



THE NANTUCKET ALLIANCE FOR SUBSTANCE ABUSE PREVENTION, INC.

Founded in 1995

www.asapnantucket.org

EXECUTIVE COMMITTEE

President

• Amber Cantella, Business Owner, Epemay, Fine Wines

Vice President

• John Millar, Pres., Tryworks, Inc.

Treasurer

• Whitey Willauer, President, Board Nantucket Behavioral Health Services

Secretary

• Robin Rowland, Director, Nantucket Family Planning

Community-at-Large Member

• William J. Pittman, Chief of Police, Nantucket Police Department

BOARD OF DIRECTORS

• Louise Benoit, R.N., Interfaith Council

• Kate Brosnan, General Manager, Plum TV

• Bianca Brown, Student, Nantucket High School

• Judy Brownell, Business Owner, Hatch's Package Store

• John Buckley, Principal, Nantucket High School

• Deb Davis, Teacher, Nantucket Elementary School; Advisor to SADD

• Laura Davis, LISW, Nantucket Cottage Hospital

• Jenny Gameau, Community Organizer, MA Dept. of Mental Health

• Charles C. Gifford III, Director of Development & Community Outreach, Nantucket Cottage Hospital

• Kat Robinson Grieder, Executive Director, A Safe Place

• George Kelly, Director of Student Services, Nantucket Public Schools

• Michael Kopko, Chairman, Nantucket Board of Selectmen

• Paula Leary, President Elect, Nantucket Rotary Club

• Kendra Lockley, Administrator, Nantucket Girl Scouts of America

• Anne McAndrew, Licensing Agent, Nantucket Board of Selectmen

• Jackie McGrady, Chaplain, Nantucket Police Department

• Stephanie Moore, Parent

• John O'Connor, President, Nantucket Bar & Restaurant Association

• Robert W. Pellicone, Ed.D., Superintendent of Nantucket Public Schools

• Mania Pena, Spanish Interpreter, Nantucket Hispanic / Latino Community

• Todd Rainwater, President, Nantucket Disc Golf

• Simon Shurey, Food & Beverage Dir., Topper's, Nantucket Island Resorts

• Peter T. Swenson, Executive Director, Family & Children's Services, Nantucket Behavioral Health Services

• Caryl Brayton Toole, Principal, Cyrus Peirce Middle School

• Steven Tomovich, Detective, Nantucket Police Department

• Kimone Wiggins, Student, Nantucket High School

• Maryanne Worth, Coordinator, Town of Nantucket Human Services

Marianne R. Stanton, Editor & Publisher
Nantucket Inquirer & Mirror

For immediate Release
July 2009

Dear Marianne,

Its summertime on Nantucket, and along with the fun and leisure should come a heightened awareness of the risks for our youth, especially those around underage drinking and high risk binge-drinking (defined as five or more drinks at one time within several hours).

Local research (Youth Risk Behavior Surveys 2006, 2007, 2008) tells us, similar to many communities across the nation, our Nantucket High School students are *more likely to access alcohol from social sources* (parents, older siblings, other adults 21 or older) than from commercial sources (package stores, bars, restaurants).

Underage drinking is not a summer 'rite of passage'. Aside from the increased risk for sexual assault, date rape, motor vehicle accidents, drowning, and suicide for youth who consume alcohol, *the legal drinking age in Massachusetts and every other state is 21.* It is against the law to serve or provide alcohol to underage guests or to allow them to drink alcohol in your home or on other property you control.

The Journal of the American Academy of Child and Adolescent Psychiatry published an abstract in their July 2009 issue¹ regarding a research study (1979-2006) conducted at the Washington University School of Medicine that cites substantial reductions in binge drinking since the national drinking age was set at 21 two decades ago, with one exception: college students.² The rates among male college students remained unchanged, but the rates among female collegians increased dramatically. *'Significant reductions in relative risk for binge-drinking were observed for 12- to 20-year-old males, but no changes were observed for females in this age range, and binge drinking among minority females increased.* Risk for binge drinking increased among 21- to 23-year-old women, with college women outpacing non-students in this age range. Trends also indicate that no reduction in binge drinking occurred for college men.³

While we're concerned about the safety and well-being of all our youth around the issue of underage drinking and binge drinking, this research causes us great concern for not only our graduating Nantucket High School seniors who leave Nantucket this fall for colleges all across the country (with special concern for our young women), but also for the many college aged young adults who have come to the island this summer to work and vacation among our youth.

As responsible adults, both residents and visitors, we must be more aware of the whereabouts of alcohol we purchase, and of its potential accessibility and danger to our underage youth.

Sincerely,

Amber Cantella
President
ASAP Board

William J. Pittman
Chief of Police
Nantucket Police Department

John Buckley
Principal
Nantucket High School

Peter T. Swenson
Executive Director
Nantucket Behavioral Health Services

¹ http://journals.lww.com/jaacap/Abstract/2009/07000/Binge_Drinking_Among_Youths_and_Young_Adults_in_6.aspx

² <http://mednews.wustl.edu/news/page/normal/14292.html>

³ Journal of the American Academy of Child and Adolescent Psychiatry, 2009;48(7):692-702

Executive Director

Karyn S. Lindsay

Communities Mobilizing for
Change on Alcohol, CMCA

CMCA Co-Chairs

• Amber Cantella
• Maria Zodda

P.O. Box 2345
Nantucket, MA 02584

The Mission of the Alliance for Substance Abuse Prevention, Inc. is to provide leadership, education and support in the community for the prevention and treatment of alcoholism, addictions, substance abuse and related problems.