

PRESS RELEASE**EVENT DATE: DECEMBER 7, 2010****“STRAIGHT TALK FOR PARENTS!”****How to reduce the rise in medication and substance abuse**

What have Matthew McConaughey, Ben Affleck, Britney Spears, and Mel Gibson all had in common besides fame and fortune? A drug or alcohol problem. Unfortunately, many of our children are following their examples and getting involved with dangerous substances at increasingly earlier ages. The average age of a child's first alcoholic drink is now 8 and a teenager's first experiment with marijuana is occurring at age 13.

In a 2008 survey of youth by the Partnership for a Drug-Free America, 40% of American teens reported that they believed prescription medications were safer to use than illicit drugs. The Centers for Disease Control and Prevention reported in 2007 that 45% of high school students, regardless of gender, were drinking alcohol, many to the point of regular bingeing.

So what is a parent, grandparent, or other caregiver to do?

Drug Free Pennsylvania, one of the Commonwealth's premier non-profit organizations in educating adults about substance abuse, will be holding a free seminar for parents in partnership with the Lancaster-Lebanon Intermediate Unit (IU 13) on Tuesday, December 7, 2010 at 7:00 p.m. The seminar will be held at The Conference and Training Center at Lancaster-Lebanon Intermediate Unit 13, which is located at 1020 New Holland Avenue, Lancaster, PA. Not only will participants learn about the kinds of substances now making their way into schools, communities and homes, but those in attendance will be taught strategies to help young people avoid these substances. So whether parents have preschoolers or new college students, there will be information for all. We are pleased that the Pennsylvania Commission on Crime and Delinquency is providing funding support for this effort.

There is a need to pre-register for this seminar as seating is limited. Please register through Drug Free Pennsylvania's website at <http://www.drugfreepa.org/seminar/iu13.asp>. For further information, please contact Dr. Glenn Zehner, Educational Programs Director. He can be reached at zehner@drugfreepa.org. Additional contact information is provided below.

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