

## THE FACTS

## About Drug Abuse

September 2013

## Inside this issue:

Team USA Wins Gold: 2  
*PMD a Proud Sponsor*Drugs in the News: 2  
*Hispanic Teen Drug Use*Spotlight On: 3  
*St. Viator High School*Astounding Facts: 3  
*Alcohol Abuse in Teens***Psychemedics Launches New Hair Alcohol Test**  
*Test Determines Consumption Levels of Alcohol by Measuring EtG in Hair*

In July, Psychemedics announced the launch of its hair alcohol test - a test that measures average alcohol consumption over a period of approximately three months, indicates the level of alcohol use during that time period, and can provide a behavioral indication of excessive use.



Alcohol is the most abused substance in the world, and excessive use poses serious health and safety issues to society. In other regions of the world, this test has been used effectively in the courts, corporate alcohol screening programs, and in monitoring medical issues and probation compliance. Psychemedics' new hair alcohol test provides answers about alcohol abuse and can be an indicator of those dependent on alcohol.

The test measures the amount of ethyl glucuronide (EtG) in the hair - a trace metabolite of ethanol and a direct alcohol biomarker - and follows the guidelines determined by the World Health Organization in association with the Society of Hair Testing for measuring consumption.

This non-invasive testing procedure uses a small sample of hair that is easily collected and shipped. All work is done by Psychemedics' College of American Pathologists (CAP) and ISO/IEC 17025:2005 certified laboratory.

Continued advancement in the science of hair testing is critical to Psychemedics, and this new alcohol test provides our clients with another method to identify substance abuse.

**DRUG STATISTICS**

40% of kids try alcohol by the 8th grade.

Almost 1 in 10 (9.4 percent) of persons aged 12 to 20 met the criteria for a diagnosable alcohol use disorder.

-[www.stopalcoholabuse.gov](http://www.stopalcoholabuse.gov)

Dear Colleagues,

*Schools across America are now back in session and are settling in for an exciting, productive and safe school year. I remember the joy of meeting with teachers, planning new strategies and setting new goals for the year ahead. I no longer have the privilege of leading schools, but I still have some of those same feelings as I meet with educators from Florida to California and all points in-between.*



Dr. George Elder,  
Vice President, Schools & Colleges

*More schools than ever before are partnering with Psychemedics to arm their students in making better decisions about drugs at the party through real accountability: drug testing. The results from our schools have been amazing and extremely consistent over the last 14 years and so many lives, families and futures have been saved. However, I have heard over and over from Principals, Deans, and Board Members that while thrilled with the impact that our testing provides by reducing drug use in their schools, another big issue for their students is alcohol abuse. Well, this summer we launched an alcohol test that I believe will be one of our most important tests yet.*

*It is now possible for us to provide for parents and schools a measurement of their students' alcohol consumption over the previous three months. As a parent, I would have loved to have had an accurate and reliable way to monitor my children's drinking and then be able to intervene before it became a problem. There are many ways to effectively use this testing. Call me (931-636-8150) and let's talk. Have a happy and healthy school year!*

Cell: (931) 636-8150 or [GeorgeE@psychemedics.com](mailto:GeorgeE@psychemedics.com)

## PMD - A Proud Sponsor of Team USA at the International Biology Olympiad

### Team USA Named #1 Team In The World—Awarded 4 Gold Medals

Psychemedics is proud to be a long time sponsor of the USA team that competes in the Biology Olympics—a worldwide biology competition for high school students involving teams from over 60 countries.

Team USA is comprised of the four top scoring students out of twenty finalists who participated in the USA Biology National Finals which took place at Purdue University. Nearly 10,500 students from across the U.S. registered for the highly competitive team.



At the international competition in Switzerland, students were evaluated on their theoretical knowledge of the biological sciences and their practical lab skills. Team USA was awarded 4 Gold Medals and scored the highest overall team points.

“The United States was honored at the International Biology Olympiad by Team USA that garnered Number One Team in the World, brought home 4 Gold Medals, and had the #1 Individual Scorer in the World,” said Joann DiGennaro, President of the Center for Excellence in Education.



**REGISTRATION INFO:** Teachers and schools are encouraged to register grades 9 to 12 biology students for the Open Exam. AP courses are not required. The registration fee is \$80 per school regardless of the number of student participants. Schools may register October 15 to January 17, 2014 at the CEE website at [www.cee.org](http://www.cee.org).

## New Survey: Hispanic Teen Drug Use Significantly High

The Partnership at Drugfree.org today released new research from the latest Partnership Attitude Tracking Study (PATS), a nationally projectable survey that tracks teen drug and alcohol use and parent attitudes toward substance abuse among teens. The research, sponsored by MetLife Foundation, shows that Hispanic teens are using drugs at alarmingly higher levels when compared to teens from other ethnic groups. It confirms that substance abuse has become a normalized behavior among Latino youth.

The PATS data underscore that Hispanic teens are more likely than Caucasian and African-

American teens to see drugs as part of their environment: to have friends who use drugs and to feel they have easy access to Ecstasy, crack/cocaine, heroin and methamphetamine. Hispanic teens are more likely to be offered drugs, even within their own schools and too many are exposed to substance abuse within their own communities:

- Almost two-thirds (62 percent) of Hispanic teens have been offered drugs at least once in their lifetime, compared to 53 percent for Caucasian teens and 46 percent for African-American teens.
- More than four in ten (42 percent) Hispanic teens have been offered drugs at their own school, compared to 30 percent for Caucasian teens and 28 percent for African-American teens.
- Approximately one-quarter (24 percent) of Hispanic teens report seeing frequent drug use in their communities, compared to 15 percent for Caucasian teens and 24 percent for African-American teens.





## SPOTLIGHT ON...



St. Viator HS is a private Catholic high school located in Chicago, IL..

### St. Viator High School to Start Testing Students For Alcohol

The following article was recently published in the Chicago Tribune News.

Since 2007, St. Viator High School in Arlington Heights has used hair samples to test each of its 1,000 students for drugs in the fall and then conduct random screens during the rest of the school year. Starting in October, the school will also test for alcohol — and St. Viator officials believe they might be the first school in the state to take that step.

"As a Catholic institution, we're morally obliged to do the best we can to help our kids grow," said the Rev. Corey Brost, school president.

Private schools have broader legal authority to test students for illegal substances than their public counterparts. And while a few area public high schools do conduct drug testing, the practice is limited to teens in sports or other extracurricular activities.

The testing company, Massachusetts-based Psychemedics Corp., said St.

Viator is among a handful nationwide using the company's new hair test for alcohol. George Elder, a Psychemedics vice president, said he is in talks with another Chicago-area school district interested in using the alcohol screenings.

At St. Viator, students are notified of their mandatory testing appointments on the morning of the test, Brost said. At lunchtime, a school official snips off a sample of about 60 hairs from the crown of each chosen student's head, Elder said.

The alcohol test measures ethyl glucuronide, or EtG, to indicate alcohol consumption in the previous three months, Elder said. He declined to discuss the company's newly developed process for the test, but said it follows the guidelines of the World Health Organization.

The tests take about a week to process and are capable of indicating a minimum average consumption of two

**'As a Catholic Institution we're morally obliged to do the best we can to help our kids grow.'**

- School President Corey Brost

to three drinks per week, Elder said. The test won't pick up on Communion wine or "a sip of Champagne at your sister's wedding," he said.

Students who test positive must attend a meeting with their parents, counselor and the school president. After 100 days, the student must pay for another test, and a second positive could lead to expulsion.

"We intervene in a therapeutic way, to help the student really look and see if there's a serious problem here," Brost said. "Part of the required intervention is for the student to be evaluated by a professional drug and alcohol abuse counselor."

Full Article: [http://articles.chicagotribune.com/2013-08-06/news/ct-met-alcohol-testing-high-school-20130806\\_1\\_viator-high-school-arlington-heights-school-psychemedics-corp](http://articles.chicagotribune.com/2013-08-06/news/ct-met-alcohol-testing-high-school-20130806_1_viator-high-school-arlington-heights-school-psychemedics-corp)

### ASTOUNDING FACTS



People who begin drinking before age 15 are **five times more likely to abuse or become dependent on alcohol** than those who begin drinking after age 21. A young person's brain and body are still growing. Drinking alcohol can cause learning problems or lead to adult alcoholism.

[http://www.stopalcoholabuse.gov/media/pdf/MythsFactsBrochure\\_508compliant.pdf](http://www.stopalcoholabuse.gov/media/pdf/MythsFactsBrochure_508compliant.pdf)

*Superior Detection  
of Drug Abuse*

**PSYCHEMEDICS  
CLIENT SERVICES INFO:**

Client Services hours:  
5:30 AM - 5:30 PM PST  
Monday – Friday

5832 Uplander Way  
Culver City, CA 90230

Phone: 800.522.7424  
Fax: 800.643.2354

**DR. GEORGE B. ELDER**  
Vice President,  
Schools and Colleges

Office: (931) 924-3143  
Cell: (931) 636-8150  
Fax: (931) 924-3133

[GeorgeE@psychemedics.com](mailto:GeorgeE@psychemedics.com)



## Why Choose Psychemedics?

*Psychemedics Corporation is the world's largest provider of hair testing for drugs of abuse and has been successfully operating for over 25 years. Thousands of corporations, nationally and internationally, rely on the patented Psychemedics drug testing services. Psychemedics' clients include over 10% of the Fortune 500, many of the largest police departments both domestic and global, and six Federal Reserve Banks. In addition, the Company serves schools and colleges around the world. Our team of experts stand ready to help through every step: policy development, communication, implementation and sustainability.*

*Since 1987, Psychemedics has offered the most effective hair testing technology, based upon scientifically validated drug testing methods. All hair testing is not the same – our patented technology uses a unique process to release the drugs trapped in the hair without destroying the drugs and removes virtually 100% of the drugs from the hair. Our patent is fundamental to hair analysis drug testing because if you cannot get all the drugs out of the hair, you cannot accurately measure them; and if you cannot accurately measure the drugs, you cannot identify all of the drug users. This proprietary technology provides superior detection of drugs of abuse, and is what sets us apart.*

The Psychemedics web site is [www.psychemedics.com](http://www.psychemedics.com)