



# Communities Against Substance Abuse (CASA)

A community prevention project of Mid Coast Hospital.  
Find out more! [www.accesshealthme.org](http://www.accesshealthme.org) 373-6957

# Your actions matter!

*Maine teens who don't believe they'll get caught by their parents are five times as likely to use alcohol. Kids themselves say that losing their parents' trust and respect are the most important reasons not to use drugs.* What is the common denominator in these two statements?

## You!

It's that simple, parents play a key role in preventing adolescent & teen substance use. Before you take that heavy sigh, know that you are not flying without a net on this one. Your community wants to support you! Here are some resources to help you make sure the most important influence on your child is *you*.

### ●Meet CASA, Communities Against Substance Abuse.

CASA is a community prevention project of Mid Coast Hospital, made up of community partners and parents from Sagadahoc County, Brunswick and Harpswell. CASA's overall goal is to keep kids safe by preventing substance abuse. We've been handing out travel mugs at school basketball games lately so maybe you've been thinking of us when you drink your morning coffee, or at the end of the day when you're having that cup to stay awake for your teen's curfew. If you're interested in finding out more about CASA and how you can become involved in our efforts, email [prevention@midcoasthealth.com](mailto:prevention@midcoasthealth.com), or call 373-6958. You can also visit our website, click on the Substance Abuse tab at [www.accesshealthme.org](http://www.accesshealthme.org).

### ●Take CASA's Parent Survey.

Tell us your thoughts and concerns about youth substance use in our community and what you think we can all do to prevent it. Please click the link here to take the survey <http://survey.constantcontact.com/survey/a07e2oi5x6yg4bhzc3/start>. If you need a paper copy call 373-6958.

### ●Start a conversation with your friends.

We know that parents are busy, they want their kids to be safe and they enjoy spending time with their friends. That's why we're offering a program that rolls all three into one in *Table Talks - Parents Connecting*. These small group discussions are held in a parent's home or other community meeting space with a small group of friends. They provide a comfortable setting for parents to communicate openly with each other about underage drinking and other substance use and how to prevent it. *Table Talks* are meant to be friendly and relaxed, and are led by a trained facilitator. Heidi Tucker, CASA's Parent Outreach Specialist, is booking *Table Talks* beginning in April so call Heidi @ 373-6958 or email [htucker@midcoasthealth.com](mailto:htucker@midcoasthealth.com), if you would like to be a *Table Talk* host.

### ●Speak Teen.

If your teenagers have cell phones, they likely receive text messages from all their friends; so why not send one to your teen as their parent? It's a great way to stay in touch, let them know you're thinking about them, and remind them to be safe. Visit <http://parentsempowered.org/text-your-child> and choose from a series of messages you can send to your teen in a matter of seconds. *Please note: Messages received from ParentsEmpowered.org will still be charged or deducted from your child's allotted messages on his or her mobile phone agreement.*

### ●Check In.

Just as important as you checking in on your teen (*Where are they going? What are they doing? Who are they with? Will there be adult supervision? Do they have a curfew and consequences for breaking it?*) is keeping yourself in check. Sometimes we forget that our kids learn from us, no matter how old they are. Are you aware of the messages you may be sending? Do you sometimes: Host adult social gatherings in your home where alcoholic beverages are the only drink alternative? Does your child see you use alcohol as a stress reduction tool? **Remaining clear and consistent, and avoiding messages that glorify or promote alcohol use, is a good way to be a positive role model.**

### ●Underage Drinking Tip Line.

Report underage drinking violations or parties to local police and make sure your teen knows that they can call the Tip Line and their call can be anonymous. In Sagadahoc County (including Bath, Topsham, Richmond, Arrowsic, Bowdoin, Bowdoinham, Woolwich, West Bath, Phippsburg, Georgetown) 443-9711, Brunswick 725-5521, Harpswell 800-266-1444. Your call could save a life.

### ●Find out More, Do More.

Click on <http://www.maineparents.net/Media/Materials.htm> to download informative 1-page flyers about teenage drinking and prescription drug, inhalants and marijuana use.

### ●Free Screenings.

Worried your child or someone they know may have already developed an addiction? Call Mid Coast Hospital's Addiction Resource Center at 373-6950 to schedule a free drug and alcohol screening.