

UPCOMING  
EVENTS

April Potluck

April's potluck will be on the 22th in the large group room from 12-1pm. Management will be providing hotdogs, soft pretzels, nachos and popcorn. It's a dress down day so wear your favorite MBL gear to support your team!

**Did you sign up for the Daily American Race?**

Deadline to register is May 9th! Don't forget that Somerset County Drug-Free Communities is one of the beneficiaries to this race! Employees can participate for FREE!



Mary Hay

Laura Kalaha

Nicholas Ash

Next Staff Meeting

April 13, 2016 at 8:30 am

**DO YOU KNOW..** How many babies are born with FASD each year?

\*Submit your answer to Jess by phone ext. 259, email or in person. First one with the answer receives a prize!

COUNT YOUR  
BLESSINGS,  
NOT YOUR  
PROBLEMS

# Stepping It Up

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BY: JESSICA PUGH



## Alcohol Awareness Month

Alcohol Awareness Month was established in 1987 to help reduce the stigma often associated with alcoholism by encouraging communities to reach out to the public with information about alcohol, alcoholism and recovery. It is estimated that as many as 20 million individuals are living lives in recovery.

This years theme is: "Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use". The purpose of this years theme is to draw attention to the role parents play in preventing teen alcohol use. Reducing underage drinking is critical to secure a healthy future for our youth, especially in a society that continually promotes alcohol and drug use at

every level. Parents need to know the importance of educating youth on the dangers of alcohol and/or drug abuse. Remember:

» Alcohol is a primary factor in the four leading causes of death for young persons ages 10-21

» Alcohol is the most commonly used addictive substance in the U.S

» Young people who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.

» A typical American will see 100,000 beer commercials before they turn 18

» Kids who drink are more likely to be victims of violent crimes, involved in alcohol-related traffic crashes and have serious school-

related problems

» Supportive family environment is associated with lowered rates of alcohol use for adolescents

» Consistent and sustained parental attitudes can influence a child's decision about whether or not to use alcohol and drugs

» Kids who have conversations with their parents and learn a lot about the dangers of alcohol and drug use are 50% less likely to use alcohol and drugs than those who don't have conversations.

For any brochures on alcohol, recovery or tips for talking to underage teens, please see the prevention department.



# MADD

Activism | Victim Services | Education™

Mothers Against Drunk Driving (MADD) began in 1980 with a mission to end drunk driving, help fight drugged driving, support the victims of these violent crimes and prevent underage drinking. MADD provides presentations aimed at parents to start the conversation about the dangers of underage drinking. Twin Lakes Center provides these trainings at no cost to any organization, business or group interested in how to start the conversation with their teenager. Every person walks away with a booklet that provides more in depth information on talking to teens, how to help teens who are already using and how much parents play a role in their teens alcohol usage. If you are part of any group/organization outside of TLC that may be interested please contact the prevention department to schedule a presentation!