

# Youth Substance Abuse Is Growing...and a Growing Concern

## Symposium and local collaboration will target the problem locally

Teenagers' experimenting with drugs and alcohol is not new, but what might be surprising to some is that it's becoming more acceptable by grownups, even their parents.

Experts say the public and helping professionals underestimate the scope of substance abuse in teens and young adults, especially when it comes to alcohol, marijuana and prescription drugs. Compounding the lack of recognition of the scope of the problem is what public safety agencies, health organizations and schools see as a pervasive attitude that these substances are "relatively safe" and, in some cases, legal. They say some parents go as far as sanctioning or even supplying these substances to youth.

What is new and what is the same story. Alcohol has been among the forbidden adult lures for centuries. The quasi-legalization of marijuana, i.e., medical marijuana, clouds the issue locally, where the Community Assessment Project surveys historically showed acceptance of marijuana use to be high. Sneaking into the mix in recent years are prescription



*Josh Nadherny*

medications usually reserved for post-operative pain. Prescription drug misuse, particularly opioids (Oxycontin and Vicodin), is a growing problem in younger and younger teens. National statistics show that 70% of misused narcotics come from the family's medicine cabinet

This year's Jon E. Nadherny / Calciano Memorial Youth Symposium, co-produced by Dominican Hospital Foundation, will take on this pervasive and elusive topic by bringing in national experts for daylong presentations and discussion. The March 1, 2013 seminar at the Coconut Grove is titled: Substance Abuse and Youth: A Clinical Focus on Alcohol, Marijuana, and Prescription Medication.

The symposium keynote speaker will be A. Thomas McLellan, PhD, immediate past Deputy Director of the White House Office of National Drug Control Policy (ONDCP), a congressionally confirmed Presidential appointment to help shape the nation's



*George Jarrow, RN*

public policy approach to illicit drug use, and currently the CEO and co-founder of the Treatment Research Institute (TRI). TRI research results are regularly part of state, federal and international substance use policies and practices. Joining Dr. McLellan will be Timmen Cermak MD, who serves on the Executive Council of the California Society of Addiction Medicine (CSAM), and chaired CSAM's task force on medical marijuana. Dr. Cermak is also the author of *Marijuana: What's a Parent to Believe?*

Local experts will include James Mosher, JD, president of Alcohol Policy Consultations, who performs pioneering work in alcohol policy that has brought him international acclaim. Also, Bill Manov, PhD, Alcohol and Drug Program director for Santa Cruz County Health Services Agency, will present on local conditions and initiatives.

This year the symposium will be part of a larger collaboration locally to impact this societal and health concern The Santa Cruz County Community Prevention Partners (CPP), a multi-agency, interdisciplinary coalition, that will use a five-year federal grant to develop strategies to make real and measurable progress in reducing misuse of alcohol and drugs by Santa Cruz youth.

"Our annual symposium will play a role in the educational and networking component of these shared goals," says Josh Nadherny, one of the founders and organizers of the symposium. "We will be bringing nationally recognized experts to speak on the topics, and we will be involving experts from our CPP at the symposium to bring it all home—to illustrate the problem locally and take part in a panel discussion with the national experts."

The symposium was founded in 1997 by the Nadherny / Calciano family as a way of dealing with the tragic loss of their son Jon, to suicide. Along with the Dominican Hospital Foundation the family created the Jon E. Nadherny / Calciano Symposium Endowment Fund that will ensure that these symposiums will continue. The mission is to provide education on issues in the area of adolescent mental health. The annual educational event is directed toward practitioners, clinicians and educators. The symposium is also open to the public. For more information, visit [calcianoyouthsymposium.org](http://calcianoyouthsymposium.org).

## *At Sanderlings, the dining experience is as spectacular as the views.*

OCEAN VIEW & OUTSIDE PATIO DINING  
BREAKFAST, LUNCH & DINNER  
SEAFOOD, STEAKS & PASTAS  
EXTENSIVE WINE LIST  
WEEKEND LOUNGE ENTERTAINMENT  
LARGE PARTIES WELCOME  
CHILDREN'S MENU



# SANDERLINGS

AT SEASCAPE BEACH RESORT

831.662.7120 [WWW.SEASCAPERESORT.COM](http://WWW.SEASCAPERESORT.COM)

ONE SEASCAPE RESORT DRIVE IN APTOS  
ACROSS FROM SEASCAPE VILLAGE