



Powerful New Drug Causes Concern

Addiction experts have expressed concern over a powerful new painkiller currently in development. Four drug companies have begun patient testing of the new opiate painkiller said to contain up to 10 times the amount of [hydrocodone](#) that can now be found in medications like Vicodin. San Diego company Zogenix plans to apply early next year to begin marketing its pill, Zohydro. If approved, it would be the first time patients could legally purchase pure hydrocodone. Existing products typically contain hydrocodone mixed with other nonaddictive drugs like acetaminophen. April Rovero, president of the National Coalition Against Prescription Drug Abuse, expressed her concern that “this could be the next OxyContin.” According to the DEA, [OxyContin](#) is the most abused medication in the U.S., followed by hydrocodone. When it was first introduced, OxyContin was designed as a time-released pain medication. However, abusers quickly discovered that crushing the pill removed the time-release component and delivered a quick, intense high. Zohydro is also a time-released pill, creating concerns that this powerful new drug could lead to increased abuse. While opiate narcotics can be a legal, effective treatment for pain, they also have a high potential for abuse and addiction. Read more about the new hydrocodone pill from the [Associated Press article](#).

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News & Updates

It's hard to believe that 2012 is just two days away! The new year marks PRIDE's 35th anniversary, which we look forward to celebrating together in Toledo! We hope that you have a safe, fun New Year celebration!

New Year, Fresh Attitude

While this may be the end of a calendar year, for most teams it's the halfway point. And, for many, mid-year can bring some challenges. Maybe practice feels more like work or it's harder to get excited about things like fundraising. How can you start 2012 with a fresh attitude? Here are a few ideas:

- Consider hosting a training. Trainers can build a training to fit your needs, schedule and budget that will help refresh any team, old or new.
- Incorporate new activities into practices. Not sure where to find them? Trainers are a great resource. You can also check the internet. Websites like [Teampedia](#) and [Ultimate Camp Resource](#) have lots of free ideas (as of the time this newsletter was published).
- Review together the goals your team set at the beginning of the year. Celebrate strong areas and discuss how to improve weak ones. Keep the discussion solution-focused and positive.
- Plan some informal opportunities for team members just to hang out. Movie or game nights, bowling or just going out for pizza are easy ways to have fun together. Just pick a day a week or so in advance and get the word out.
- Ask team members to think of 2 or 3 people on the team they haven't gotten to know well yet. Together, brainstorm ways to fix that and then check in with them in a few weeks to see what progress has been made.

What does your team do to face mid-year challenges? Share them by emailing patti@prideyouthprograms.org.

Teen Cigarette and Alcohol Use Down

According to NIDA's latest Monitoring the Future survey, cigarette and alcohol use among teens are at their lowest point since the survey was begun in 1975. The survey of 8th, 10th and 12th graders is conducted each year by researchers at the University of Michigan and funded by NIDA. While the news regarding teen alcohol and cigarette use is encouraging, increases were shown in other areas like marijuana use and non-medical use of OxyContin. Synthetic marijuana drugs K2 and Spice were also included on the survey for the first time this year. Find out more from the [DEA's press release](#) and [NIDA's survey](#) overview.