

Illinois Church Action on Alcohol & Addiction Problems

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Best Friends Influence When Teenagers Have First Drink



A national study by a University of Iowa-led team has found that adolescents who get their first drink from a friend are more likely to drink sooner in life, which past studies show makes them more prone to abusing alcohol when they get older. The finding is intended to help specialists predict when adolescents are likely to first consume alcohol, with the aim of heading off problem drinking at the pass.

“When you start drinking, even with kids who come from alcoholic families, they don’t get their first drinks from their family,” says Samuel Kuperman, a child and adolescent psychiatrist at the UI. “They get their first drinks from their friends. They have to be able to get it. If they have friends who have alcohol, then it’s easier for them to have that first drink.”

The basis for the study, published this month in the journal *Pediatrics*, is compelling: One-third of eighth graders in the United States report they’ve tried alcohol, according to a 2011 study of 20,000 teenagers conducted by the University of Michigan and funded by the National Institutes of Health. By 10th grade, more than half say they’ve had a first drink, and that percentage shoots to 70 percent by their senior year.

The researchers then looked at how five variables worked in concert. Surprisingly, a best friend who drank and had access to alcohol was the most important predictor. In fact, adolescents whose best friend used alcohol were twice as likely to have a first drink, the researchers found. Moreover, if considered independently of the other variables, teenagers whose best friends drank are three times as likely to begin drinking themselves, the study found, underscoring the sway that friends have in adolescents’ drinking behavior.

“Family history doesn’t necessarily drive the age of first drink,” notes Kuperman, who has studied teen drinking for more than a decade. “It’s access. At that age (14 or 15), access trumps all. As they get older, then family history plays a larger role.”

The current study drew from a pool of 820 adolescents at six sites across the country. The participants were 14 to 17 years old, with a median age of 15.5, nearly identical to the typical age of an adolescent’s first drink found in previous studies. More than eight in 10 respondents came from what the researchers deemed high-risk families, but more than half of the teenagers had no alcohol-dependent parents. Tellingly, among those adolescents who reported having had drunk alcohol, nearly four in ten said their best friends also drank.

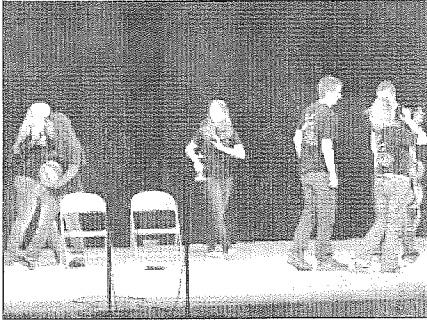
The result underscores previous findings that teenagers who have their first drink before 15 years of age are more likely to abuse alcohol or become dependent. It also supports the screening questions selected in the National Institute on Alcohol Abuse and Alcoholism and the American Academy of Pediatrics initiative to identify and help youth at risk for alcohol use, the researchers write.

Source: *University of Iowa Newsroom, January 28, 2013*

ILCAAAP is a voice in the wilderness spreading the word out about the possibilities of living addiction-free lives. ILCAAAP depends on your donations. God bless you!

Staff Activities

In order to give our readers an idea of how and where their donations are allocated, some of our activities are listed on this page.



The ILCAAAP Teen Board performed alcohol prevention skits at the Sacred Heart Griffin Snowball. To schedule a presentation or performance for your school, youth group or church, call Heather Garcia at 866-940-6871.



The ILCAAAP Teen Board had a retreat at Lake Springfield Christian Camp. Illinois Churches In Action will host the Interfaith Youth Prevention Retreat at this same facility on March 15-16. Eddie Slowikowski, a Gold Medal Olympian, will provide leadership and prevention training, inspiring youth to find the courage to be themselves, drug free.

Please Remember Us when you plan your giving

Please remember ILCAAAP and Churches in Action as you plan your estate. We always appreciate your donations when you honor that special someone in your life.



Alcoholism and other drug addictions ravage the lives of individuals, destroy families, and devastate communities.

April 6 - 7, 2013
has been designated
as the 23rd Annual "Just Pray NO!"
to Drugs Worldwide Weekend
of Prayer and Fasting.

Ideas for churches:

Pray for the addicted and their families

Sermon on alcohol
and substance abuse

Pray for children and adults to
resist the pressure to use/abuse
alcohol and other drugs.

ILCAAAP NEWSLETTER
Anita Bedell, Editor
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ILCAAAP 1132 W. Jefferson • Springfield, IL 62702.

Gambling can be addictive.

It's certainly
not any fun
when you lose
your family,
your job, and
your property
all because of
your gambling
addiction.



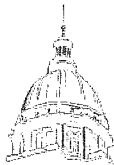
WANTED

**FOLKS TO CHECK OUT
THE ILCAAAP WEBSITE**

It's been redesigned and is being
updated weekly. Go to
www.ilcaap.org for Action Alerts
and information about alcohol,
other drugs and gambling.

www.ilcaap.org

Legislative Highlights



ALERT

Senate Bill 744, a massive casino expansion bill, was sent to Governor Quinn at the close of the January lame duck session. The governor has until April 7 to act or the bill will become law. Call Gov. Quinn (800) 642-3112 and ask him to veto SB 744.

Gambling Legislation

ILCAAAP is tracking 96 gambling bills. Many of these are "shell" bills that will be amended to add language to expand gambling—more casinos, slots at racetracks, Internet gambling. Below are active bills assigned to committees. Call your State Legislators (217) 782-2000 and ask them to oppose these and ALL gambling expansion bills.

HB 1306 & SB 1738 would keep the public from knowing the amount of money local residents LOST in each establishment in communities. For many years illegal gambling and organized crime were involved in video gambling. Transparency is needed now that video gambling machines are legal and operating in establishments statewide.

HB 1224 legalizes Remote Caller Bingo and eliminates the prize limits for bingo to allow high stakes Bingo. If prizes are large and the locations are networked together to make gambling more accessible, problem gambling could increase. This is especially true for young people, who can gamble on Bingo at age 18.

HB 2311 expands gambling by legalizing video gambling machines in social clubs. There are thousands of social clubs in communities statewide. The Illinois Gaming Board ruled that social clubs could not be licensed for video gambling. Rather than follow the law, gambling interests are trying to change the law.

HB 1570 expands gambling by allowing video gambling machines in Off Track Betting parlors. There are currently 26 Off Track Betting parlors operating in Illinois, but the law allows racetracks to operate 37 OTB parlors in Illinois. The intent of the Video Gambling Act was to legalize the machines in bars that were operating them illegally, and OTB parlors were prohibited from having the machines.

SB 70 grandfathers in all liquor establishments that are closer than 100 feet from a church or school if the liquor license was issued before the church or school was established. This will be the first of many exemptions to approve video gambling near churches or schools.

Parents Who Allow Minors to Drink Can Be Arrested

A new "Social Host" law went into effect in January that punishes parents or guardians who allow underage drinking on their property. The new legislation closes a loophole of legal accountability on those who knowingly allow alcohol consumption by minors, according to the Rochelle News.

Violators of the social host law will be guilty of

a Class A misdemeanor and subject to a fine of not less than \$500 when they knowingly authorize or permit underage drinking in their home. If this activity results in great bodily harm or death of any person, the individual is subject to a Class 4 felony. A person will not be in violation if he/she takes all reasonable steps to prevent the activity from happening. No charges will be filed if assistance is requested from law enforcement after discovery of the illegal activity.

Alcohol and Video Gambling Referendum

Voters in "dry" communities will be asked if the prohibition on the sale of alcohol shall continue in Albion, Bethany, Chapin, Kinmundy, McLeansboro, Stronghurst, and Waterford Township. In Athens, voters will be asked to allow Sunday sales of alcohol. If the communities vote to allow the sale of alcohol, then video gambling will also be permitted.

Voters in Forest Park will be asked if they want to continue the ban on gambling. In Pontoon Beach and Sugar Grove voters will be asked if video gambling shall be allowed. Contact ILCAAAP (866) 940-6871 for information to support a ban on alcohol and video gambling.

Video Gambling Coming to Neighborhoods Near You

Many local officials in cities and towns statewide have been quickly voting to overturn long-standing ordinances that banned gambling in alcohol establishments. Gambling interests and those who would profit from the gambling machines are pressuring mayors, city council members, and village trustees to legalize video gambling. Alcohol and/or gambling addiction, crime, family problems, and suicide could increase in neighborhoods with video gambling.

To entice women to gamble, gambling interests are requesting changes in zoning and new liquor licenses from village boards and city councils statewide. Their business plans call for an "upscale Starbucks" that offers packaged food, beer and wine and is located in vacant buildings in strip malls. Once the business is granted a liquor license, they will apply with the Illinois Gaming Board to operate five video gambling machines. These video gambling parlors/cafes are often named after women and cater to women who do not want to go to a bar to gamble. (Go to <http://www.igb.illinois.gov/> and click on Video Gambling Information).

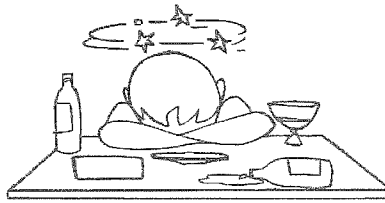
Many women, who are caregivers for children, elderly parents or ailing spouses gamble on the machines to "escape" from their problems. They can quickly become addicted to video gambling machines accessible in neighborhoods.

Attend city council meetings in your community and speak out in support of a ban on video gambling machines. Go to the ILCAAAP web site www.ilcaap.org to obtain talking points and information to share with local officials.

Join the Statewide Action Alert Network
ILCAAAP sends out Action Alerts by e-mail or fax on gambling, alcohol, and marijuana issues. We ask that you contact the governor and elected officials to voice your concerns. Join in the action by sending your e-mail address or your fax number to ilcaap@sbc-global.net or call (866) 940-6871.

Fast Fact

Underage drinking increases risk for other adverse consequences:



Underage drinking increases risk for other adverse consequences:

- Impairs judgment:
 - Drinking can lead to poor decisions about engaging in risky behavior, including drinking and driving, and aggressive or violent behavior.
- Increases the risk of physical and sexual assault:
 - Underage drinkers are more likely to carry out or be the victim of a physical or sexual assault after drinking than others their age who do not drink.
- Can lead to other problems:
 - Underage drinkers may have trouble in school or with the law; and
 - Drinking alcohol is associated with the use of other drugs.

Kenneth R. Warren, Ph.D., Acting Director of the National Institute on Alcohol Abuse and Alcoholism, January 30, 2013, webinar.



Regular Marijuana Use by Teens Continues to Be a Concern

Continued high use of marijuana by the nation's eighth, 10th and 12th graders combined with a drop in perceptions of its potential harms, was revealed in this year's Monitoring the Future survey, an annual survey of eighth, 10th, and 12th-graders conducted by researchers at the University of Michigan. The survey was carried out in classrooms around the country earlier this year, under a grant from the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health.

A 38-year NIH-funded study, published this year in the Proceedings of the National Academy of Sciences, showed that people who used cannabis heavily in their teens and continued through adulthood showed a significant drop in IQ between the ages of 13 and 38—an average of eight points for those who met criteria for cannabis dependence. Those who used marijuana heavily before age 18 (when the brain is still developing) showed impaired mental abilities even after they quit taking the drug. These findings are consistent with other studies showing a link between prolonged marijuana use and cognitive or neural impairment.

*National Institute of Health News,
U.S. Dept of Human Services, December 19, 2012*

ILCAAAP represents you in the fight against addictions. We are so thankful for your prayers and monetary gifts!

