

# Family Connections

Volume 2, Issue 1

January, 2009  
Happy New Year!

## The Feds want to talk to Parents!

The Center for Substance Abuse Treatment (CSAT), which is a division of the Federal agency Substance Abuse and Mental Health Services Administration (SAMHSA) is looking for parents or family members to interview by phone about their experiences with adolescent substance abuse treatment in the State of Illinois. Although we don't know what questions they may ask, they are interested in talking with any parent or family member who has an adolescent who is currently being treated or has been treated through the State's adolescent substance abuse treatment system. This interview is the final phase of the 3-year grant that the State of Illinois was given in 2005 to improve the infrastructure of adolescent treatment services.

CSAT is also inviting parents to Washington, D.C. to participate in a national dialogue about adolescent substance abuse treatment. The forum will be held March 27 & 28. CSAT will pay for food, lodging and transportation.

Representatives can participate in both or either conversation. These are both excellent opportunities for families to voice their opinions to effect change in Illinois and nationally when it comes to adolescent treatment for substance abuse and co-occurring disorders. Change happens when people who have first hand knowledge speak up about what is needed!

If you are interested, please contact Stephanie at [sfrankiff@yahoo.com](mailto:sfrankiff@yahoo.com) or 773.726.8083.



Interested in being part of a national parent forum on teen substance abuse?

Contact Stephanie at [sfrankiff@yahoo.com](mailto:sfrankiff@yahoo.com)

## Quote of the Month

Dreams come true; without that possibility, nature would not incite us to have them.

-John Updike 1932-2009

## Inside this issue:

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## Parent Voice Works!

A Parent's Journey: Navigating Teen Substance Abuse is coming this spring!!

IFF and DASA through a grant provided by the Substance Abuse and Mental Health Services Administration have written a handbook for parents. The handbook guides parents

through the process of adolescent treatment and recovery.

The handbook will be distributed through schools and treatment providers across the state. To view or download a copy of the handbook go to [www.IllinoisTreatmentWorks.org](http://www.IllinoisTreatmentWorks.org)

on the parent page or go to [www.IFFcmh.net](http://www.IFFcmh.net) on the substance abuse page.

This handbook is a direct result of parents providing feedback about the absence of information for parents to guide them through the treatment system.

## Raising the Cost Reduces Consumption



A research performed by the University of Florida reports that the cost of alcohol influences how much people drink. UF came to their conclusion after reviewing 112 studies spanning four decades.

After reviewing the existing research, they concluded that when alcohol costs more either through higher taxes or the actual cost, people drink

less. Dr. Alexander C. Waganeer stated that the results are remarkably consistent. When the price goes up, consumption goes down. Change in price is more of a deterrent than media campaigns, law enforcement or school programs. The influence of price is consistent over a range of drinkers including age and amount generally consumed.

To read more on this topic go to the Robert Woods Johnson Foundation at [www.rwjf.org](http://www.rwjf.org) or the Addiction Journal at [www.addictionsjournal.org](http://www.addictionsjournal.org).

## Social Networking Sites

Teens are frequent visitors of Social Networking Sites. There are ways to be safe on these sites and for parents to monitor what teens post on their sites.

- Remove computers from kids' and teens' rooms. Computers should be located in more populated areas of the house with the screen facing into the room. Parents can then see what their kids are viewing and monitor who is on the computer.
- Know how your kids are getting online. Check their cell phones. Some cell phone companies are able to put limits on internet access, downloading and texting. Some cell phone companies are also able to put limits on what time of day a phone has access to internet.
- Remind your teens repeatedly that once they

post something online they cannot take it back. One youth worker used the image of a tattoo with teens to illustrate the permanency of online posting.

Sometimes parents, because of their own unfamiliarity with computers feel intimidated by social networking sites. The more parents know the more they can protect their teens.

Some of the more popular sites are Facebook, My Space, Xanga and myYearbook. Go to these sites. Register as a user and do a search for your teen. All of these sites have strict privacy statements and often have settings that limit access to personal pages. The website maintained by the Federal Trade Commission, [www.onguardonline.com](http://www.onguardonline.com) recommends that if your teen is in violation of the privacy restrictions associated with a particular site and you are worried about their safety, you can ask the site to remove your teen's page.

My Space recognizes the importance of parent monitoring their kid's social pages and created software help parents. My Space Parent Care is free software that is downloadable to a parent or guardians home computer. It allows parents to monitor My Space activity. Once it is installed it will allow parents to monitor My Space activity that is done from that computer. Parents can see who logged on, their age and location. If for instance your teen lists their incorrect age you can lock in the correct age on your teen's page.

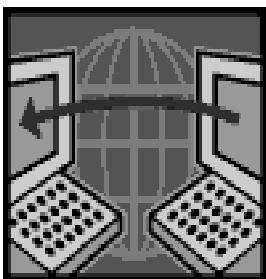
To access sites, go to:

- [www.myspace.com](http://www.myspace.com)
- [www.facebook.com](http://www.facebook.com)
- [www.myYearbook.com](http://www.myYearbook.com)
- [www.Xanga.com](http://www.Xanga.com)

Remember that the best way to know what your kids are doing online is to find out what websites they visit and visit them yourself.

The Children Online Privacy Act (COPPA) requires websites to obtain parental consent before collecting, using or disclosing personal information from children under 13. If a website is violating COPPA, report it to the Federal Trade Commission.

[www.onguardonline.gov](http://www.onguardonline.gov)



Check out the

Illinois Federation of Families

**new website at [www.ifcmh.net](http://www.ifcmh.net)!**

Download past Family Connections Newsletters!

## Websites for Parents

To stay current on staying safe online, visit these websites:

**www.onguardonline.gov**— A website maintained by the Federal Trade Commission.

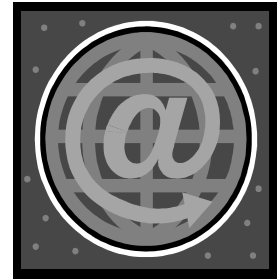
**www.connectsafely.org**- Sponsored by the non-profit Tech Parenting Group. It provides a forum for parents and teachers about internet safety.

**www.GetNetWise.org**- Sponsored by the Internet industry and and public service organizations interested in internet safety.

**www.ikeepSAFE.org**—Sponsored by 49 governors/first spouses, law enforcement, American Medical Association and the American Pediatrics Association.

**www.netsmartz.org**- Sponsored by the National Center for Missing and Exploited Children.

**www.socialsafety.org**—Sponsored by Dave and Catherine Cook founders of myyearbook.com.



## Police Use Facebook

In Gaston County, North Carolina police were alerted to a Saturday night party of teens by a person who read about the party on the social networking site Facebook. The Gaston County police found the directions to the party on the Facebook posting and found 31 underage drinkers at the party. The two adults at the party were arrested and are currently out on bail.

Source: The Associated Press & [www.informedfamilies.org](http://www.informedfamilies.org)

**Do you have  
topic you are  
interested in  
reading about in  
the newsletter?**

**Contact  
Stephanie at  
sfrankiff@yahoo.com.**

## Do you have an opinion?

- Typically 58 commercials are sold during the Super Bowl. Budweiser has been the biggest advertiser purchasing 8-10 ads.
- In 2009 30 second ads during the Super Bowl cost \$3 million.
- 15% of the Super Bowl viewers in 2008 were under 18.
- In 2006 underage drinking was worth \$23 billion dollars to the alcohol companies.

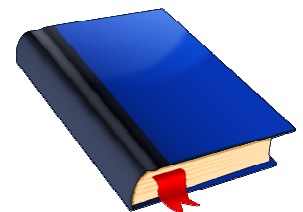
## Resources For Adolescent Development

**The Second Family: Dealing with Peer Power, Pop Culture, The Wall of Silence** by Ron Taffel with Melinda Blau, St. Martins Press. 2001.

**Get Out of My Life, but first could you drive me and Cheryl to the mall?**, Anthony E. Wolf, Phd., Farrar Straus and Giroux, 2002.

**The Primal Teen: What the new discoveries about the teenage brain tell us about our kids** by Barbara Strauch. Doubleday, 2003.

**Why do they act that way? A survival guide to the adolescent brain for you and your teen.** By David Walsh and Nat Bennett. Free Press, 2004.



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Visit Us on the Web at  
[www.iffcmh.net](http://www.iffcmh.net)

Fill out the family survey at  
[www.Illinoistreatmentworks.org](http://www.Illinoistreatmentworks.org)

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Wondering how to receive this  
Newsletter?

Contact Stephanie at  
[sfrankIFF@yahoo.com](mailto:sfrankIFF@yahoo.com).

Supporting Families  
Across Illinois



The Illinois Federation of Families is an advocacy organization that helps families and children with mental health needs seek a better quality of life.

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