



# CommunityNEWS

Promoting Health & Wellness through prevention in our Community.

## Parents, Talk to Your College-Bound Youth About the Dangers of Alcohol and Fake IDs

By Pamela Erickson, *The Campaign for a Healthy Alcohol Marketplace*

Parents' actions have been a key element in the successful reduction of underage drinking. Now we know that parents' influence remains strong even with kids that attend college in faraway places.

Dr. Robert Turrisi of Penn State has spent many years working on the issue of college drinking and parental influence. When he considered the idea of urging parents to use their influence over college-aged youth, colleagues thought it wouldn't work. Many assumed that parents would lose their influence once the kids were away. Fortunately, Dr. Turrisi persisted and now we know that parents retain their influence even when youth are miles away. In addition, we now have resources that can help parents use their influence. Mothers Against Drunk Driving (MADD) has a program called the *Power of Parents*. Their website has several very helpful videos to answer parents' questions and to help them to guide their youth. See <https://www.madd.org/the-solution/power-of-parents/>

But now there are more topics that parents need to address relating to campus bars and large parties. During the COVID-19 pandemic, several states have banned alcohol consumption

or limited the circumstances where it can be served. States that opened quickly discovered that large, noisy bars with crowds of standing patrons could be "hot spots" for corona virus transmission. Ironically, these same factors also are connected to violence when it occurs in bars. While these bars may be shuttered when students return, the crowded alcohol party may be found in rented homes or other venues. Students need to understand the risk of virus transmission and violence in these kinds of settings.

**There is also the issue of fake ID.** It is shocking how many ads exist on the internet for fake identification even though there are laws against selling such things. Fake ID is often used by college students to get into popular bars. Youth need to understand the consequences of using a fake ID.

### Here are some points to cover:

**1. Stolen Identity:** If you buy fake ID from someone locally or on the internet, you've just given them the opportunity to use your identity for fraudulent purposes. A stolen identity could impact your credit or cost you in many other ways.

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## Parents, Talk to Your College-Bound Youth *(continued)*

2. If you are caught attempting to use a fake ID for purchase of alcohol, **you could be fined or arrested**, depending on the jurisdiction's law. And, a criminal record could jeopardize your future job, scholarship, or housing prospects.

3. If a bar accepts your ID and enforcement authorities discover it, the **business and the server could suffer fines**, suspensions or other economic consequences. These businesses have already suffered greatly due to shut-downs and more trouble could permanently close the business.

4. If you drink in a bar using fake ID and reach intoxication, there are many **unpleasant consequences such as a DUI arrest or crash, injury to yourself or others, sexual assault, and academic failure**. Underage drinking cost the US \$24 billion in economic costs in 2010. We all pay for this via increase to our health care, taxes, and insurance. I also invite parents to learn more about the use of fake ID by reviewing the products of a real expert, Susan Dworak. She is the author of a report funded by the Center for Alcohol Policy entitled, *Fake ID's In America: Challenges of Identification and the Critical Need for Training*. More recently, she has written, "COVID: New Complications in Checking ID." She explains why teens favor delivery as a new way to get alcohol! It can be viewed at: [www.realidentities.com/bpl1](http://www.realidentities.com/bpl1).

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**The bottom line is we want our children to be successful.** A few simple steps can help. Regular communication is important. Dr. Turrisi indicates that students regularly touch base with parents via text message. While parents may fear that regular communication could be viewed as intrusive, youth don't necessarily think that is the case. Everyone, even youth, value regular signs of caring!

### Sources:

*The Power of Parents*, MADD.org,  
<https://www.madd.org/the-solution/power-of-parents/>

*Underage Drinking*, CDC  
<https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>

*2010 National and State Costs of Excessive Alcohol Consumption*. Jeffrey J Sacks 1, Katherine R Gonzales 2, Ellen E Bouchery 3, Laura E Tomedi 4, Robert D Brewer <https://pubmed.ncbi.nlm.nih.gov/26477807/>

*Fake Alcohol and Interstate E-Commerce*, Center for Alcohol Policy  
<https://www.centerforalcoholpolicy.org/2020/03/04/fake-alcohol-and-interstate-e-commerce/>

*Real Identities* [www.realidentities.com](http://www.realidentities.com)

## Helping Your Teen Prepare for an Unusual School Year



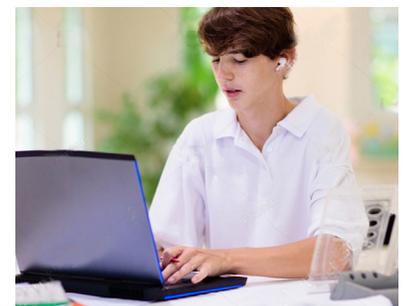
**However your school plans to open in September, whether it is face-to-face, partial in-person or remote learning or if you choose to homeschool, it's important to focus on what you and your teen can control.**

**Keep Some Traditions** If you typically do back-to-school shopping, continue that tradition. It may be different this year whether you go to a store or order online but it can be a way to have some sense of normalcy. Have your teen take the time to go through their clothes and see what fits and what doesn't. Consider having a conversation about "needs vs. wants." If your teen had a summer job, you may want to suggest they contribute to at least some of their "wants."

**Establish a Routine** Help your teen to get back into the regular school bedtime routine. During summer months, they may have had a more relaxed routine with late nights and late mornings. Discussing a routine with teens allows them to take ownership of themselves and their schedule. Try to have some technology-free time each day. Suggest alternatives such as a new hobby or spending some time outdoors.

### Designate a Space at Home for Schoolwork

If your budget allows, consider a comfortable chair, a new desk, or new decorations to make the space fun for learning. Keep distractions low. If possible,



put away the phone as this is the biggest distraction for teens! For some teens, having a designated and organized space helps them to focus and be more efficient.

## Helping Your Teen *(continued)*

**Keep Communication Going** Discuss expectations about how getting together with friends may be different this year. Social distance does not equal social isolation. Keeping groups small and having your kids connect with friends via Zoom or Facetime is a great alternative.

Check in with your immediate and extended family if they need any help. This is a good time for your teen to be supportive and find out what others may need including neighbors. Just by asking those close to us, we help not only our own family, but ultimately our community as well. Have family conversations during dinner or on a walk together. Teens need to hear how their parents are doing with this challenging situation too!



Covid-19 has certainly changed the way we do so many things these days and that includes prevention work in our community. While social distancing has put many of the “in person” programs of the Warren Prevention Coalition on hold, our goal remains to promote a healthy and safe Warren for all.

The Coalition is proud to work with our community partners; the Warren Police Department, Warren Harbormaster and Warren Parks & Recreation and support their efforts by providing educational materials and resources.

**Some of the recent initiatives by the Coalition include:**

- Education on Social Host Law in English & Portuguese
- Education & Tips for Safe & Sober Boating
- Prevention Awareness at Summer Basketball Program
- Speaker Jesse Liam on Bullying Prevention

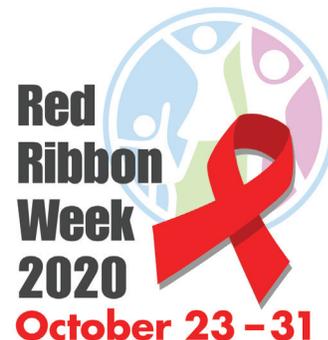
With the start of this “unusual” school year, parents may be focused more on the safety of their child when it comes to preventing exposure to the virus, but as we know, kids are also exposed to the dangers of substance misuse and that is why the Coalition’s work continues. The Warren Prevention Coalition will raise awareness and develop programs that support parents, schools and the community by working hard to help promote an environment where families can be healthy and thrive, even in these challenging times.



## October Brings Red Ribbon Week

Once again, the Warren Prevention Coalition will celebrate the nation’s oldest and largest drug prevention campaign that reaches millions of young people each year, taking place this October 23rd through October 31st.

The National Family Partnership, sponsor of National Red Ribbon Week®, helps citizens across the country come together to keep children, families and communities safe, healthy and drug-free, through parent training, networking and sponsoring the Campaign.



The Coalition once again is raising awareness during Red Ribbon Week to support of healthy, substance-free lifestyles for our youth and their families. And while the current social distancing situation has significantly reduced face-to-face gatherings and events, the Coalition continues it’s prevention work in the community by providing helpful resources and information in support of parents in raising healthy kids.

## Parent Tips When Talking with Young Teens About Alcohol

**Don’t let a bad conversation keep you down** Your young teen is mastering the eye roll, but an emotional response isn’t always a bad thing; it means they’re listening. Don’t get discouraged by what may seem like a bad conversation — keep at it. They’re listening, even if they don’t show it.

**Lead by Example** Have the conversation about who’s driving home from a party and how you plan to make good decisions. If they hear you planning ahead, they’ll come to realize that’s what is expected of them. It’s never too early to model responsible behavior, especially when it comes to alcohol.

**Explain** Studies show that parents are the leading influence on a kid’s decision to drink, or not to drink, alcohol. It’s important to explain to your kids why adults can drink alcohol, and kids can’t. There are many resources available including [asklistenlearn.org](http://asklistenlearn.org), to get the facts about the impact of alcohol on a developing brain and the consequences of drinking underage.

**Get excited, get ahead** Conversations about things like alcohol should happen early and often. Use events in the news as a starting point to see how your kid feels about the topic. It’s important to establish those lines of communication early, so they know they can come back to you as a trusted adult later. *Adapted from the website, Ask, Listen Learn.org*

# Warren First to Roll Out Recovery Friendly Workplace Initiative

On the eve of International Overdose Awareness Day (August 31) and National Recovery Month (September) Warren Town Manager Kate Michaud announced that the Town of Warren is the first Rhode Island municipality to participate in Governor Raimondo's Recovery Friendly Workplace (RFW) initiative. Rhode Island joins five other states that have started similar programs. Job training offered through the program is funded in part through a \$4 million-dollar federal grant.



## In announcing the program, Ms. Michaud set forth the Town's goals in participating:

- Provide support to employees who are in recovery to live stigma-free, healthy, and fulfilled lives.
- Foster a work environment that is supportive of employees who may have loved ones who are struggling with addiction.
- Reduce barriers, or perceived barriers, to obtaining help necessary to achieve the highest level of employee health, safety and productivity.

Michaud stated, "The Town of Warren's employees are a dedicated, caring, and strong community, we look forward to working with our community partners, including the Warren Prevention Coalition and the East Bay Recovery Center, to improve access to resources that are available to employees whose lives have been impacted by substance use disorder. We encourage all businesses in the Town of Warren to become a Recovery Friendly Workplace."

It's Here  
When You  
Need It!

**tip 411**

With the Warren Police Department smartphone tool you can get updates, view alerts and submit anonymous tips.

Text "warrenpd" to 847411 or submit message through the department's website. TIP411 is not intended for reporting emergencies. **Always call 9-1-1 in an emergency.**

Download for free on the Google Play Store, iTunes App, or by visiting the Warren Police Department website.

## Community RESOURCES

**East Bay Community Action Program (EBCAP)**  
100 Bullocks Point Avenue, Riverside, RI 02915  
(401) 437-1000

**East Bay Center**  
2 Old County Road, Barrington, RI 02806  
(401) 246-1195

**East Bay Recovery Center**  
31 Railroad Avenue, Warren, RI 02885  
(401) 302-6231 or 401-289-2055

**BH Link Hotline — (401) 414-LINK (414-5465)**  
24/7 – help with a behavioral healthcare crisis.

**DON'T BE THE  
DEALER**

DEA NATIONAL <sup>Rx</sup>  
**TAKEBACK**



**Prescription Drug Take Back Day**

**October 24, 2020 • 10AM – 2PM**

Warren Police Department, 1 Joyce Street



**Keep them safe. Clean them out.  
Take them back.**



**Warren**  
Prevention Coalition

514 Main Street, Warren, RI 02885 • 401.245.7387

#Connectionisthebestprevention



For information, contact Ann Marie Roy at [ARoy@townofwarren-ri.gov](mailto:ARoy@townofwarren-ri.gov) or Maria Ursini at [Mursini@townofwarren-ri.gov](mailto:Mursini@townofwarren-ri.gov). [warrenprevention.com](http://warrenprevention.com)

Funding from Drug Free Communities Program (DFC), RI Department of Health, East Bay Regional Prevention Coalition and Department of Behavioral Healthcare, Developmental Disabilities and Hospitals.