

WHAT YOU NEED TO KNOW:



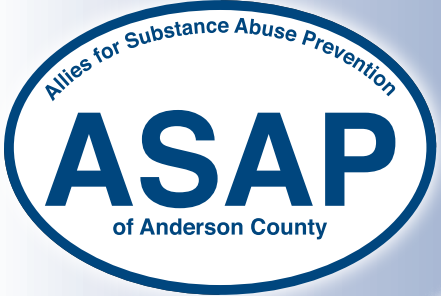
The Anderson County Ally of the Year campaign is a fundraising competition held during January, coinciding with the Red Ribbon Rivalry, to encourage everyone to get involved and support substance abuse prevention. Candidates are nominated based on their commitment and passion for creating a safe, healthy and productive Anderson County. While each candidate conducts their own campaign, all candidates are united by one goal: to use their leadership, influence and communication skills to raise funds to help prevent and reduce substance abuse in Anderson County. Every dollar raised counts as one vote. The individual who collects the most votes during the campaign will be named the Anderson County Ally of the Year. Voting ends on January 28, 2016!

Here are the candidates for this year's Ally of the Year fundraising competition:

- 1. Michael Foster
- 2. Becky Grubb
- 3. Kim Pouncey
- 4. Theresa Scott
- 5. David Vudragovich

Allies for Substance Abuse Prevention (ASAP) of Anderson County is beginning the 2016 Red Ribbon Rivalry! This year, in Anderson County, ASAP is holding the Red Ribbon Rivalry during the month of January, culminating on Sunday, January 31. The main goal of the RRR is to raise funds to prevent and reduce substance abuse here in Anderson County. It has been determined through a lengthy benefit: cost analysis that every \$1 dollar invested in prevention at the local level here in Anderson County yields approximately \$17.47 savings in healthcare costs, criminal and juvenile justice costs, educational costs, etc. in Anderson County. This year we are hoping for even more community participation in the RRR. Local businesses are competing against each other by selling Red Ribbons for a \$1 donation and displaying them in their businesses to show support for substance abuse prevention. Winning businesses and employees will receive recognition for their efforts as well as individual prizes for the top sales associates. Anderson County High School, Clinton High School, and Oak Ridge High School will also compete this year to see who will be the recipient of the RRR trophy to be displayed at their school for the year. Clinton has maintained their winning streak since the beginning of the contest in 2012, but ACHS and ORHS students have been making a plan for victory.

www.ASAPofAnderson.org



ASAP  
QUARTERLY:  
Prevention Matters

Newsletter

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FROM THE DIRECTOR

Marijuana Legislation Proposed to Be A Hot Topic In the 2016 Tennessee General Assembly

Bills introduced in the Tennessee General Assembly last year proposed a law that would make medical marijuana “legal” in Tennessee. The Senate bill was sponsored in the Senate by Steve Dickerson (R-Nashville) and in the House by Ryan Williams (R-Cookeville). While still illegal under federal law, state lawmakers debated the topic, with both houses sending the bills to summer research studies.

Many lawmakers agree “medical marijuana” laws are the first step toward recreational legalization. While there is significant debate, what is not up for debate are the negative consequences associated with marijuana use and the low perception of harm brought on by the wave of states legalizing its use.

Current marijuana use among adolescents in Tennessee is reported by the Centers for Disease Control and Prevention (CDC) to be 21.4 percent, which is lower than the national rate of 23.4 percent<sup>1</sup>. States with medical marijuana laws are positively associated with increased marijuana use as access and availability to the substance increases with legalization<sup>2</sup>. Historical research has demonstrated that illegal drug use among youth increases as perception of risk and social disapproval declines; however, national perception of harm for regular marijuana use has declined sharply since 2008, when 52 percent of high school seniors believed using marijuana regularly was dangerous, compared to only 39.5 percent in 2013. The rate of adolescents in Tennessee using marijuana in the past 30 days (21.4 percent) has surpassed those who report smoking cigarettes (15.4 percent).<sup>1</sup>

- Marijuana potency has nearly tripled in the past 20 years<sup>2</sup>
- Marijuana use negatively impacts educational achievement<sup>3</sup>
- More than two-thirds of treatment admissions involving those under the age of 18 cite marijuana as their primary substance of abuse, more than 15 times the rate for alcohol alone<sup>4</sup>
- Marijuana use negatively impacts highway safety: 19 percent of teen drivers report they have driven under the influence of marijuana—only 13 percent of teen drivers report they have driven under the influence of alcohol<sup>5</sup>
- According to a recent RAND study, legalization will cause the price of marijuana to fall and its use to rise, especially among youth<sup>6</sup>

A recent, long-term, study revealed that heavy marijuana use during the adolescent years that continued through adulthood resulted in a permanent drop in IQ by eight points. A loss of eight IQ points could drop a person of average intelligence into the lowest third of the intelligence range.<sup>7</sup>

Is Marijuana Medicine?

The FDA requires carefully conducted studies to accurately assess the benefits and risks of a potential medication. To date, there have not been enough clinical trials that show the benefits of the marijuana plant outweigh the risks in patients with the symptoms it is meant to treat; therefore, the FDA has not approved marijuana for medical use. Cannabinoids (a large family of chemicals related to THC, marijuana’s main psychoactive ingredient) of interest for therapeutic reasons are THC and cannabidiol. THC stimulates appetite and reduces nausea: it may also decrease pain, inflammation, and spasticity. Cannabidiol is a non-psychoactive cannabinoid that may be useful in reducing pain and inflammation, controlling epileptic seizures, and possibly even treating psychosis and addictions. The FDA has approved the drugs Dronabinol (Marinol®) and Nabilone (Cesamet®), both used to treat nausea caused by chemotherapy and wasting disease caused by AIDS. Rolapitant (Varubi®) was recently approved to prevent delayed phase chemotherapy-induced nausea and vomiting by FDA. A drug called Sativex® which contains equal parts of THC and cannabidiol is currently approved in the UK to treat spasticity caused by multiple sclerosis and is now in Phase III clinical trials in the U.S. to establish its effectiveness and safety in treating cancer pain. The FDA-approved medications lack the psychoactive ingredient which makes the user feel “high,” and are already an alternative to “medical” marijuana.<sup>8</sup>

Debate among the Tennessee Senate Health and Welfare Committee centered around prescriber liability if the “medical marijuana” bill passes. With multiple physicians serving on the committee, concern was voiced over how doses are established. As it is largely determined by the patient or user, there is a large discrepancy over the amount used. Also, there is no recommendation because the FDA has not been able to outweigh the benefits over the risks and has therefore not approved it for medical use.

For more information on medical marijuana, the Prevention Alliance of Tennessee has issued a white paper, outlining facts related to marijuana and its potential use as medicine. The paper may be found at [www.tncoalitions.org](http://www.tncoalitions.org) under the “What We Do,” “Policy & Advocacy” tab.

1. Centers for Disease Control and Prevention. 2013. Youth Risk Behavior Surveillance System. Available: <http://nccd.cdc.gov/youthonline/App/Default.aspx>  
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3. Office of Applied Studies, Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA’s National Household Survey on Drug Abuse Report—Marijuana Use among Youths. July 19, 2002. Available: <http://www.samhsa.gov/oas/nhsda.htm>  
4. Substance Abuse and Mental Health Services Administration. 2010. Office of Applied Studies. Treatment Episode Data Set (TEDS): 2009 Discharges from Substance Abuse Treatment Services, DADS. Available: <http://www.dads.samhsa.gov/webt/quicklink/US10.htm> Also see Non-medical cannabis: Rite of passage or Russian roulette? 2011. Center on Addiction and Substance Abuse, Columbia University.  
5. Hazy Logic: Liberty Mutual Insurance/SADD Study Finds Driving Under the Influence of Marijuana a Greater Threat to Teen Drivers Than Alcohol. Available: <http://www.sadd.org/press/presspdfs/Marijuana%20Teen%20Release.pdf>  
6. Kilmer, Beau, Jonathan P. Caulkins, Rosalie Liccardo Pacula, Robert J. MacCoun and Peter H. Reuter. 2010. “Altered State? Assessing How Marijuana Legalization in California Could Influence Marijuana Consumption and Public Budgets.” Santa Monica, CA: RAND Corporation, [http://www.rand.org/pubs/occasional\\_papers/OP315](http://www.rand.org/pubs/occasional_papers/OP315)  
7. M.H. Meier, Avshalom Caspi, et al. 2012. “Persistent cannabis users show neuropsychological decline from childhood to midlife.” Proceedings of the National Academy of Sciences.  
8. National Institute on Drug Abuse. 2014. “Drug Facts: Is Marijuana Medicine?” Available:<http://www.drugabuse.gov/publications/drugfacts/marijuana-medicine>

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## ASAP UPDATES:



-Operation Rx collected 82.6 pounds in September, 114.9 pounds in October, and 204.4 pounds in November of unused, unwanted, or expired medicines.

## ALLY ACCOUNT:



Submitted by: John Kelsey

### Why I am an ASAP Volunteer



When I was a volunteer with the Anderson County Health Committee we decided that Anderson County needed an anti-drug program. In October of 2009 we held a meeting and put together a plan to request a federal grant for the project. Stephanie was asked to complete the application for the grant. We received the grant and Stephanie was appointed Executive Director. I was one of the first volunteers and continue to this day. Over the years ASAP has grown from a staff of one person to three full-time and one part-time employees.

We make a difference in Anderson County through the programs we offer and the contacts we have made over the years. Just this year we have removed over 600 lbs. of drugs off our streets and properly disposed of them. I am proud to be a volunteer for this project.

The program I am most proud of is the work we do with the Anderson County and Clinton school boards. Our school programs have had a positive effect on students from elementary to high school. The above is just a short note on why I volunteer for ASAP.

The highlight of my time with ASAP is the forming of the Sustainability Committee which came out of our need to provide funds when we no longer have grants to rely on. In my 49 years as a volunteer, the volunteers and the staff at ASAP are most talented individuals I have ever worked with.

## Notes:

***Thank you for the generous donations***

***ASAP has received from:***

**Wendy Williams**

**David Vudragovich**

**Straight Up LLC.**

*Also a big thank you to anyone who has tagged ASAP of Anderson County on their Kroger plus cards or Amazon Smile account!*

## RECENT HAPPENINGS:



### ***Drug-Free Communities (DFC) Support Program New Grantee Training.***

ASAP is happy to announce that they have been awarded five more years of funding through the Drug-Free Communities (DFC) grant program! The DFC support program has two goals:

1. Establish and strengthen collaboration among communities, public and private non-profit agencies; as well as federal, state, local, and tribal governments to support the efforts of community coalitions working to prevent and reduce substance use among youth.
2. Reduce substance use among youth and, over time, reduce substance abuse among adults by addressing the factors in a community that increase the risk of substance abuse and promoting the factors that minimize the risk of substance abuse.

ASAP received a continuation for another five years of funding. As a year six grantee ASAP sent Stacey Pratt and Chris Harder to Washington D.C. to attend the DFC Support Program New Grantee Training that is required of all new grantees and year six continuation grantees. The event contained an abundance of information pertaining to satisfying grant requirements as well as success stories from select few coalitions. Stacey Pratt presented ASAP's success in reducing past 30 day use of alcohol by 6-12<sup>th</sup> graders in Anderson County by 43% between 2012 and 2014.

## SUBSTANCE ABUSE BYTES:



### ***Alcohol Compliance Checks Completed in Anderson County, Oliver Springs, Rocky Top and Clinton***

ASAP is pleased to be able to support our local law enforcement agencies in their efforts to ensure alcohol is not being served to minors in Anderson County. During this past quarter the Anderson County Sheriff's Office, in partnership with the Oliver Springs Police Department and Rocky Top Police Department, conducted 34 checks with a compliance rate of over 82%. During Clinton Police Department's 22 checks there was a compliance rate of an outstanding 100%.

Compliance checks are an important piece of ensuring the safety of our youth. They not only discourage businesses from selling to underage youth, but through ASAP's "We Are an Ally" campaign businesses can discourage youth from attempting to purchase alcohol at that establishment. ASAP coalition volunteers personally deliver a decal to each business who does not sell alcohol to the minor during a compliance check. By displaying the "We Are an Ally, We Do Not Sell Alcohol to Minors" decal they are making a statement to youth not to attempt to purchase alcohol.

Data is an important piece needed by ASAP to ensure that staff and volunteer efforts, as well as funds, are directed towards areas where an impact can be made. Compliance checks are crucial in determining if additional support should be directed to businesses. ASAP offers Responsible Alcohol Sales classes in Anderson County so clerks do not have to travel to Knoxville to receive training. Age verification materials such as ID coders, ID checking guides, calendars, manager guides and more are provided to businesses selling alcohol within Anderson County at no charge to the business.

ASAP would like to commend all the outlets who passed these most recent compliance checks and offer support for those businesses who were non-compliant. Please call ASAP 865-457-3007 to request age verification materials for your Anderson County business or for more information regarding alcohol compliance checks.