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A large background image of a man drinking from a glass. The image is heavily stylized with a red overlay. A hand is visible at the top, holding a glass that is pouring liquid into the man's glass. The man's face is in profile, looking down at the glass.

*Parent Action Guide To Prevent Underage Drinking*

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## **About this guide**

This action guide provides parents and guardians with information about youth, alcohol, and underage drinking. Specifically, the guide offers:

- ◆ Statistics related to youth and alcohol in Connecticut and in the nation
- ◆ Insights into the environment in which young people make decisions about alcohol
- ◆ Information about Connecticut laws regarding underage drinking and providing alcohol to youth
- ◆ Guidance for talking with your child about alcohol
- ◆ Strategies for preventing underage drinking
- ◆ Special considerations for parents of college students
- ◆ Resources available in Connecticut to address issues related to underage drinking and alcohol abuse



## **Parent Action Guide** **To Prevent Underage Drinking**

### **What is underage drinking?**

As in all 50 states and the District of Columbia, the legal age for purchasing, possessing, and consuming alcohol in Connecticut is 21 years old. Young people under 21 who drink alcohol are therefore choosing to break the state law.

Similarly, parents and other adults who allow teens to drink or who purchase alcohol for underage youth are breaking the law; additionally, they are suggesting to young people that it is okay to break a law.

### **Why should I be concerned about my child drinking alcohol?**

There are many reasons to be concerned about the program of underage drinking. The following data tell the story.

### **Monitoring the Future**

The Monitoring the Future Study released in December 2003 showed that the 30-day prevalence of alcohol use by 8th graders increased for the first time since 2000, and the heavy drinking decline is smaller than in previous years. Researchers say that eighth-graders have typically been the harbingers of change observed later in the upper grades. So the fact that they are no longer showing declines in their use of a number of drugs could mean that the declines now being observed in the upper grades will also come to an end soon.

### **Alcohol and the Adolescent Brain**

In a summary of a decade of research on the adolescent brain, the American Medical Association reported that alcohol use takes a greater toll on adolescent brain development and health than any other age group. Findings included that adults would have to drink twice as much as adolescents to suffer the same damage. Further, the AMA reports that “adolescent drinkers scored worse than non-users on vocabulary, visual-spatial and memory tests and were more likely to perform poorly in school, fall behind and experience social problems, depression and suicidal thoughts and violence.”

### **Alcohol and Girls**

According to the National Household Drug Survey from the Substance Abuse and Mental Health Services Administration (SAMHSA), alcohol use for girls rose to be equal to that of boys during the mid 1990s. Since 2000, that number has now risen to surpass that of boys, according to the Leadership to Keep Children Alcohol Free, with 38% of girls, vs. 34% of boys age 12-17 reporting drinking.

### **Institute of Medicine Report on Underage Drinking**

In 2004, a landmark report entitled “Underage Drinking: A Collective Responsibility,” published through a joint venture between the National Research Council and the Institute of Medicine (IOM) examined the landscape of underage drinking in America and made recommendations for a national solution to the problem.

The report focuses on the essential role that all adults play in reducing youth access to alcohol and the implementation of policies and proven practices to address this issue. Among its 29 recommendations, the report called for a national media campaign focused on adults, raising alcohol excise taxes, reducing alcohol marketing directed at youth and increasing compliance with state minimum age drinking laws. In response to this report, Senator Christopher Dodd (D) Connecticut, introduced legislation in the 108th congressional session which would implement components of the IOM report, called the STOP Underage Drinking Act (H.R. 4888 in the House and S.2718 in the Senate).

Alcohol is clearly the drug of choice among young people in the United States. In a recent survey, 50 percent of high school seniors admitted drinking an alcoholic beverage within the past month; 40% of 10th graders and 22% of 8th graders admitted to the same (Monitoring the Future, 2000). In Connecticut, there is particular cause for concern about youth and alcohol. A statewide survey of 10th graders found that 51.7% of these Connecticut students use alcohol, a statistic significantly higher than the national average (Department of Mental Health and Addiction Services, 2000). Additionally, the average age at which Connecticut 8th graders began to use alcohol is 11 years old (Department of Mental Health and Addiction Services, 2000).



Many dismiss underage drinking as a normal “rite of passage” in adolescence. However, it is important to

remember that alcohol is one of the most common contributors to injury, death, and criminal behavior among youth (U. S. Department of Health and Human Services, 1992).

Additionally, alcohol is associated with the three leading causes of death among young people: car crashes, suicide, and homicide (American

Medical Association, 1995). Underage alcohol use can also have immediate and potentially tragic consequences as well as long-range harmful consequences, such as increased risk for chronic alcohol addiction (Grant and Dawson, 1997).

There is no doubt that underage alcohol use is an extremely serious problem. However, it is also a problem that we know how to address. Many effective strategies can be implemented to prevent underage drinking and its related problems. Parents and guardians are key to these successful efforts.

### **What are the legal consequences for underage drinking?**

In Connecticut, it is illegal for people under the age of 21 to purchase, possess, or consume alcoholic beverages. The consequences for violating this state statute range from fines to loss of one’s driver’s license to jail time. This state law may also be enforced on private property in some cases. For example, a group of parents and other volunteers in Glastonbury worked to establish a local ordinance that allows the police to cite underage youth with possession of alcohol on private property.

Adults who own and operate stores that sell alcohol also face legal and personal consequences if they are found allowing youth to purchase alcohol. Law enforcement can levy fines, revoke licenses, and/or bring criminal charges against retailers found selling to those who are under 21 years of age.

As parent or guardian, it is important for you to know the potential legal and civil consequences for you if you provide alcohol to youth. Connecticut law leaves a small window for parents to serve alcohol to their own children in conjunction with religious observances in their own homes. However, the statutes are clear about your providing alcohol to other underage youth: it is against the law – even in your private residence. Consequences for violating this law range from fines up to \$1,000 to jail time. In addition to criminal penalties, providing alcohol to youth could lead to civil action against you; if

a young person were injured as a result of drinking alcohol that you supplied, you could be held liable for the accident or other resulting harm (e.g. alcohol poisoning).

### **If it is illegal for folks under 21 years old to purchase alcohol, how do youth get alcohol?**

Unfortunately, young people report that alcohol is relatively easy for them to obtain. In a recent national study, 94.8 percent of high school seniors reported that alcohol is “fairly easy” or “very easy” for them to get. In fact, almost 71 percent of 8th graders reported the same easy availability of alcohol (Monitoring the Future, 2000). Sources of alcohol for young people include stores, friends over 21 years old, older siblings, and parents.

In some Connecticut communities, an average of 60 percent of retailers and restaurants continue to sell alcohol to underage youth. Generally, it is even easier for youth to get alcohol outside of stores by relying on adults who are willing to provide it. Therefore in spite of the state statute, young people do have ready access to alcohol.

### **Are these laws related to youth and alcohol actually enforced?**

Statutes, ordinances, and other regulations related to underage drinking and youth access to alcohol are more frequently and consistently enforced now than ever. Law enforcement can only uphold laws to the level that the community will support. Throughout the United States, police, state troopers, alcoholic beverage control agents, and other enforcement personnel are hearing that laws related to youth and alcohol are issues that the public wants addressed. In Connecticut, 76 percent of people surveyed strongly agreed that laws related to underage drinking, including those involving adults providing alcohol to youth, should be enforced (Mathematica, 1999). In response to this demand from the public, federal, state, and local sources are providing funding, training, and other resources to assist officers in these efforts.

The fact that laws related to youth and alcohol are now higher priorities for law enforcement does not mean that officers are solely looking to “bust” young people. Adults who are willing to provide alcohol to youth are as much of a concern to law enforcement as the young people who are drinking it. One of the most effective strategies to reduce underage drinking is to decrease youth access to alcohol through stores and other commercial outlets (Mosher, 1995). Youth themselves work with law enforcement personnel in many Connecticut communities to identify retailers who are willing to sell alcohol to people under 21. In Orange, Connecticut the police and youth initially found that 90 percent of the retailers and restaurants that they visited were willing to sell alcohol to underage youth. This finding led to a concerted education and enforcement campaign in the area to increase awareness of the state law and the consequences for violations. The most recent round of visits to these establishments found that the percentage of businesses selling to youth under 21 years old had declined to 10 percent! Similar efforts throughout Connecticut are reducing youth’s ability to get alcohol and adults’ willingness to provide it to them.

### **What influences young people’s decisions about alcohol?**

Current research tells us that decisions people make about alcohol, tobacco, and other drug use are shaped by the family, physical, social, economic, and legal environments around them. Many experts believe that these environments surrounding young people encourage alcohol use and abuse (American Medical Association, 1995). Elements of the environments in which youth make decisions about alcohol include:

- ◆ Parents’ and families’ beliefs and expectations
- ◆ What youth believe their friends are doing
- ◆ Laws regarding alcohol, possible consequences, and their enforcement
- ◆ School rules and attitudes regarding alcohol use
- ◆ How easy alcohol is for youth to obtain





- ◆ Behaviors that are considered “acceptable” in their community
- ◆ Media
- ◆ Advertising
- ◆ The Internet
- ◆ Music

While all of these elements and more comprise the environments surrounding young people, you – as a parent or guardian – could prove to be the most important influence on your child’s choices and behaviors. Teens who choose not to use alcohol and other drugs cite their parents ahead of their peers as significant factors in making these decisions. Specifically, surveys show that young people avoid alcohol and other drug use because they are concerned about disappointing their parents (National Survey of American Attitudes, 1996). Therefore, your actions, your expectations, and your words are an important influence on your child’s choices and behaviors.

### **How can I help my child to make decisions about alcohol use?**

Perhaps the most influential environment for youth is the one that you as a parent or guardian create at home. While friends, media, and their other surroundings affect their behavior, youth look to you first and foremost.

A recent study found that teens with “hands on” parents – parents who have established a household culture of rules and expectations for behavior – are at one quarter the risk of drinking or using other drugs as other young people (CASA, 2000).

“Hands on” parents consistently take at least 10 of the following 12 actions:

- ◆ Monitor what their adolescents watch on television
- ◆ Monitor what young people do on the Internet
- ◆ Set guidelines for music purchased
- ◆ Know where their adolescents are after school and on weekends

- ◆ Are told the truth by their children about where they really are going
- ◆ Are “very aware” of their adolescents’ academic performance
- ◆ Impose a curfew
- ◆ Make clear that they would be “extremely upset” if their children used alcohol or other drugs
- ◆ Eat dinner with their adolescents six or seven nights a week
- ◆ Assign children regular chores
- ◆ Have an adult present when adolescents return from school

Regardless of whether a home has one parent, two parents, or other legal guardians, the risk that teens from “hands on” households would use alcohol or other drugs is dramatically lower than that of other young people (CASA, 2000).

During their teenage and young adult years, your children may give you and other adults the impression that they do not want you to set limits and to be involved in their lives everyday. However, this study and other supporting research reveal that your playing an active role in their lives is essential to their making healthy choices; additionally, it is something that your children want you to do.

In addition to establishing rules and expectations for your son or daughter, it is important to keep the lines of communication open between you and your child. Everyday, young people are bombarded with messages about alcohol and drinking from television, music, commercials, friends, and other adults; some of these messages will encourage youth to make healthy choices, while others will suggest that alcohol use is “cool” and acceptable. Let your child know that you are open and willing to talk about alcohol and the messages that he or she is hearing.

“Speaking to Youth about Your Concerns: A Way that Works” is included in this guide to offer tips and key points as you approach the topic of alcohol use with your son or daughter.

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## **Speaking to Youth about Your Concerns: A Way That Works**

**W**hen parents or other adults want to talk with young people about sensitive issues such as alcohol use, we are sometimes not sure how to proceed. Conversations about difficult subjects are hard to begin. Youth often do their best to avoid talking about these topics, making it even more challenging for us to have these conversations. Additionally, teens may feel that we are lecturing them. They may also use their energy protecting themselves or their friends, rather than listening or responding appropriately to our questions and comments.

*The following six-step process offers guidance for approaching difficult conversations with your child. Using these key points, you can communicate your love and support to your son or daughter, while still being specific about the issues that concern you.*

**“I Care”** Let your child know that s/he is important to you and to others.

**“I See”** Focus on specific behaviors or issues. What did you see or hear that caused you concern? Focus on the behavior rather than the person.

**“I Feel”** Give your child the benefit of knowing how you feel about your concern. Feelings can be expressed with one word. For example, “I feel angry,” or “I feel worried.”

### **Pause and**

**Listen** Be prepared for silence, denials, anger, a sad or tragic story, or an emotional outpouring. Just listen without responding at this point.

**“I Want”** Once you have heard your child’s perspective, let him/her know what you would like to have happen.

**“I Will”** Let your son or daughter know what you are prepared to do to support him/her.

### **Other Helpful Hints:**

- ◆ **Consider the time and place of your conversation.** It is best to talk when you and your child both have some time to dedicate to each other; talk somewhere that is away from other people.
- ◆ **Rehearse.** These talks are often uncomfortable for both you and your child. Practicing what you plan to say will help you to stay calm and to focus on what your son or daughter is telling you. Also, think through possible comments that your child may have and rehearse how you want to respond.
- ◆ **Leave the door open for future conversations.** This may be the right time for you to talk about underage drinking, but not your child’s. Let him/her know you are willing to talk some other time.
- ◆ **Remember: you are responsible for the process of the conversation, not the outcome.** Parents can share their concerns and offer to help. However, the young person is ultimately responsible for his/her behavior.
- ◆ **Know your limits.** Be prepared with resources. Offer to help your child contact and use resources as needed.

Here is an example of how you can use the six-step process:

**“I Care”** “I want you to know how much I love you and care about you.”  
(Talk about your relationship with your child.)

**“I See”** “I know that kids as young as 11 and 12 are starting to drink alcohol. These kids face some tough decisions.” (State the problem as you see it using specific examples.)

**“I Feel”** “I feel worried that you and your friends could get into trouble with the police by drinking underage. I also feel very concerned about your safety. However, I feel fortunate that we can talk about these issues.” (Talk about how you feel about the issues and your child)

#### Pause and listen

**“I Want”** “I want you to know that I will not accept your drinking before you are 21. I will be disappointed if you ever do.” (State your expectations for his/her behavior.)

**“I Will”** “I will always be there for you if you need to talk more about this. Please come to me if you ever need help.” (State what actions you will take.)

## **How can I work with other parents to prevent underage drinking?**

In addition to talking with your son or daughter, talk with other parents to insure that underage alcohol use will not be permitted in the homes where your child visits. Key questions to ask are:

- ◆ Is the home’s alcohol supply inaccessible to youth?
- ◆ Will the parent/guardian be visibly present during your child’s visit?
- ◆ Is there adequate supervision at parties or gatherings of youth at the home?
- ◆ What actions will the parents take if someone brings alcohol or comes to the house under the influence?

While asking these questions may seem awkward, this dialogue will both allay your concerns and send a message to other parents that underage drinking is not a “rite of passage” to be tolerated and endorsed by adults.

## **How can I work to prevent underage drinking in my community?**

When it comes to protecting the health and safety of children, parents are often the most visible and effective leaders. Parents and guardians throughout the nation are teaming with law enforcement, youth service workers, elected officials, youth, and other community members to prevent underage drinking and its harmful effects. The results are changes in law enforcement patterns, more alcohol retailers complying with the law, stronger local ordinances regarding underage drinking, and safer young people as the result of these changes in their environments.

In Connecticut, the Connecticut Coalition to Stop Underage Drinking (CCSUD) supports local groups to address youth access to alcohol, enforcement of laws related to underage drinking, and marketing campaigns that target young people under 21 for alcohol sales. Contact CCSUD at 1-800-422-5422, extension 14 to learn about current efforts in your community and how you can get involved!

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## **For Parents of College Students**

**W**hen a child attends college, it is an exciting and challenging change for both of you. If your son or daughter is in the process of choosing which college or university to attend, there are so many factors to consider: the academic criteria, courses of study offered, cost, housing, the size of the student body, and many other issues. Once your child is enrolled, the possibilities and concerns continue: choosing a major, making new friends, adjusting to being away from home, learning about a new town or city, paying for text books, and so on.

As a parent or guardian, you want to provide guidance to your child during his or her college years. You will also have additional concerns that may not occur to your son or daughter. One important question is "What is the alcohol and other drug scene on campus?" Naturally, you will want your son or daughter to attend an institution where he or she can focus on learning and enjoy a positive, healthy social life. How can you determine whether a particular school is one that will provide this environment for your child? There are no guarantees, but there are ways you can learn about a college or university's efforts to prevent problems related to student alcohol use.

### **Ask Questions!**

You have a right to expect that an institution of higher education is serious about efforts to address alcohol-related problems. Here are questions that college/university officials should be able to answer for you:

- ◆ What campus policies and programs exist that address alcohol issues?
- ◆ How are alcohol-related policies communicated to students?
- ◆ What are the consequences for violating alcohol policies?
- ◆ Will the administration inform parents if a

student is disciplined or arrested for alcohol-related infractions?

- ◆ Does the campus offer alcohol-free housing?
- ◆ What is the influence of fraternities and sororities on the overall social atmosphere of college?
- ◆ How has the location of the college affected the social atmosphere?
- ◆ Are there alcohol-free events sponsored on campus? How are students notified about them?
- ◆ What proportion of the athletics budget comes from the alcohol industry? (Accepting such money sends a mixed message to students).
- ◆ What training do residential advisors have in identifying and helping students who may have alcohol-related problems?
- ◆ What percent of students are involved in community service? (Students who are involved in such activities tend to have fewer alcohol- and other drug-related problems).
- ◆ Does your school offer Friday classes? (There is an increasing concern among administrators that no classes on Friday may lead to an early start in "partying" on weekends and increased alcohol problems).
- ◆ What is the average number of years it takes for students to graduate from this school?
- ◆ How many liquor law violations and alcohol-related injuries and deaths has your campus had in previous years?

### **Tips for Parents of a College Freshman**

- ◆ Pay special attention to your son's or daughter's experiences and activities during the crucial first six weeks on campus. With a great deal of free time, many students initiate heavy drinking during these early days of college, and the potential exists for excessive alcohol consumption to interfere with successful adaptation to campus life. You should know that about one-third of first-

year students fail to enroll for their second year.

- ◆ Call your son or daughter frequently during the first six weeks of college.
- ◆ Inquire about their roommates; the roommates' behavior, and how disagreements are settled or disruptive behavior dealt with.
- ◆ Make sure that your son or daughter understands the penalties for underage drinking, public drunkenness, using a fake ID, driving under the influence, assault, and other alcohol-related offenses. Indicate to them that you have asked the college/university to keep you informed of infractions to school policies (For alcohol policies on college campuses, see [www.collegedrinkingprevention.gov/policies](http://www.collegedrinkingprevention.gov/policies)).
- ◆ Make certain that they understand how alcohol use can lead to date rape, violence, and academic failure.

### **Tips for Parents of a College Student Facing an Alcohol-Related Crisis**

- ◆ Be aware of the signs of possible alcohol abuse by your son or daughter (i.e., lower grades, never available or reluctant to talk with you, unwilling to talk about activities with friends, trouble with campus authorities, serious mood changes).
- ◆ If you believe your son or daughter is having a problem with alcohol, do not blame them, but find appropriate treatment.
- ◆ Indicate to the Dean of Students, either in person or by e-mail, your interest in the welfare of your son or daughter and that you want to be actively involved in his or her recovery despite the geographic separation.
- ◆ Continue to stay actively involved in the life of your son or daughter. Even though they are away at college, they continue to be an extension of your family and its values.

### **Visit the Campus**

A visit to the campus is one of the best ways to find out about the role of alcohol in the environment. Be sure to discuss your concerns with your son or daughter before the visit. Help him or her understand why this issue is important.

- ◆ **Talk to current students and residence hall advisors.** Ask what students do for fun on campus. Do many students participate in community service activities?
- ◆ **Check out bulletin boards and campus newspapers.** Look for mentions of alcohol and drinking in notices, ads, articles, editorials, and letters to the editor.
- ◆ **Wander through the residence halls.** Notice how students decorate their rooms. Are there many alcohol-related posters or pyramids of beer cans? Are trashcans filled with beer cans or bottles?
- ◆ **Talk to faculty members and campus security officers.** Do they feel the administration is committed to dealing with problems related to alcohol? How serious do they think these problems are?
- ◆ **Walk through the commercial neighborhoods near campus.** Do bars and liquor stores seem to target students? Do they offer low-price specials that encourage drinking?

### **Talk with Your Son or Daughter!**

Campus climate is important, but ultimately it is up to your son or daughter to make healthy and responsible choices. Studies show that parents remain a key influence on college students. Your opinions and guidance can make a difference!

- ◆ **Listen.** You won't get far by lecturing. Ask your child to talk about alcohol and drinking. Find out what concerns he or she has.
- ◆ **Make your expectations clear.** Higher education is a huge investment of time and money. Set clear expectations that your son or daughter will focus on academic work and personal development. Underage alcohol consumption is illegal. Make it clear that you do not condone breaking the law.
- ◆ **Offer information.** Far too many students die every year from alcohol poisoning and other alcohol-related incidents. For students under the age of 21, remind them that drinking alcohol is illegal. For students who are 21 years old, discourage dangerous drinking such as drinking games and hazing. Regardless of his or her age, encourage your son or daughter to have the

courage to intervene when someone else is engaging in dangerous drinking.

- ◆ **Help them take a stand.** Every student has the right to a safe academic and living environment. Discuss ways to handle situations ranging from interrupted study time to fights to unwanted sexual advances. Help your son or daughter to consider whether to approach the offender directly or whether to notify residence hall staff or other college or law enforcement officials.
- ◆ **Get and share the facts.** Students grossly overestimate the use of alcohol by their peers. Young adults are highly influenced by peers and tend to drink in amounts they perceive to be the norm. You can play a vital role in providing accurate information.

- ◆ **Encourage community service.** Students who volunteer are less likely to abuse alcohol and other drugs. Point out the benefits of volunteer work—forming friendships, developing job-related skills, and knowing the satisfaction of helping others.

- ◆ **Be a good role model.** Evaluate your own use of alcohol, tobacco, prescription medicines, and even over-the-counter drugs. Consider how your attitudes and actions may be shaping your son or daughter's choices about whether or not to use alcohol.

[Materials for this section were adapted from Alcohol and Other Drugs, and College: A Parent's Guide from the Higher Education Center for Alcohol and Other Drug Prevention, HEC 116, September 2000, and A Call to Action: Changing the Culture of Drinking at U.S. Colleges. For more information, visit: [www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov).]

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## **Getting together – how to work with youth to have an alcohol-free party**

**F**riends are extremely important to young people; this is an expected part of their social development. Therefore, it is natural that your son or daughter will want to get together with friends. However, it is essential that these gatherings remain alcohol-free. Here are some tips if you and your family are planning to host a party for young people:

- ◆ Discuss the guest list and any concerns that your child may have
- ◆ Limit the number of invitees and the number who actually attend
- ◆ Know the ages of partygoers and how they know your child
- ◆ Make it clear to guests that alcohol, tobacco, and other drugs are not allowed
- ◆ Set beginning and ending times for the party
- ◆ Define an area for the party; do not allow partygoers in other areas (e.g. bedrooms, garage, basement, etc.)
- ◆ Have sufficient chaperones to monitor the area and partygoers

- ◆ Frequently monitor the party area as well as areas that are off-limits to guests
- ◆ Establish a signal that your child may use if he or she needs help
- ◆ Restrict entry and exit areas to deter guests from bringing in alcohol and/or other drugs
- ◆ Put valuables, alcohol, breakable objects, and weapons in a secure, unreachable area
- ◆ Establish an area for coats and bags and monitor the area
- ◆ Be prepared to call a guest's parent/guardian if he or she appears to be under the influence or brings alcohol to the party
- ◆ Stand your ground if your child or another young person tells you that "all the other parents" are serving alcohol in their homes; this is not the case – other parents, as well as the youth, will appreciate your diligence

(Adapted from A Practical Guide to Preventing and Dispersing Underage Drinking Parties, from the OJJDP Underage Drinking Enforcement Training Center, 2000)

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## **How can I tell if my child has a problem with alcohol?**

### **A questionnaire about your son or daughter**

	YES	NO		YES	NO
1. Have you noticed any radical changes in behavior or personality?	<input type="checkbox"/>	<input type="checkbox"/>	10. Has there been a difference in grades, problems at school?	<input type="checkbox"/>	<input type="checkbox"/>
2. Does he or she frequently express feelings of remorse and/or depression, or mention suicide?	<input type="checkbox"/>	<input type="checkbox"/>	11. Have you noticed any change in character (e.g. lying, cheating, stealing)?	<input type="checkbox"/>	<input type="checkbox"/>
3. Has he or she had problems getting along at home?	<input type="checkbox"/>	<input type="checkbox"/>	12. Have you seen any paraphernalia in the house (e.g. empty or full alcoholic beverage bottles/cans, funnels)?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you noticed any recent changes in friends?	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you noticed a change in sleeping/eating patterns?	<input type="checkbox"/>	<input type="checkbox"/>
5. If yes, do you disapprove of the new friends?	<input type="checkbox"/>	<input type="checkbox"/>	14. Has he or she ever come home drunk?	<input type="checkbox"/>	<input type="checkbox"/>
6. Does he or she make you feel guilty and blame you for his/her problems?	<input type="checkbox"/>	<input type="checkbox"/>	15. Have other members of your family ever had drug or alcohol problems?	<input type="checkbox"/>	<input type="checkbox"/>
7. Did he or she recently give up something valued in the past?	<input type="checkbox"/>	<input type="checkbox"/>			
8. Have you noticed your son/daughter having red or dilated eyes?	<input type="checkbox"/>	<input type="checkbox"/>			
9. Has he or she had any change in dress habits or personal hygiene?	<input type="checkbox"/>	<input type="checkbox"/>			

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If you answered “yes” to three or more of these questions, you and your child need to seek professional help. Many of the agencies listed in the resources section of this action guide can guide and assist you in finding support and treatment.

## **Connecticut Resources for Learning More About Youth and Alcohol**

### **The Connecticut Coalition to Stop Underage Drinking**

30 Arbor Street  
Hartford, CT 06106  
860-523-8042  
1-800-422-5422  
www.preventionworksct.org

The mission of the Connecticut Coalition to Stop Underage Drinking is to reduce underage alcohol use and its related harms by bringing about long-term policy change at the state and local level.

The coalition's mission will be fulfilled by meeting the following goals:

- ◆ Advancing local and statewide policies and practices that address environmental and individual factors, especially youth access to alcohol.
- ◆ Advancing effective prevention and early intervention strategies to protect young people from the risks of alcohol.
- ◆ Using media and communications to change public understanding, attitudes, and norms to reduce underage drinking.
- ◆ Expanding and sustaining the capacity of statewide and local coalitions, including the Connecticut Coalition to Stop Underage Drinking, to reduce underage drinking.

### **The Governor's Prevention Partnership**

30 Arbor Street  
Hartford, CT 06106  
860-523-8042  
1-800-422-5422  
www.preventionworksct.org

The Governor's Prevention Partnership is a public-private partnership that seeks to to keep Connecticut's youth safe, successful and drug-free.

The Governor's Prevention Partnership serves as the host agency for the Connecticut Coalition to Stop Underage Drinking.

### **Mothers Against Drunk Driving-Connecticut**

131 Bradley Road  
Woodbridge, CT 06525  
Phone: 203-389-3595  
FAX: 203-389-3598  
[http://members.xoom.com/MADD\\_CT/](http://members.xoom.com/MADD_CT/)

### **Regional Action Councils (RACs)**

RACs were created by the state legislature in 1990 to lead regional programs to combat tobacco, alcohol, drug, and gambling addiction. They are funded in part by the Connecticut Department of Mental Health and Addiction Services.

Each RAC serves specific communities in Connecticut; please look for your town within this list:

#### **Capital Area Substance Abuse Council**

776 Farmington Avenue  
West Hartford, 06119  
(860) 586-8838

(Serves the towns of Avon, Bloomfield, Canton, East Granby, Farmington, Granby, Hartford, Hartland, Newington, Rocky Hill, Simsbury, Suffield, West Hartford, Wethersfield, Windsor Locks)

#### **Central Naugatuck Valley Regional Action Council**

236 Grand Street  
Waterbury, CT 06702  
(203) 574-6712

(Serves the towns of Beacon Falls, Bethlehem, Cheshire, Middlebury, Naugatuck, Prospect, Southbury, Thomaston, Waterbury, Watertown, Wolcott, Woodbury)

#### **Citizen's Task Force on Addictions**

94 Broad Street, 2nd Floor  
New London, CT 06320  
(860) 442-1330

(Serves the towns of Bozrah, Colchester, East Lyme, Franklin, Griswold, Groton, Ledyard, Lisbon, Lyme, Montville, New London, North Stonington, Norwich, Old Lyme, Preston, Salem, Sprague, Stonington, Voluntown, Waterford)

**Communities in Action**

Franklin Common  
– 141 Franklin Street  
Stamford, CT 06901  
(203) 978-1881

(Serves the towns of Darien,  
Greenwich, New Canaan,  
Stamford)

**East of the River Action for  
Substance Abuse Elimination**

70 Canterbury Street  
East Hartford, CT  
06118-2606  
(860) 568-4442

(Serves the towns of Andover,  
Bolton, East Hartford, East  
Windsor, Ellington, Enfield,  
Glastonbury, Hebron,  
Manchester, Marlborough,  
Somers, South Windsor,  
Stafford, Tolland, Vernon)

**Housatonic Valley Coalition  
Against Substance Abuse,  
Inc.**

304 Federal Road, Suite 112  
Brookfield, CT 06804  
(203) 743-7741

(Serves the towns of Bethel,  
Bridgewater, Brookfield,  
Danbury, New Fairfield, New  
Milford, Newtown, Redding,  
Ridgefield, Roxbury, Sherman,  
Washington)

**Meriden/Wallingford  
Substance Abuse Action  
Council**

5 Brookside Drive  
Wallingford, CT 06492  
(203) 294-3592

(Serves the towns of Meriden  
and Wallingford)

**Mid-Fairfield Substance  
Abuse Coalition**

83 East Avenue - Suite 307  
Norwalk, CT 06851  
(203) 852-0850

(Serves the towns of Norwalk,  
Weston, Westport, Wilton)

**Middlesex County Substance  
Abuse Action Council**

393 Main Street  
Middletown, CT 06457  
(860) 347-5959

(Serves the towns of Chester,  
Clinton, Cromwell, Deep  
River, Durham, East Haddam,  
East Hampton, Essex, Haddam,  
Killingworth, Middlefield,  
Middletown, Old Saybrook,  
Portland, Westbrook)

**Northeast Communities  
Against Substance Abuse**

303 Putnam Road  
P.O. Box 167  
Wauregan, CT 06387  
(860) 564-7771

(Serves the towns of Ashford,  
Brooklyn, Canterbury, Chaplin,  
Columbia, Coventry, Eastford,  
Hampton, Killingly, Lebanon,  
Mansfield, Plainfield, Pomfret,  
Putnam, Scotland, Sterling,  
Thompson, Union, Willington,  
Windham, Woodstock)

**Regional Youth/Adult  
Substance Abuse Project**

c/o Burrough's Community  
Center  
2470 Fairfield Avenue  
Bridgeport, CT 06605-2647  
(203) 579-2727

(Serves the towns of  
Bridgeport, Easton, Fairfield,  
Monroe, Redding, Stratford,  
Trumbull)

**South Central Connecticut  
Regional Action Council**

25 Science Park – Suite 650  
New Haven, CT 06511  
(203) 776-1981

(Serves the towns of Bethany,  
Branford, East Haven,  
Guilford, Hamden, Madison,  
Milford, New Haven, North  
Branford, North Haven,  
Orange, West Haven,  
Woodbridge)

**Substance Abuse Action  
Council of Central  
Connecticut, Inc.**

9 North Washington Street  
Plainville, CT 06062  
(860) 793-1830

(Serves the towns of Berlin,  
Bristol, Burlington, Harwinton,  
New Britain, Plainville,  
Plymouth, Southington)

**Valley Substance Abuse  
Action Council**

435 East Main Street  
Ansonia, CT 06401  
(203) 736-8566

(Serves the towns of Ansonia,  
Derby, Oxford, Seymour,  
Shelton)

**American Medical  
Association**

[www.alcoholpolicysolutions.net](http://www.alcoholpolicysolutions.net)

**Office of Juvenile Justice and  
Delinquency Prevention**

<http://ojjdp.ncjrs.org/>

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Hartford, CT 06106

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[www.preventionworksct.org](http://www.preventionworksct.org)