

## October Is National Substance Abuse Prevention Month

BY LAURA LANE, SAFE, INC.

October is National Substance Abuse Prevention Month. SAFE, Inc. supports President Obama in recognizing that the best and most cost-effective way to address the threat of substance abuse and promote safe and healthy communities is through prevention - stopping drug use before it begins.

Recognizing that prevention occurs when involving parents, schools, and the community, SAFE, Inc. has plans to encourage prevention in the Glen Cove community in October and throughout the year. Plans are underway for Red Ribbon Week in Glen Cove's schools during the week of Oct. 22 - 26 to promote healthy choices for students, and SAFE will kick-off their "We've Seen Enough" tobacco campaign on Nov. 15 to coincide with the Great American Smoke-out.

A new study published in *Proceedings of the National Academy of Sciences* concluded that marijuana use is harmful to the adolescent brain. A study conducted in New Zealand and funded in part by the National Institute on Drug Abuse (NIDA), indicated that participants who used cannabis heavily in their teens and continued using through adulthood experienced a significant drop in IQ between the ages of 13 and 38. Those who never used mar-

ijuana had no declines in IQ.

The Bach-Harrison Prevention Needs Assessment Survey, which had been administered by the Glen Cove School District to students in grades six, eight, 10, and 12 in January indicates that marijuana use is higher among Glen Cove tenth-graders than the national average. SAFE has plans to address this problem. Invited once again to participate in the Health and Fitness Fair at the annual Soccer Fest set for Nov. 3 parents and care givers can speak to the SAFE staff and receive information.

"Unfortunately, the proportion of American teens who believe marijuana use is harmful has been declining for the past several years, which has corresponded to a steady rise in their use of the drug," writes NIDA Director Nora D. Volkow, M.D., on NIDA's website. "Since it decreases IQ," she added, "regular marijuana use stands to jeopardize a young person's chances of success in school."

For further information on any SAFE Inc. upcoming event please call 676-2008. SAFE, Inc. is a not-for-profit tax-exempt substance abuse education and prevention agency located in Glen Cove. Visit [www.safeglencove.org](http://www.safeglencove.org) and follow them on Facebook at [www.facebook.com/GlenCovePrideCoalition](http://www.facebook.com/GlenCovePrideCoalition).