



Community  
Alliance Network

Together We CAN Make A Difference

FOR IMMEDIATE RELEASE

**NCADD – OC**

NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCY – ORANGE COUNTY

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## **21 or Too Young... Building Healthy Families**

### **A Community Meeting to Prevent Underage Drinking & Prescription (RX)/Over-the Counter (OTC) Drug Use in Dana Point**

**Dana Point, CA** - Due to the life-threatening concerns about the dangers of underage drinking and Rx/OTC drug use, the National Council on Alcoholism and Drug Dependence – Orange County/Community Alliance Network and Dana Hills High School PTSA are hosting a Community Meeting called 21 or Too Young... Building Healthy Families. This community meeting will be held at Dana Hills High School on Wednesday, February 22, 2012 from 6:00 p.m. to 8:00 p.m.

According to the Surgeon General's 2007 Call to Action to Prevent and Reduce Underage Drinking report, alcohol is the most widely used substance of abuse among America's youth. A higher percentage of youth aged 12 to 20 use alcohol than use tobacco or illicit drugs making underage drinking a leading public health problem in the United States. According to the National Institute on Drug Abuse, in 2008, 1.9 million youth age 12 to 17 abused prescription drugs. In addition, in a 2010 national survey conducted by the Partnership Attitude Tracking Study, more than one in five teens (23 percent) used a prescription pain reliever not prescribed to them by a doctor.

The California Healthy Kids Survey (CHKS) shows that Orange County is no exception to high prevalence of underage drinking and Rx/OTC. The 2010 CHKS report for Capistrano Unified School District states that 25% of 9<sup>th</sup> graders and 37% of 11<sup>th</sup> graders reported having drunk alcohol within the past 30 days. Even more alarming is that 11% of 9<sup>th</sup> graders and 19% of 11<sup>th</sup> graders reported experiencing more than one problem while using alcohol and drugs. This high prevalence of underage drinking combined with Rx/OTC drug use problem comes along with many consequences such as forgetting what happened and passing out, emotional problems, trouble with the police, death by alcohol poisoning or drug combination, risky sexual behavior, injuries, suicide, and driving under the influence.

The purpose of the Community Meeting is to increase community awareness on the issues of underage drinking and Rx/OTC drugs and how they affect the community, and to develop solutions and strategies to reduce the problem. Parents and adults will learn about new alcohol and drug products that are targeting youth. The California National Guard will present a challenging personal development "Low" Rugged Outdoor Physical Experience System (R.O.P.E.S.) course for the youth in attendance. The meeting will provide an opportunity for parents, teachers, officials, youth, and other community members to learn how this dangerous activity is impacting our schools, families and communities, and provide an opportunity for all to voice their concerns and suggest ideas for preventing young people from using alcohol and prescription over the counter drug use.

**WHAT: 21 or Too Young...  
Building Healthy Families**

Underage Drinking & Prescription (RX)/Over-the Counter (OTC) Drug Use Community Meeting

**WHEN:** Wednesday, February 22, 2011 – 6:00 p.m.-8:00 p.m

**WHERE:** Dana Hills High School  
33333 Golden Lantern  
Dana Point, CA 92629

For more information on the event, please contact Leila Esfandiari at 949.595.2288 X 328 or [lesfandiari@canoc.org](mailto:lesfandiari@canoc.org).

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