

## Tip of the



### CSAP's Western Center for the Application of Prevention Technologies

Julie Hogan, Ph.D., Director

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#### Resources for Underage Drinking Issues

By Jack Wilson, MBA, CPP  
Edited by Kris Gabrielsen, MPH, CPS

Underage drinking is a complex problem that has concerned our society for generations. Alcohol is the drug of choice for many youth. It is a leading contributor to injury and death, and is the main cause of death for people under age 21<sup>1</sup>. It continues to be an important prevention issue for our society. This issue of the Tip of the CAPT is dedicated to providing helpful resources on this issue for schools, parents, youth, and prevention professionals.

#### **Start Talking Before They Start Drinking**

<http://www.stopalcoholabuse.gov>

StopAlcoholAbuse.Gov is a comprehensive portal of Federal resources for information on underage drinking and ideas for combating this issue. People interested in underage drinking prevention—including parents, educators, community-based organizations, and youth—will find a wealth of valuable information here.

#### **Alcohol and Development in Youth – A Multidisciplinary Overview**

<http://pubs.niaaa.nih.gov/publications/arh283/toc28-3.htm>

This resource covers a broad scope of issues. It is rather technical in nature and includes information on:

- The Scope of the Problem
- Developmental Issues in Underage Drinking Research
- The Effects of Alcohol on Physiological Processes and Biological Development
- Genetics, Pharmacokinetics, and Neurobiology of Adolescent Alcohol Use
- Psychosocial Processes and Mechanisms of Risk and Protection
- Environmental and Contextual Considerations
- Interventions for Alcohol Use and Alcohol Use Disorders in Youth

#### **Reach Out Now**

<http://teachin.samhsa.gov>

Reach Out Now is a collaboration by the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services and Scholastic Inc. to provide school-based, underage alcohol use prevention materials in time for Alcohol Awareness Month each April. Reach Out Now Teach-Ins are an opportunity for prominent national, youth, State, and local leaders—using a research-based curriculum and other resources to teach fifth and sixth graders, parents, teachers, and the community about the dangers of underage alcohol use and encourage young people to make healthy decisions.

#### **The Cool Spot**

<http://thecoolspot.gov>

Focused on middle-school aged students, this site provides information on alcohol, peer pressure, the right to resist, and "Real Life." It is colorful, age appropriate, and a good place for youth to get information.

#### **Too Smart to Start**

<http://toosmarttostart.samhsa.gov>

An underage alcohol use prevention initiative for parents, caregivers, and their 9-to-13 year-old children. Sections are broken out for youth, parents, communities, and partners (other organizations and sites addressing the underage drinking issue).

#### **College Drinking – Changing the Culture**

<http://www.collegedrinkingprevention.gov>

This is a one-stop resource for comprehensive research-based information on issues related to alcohol abuse and binge drinking among college students. It is broken into sections on Stats & Summaries, NIAAA College Materials, Supporting Research, and Other Alcohol Information. There is information in this site for college students, college parents, faculty, high school administrators, and high school students and their parents.

#### **Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention**

<http://www.edc.org/hec>

This is the U.S. Department of Education's website that provides publications, information and assistance, training, and evaluation on alcohol and other drug abuse and violence prevention.

For more information visit: <http://captus.samhsa.gov> or call (888) 734-7476. Funded by the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention.

<sup>1</sup> National Institute on Alcohol Abuse and Alcoholism. (2004/2005). Alcohol and development in youth: A multidisciplinary overview. *Alcohol Research & Health*, 28(3). Retrieved February 3, 2006 from <http://pubs.niaaa.nih.gov/publications/arh283/toc28-3.htm>