides an open mic to women across the country for live-staged readings. For the first time, LTYM has joined forces with The Partnership at Drugfree.org to host an exclusive live-streaming event via Google Hangout On Air, taking place on **Tuesday, September 10 at 9:00 p.m. EDT.**



The live readings will feature 12 leading women voices sharing new and original stories about each of the women's personal connections to addiction, substance use, and/or what they want you to know about the medicine abuse epidemic in a powerful story-sharing hour.

[Learn more and find out how to participate>](#)

---

***A Special Meet The Parents Hour with Dr. Nova Volkow***



Chat with Dr. Volkow, Director of the National Institute on Drug Abuse (NIDA) on **Monday, September 16 at noon EDT.** Dr. Volkow will join us live on [our Facebook page](#) to discuss the science of addiction and answer your questions about teen medicine abuse. To join the chat, visit our Facebook page at noon on the 16<sup>th</sup>, or ask Dr. Volkow a question ahead of time and she'll do her best to get to it during the chat.

[Submit your question for Dr. Nora Volkow today>](#)

---

***YOU CAN HELP: Make Reducing Prescription Drug Abuse  
a  
Priority on Capitol Hill***

Did you know that there is a subset of Congress that works to raise awareness about prescription drug abuse and to advance treatment, prevention, law enforcement and research policy solutions at the federal level? Right now only 26 of the 435 Members of Congress are members of the Congressional Caucus on Prescription Drug Abuse. We know that prescription medicine abuse is a problem that impacts every



Congressional District in the country and we need more Members to pledge to be part of the solution.

[Learn how you can ask your Member of Congress to join the Rx Drug Caucus>](#)

***t the new & Improved Medicine Abuse Project Website***

The Medicine Abuse Project website – [drugfree.org/MedicineAbuseProject](http://drugfree.org/MedicineAbuseProject) – just got a makeover.

Whether you're a [parent or grandparent](#), [educator](#), [healthcare provider](#), [law enforcement official](#) or a concerned citizen, we're making it easier for you to access the information you need to help end medicine abuse.

Learn how you can help #EndMedicineAbuse:  
Check out the new Medicine Abuse Project website today

## ***YOU CAN HELP: Make Reducing Prescription Drug Abuse a Priority on Capitol Hill***

Did you know that there is a subset of Congress that works to raise awareness about prescription drug abuse and to advance treatment, prevention, law enforcement and research policy solutions at the federal level? Right now only 26 of the 435 Members of Congress are members of the Congressional Caucus on Prescription Drug Abuse. We know that prescription medicine abuse is a problem that impacts every Congressional District in the country and we need more Members to pledge to be part of the solution.

[Learn how you can ask your Member of Congress to join the Rx Drug Caucus>](#)



---

### ***Check out the new & Improved Medicine Abuse Project Website***

The Medicine Abuse Project website – [drugfree.org/MedicineAbuseProject](https://drugfree.org/MedicineAbuseProject) – just got a makeover. Whether you're a [parent or grandparent](#), [educator](#), [healthcare provider](#), [law enforcement official](#) or a concerned citizen, we're making it easier for you to access the information you need to help end medicine abuse.

Learn how you can help #EndMedicineAbuse:  
Check out the new Medicine Abuse Project website today



# August 2013 Arrest Report

## Pierre Police Department

Submitted by Captain Elton Blemaster

DUI:	8
DUI (2 <sup>nd</sup> ):	3
DUI (3 <sup>rd</sup> +):	0
Zero Tolerance DUI:	0
Open Container in a Motor Vehicle:	3
Underage Consumption of Alcohol:	9
Furnishing Alcohol:	1
Ingesting:	7
Possession of Marijuana (all charges):	5
Possession of Drug Paraphernalia:	5
Possession of a Controlled Substance:	2
Distributing a Controlled Substance:	0
Drug / Alcohol Total Arrests:	43