

# E-Xchange

“The news source for Florida’s Community Coalitions”



February 21, 2007

*A true champion knows how to overcome doubts and manage those doubts and turn them into motivation.*

-Misty Hyman

**Final Call!** Hands-on Training on Sustainability with one of the latest developers in the field and its FREE!

This is your last chance to embark on this exciting and rewarding webinar. This event is scheduled for February 22<sup>nd</sup> from 3:00pm-4:30pm. You and anyone else you know are encouraged to join. To participate in this exciting event you must first enroll by clicking on this link <https://fadaa.webex.com/fadaa/onstage/g.php?t=a&d=713207301>.

This hands-on webinar will discuss how to develop a specific strategy and action plan that will ensure long-term sustainability of an initiative. The webinar will also discuss the key elements on sustaining and the importance of sustainability. The speaker, Aracelis Gray, lead professional trainer with the Sustainability Training Institute, is an expert with assisting community initiatives all around the country with sustainability issues.

We look forward to seeing you there. If you have any additional questions or concerns, please feel free to contact LaVonia Sampson at 850 878-2196 or email [lsampson@fadaa.org](mailto:lsampson@fadaa.org)

This is part of a series of free online seminars brought to you by the Florida Office of Drug Control and FADAA. 1.5 CEU's are available.

## NEWS

### **Abuse of Cannabis Increases Susceptibility to Schizophrenia**

Although political attitudes to cannabis use have softened over the past decade, more and more evidence has emerged linking the drug to serious mental illnesses. Many psychiatrists now believe abuse of cannabis increases susceptibility to schizophrenia, particularly in the young, while it is feared that the increasing strength of cannabis on sale in Britain could be making the problem worse. Robin Murray, professor of psychiatry at London's Institute of Psychiatry, said, "There are now seven studies showing that if you are a heavy cannabis user in your adolescence, you increase your risk two- to threefold of going psychotic later on."

For the entire article click on [www.educatingvoices.org/EVINews.asp](http://www.educatingvoices.org/EVINews.asp)

### **Study Finds Reduced Brain Growth in Alcoholics with Family Drinking History**

The brains of alcohol-dependent individuals are affected not only by their own heavy drinking, but also by genetic or environmental factors associated with their parents' drinking, according to a new study by researchers at the National Institute on Alcohol Abuse and Alcoholism (NIAAA), part of the National Institutes of Health (NIH). Researchers found reduced brain growth among alcohol-dependent individuals with a family history of alcoholism or heavy drinking compared to those with no such family history. Their report has been published online in *Biological Psychiatry* at <http://www.sciencedirect.com/science/journal/00063223> as an article in press.

In a search for direct physical evidence of these assumed genetic and environmental mediators of family-transmitted alcoholism, the NIAAA researchers used magnetic resonance imaging (MRI) techniques to measure the volume of the cranium — the part of the skull that encloses the brain — in a group of individuals being treated for alcohol dependence. The intracranial volume (ICV), they note, is determined by skull growth, which occurs as the brain expands to its maximum size around puberty. Because ICV does not change as the brain shrinks with age, it provides a good estimate of the lifetime maximum volume of the brain.

The researchers found that the average ICV of adult alcoholic children of alcoholic parents was about 4 percent smaller than the average ICV of adult alcoholics without family histories of alcoholism or heavy drinking. Family history did not affect the frequency, quantity, or other aspects of drinking behavior of the alcoholics themselves, suggesting that differences in ICV between family history positive and negative alcoholics are not the result of different drinking patterns. The researchers also found that adult alcoholic children of alcoholic parents had IQ scores that averaged 5.7 points lower than IQs of alcohol dependent individuals with no parental drinking, but that were still within the range of normal intelligence.

The authors note that a possible implication of their findings is that the increased risk for alcoholism among children of alcoholics may be due to a genetic or environmental effect, or both, related to reduced brain growth.

## **HOT PLACE!**

### **Second Annual Florida Department of Children and Families Prevention System Meeting**

**What:** The second annual meeting of the Florida Department of Children and Families Prevention System. The three day event includes a day and a half of joint meetings and workshops for all members of the field.

You don't want to miss this very important meeting. Workshops include: Strategic Prevention Framework, Logic Model Assessment, Adult-Focused Prevention, Identifying and Selecting Evidence-Based Strategies, Using Logic Models to Guide Evaluation, Technical Assistance Roundtables, Sustainability, and Effective Communication.

**When:** Orlando, Florida, March 5-7.

## **COOL SPOT!**

<http://www.wheelcouncil.org/>

There mission and vision is to create programs that merge traditional cultural knowledge with scientific research to facilitate healthy life choices and to prevent drug and alcohol use and other destructive behaviors in young people by combining storytelling, the arts, and cultural empowerment with scientific research.

The National Inhalant Prevention Coalition (NIPC) is leading the 15th annual National Inhalants & Poison Awareness Week (NIPAW) campaign, March 18th to 24th (there will be a kickoff news conference at the DC National Press Club on March 15th). This campaign is designed to mobilize your community to educate and raise awareness about the dangers of inhalant abuse.

For additional information on this event, visit <http://www.inhalants.org>.

## *Calendar of Events*

### *February*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

CADCA National Leadership Forum-February 12-15, Washington DC

Sustainability Webinar, February 23

2007 Adolescent Conference-February 26-27, Tampa, FL

Science to Service Training-February 26-28

### *March*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Second Annual Florida Department of Children and Families Prevention System Meeting-March 5-7, Orlando, FL

*For additional information call Cindy Grant at the Florida Alcohol and Drug Abuse Association at 850-878-2196 or email: [cgrant@fadaa.org](mailto:cgrant@fadaa.org).*