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First Lady Mary Pat Christie Joins CASAColumbia® Effort to Help Keep Children and Teens Substance Free

Friday, September 25, 2015

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Drumthwacket Will Light Up in Red to Celebrate Family Day-Be Involved. Stay Involved® on Monday, September 28


Trenton, NJ – First Lady Mary Pat Christie is once again joining with CASAColumbia® to celebrate *Family Day – Be Involved. Stay Involved®* by announcing that Drumthwacket, the Governor's Official Residence in Princeton, will illuminate in red on Monday evening, September 28.

CASAColumbia *Family Day* is a national initiative to promote simple acts of parental engagement as key ways to help prevent risky substance use in children and teens. Research shows that children with hands-on parents are far less likely to smoke, drink or use other drugs.

"Every day activities, such as driving your kids to soccer practice, tucking little ones into bed or having frequent family dinners, have a lasting effect on your children," said Mrs. Christie. "Each of these moments offers an opportunity to communicate with your kids and to really listen to what's on their mind."

Adolescence is the critical at-risk period for experimenting with nicotine, alcohol and other drug substances:

Nine out of 10 Americans who meet the medical criteria for addiction started smoking, drinking, or using other drugs before age 18.

Addiction is a disease that in most cases begins in adolescence.

Preventing or delaying teens from using alcohol, nicotine or other drugs for as long as possible is crucial to their health and safety.

For additional information about *Family Day*, visit www.CASAFamilyDay.org.

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