

Get the Facts

Is marijuana addictive? What do drugs do to your brain? How does someone become addicted? You can get all the facts during National Drug Facts Week (Nov. 8-14), a national health observance week to help shatter the myths about drug abuse and addiction.

The week includes a National Drug IQ test, blog and chat discussions and cyber shoutouts. It's all part of an initiative of the National Institute on Drug Abuse (NIDA), of the National Institutes of Health, U.S. Department of Health and Human Services. Partners include MTV, Discovery, Partnership for a Drug Free America and many agencies and organizations like Communities That Care of Lorain County, a countywide coalition working to prevent and reduce underage substance abuse.

First, check out the National Drug Facts Week website: www.drugfactsweek.drugabuse.gov/

You'll find frequently asked questions, a link to the blog, a chat day on Nov. 9, and even a chance to enter a Grammy-sponsored music video contest for creative music videos, original music and lyrics that support teens making healthy choices and the dangers of drug abuse. The site will feature the National Drug IQ Test that will be up and running after Nov. 5; check out the link: <http://www.drugfactsweek.drugabuse.gov/IQChallenge.php>

You can also download the publication "Drugs: Shatter the Myths," a 17-page fact-filled document that dispels myths (yes, marijuana is addictive) and presents facts about smoking, methamphetamines, tobacco and more. Teens can log onto www.teens.drugabuse.gov for even more detailed information and great links about prescription drug abuse and blogs about the science behind addiction.

Much of this information and more can be found at Communities That Care of Lorain County's new Community Resource Library. The library is filled with prevention-based materials for youth, parents, teachers, employers, community members and more. It's located at 4950 Oberlin Ave., in Lorain and is open weekdays from 9 a.m. to 4 p.m. You can also access the complete list of titles and an order form by logging onto the coalition's website: www.ctcloraincounty.org

If you have any questions about the Community Resource Library contact Catherine Gabe, cgabe@lorainadas.org or 440-282-9920.