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HEALTH & WELLNESS

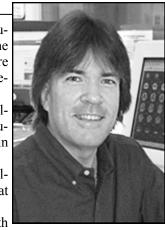
CASA's Red Ribbon Week: "Above the Influence"

By Nicole Kiprilov

Each year, Manhasset CASA's teenagers on Long Island. The reason mone reguthe number one killer of High School and respiration, and interferes with hor- "

Red Ribbon Week has reached out to why overconsumption of alcohol leads lation. hundreds of teens in the Manhasset to death is because the brain grows effects community. This year was CASA's until the age of 21. Teenagers begin to mainly agefirst Above the Influence Day, which mess around with alcohol during im-dependent. took place on October 18th. The pur-portant developmental years. The brain What pose of Red Ribbon Week and this par- develops at a rate of 25% a year, which lege ticular day is to convey an important means that the younger a person is dents, message to youth about living a life when he/she abuses alcohol, the more particular, that is "above the influence." Members damage is inflicted upon the brain. Dr. do not realof Manhasset CASA strive to convey Dewey stated that if alcoholism has not ize is that important information about drugs and been acquired by the age of 21, the Adderall alcohol and to stress the importance of chance of it occurring after that is very helps making smart choices and being strong minimal. Alcoholics typically have a the study process, but it does not help

The stuin with



enough to say no when needed. On this history of substance abuse during their retain information. Therefore, kids day, Dr. Stephen Dewey came to the developmental stages. However, there abuse more than one substance in order High School to talk about the effects of is a genetic predisposition to alcohol- to relieve stress, study, and earn good drug and alcohol on the teenage brain. ism. About one third of alcoholics have grades at the same time. What's worse His presentation was called, "The Teen a parent who was an alcoholic. More is that alcohol, on top of all that, mag-Brain: Still Under Construction." Dr. than 92% of High Schoolers report be- nifies the effect of any drug about 10-Stephen Dewey conducts research at ing drunk at least once before gradua- 12 times. Dr. Dewey showed some picthe Feinstein Institute for Medical Re- tion. Dr. Dewey also talked about the tures of PET scans that portray the drasearch at North Shore LIJ Hospital. Dr. experiences of elementary school stu-matic change of the brain after binge Dewey's presentation was absolutely dents with substance abuse, particularly drinking. He also shared some of the incredible. The information that he pro- the use of inhalants. Little kids often experiences he has had with students vided was valuable, important, and inhale glue and rubber cement. It be- trying to ingest alcohol through differcompletely alarming. He provided a came a trend for girls to use white-out ent methods. It was simply frightening very in-depth perspective on the issue to paint their nails, backpacks, and to listen to examples of teenagers who and he supported his perspective with clothes. The fact that these kids are have lost their lives because they have statistics that most teens are not aware unknowingly huffing solvents and get- not made the right choice. Many of of. Dr. Dewey came to the Manhasset ting high is terrible, but what is even those teenagers were not aware of the Student Senate meeting to have a casu- worse is the fact that the use of inhal- information that was provided by Dr. al discussion with students who repre- ants in elementary school gradually Dewey that night, but many teenagers sent the entire student body. His formal leads to the use of cocaine and marijua- also did not receive support from their presentation was followed by a ques- na in high school. This period of pro- community, home environment, and tion and answer session with the stu- gression is a very sensitive time for school. We are extremely lucky to be dents. Dr. Dewey is a parent who has a teenagers. That led into the second part living in such a community, where lot of experience with the teenage High of his discussion, which was mainly teachers and administrators are striving School experience. He has conducted about the use of Adderall among High to influence their students in a positive drug abuse studies for over 30 years. School and college students. Adderall way. The Manhasset community pro-His drug abuse research is mainly fo- is a drug that is typically taken by indi- vides a safe and enjoyable environment cused on caffeine, cocaine, heroin, ec-viduals with A.D.H.D. When it is taken for all of its residents and students. stasy, methamphetamine, marijuana, for A.D.H.D., Adderall is very safe and CASA has partnered with many organinicotine, amphetamines, alcohol, and not addictive. However, addiction is 3- zations to ensure that Red Ribbon solvents. The presentation started off 5 times higher if Adderall is taken by Week is a week filled with motivation with some pertinent information about an individual who does not have and support when it comes to creating a alcohol. Up until last year, alcohol was A.D.H.D. Adderall speeds up the heart lifestyle that is "above the influence.