

A communication periodical for our clients, staff & the community at large

# The Chronicle

A Paterson Counseling Center Newsletter

## Special points of interest:

- PCC supports family counseling and therapy
- PCC has a network of agencies and facilities that can help to tailor a unique treatment plan for clients
- PCC received the highest accreditation rating from CARF for services assuring you of the very best care .

## Teen Girls View Drug Use In a Positive Way

Teenage girls are more likely than their male counterparts to perceive potential benefits -- including "self-medicating" benefits -- from drug and alcohol use, according to survey data released by the Partnership for a Drug-Free America and the MetLife Foundation.

Researchers analyzed survey results from 3,287 teenagers in grades nine through 12 in 2009. They found that 68 percent of teen girls responded positively to the statement "using drugs helps kids deal with problems at home," up from 61 percent in 2008, and that 53 percent said drugs help teens forget their troubles, up from 48 percent in 2008. Among teenage boys, a higher percentage in 2009 than in 2008 agreed that "drugs help you relax socially" (52 versus 45 percent) and that "parties are more fun with drugs" (41 versus 34 percent).



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In addition, the findings revealed that teenage girls' past-year alcohol use increased from 53 percent in 2008 to 59 percent in 2009, while teen boys' alcohol use increased from 50 to 52 percent, though the increase in boys was not considered significant. Past-year Ecstasy use increased substantially among both sexes, but teen girls are now less likely to consider Ecstasy addictive (82 percent in 2008 versus 77 percent in 2009). Past-year marijuana use increased by 29 percent in teen girls from 2008 to 2009 and 15 percent in teen boys, according to the survey results.

"It's troubling to see that girls view illicit drug use as less dangerous than they previously did and are more likely to drink alcohol," Dennis White, president and CEO of the MetLife Foundation, said in a statement. "For boys and girls alike,

however, parents need to know when it's time to act, and how to act when confronted with a substance abuse situation, ensuring they'll be more effective in preventing a serious problem."

The study was sponsored by the MetLife Foundation.

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## Drinking & Acceptance For Teens

Alcohol and illicit drug use is lower among Hispanic-Americans than the national average; nonetheless, their treatment needs for alcohol are slightly higher than the national average, according to a new report from the Substance Abuse and Mental Health Services Administration.

"Substance Use Among Hispanic Adults" includes 2004 to 2008 data from the survey responses of 227,791 adults, of whom 31,848 identified themselves as Hispanic-Americans. The report was developed to inform policy makers and service providers about substance abuse and treatment needs within this minority group.

The survey revealed that 46.1 percent of Hispanic-Americans report current alcohol use, 6.6 percent report current illicit drug use, and 26.3 percent report current binge drinking. Those figures compare to national averages of 55.2, 7.9, and 24.5 percent, respectively. In the past year, 8.7 percent required treatment for alcohol use, compared with the national average of 8.1 percent; about 7.9 percent received treatment in a special facility, compared with the national average of 8.2 percent. The study also found significantly different rates of substance use among different Hispanic-American populations and that U.S.-born Hispanic Americans have substantially higher substance use rates than their foreign-born counterparts.



"Hispanic-Americans are one of the fastest growing communities in our country and include a vast array of diverse populations -- each with a unique set of behavioral health strengths, challenges and needs," SAMHSA administrator, Pamela S. Hyde, J.D., said in a statement.

"This study and others indicate that, as ethnic and immigrant populations become more acculturated into our national culture, they tend to develop many of the same behavioral health challenges faced by the general population. Through a more detailed understanding of this diverse community we can better tailor our prevention and treatment strategies to reach all of its members."

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