



Osage Nation Prevention Programs

100 West Main, Pawhuska, OK 74056 • (918) 287-5595

Crystal Darkness

CRYSTAL DARKNESS: STATE NARCOTICS BUREAU URGING SUPPORT FOR HISTORIC METH AWARENESS CAMPAIGN

The Oklahoma Bureau of Narcotics and Dangerous Drugs Control (OBNDD) is encouraging Oklahoma churches, schools, civic groups and law enforcement to take an active role in a historic methamphetamine awareness project.

Crystal Darkness Oklahoma, co-chaired by Oklahoma First Lady Kim Henry, is a campaign modeled after similar programs in Nevada, California, Oregon and Arizona. The project is aimed at increasing meth awareness, as well as providing prevention, treatment and law enforcement assistance to communities across Oklahoma. *Crystal Darkness Oklahoma* will begin with the historic airing of a half-hour documentary on all Oklahoma television stations, as well as radio and internet media. The documentary will feature testimonials graphically articulating the devastating impact meth has had on

families and communities across the state. The air-date is tentatively set for Tuesday, January 13, 2009. OBNDD is urging all Oklahomans to become invested in the *Crystal Darkness Oklahoma* project.

“The Crystal Darkness Campaign has the prescription for success. It is a comprehensive collaboration of all the needed elements to secure a formidable fight against an insidious foe. Methamphetamine robs Oklahoma of the good and replaces it with havoc and despair. This program has the power to ignite a grass root movement against methamphetamine and gives all citizens an opportunity to be involved and make a difference within their circle of influence. As the Chief Drug Enforcement officer for the state of Oklahoma I have committed the full force of assets of the Oklahoma Bureau of Narcotics to support this campaign and do all we can to secure its long term success! We can make a difference if we work together.”—R. Darrell

Weaver

Ways to help include organizing watch parties, panel discussions and other events at your schools, churches and community centers the night of the televised *Crystal Darkness Oklahoma* documentary, as well as donating money and/or time to the project. Oklahomans can also spread the word to school boards and administrators, civic clubs and churches, retail store owners and managers within your community to report suspicious activities, or schedule free meth awareness educational/training programs in your town. More information about the website, toll-free numbers, donation information and the *Crystal Darkness Oklahoma* documentary will be forthcoming as the campaign moves forward.

Visit the national *Crystal Darkness* homepage at:
www.crystaldarkness.com

Press Release

Oklahoma Bureau of Narcotics and Dangerous Drugs Control



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Special points of interest:

- *Crystal Darkness*
- *Red Ribbon Pow Wow*
- *Online Pharmacies*
- *Parents Supply Booze*



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Prescription Medicine Abuse: A Serious Problem

Prescription medication abuse by teens and young adults is a serious problem in the United States. As reported in the Partnership for a Drug Free America's annual tracking study:

- 1 in 5 teens has abused a prescription pain medication
- 1 in 5 report abusing prescription stimulants and tranquilizers
- 1 in 10 has abused cough medication

Many teens think these drugs are safe because they have legitimate uses, but taking them without a prescription to get high or "self-medicate" can be as dangerous — and addictive — as using street narcotics and other illicit drugs.

The Partnership for a Drug-Free America is making sure that parents, young adults and teens know the very real risks of misusing medicine.

PARENTS' QUESTIONS AND ANSWERS

Q. What age are teens abusing prescription medications?

A: Kids as young as 12 are trying or using prescription medications non-medically — to get high or for "self-medication." Pharmaceuticals are often more available to 12 year olds than illicit drugs because they can be taken from the medicine cabinet at home, rather than marijuana which necessitates knowing someone who uses or sells the drug. Also, pills may have a perception of safety because they are easier to take than smoking pot or drinking alcohol and are professionally manufactured in a lab.

Q. What types of prescription medications are teens abusing?

A: The National Survey on Drug Use and Health identifies 4 types of prescription medications that are commonly abused — pain relievers, stimulants, sedatives and tranquilizers. Eleven percent of teens (aged 12-17) reported lifetime non-medical use of pain relievers and four percent reported lifetime non-medical use of stimulants.

Q: What can I do to help prevent my child from misusing prescription medications?

A: One easy way to prevent is to keep all prescription medication hidden: Parents and family members whose homes teens visit should keep prescription medications out of teens reach, rather than in the medicine cabinet. You should also talk to your teen and warn them that taking prescription medications without a doctor's supervision can be just as dangerous and as potentially lethal as taking illicit drugs. For example, pain killers are made from opioids, the same substance as in heroin.

Q: How can I talk to my kids about pharmaceutical medication abuse?

A: Starting a conversation about drugs with your kids is never easy — but it's also not as difficult as you may think. Take advantage of everyday "teachable moments: and, in no time at all, you'll have developed an ongoing dialogue with your child.

When you talk to your kids about drugs make a special point to tell kids how dangerous prescription medication abuse is.


Using
METH
can cause
long -term health
problems:

- missing teeth •
- skin lesions •
- chemical burns •
- intense paranoia •
- sight or sound hallucinations •
- permanent damage to the brain and central nervous system •

Learn more at
www.stoptribalmeth.org

*Montana State University Extension
Tribal Meth Education Training &
Help Center*

National Congress of American Indians



METH.
In Tribal
Communities

85% of Online Pharmacies Don't Require Prescriptions

A new report finds that the number of online pharmacies may be declining, but the vast majority still don't require customers to provide a prescription before ordering controlled drugs.

The "You've Got Drugs V: Prescription Drug Pushers on the Internet" report from the National Center on Addiction and Substance Abuse (CASA) said that of the 365 websites that researchers found selling prescription drugs online, just two were certified by the National Association of Boards of Pharmacy, and 85 percent sold drugs without a prescription.

CASA found that 42 percent of the sites explicitly stated that no prescription was needed to get drugs. Even among the sites that require a prescription, half allow customers to fax their scrip in, which CASA called an invitation to fraud.

Some sites also have started selling online "medical consultations," allowing customers to obtain a prescription for controlled drugs that they can get filled at local pharmacies.

The previous You've Got Drugs study found 581 online pharmacies in 2007.

"This decline in the number of Web sites

advertising or selling controlled prescription drugs may reflect efforts of federal and state agencies and financial institutions to crack down on Internet drug trafficking," said CASA chairman and president Joseph A. Califano, Jr.

"Nevertheless, in spite of those efforts, anyone of any age can obtain dangerous and addictive prescription drugs with the click of a mouse."

Califano praised a bill passed by the Senate in April to crack down on illicit online pharmacies and urged the House and President Bush to approve the measure, as well as steps taken by credit-card companies and PayPal to prevent payments to online "pill mills." The CASA report also called for Internet search engines to block ads for drugs from unlicensed and uncertified online pharmacies and said the U.S. should ink treaties with foreign governments to shut down online pharmacies.

However, Califano added that, "This problem is not going away. It is morphing into different outlets for controlled prescription drug trafficking like Internet script mills and membership sites that sell lists of online pharmacies, and different payment methods like eChecks, COD and money orders."

METH.
In Tribal Communities

**Meth, Crank, Ice,
Speed, Crystal,
Glass...**

*Different names ... all the
same: METHamphetamine*

Learn more at:
www.stoptribalmeth.org

Montana State University Extension
Tribal Meth Education Training &
Help Center

National Congress of American Indians

Mission Statement:

Prevention Programs aim to make the Osage Reservation a safe and healthy place for our people by combating drug and alcohol abuse and reducing its negative impacts in our community.

40% of Young Drinkers Say Adults Supplied the Booze

About half of U.S. youths under age 21 have consumed alcohol, and of these 40 percent said that they got their drinks for free from an adult during the past month, a new survey finds.

The Associated Press reported June 26 that federal researchers surveyed teens between 2002 and 2006 and found that about one in four got their alcohol from an unrelated adult, about 6 percent got alcohol from a parent or guardian, and about 8 percent received their drinks from another adult family member. About 4

percent of those surveyed said they took alcohol from their own home.

"In far too many instances parents directly enable their children's underage drinking — in essence encouraging them to risk their health and well-being," said acting Surgeon General Steven K. Galson.

"Proper parental guidance alone may not be the complete solution to this devastating public-health problem — but it is a critical part."

The survey from the Substance Abuse and

Mental Health Services Administration also found that about 20 percent of underage drinkers ages 12-20 had engaged in binge drinking during the past month. About half of those surveyed said they drank in someone else's home, while 30 percent said they were in their own home and 9.4 percent said they had their last drink in a restaurant, bar or club.

Girls are somewhat more likely to drink at a younger age than boys, but this was reversed as they got older.

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Upcoming Events:

- Sept. 1st**—Labor Day, offices will be closed.
- Sept. 4th**—Healthy Living Symposium at the Wah-Zha-Zhi Cultural Center from 11-2
- Sept. 4th-6th**—Osage County Free Fair
- Sept. 7th**—National Grandparents Day
- Sept. 18th**—Osage Nation Head Start Health & Safety Fair
- Sept. 22nd**—First Day of Autumn
- Sept. 29th**—Community Partnership Board Meeting
- Oct. 24th**—Youth Encampment
- Oct. 25th**—Red Ribbon Pow Wow

We're on the Web!
***[www.osagetribe.com/
preventionprograms/](http://www.osagetribe.com/preventionprograms/)***

The power of the moment is within each decision we make. We make the most of our existence when we honor and respect all creation and ourselves.

Is Prevention something that you would like to have more information on? Something you would like to teach your students, youth group, or employees? We want to give you more information on Drug and Alcohol Prevention and would love to come and speak to your group or just provide informative information for you.

Please give us some feedback on our newsletters. Tell us what information you would like to see and what you don't want to see every month. We would love to hear your comments and/or suggestions.