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# What's New?

### CCSAP Task Force Meetings Cancelled For March



Due to the COVID-19 outbreak, CCSAP's task forces will not be holding task force meetings this month. We are working to set up a process where task forces can hold their meeting next month via webinar, should the crisis continue into April.

The safety of all our stakeholders is of the utmost priority to CCSAP and we want to ensure that no one is exposed unnecessarily to anything that may be present.

CCSAP will continue to work with the Task Force Co-Chairs to ensure that information is communicated timely to all task force members.

Thank you for your patience during this unprecedented time we are facing. We will get through this with the same resolve and courage we have always shown and we will continue to work to ensure our communities are safe and free from addiction.

### Onslow County Alcohol Purchase Surveys

CCSAP, in partnership with Community Prevention Services, Inc. conducted alcohol purchase surveys recently. Onslow County's Alcohol Purchase Surveys were conducted during the month of February by two volunteers, one male, one female. These volunteers were age tested prior to beginning the surveys and age tested at age 19. This means they "look" 19, although they were both 22 years old.

Out of 104 stores surveyed, 30% failed to ask for I.D. This number is high and included several ABC stores as well. Stores received letters indicating whether they passed or failed. The stores that failed will be resurveyed. This is the first step in identifying issues related to access and underage drinking, which continues to plague our catchment areas.

CCSAP continues to remain vigilant in the fight against underage drinking.



## Drug and Alcohol Free Activities for families while dealing with closures during the COVID-19 crisis

While schools and businesses are closed, many are at home. Often boredom can set in, and that can lead to engaging in alcohol and drug use. Here are a few tips for combating boredom and even just spending some time with your family:

1. Read a book-engage your children in book reading too and help them to open their minds.
2. Cook together as a family. Get your kids involved in meal planning and preparing. If you are stuck at home, then this is a good way to spend some quality time together. Discuss nutrition and even just discuss "life".
3. Clean out your closets. Yes, this is not a top item for some, but use this opportunity to declutter and get rid of unwanted items. Make the most of being at home.
4. Put on some music and DANCE with your family. Be carefree, listen to different varieties of music.
5. Get caught up on TV shows you've missed. It can help you de-stress.
6. Rearrange your furniture. Get your kids input. This is a great way to make small changes in the home that everyone can get on board with.
7. Play board games with your kids. When was the last time you did that?
8. Spend some time outside in your yard-walk the perimeter of your yard for at least 20 minutes. Get some sun. It will help clear your mind. Have your kids walk too, as well as your pets.
9. Start a blog with your kids. Pick a topic and together you write. This is a great way to bond, and it forces creativity.
10. Do arts and crafts with your kids. Plan grandparents and other relatives Christmas gifts. Everyone loves homemade gifts.

## Did you know?

### How do teenagers obtain alcohol?



- Among underage drinkers, 40% usually obtained alcohol by someone giving it to them. Of those:
  - 35% received it from an unrelated person over the age of 21.
  - 53% received it from family and friends.

### Other Statistics related to underage drinking:

- Only 1 in 100 parents believe his or her child binge drinks.
- Youth drinking is correlated to adult drinking – children of parents who binge drink are 2x as likely to binge drink
- Nearly 75% of 12th grade students, more than 66% of 10th grade students, and about 40% of 8th grade students have consumed alcohol in their lifetimes.

### Sources:

"Fact Sheets - Underage Drinking"

"Underage Drinking Statistics"

"Survey: Underage drinkers get alcohol free from adults." CNN.com. June 26, 2008.

National Institute on Alcohol Abuse and Alcoholism

MADD Statistics. [www.madd.org/statistics](http://www.madd.org/statistics)

Interagency Coordinating Committee on the Prevention of Underage Drinking. <https://www.stopalcoholabuse.gov/statistics.aspx>



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