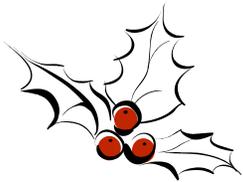


Wishing You a *Safe* Holiday Season

The abundance of holiday parties often means more opportunities to use drugs and alcohol. **Not surprisingly, the increase in drug- and alcohol-related tragedies is at least 50 percent during the holiday season.** Sadly, sometimes those tragedies involve children.

Perhaps your child is exposed to substance abuse because of a relative who drinks too much at family get-togethers or because a family friend thinks it's okay to offer marijuana to your child at a New Year's Eve party. While the intentions may be good-natured it is *against the law* to offer alcohol and illegal drugs to those under age 21, whether at an official party or at an informal family dinner.

As a parent, you need to be on the lookout for potential situations that may endanger your child. Talk with them about why it's a good idea to stay away from drugs and alcohol. And most importantly, be a role model of the behavior you would like to see in your children.



The Allston-Brighton Substance Abuse Task Force is a coalition of community agencies and residents that mobilizes youth, families, community members, and community leaders to prevent and reduce substance abuse among youth and adults in our community.

We aim to:

- Educate youth, families, community members, and community leaders
- Raise awareness about substance abuse prevention and treatment
- Provide resources and support to families and community members
- Change community norms around substance abuse
- Support the goals of treatment and recovery services

For more information, contact:

Allston-Brighton Substance Abuse Task Force
77 Warren Street, 3rd Floor
Brighton, MA 02135
Phone (617) 789-2967
Fax (617) 562-5384
www.abdrugfree.org

Happy Holidays



from the
**Allston-Brighton
Substance Abuse
Task Force**

Please stay safe this holiday season and set a good example for the children in your life!



Holiday Celebration Tips for Parents

- Let your child know what you expect. Tell your children that adults may be drinking during the holidays but under no circumstances are they allowed to consume alcohol.
- Plan a non-alcoholic holiday party with your child so children learn that they can have fun without alcohol. Make sure the guests know that yours will be a substance-free event.
- For your holiday meal, let your child help you prepare and serve traditional drinks without alcohol. You can make non-alcoholic cider, eggnog, or punch.
- Make sure your holiday festivities involve lots of delicious and non-alcoholic food, which your child can help you make.
- If your older child is going to a holiday event, call ahead to make sure that the event will be alcohol- and drug-free. Check in with the party planner to see what measures are in place to keep alcohol out.
- Remember there are those in our community who have trouble controlling their own substance use, especially during holidays. These friends will thank you for supporting their recovery.



Recipes for Holiday Cheer

Add flavor to your party with these tasty alternatives to alcoholic beverages!

Holiday Punch

1 quart cranberry juice
2 cups unsweetened pineapple juice
1/3 cup white sugar
3 tablespoons almond extract
2-liter bottle ginger ale

Mix together cranberry juice, pineapple juice, sugar and almond extract in container. Refrigerate for one day. Pour into punch bowl and stir in ginger ale.

Peppermint Cocoa

4 cups milk
3 oz. semisweet chocolate, chopped
4 regular-size peppermint candy canes, crushed
Whipped cream
4 small peppermint candy canes

Heat milk in saucepan until hot. Add chopped chocolate and crushed candy canes until melted. Pour into mugs and garnish with whipped cream and a small candy cane for stirring.



Talk to your kids. They listen.

For tips and tools on starting those conversations:

Substance Abuse and Mental Health Services Association

www.samhsa.gov/underagedrinking

The Partnership at Drugfree.org

www.drugfree.org

More helpful resources:

Massachusetts Substance Abuse Information and Education

Helpline: 1-800-327-5050

www.helpline-online.com

St. Elizabeth's Comprehensive Addiction Program (SECAP)

617-789-2574

www.steward.org/Substance-Abuse/SECAP

Massachusetts Organization for Addiction Recovery (MOAR)

1-877-423-6627

www.moar-recovery.org

Children's Hospital Boston, Center for Adolescent and Substance Abuse Research (CeASAR)

617-355-5433

www.ceasar-boston.org

For additional resources, please visit us at www.abdrugfree.org.