

Family Service Madison

Youth ATOD Prevention Newsletter

PICADA

Substance Abuse Prevention promotes health and safety in individuals and in communities. The goals are to slow down the age of onset of substance use for youth; and in communities, prevention works to change community conditions to prevent the use of substances by youth.

I came across an article that described the use of alcohol by student athletes. In 2011 an article in the Reuters Health by Genevra Pittman, reported that teens who exercise and play team sports are less likely to be smokers or use marijuana and other drugs, but drank more alcohol than their peers.

This article sparked my curiosity. I wanted to know more about student athletes and their use of alcohol. So I went to an expert for more information, John Underwood.

John has worked extensively with Olympic and professional sport and with nearly all sport federations including the National Federation of High School Athletics, NCAA, NHL, NFL and the NBA. He has worked for three decades with the USOC, Sport Canada and the International Olympic Committee. John Underwood is Human Performance Consultant for U.S. Navy SEALs. John's innovative program "Life of an Athlete", has gained international prominence and has been implemented in hundreds of schools throughout the country and abroad.

Below is a recap of several points made on John's website regarding the nature and magnitude of alcohol use among high school and college athletes.

- Many national studies have reported that high school student-athletes drink alcohol at about the same rate as other high school students and some studies report slightly higher use by student-athletes. The latest AAI survey indicates 58.5% of high school student-athletes, grade 12, drank during the past year.
- Male athletes and non-athletes drink greater amounts than that between female athletes and non-athletes.
- Athletes in contact sports report greater alcohol use. Athletes in team sports report greater use than individual sports.
- Athletes who drink do not necessarily experience more legal or behavioral consequences than other students who drink, but athletes are often more visible, and their problems often lead to highly publicized consequences.

John goes on to say, that alcohol is a metabolic poison that only has negative effects on all physiological parameters. He list some of the benefits for student-athletes to choose not to drink alcohol:



- Alcohol increases the time for recovery of androgenic training hormones (up to 96 hours)
- Alcohols diuretic effect diminishes water soluble vitamins required for hormone catalytic/conversion actions.
- Human Growth Hormone release is reduced up to 70% during the sleeping hours when release is at peak levels.
- Alcohol increases the release of cortisol (the stress hormone). Cortisol negates training effect.
- Alcohol decreases the protein synthesis for muscle fiber repair.
- Alcohol reduces the immune system capability, athletes who party get sick more often.
- Alcohol reduces performance potential by up to 11.4% in elite athletes and perhaps by as much as 20-30% in high school athletes.
- Alcohol disturbs the REM time reducing the CNS restorative/recovery ability.
- Alcohol impairs reaction time up to 12 hours after consumption.
- Heavy episodic drinking results in projected losses of up to 14 days of training effect.
- Alcohol negatively affects heart, lungs and muscle performance.
- Decreased vertical jump, start up speed, lateral speed, acceleration speed, explosive power, power endurance, speed endurance.



Bottom line: Alcohol is a metabolic poison that crosses all barriers and affects all systems of the human physiology simultaneously.

John's comments on:

Diet

The diet of athletes, today is appalling! Fast food and prefab meals have reduced our nutritional content to levels that do not support growth, performance or recovery. The highly used POWER BACK DIET (found on his website) helps parents, student athletes and coaches teach proper nutrition for performance. What you take into your body is what you will get out of your body!

Social Drug Use

Social drug use has become the greatest threat to sport in recent decades. Athletes are simply a population within our societal population. They are actually more at risk for the use of alcohol and marijuana than non-athletes. They easily rationalize that they can use these substances and get away with it. They base their choices and decisions on this use on what their teammates do. JUST DO IT is the norm in teams and individual sports. Pot and alcohol are preventing these athletes from reaching their potential in sport and in life. The systemic damage on hormones, heart, lungs, CNS and brain must be understood and connected to loss of performance in actual capacities that athletes utilize to perform, in order for them to consider lifestyle changes. We have the information to share with them!

Being at your best

Optimal is optimal and nothing else is even close. Think about the day you had your best performance ever. How did it happen? For sure your heart, lungs and muscles were functioning at a high level, but more importantly your brain and CNS (central nervous system) was sparking! We now know that the CNS is the single biggest factor in high level athletic physical performance. We have studied for more than a decade the factors that can influence mental and physical performance in sport. Things like DIET, SLEEP, BLOOD GLUCOSE LEVELS, STRESS, FOCUS, ALCOHOL and MARIJUANA. These are lifestyle issues that can hold you from success. (For more information please visit John's website at www.lifeofanathlete.us)

"The most important thing to do if you find yourself in a hole is to stop digging."

Emergency Services in Dane County

- FIRE, SHERIFF, POLICE, AMBULANCE, RESCUE 911
- DANE COUNTY SHERIFF (Dispatcher) 1-608-255-2345
- CRISIS INTERVENTION 1-608-280-2600
- RESPITE CENTER 24-hour emergency crisis child care 1-608-244-5700
- PARENT STRESSLINE 1-608-241-2221
- NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-8255
- NATIONAL HOPELINE NETWORK 24 hour crisis line 1-800-SUICIDE

UNDERAGE DRINKING



Today, alcohol is widely available and aggressively promoted throughout society. And alcohol use continues to be regarded, by many people, as a normal part of growing up. Yet underage drinking is dangerous, not only for the drinker but also for society, as evident by the number of alcohol-involved motor vehicle crashes, homicides, suicides, and other injuries.

People who begin drinking early in life run the risk of developing serious alcohol problems, including alcoholism, later in life. They also are at greater risk for a variety of adverse consequences, including risky sexual activity and poor performance in school.

Identifying adolescents at greatest risk can help stop problems before they develop. And innovative, comprehensive approaches to prevention, such as Project Northland, are showing success in reducing experimentation with alcohol as well as the problems that accompany alcohol use by young people.

Alcohol / Drug Abuse Prevention/Treatment and Support

- Alcoholics Anonymous — 24-hour hotline 1-608-222-8989
- Al-Anon/Alateen Family Groups 1-608-241-6644
- Arc Community Services 1-608-278-2300
- Connections Counseling 1-608-233-2100
- Family Service Madison/PICADA 1-608-316-1118
- Hope Haven Rebos United, Inc. 1-608-251-8881
- Lutheran Social Services 1-608-277-0610
- NEWSTART—Meriter Hospital 1-608-417-5339
- SMART Recovery 1-608-520-0458
- TELLURIAN UCAN 1-608-222-7311
Detoxification Center 1-608-223-3311

Help Lines and Peer Support Groups

- Alcoholics Anonymous 1-608-222-8989
- AL-Anon Family Support Groups 1-608-241-6644
- Briarpatch Youth Services Help Line 1-608-251-1126
- Compassionate Friends 1-608-836-8998
- Domestic Abuse Intervention Services
24 Hr. Crisis/Helpline 1-608-251-4445
- Narcotics Anonymous Helpline 1-608-258-1747
& 800-240-0276
- Parental Stress Center 1-608-241-4888
- Survivors of Suicide 1-608-280-2435
- Rape Crisis Center 1-608-251-5126
 1. 24-hour Crisis Line 1-608-251-7273
 2. En Espanol: La Lina de Ayuda 1-608-258-2567



HOW MUCH ALCOHOL DO TEENS USE?

(Information collected and distributed by MedicineNet.com)

Alcohol is the most frequently used drug by teenagers in the United States. Significant statistics regarding alcohol use in teens include that about half of junior high and senior high school students drink alcohol on a monthly basis, and 14% of teens have been intoxicated at least once in the past year. Nearly 8% of teens who drink say they drink at least five or more alcoholic drinks in a row (binge drink).

What are the dangerous effects of alcohol use in teens?

- Alcohol decreases teens' ability to pay attention.
- Teens who have experienced alcohol withdrawal tend to have difficulties with memory.
- The teenage brain that has been exposed to alcohol is at risk for being smaller in certain parts.
- In contrast to adults, teens tend to abuse alcohol with other substances, usually marijuana.
- Male teens who drink heavily tend to complete fewer years of education compared to male teens who do not.
- The younger a person is when they begin drinking, the more likely they are to develop a problem with alcohol.
- Each year, almost 2,000 people under the age of 21 die in car crashes in which underage drinking is involved. Alcohol is involved in nearly half of all violent deaths involving youth.
- In 2010, 56% of drivers 15 to 20 years of age who were killed in motor-vehicle crashes after drinking and driving were not wearing a seat belt.
- More than three times the number of eighth-grade girls who drink heavily said they have attempted suicide compared to girls in that grade who do not drink.
- Intoxication is associated with suicide attempts using more lethal methods, and positive blood alcohol levels are often found in people who complete suicide.
- Teens who drink are more likely to engage in sexual activity, have unprotected sex, have sex with a stranger, or be the victim or perpetrator of a sexual assault.
- Excess alcohol use can cause or mask other emotional problems, like anxiety or depression.

