

forsyth
county
drug
awareness
council

The FCDAC STRATEGIZER

Leading the way to a
healthier Forsyth County

JOIN OUR E-NEWSLETTER

JULY 2022 Volume 2 Issue 3



God bless our country!

Happy Birthday America!!

By uniting, we stand; by
dividing, we fall. Independence
day is a good time to think
about who we are and how we
got here.

Let's celebrate the day that
gave us freedom of thought,
actions, faith, and speech!



Summer Safety Tips*

Beat the Heat

Anybody can be at risk for a heat-related illness. Follow these summer safety tips, like taking extra breaks and drinking lots of water.

Bug Safety

Mosquitoes can cause several illnesses, including Zika Virus and West Nile Virus. Protect yourself with insect repellants and protect yourself at work and play.

Water Safety

Drowning caused 3,709 deaths in 2017. The younger the child, the greater the risk.

Playgrounds

Emergency departments see more than 20,000 children ages 14 and younger for playground-related traumatic brain injury yearly.

Skateboarding

Everyone falls, but there's a right way to do it. In 2017, 98,486 people were treated in hospital emergency rooms after being injured skateboarding.



Bicycling

Bicyclists must take extra precautions when they ride. They often share the road with vehicles, but injuries can happen even on a bike path. Never assume a car's driver sees you, especially at sunrise or sunset when the sun's glare may block you from their vision.

Fireworks

Summer is synonymous with barbecues, parades, fireworks displays – and plenty of visits to emergency rooms, especially during July.

*Safety Tips from The National Safety Council.
FOR MORE TIPS, [CLICK HERE](#)



Substance Use Prevention

Listen to Episode #3: Spotlight on Opioids—Youth Prevention and Safety

The show host, Debbie Berndt of Parent Movement 2.0, said, "There is not cocaine, there is not methamphetamine, there is not anything you can buy on the street today that you can trust as being what it says it is. "The adolescent overdose rate increased by 94% between 2019 and 2020."

Parent quest. Becky Savage, said, "It's (Overdose)



In episode #3, parent guests Becky Savage (525Foundation.org) and Ed Ternan (SongForCharlie.org) share the difficult stories of their children’s opioid overdoses to highlight the importance of youth opioid prevention, safety, and education. Learn more [Here](#)

the number one cause of death right now in teenagers."

"None of us parents want to believe that our kids are walking out of our house and going to a party and might actually take a pill. ...but that's in the profile of risk-taking that is part of the adolescents' development," said Berndt.

As parents, we must overcome the fear of talking to our children about the dangers of taking anything handed to them at a party or purchased on the street. **Nothing is as it appears or in any way safe.**

Mitch's Memo and FCDAC Work and Programs Round-up



Happy Birthday, America!
I hope your holiday was safe and enjoyable.

On July 6, our Council met and returned to our discussion of proactive prevention efforts for the fentanyl epidemic. As

requested in the meeting two months prior, members brought their action ideas to the table.

- A Shatterproof Committee is forming. Please consider working on this committee.
- Fentanyl Awareness Campaign
- I encourage our council members' collaborating organizations to order their supplies of Detera Drug Deactivation Systems by [Clicking Here](#).
- Survey progress-please make sure every 8th-12 grader you know in Forsyth County is invited to participate. Submit surveys by August 1.

**MARK YOUR CALENDARS!
OUR NEXT FCDAC MEETING**



**WEDNESDAY AUGUST 3, 8-9 AM
UNITED WAY OFFICES**

TALK. THEY HEAR YOU!





Council Meeting, July 6 Highlights



Amy Dykes, the Student Support Counselor at North Forsyth High School, could not attend but sent a video presentation of the progress of FCDAC's Drug Counseling team, who began a small support group session at North Forsyth this past Spring. The small group consists of about 12 students who meet weekly during the students' wellness time. The FCDAC Team presented before 80 students early in the Spring to introduce themselves and alert students to their availability. Mitch and team members will also offer large group presentations at the beginning of each school year for students and parent groups. Amy said that this program is very beneficial and appreciated. It provides a "safe place for students to get information and encouragement to stay drug-free and, if desired, receive help," she said.

A Shatterproof Committee is forming. **Lauren Shields**, Development Director, Fundraising Programs for **Shatterproof**, has agreed to work with our committee. Shatterproof's mission is to transform the system so:

- every American with addiction has access to treatment that's based on proven research
- we can talk openly about addiction without shame or stigma, so people get the help they need
- provide families with helpful and scientifically-based information, resources, and support so more people recover.

FCDAC's **Shatterproof Committee** will work directly with Lauren Shields to bring a Shatterproof Walk to Forsyth County. The event will be awesome because only a few smaller cities have been selected to host an event. This will bring greater name recognition in the community for our Council.

Drew Hayes, Principal of Gateway and Forsyth Academy, attained a **new grant** through his fast work. The grant award will fund two drug counselor positions for two public High Schools in Forsyth County.

Fentanyl Awareness Campaign. Mitch reopened this ongoing discussion about getting the warning about the lethal danger of Fentanyl for our population, especially our youth. He related that **recently 114 lbs of Fentanyl was seized in Colorado. That is enough Fentanyl to kill 26 MILLION people!**

- FCDAC billboard will launch shortly. A billboard location has been found.
- Council members agreed to post Fentanyl awareness information on their own social media and encourage others to repost.
- Flyers could be put into information packets at Gateway and Forsyth Academy, and council members will reach out to other schools' parents' organizations to do the same.
- Host informational tables at volunteer fairs. North GA Running is merging with Big Peach, and FCDAC could continue to host tables at running events.
- CASA is hosting a back-to-school back-pack event on July 29, 11 and 1 pm, and FCDAC could

- FCDAC is hosting a table at school back pack event on July 29/11 and 1 pm/7 and FCDAC could host a table.
- Presentations to Civic Clubs are opportunities to get the messages out. Presentations/orientations at school PTOs and open houses.
- Speak to Church groups, and post flyers on Church bulletin boards.

Expand our Council Meeting to the general public, ie. Parents. We could hold evening meetings and provide parent events/speakers or parental training.

Community Outreach Committee

Deterra Drug Deactivation Systems Community Distribution Campaign



FCDAC's involvement with distributing the Deterra Drug Deactivation Systems began last summer with the **Vinayak Menon, FCDAC's Youth Sector Leader**. His desire to make a difference

in our community led to his research and discovery of the **SAFE Project**. SAFE Project is a national non-profit tackling drug addiction through their **"Gone for Good" Campaign** held each Fall and Spring. The Campaign provides community partners the opportunity to distribute up to 2000 deactivation pouches to safely destroy unneeded and unused prescription drugs and prevent them from getting into the wrong hands of a curious family member or stolen and resold on the street.

Vinayak distributed boxes and boxes of the systems to local private pharmacies, hospice care facilities, and the coroner's office, The Place of Forsyth County

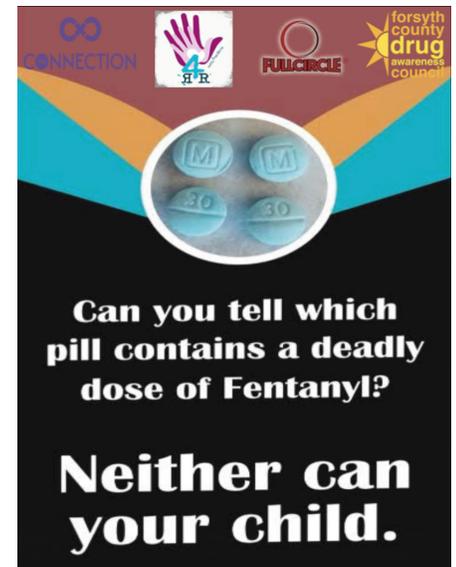


assists families with emergency needs. Since the Summer of 2021, FCDAC has continued distributing the Deactivation Systems to local businesses through its **Forsyth Fights Back Initiative**. The **SAFE**

Project is gearing up for its **Fall Gone for Good Campaign**, and it is time for your organization or non-profit to place your **bulk order** to receive **free** Deterra Deactivation systems; please click the button below.

Social Media and Billboard Campaign: "Fentanyl the Hidden KILLER!"

FCDAC'S multi-media campaign to bring awareness of the extreme dangers and prevalence of deadly fentanyl-laced counterfeit prescription pills IS BEGINNING!



At July's meeting, Council members discussed plans to spread the word and our message: **DEADLY FENTANYL IS EVERYWHERE!** "Never take pills not prescribed by a doctor for you."

Thanks to the following businesses who display and distribute the Deterra Drug Deactivation Kits supplied by FCDAC

Last month we featured Youth Council member, **Ellie Herreman** who volunteers to replenish supplies of the systems to our community business partners. Please thank these businesses for their participation in this campaign!

- FullCircle
- The Connection
- Forsyth Department of Health
- The United Way
- Walgreens (Cumming)
- VFW
- Local Church Forsyth
- Kids 'R' Kids
- Brown's Bridge Church
- Realty4Recovery
- Forsyth Central High School
- Gateway
- Forsyth Academy

- Mountain Ed
- Georgia Highlands Medical Services
- Georgia Highlands Pharmacy
- Ivybrook Academy
- Goodson Drug
- Forsyth Courthouse
- Cedar Chest Antiques
- The Connection Forsyth
- The Accountability Court
- Forsyth County Board of Commissioners
- Forsyth County Sheriff's Office



SURVEY UPDATE

The "2022 FORSYTH YOUTH PREVENTION SURVEY" is out! The survey provides FCDAC with the data we need to fulfill our grant requirements. In the past, FCDAC gathered data through the state student health survey conducted in the public schools. The state survey questions no longer include our core measures; therefore, we must capture this data in a new way. **What are the Core Measures?** 1. 30-day

alcohol, tobacco, and other drug use, 2. Perceptions of risk, 3. Perceptions of parental disapproval, 4. Perceptions of peer disapproval.

The survey is **ANONYMOUS, AND NO IDENTIFYING INFORMATION IS REQUIRED**. The more students who participate, the better our data will be! The survey is due August 1, 2022.

HOW YOU CAN HELP!

Do you know students entering 8th grade- 12 grade in Forsyth County? Ask them to take the survey link below, OR SEND THEM TO: <https://www.surveymonkey.com/r/ForsythYouth>. **Thank you!**

TAKE THE SURVEY

NOW

FACES BEHIND THE SURVEY



Polly Sarno, Survey Team Captain,
Junior Lambert High School.



Saesh Kapoor, Senior South
Forsyth High School.



Vinayak Menon, Senior Lambert
High School.

COUNCIL MEMBERS AND PARTNERS UPDATES

FORSYTH COUNTY SCHOOLS



Council member **Lindsey Simpson**, Prevention Coordinator, Forsyth County Schools, and certified **MENTAL HEALTH FIRST AID** trainer, launched the first training in Forsyth County. **Mental Health First Aid**, a National Council for Mental Wellbeing program, was presented by Lindsey on June 22 and 29.

YMHA (Youth Mental Health First Aid) is designed to teach parents, family members, caregivers, teachers, neighbors, health and human services workers, and other caring citizens **how to help an adolescent experiencing a mental health or addiction challenge**. YMHA introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a **5-step action plan** to help young people in both crisis and non-crisis situations.

DID YOU KNOW?

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime

1 IN 5

teens and young adults lives with a mental health condition.

Source: National Alliance for

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General

in their lifetime.
Source: Youth Mental Health
First Aid**

Source: National Alliance for
Mental Illness*

Source: Archives of General
Psychiatry***

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

LEARN THE FIRST-AID PLAN

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

NEWS FROM FCDAC PARTNER, JOHN BRINGUEL



John Bringuel is the Prevention / Intervention Program Manager for The Council on Alcohol and Drugs.

Voices for Prevention:

Youth Advocacy Summit: Join V4P on Saturday, July 30, 2022, from 12:00 to 3:00 to celebrate the kickoff of the Youth Advocacy Project. This is a FREE event for youth ages 12-18. There will be games, prizes, a live DJ, free Chick-Fil-A lunch, and much more. The summit will be held at the Clarence Brown Conference Center, 5450 GA-20 West, Cartersville, GA. They will choose one lucky winner from the first 100 people to register for a \$50 Amazon gift card. **SEE MORE DETAILS UNDER YOUTH NEWS!**

Georgia Student Health Survey: Results of the 2022 GSHS survey have been posted online. Results for Georgia (statewide), school systems, and schools are available at the GA Dept of Education's website. Visit <https://www.gadoe.org/wholechild/GSHS-II/Pages/GSHS-Results.aspx>

SAMHSA: Preliminary Findings from Drug-Related Emergency Department Visits, 2021: Results from the Drug Abuse Warning Network. This report provides preliminary data on drug-related emergency department visits from 52 hospitals participating in DAWN. The top 5 drugs were alcohol, opioids, meth, marijuana, and cocaine. The data from this report is interesting and may be helpful in your prevention planning. For a pdf copy of this report, go to [Download Report \(PDF\)](#)

Georgia School of Addiction Studies: Registration is open for the GSAS that will be held on August 28-September 1, 2022 at the Hyatt Regency in Savannah. Go to: <https://www.thegeorgiaschool.org/> to review the program and register. Register early because space is limited and because the registration fee will increase after August 21st. The conference registration fees from June 20th - August 21st is \$550. You should also make your hotel reservations for the Hyatt Regency (2 West Bay Street, Savannah, GA) soon because there are limited rooms at the conference rate of \$156 plus tax for single or double. August 5, 2022, is the deadline for reserving your lodging at this rate. For reservations, you may use the Georgia School website, click on the Hotel Reservations link on the home page, www.thegeorgiaschool.org

YOUTH NEWS



YOUTH

Advocacy Summit

2022



Join Voices for Prevention on July 30, 2022, from 12 - 3 pm to celebrate the kickoff of the Youth Advocacy Project. This is a **FREE** event for youth ages 12-18. There will be games, prizes, a live DJ, free Chick-Fil-A lunch, and much more!

FREE Event for youth ages 12-18

Youth Advocacy Summit
Saturday, July 30, 2022
12-3 pm

Clarence Brown Conference Center
5450 GA-20 W
Cartersville, GA 30121



Features a Live DJ and Radio Personality

The Youth Advocacy Summit will boast both a live DJ and live **radio personality MiKeith** from Power 96.1. The DJ from Espeute Productions will also teach the students a TikTok dance with the help of professional dancers.

Prizes

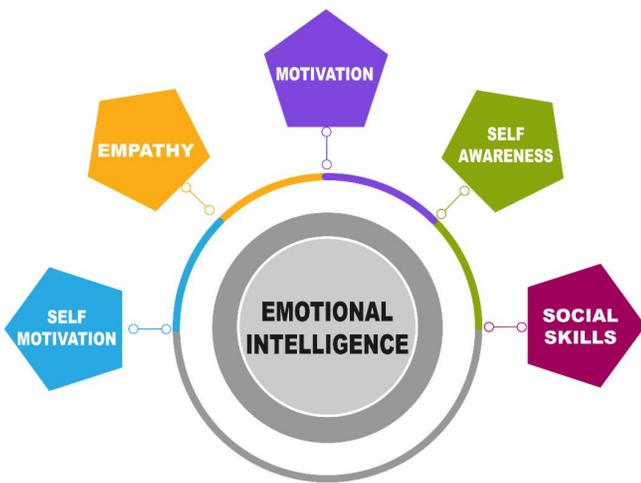
Youth attending the Youth Advocacy Summit will be entered into a prize raffle. Top prizes include Beats Air Pods and a 4- pack of White Water tickets. Prizes will be given out throughout the event.

REGISTER NOW!

We will choose one lucky winner from the **first 100 people to register for a \$50 Amazon gift card.**

If you are interested in bringing a youth action team or youth group, please
[CLICK HERE](#)

MEMBERS TEACHING MEMBERS



When my daughter got involved with drugs as an 8th grader, I was not only heartbroken and in shock, but I kept thinking that her school had provided age-appropriate drug education for many years. She had learned many facts about drugs and knew that drugs cause death. I kept asking myself, "Why is it that in this generation, raised with drug education, so many adolescents and teens continue to get involved with drugs?"

I began to realize that education, as important as it is, is only one of the factors that can protect a person from turning to drugs. The people most likely to stay away from drugs and other poor choices are those who know how to have healthy relationships. This includes setting healthy boundaries and choosing to do what we know to be best for us instead of giving in to peer pressure and doing what might seem "cool" at the time but will not have a positive outcome.

When faced with problems, it is crucial to look for solutions, not to escape them by using drugs or alcohol. A good habit is to ask ourselves, "What are my options? What can I do to solve this problem? What can I do in the future to prevent this problem from occurring again?" Remember that taking a drug or drinking alcohol never makes a problem disappear. It is an attempt to escape temporarily, but the problem is still there. In addition, those who try to run from uncomfortable situations through drug use or alcohol have only added a problem to their life, which will never improve their situation or solve a problem.

One of my middle school students told me something so wise many years ago, and I have shared it with many people over the years.



Dana Bryan



Dana writes the **Members Teaching Members** column for the *Strategizer* monthly. Dana contributes her 13th article this month!! Thank you for making the *Strategizer* better!

As a retired Middle-School teacher, Dana writes not only from classroom experiences but as a parent who experienced the personal loss of her daughter to drug experimentation.

Dana devotes her time reaching out to youth through presentations about the real

years ago, and I have shared it with many people over the years. She said that the only bad mistake is one we don't learn from. This truth is a positive way to deal with past mistakes. Those who incorporate this philosophy into their lives benefit from this habit, leading to healthy choices away from drugs, alcohol, and unhealthy behaviors.

Teaching youth the skills to resist peers who attempt to pressure them must be practiced. Whether it is pressure to use drugs, nicotine, or participate in any unhealthy behavior, if we have already made a firm decision and are consistent with saying, "NO," the friend will soon leave us alone. Role-playing scenarios are one method of practice.

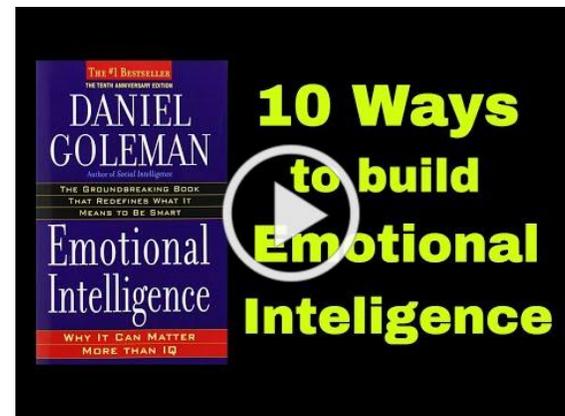
As parents, we experience "child pressure," the parent version of peer pressure from a child. It's when our children try to talk us into doing something we don't think they should do. If we are firm and consistent in our "no," they will stop asking. If we are inconsistent because of whining, begging, anger, tantrums, arguing, a bad attitude, or disrespect, we set ourselves up for a continued battle.

Teaching and practicing with a child to give a firm, "NO, I'm not going to do that," will help them resist peer pressure. Think of times when you have employed this method. Share examples and the results. If you have appropriate examples, you can share when you failed to follow this advice do so and share the poor outcome too.

I want to suggest several sources to use as guides toward healthy relationships and healthy choices:

- The 12 Step program by Alcoholics Anonymous, Al-Anon Family Groups, and other recovery groups for various addictions develop the skills necessary to have healthy relationships and make healthy choices.
- *7 Habits of Highly Effective People* by Stephen R. Covey summarizes the seven practices exhibited by effective/successful people of all ages, whether adolescents, teens, or adults. Several of the habits refer to successful interpersonal relationships.
- Daniel Goleman wrote *Emotional Intelligence: Why It Can Matter More Than IQ*. He lists five key components of Emotional Intelligence: 1. Self-Awareness in Emotional Intelligence, 2. Self-Management in Emotional Intelligence, 3. Motivation in Emotional Intelligence, 4. Social Awareness in Emotional Intelligence, and 5. Empathy in Emotional Intelligence.

presentations about the real consequences and high risk of experimenting with addictive substances and how it affects them, their futures, and their families.





Daniel Goleman is a psychologist, lecturer, and science journalist who has reported on the brain and behavioral sciences for The New York Times for many years. His 1995 book, *Emotional Intelligence* (Bantam Books) was on The New York Times bestseller list for a year and a half.

"Coach M," a certified life coach and Master NLP (neuro-linguistic programming) Trainer with over a decade of experience giving parents and teens the tools to live a life of purpose, meaning, and passion! Coach M hosts a Youtube Channel popular with both parents and teens. **PARENTS** - this channel will help you build a stronger relationship with your teen. You'll learn the tips & tricks to get your teen to listen, open up and care about their choices. **TEENS** - this channel will help you understand who you really are and how to live a fulfilling, extraordinary life

Low Emotional Intelligence Linked to Addiction

A **study** in the NIH National Library of Medicine reported that people with low emotional intelligence were more unstable than those with high emotional intelligence. People with low emotional intelligence are not skilled at maintaining emotional calm or feeling and expressing empathy for others. Mental instability makes people more prone to developing mental disorders like addiction. It also makes them more likely to abuse substances in the first place to deal with their problems.

People with high emotional intelligence can regulate their emotions, allowing them to cope with stress healthily. High emotional intelligence helps people navigate relationships to have their needs met and to meet the needs of others.

No matter how intelligent someone is, it can be challenging to live a healthy life if their emotional intelligence is low. If drugs and alcohol are involved, a person's physical and emotional health suffers and could be destroyed. Many addiction recovery programs use behavioral therapy to "reframe thoughts and behaviors" so clients can make healthier choices. People can acquire skills to raise their emotional intelligence and foster positive relationship life skills, coping skills, and stress management techniques.

Many addiction treatment programs offer constant support and comprehensive care. Addiction treatment programs often use behavioral therapy to reframe thoughts and behavior so a person can make healthier choices. They may also improve emotional intelligence by fostering positive relationships and teaching life skills, coping skills, and stress management techniques.

To read the entire study, [CLICK HERE](#).

NEWS FOR YOU

LOCAL NEWS

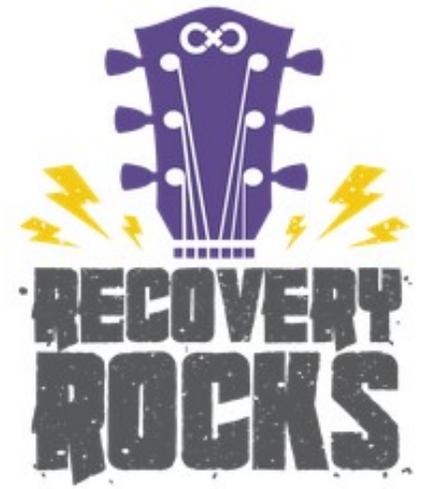
FROM OUR COLLABORATORS AT



Sunday, September 18, 2022, Cumming Fairgrounds

A Rockin' Concert and Sober Social Festival in Cumming, GA.
Recovery Rocks is an annual day of family-friendly fun including:

- Live Music
- Stories of Hope
- Kids Activities
- Food Trucks
- Recovery-Related Resources...And More!



Kayla Bergeron is the program director at The Connection and is leading the organization's efforts for Recovery Rocks. Sponsorships are available for this event. Please consider becoming a sponsor!

CUMMING FAIRGROUND
SEPTEMBER 18TH • NOON TO 6PM
**SPONSORSHIPS
AVAILABLE**
FIND OUT MORE AT RECOVERYROCKS.NET

RECOVERY
ROCKS
MUSIC FESTIVAL
CONNECTION

STATE NEWS

Law enforcement enlists mental health experts to help save lives — 'a paradigm shift in policing'*

*(This is an excerpt from a story, shortened for length, from GPB News, a non-profit newsroom covering the state of Georgia. For the full story, please [CLICK HERE](#) and go to GPB News" gpb.org/news for more news and information.)

By: Riley Bunch

... it's part of an effort started in 2020 in the coastal city (of Savannah) to respond to the growing mental health crisis — a way of de-escalating a tense situation without anyone getting hurt or the person being sent to jail, as was common in the past.

Angela Spivy, a behavioral health clinician, rides with the team for 40 hours a week. They respond to anything from disorderly conduct calls to suicide attempts to overdoses.

Spivy fills a role that traditional policing hasn't always included: an expert on scene who can diagnose individuals who may need mental health support.

She referred to one recent call where a man was waving a gun in public. She and her team managed to calm him and he was taken to the local mental health services center.

"I was able to evaluate him and determined that it was a mental health issue," she said. "Whereas any time before, that individual probably would have been arrested and taken to jail."

RENEWED FOCUS ON MENTAL HEALTH

Georgia House Speaker David Ralston championed mental health reform during the 2022 legislative session.

Ralston, a Republican from the small North Georgia mountain town of Blue Ridge, made clear that a comprehensive mental health bill was his No. 1 priority. Georgia has consistently ranked the worst in the nation for mental health services.

Around the state, Ralston said he heard too many tragic stories from people with mental health issues who told him the easiest way to get help was to get arrested.

The state Senate followed suit on the issue and created Senate Bill 403, which paves the way for the creation of "co-responder units," teams made up of officers and mental health professionals who are trained to help individuals in crisis.

Lt. Gov. Geoff Duncan said the initiative can yield "long-term" results.

"In my home county of Forsyth, I have seen firsthand the impact that behavioral health professionals can have on law enforcement response efforts," he said.

Only around a dozen such teams, like the one in Savannah, exist within Georgia today.

Lawmakers, policy experts and advocates hope that with the new law and a renewed focus on mental health, the state can break the cycle of repeated arrests of people in need of services.

Members of the specialized teams connect people with mental health services on scene, schedule doctors appointments and even conduct follow-up visits.

During the pandemic, Georgia's top health officials raised the red flag on the increased number of opioid deaths as individuals with substance abuse disorders struggled through nationwide lockdowns.

"Finally, people in communities across Georgia will get a chance to get the medical help that they need and deserve, as opposed to being another statistic in the crime system," said Jeff Breedlove, with the Georgia Council on Substance Abuse."

"... Georgia's omnibus mental health bill also passed last session, House Bill 1013, creates stringent parity laws for insurance providers when it comes to covering mental health treatment the same as physical health.

Julie Zemke, the behavioral health specialist on the co-responder team in the Forsyth County Sheriff's Department, said the program doesn't work if they don't have anywhere for people to go.

Across the state, officials say, there is a lack of beds at mental treatment facilities — and the pandemic has only magnified the problem, with more and more people needing help with no facilities readily available.

"It's even more evident the lack of resources, certainly housing and transportation and access to mental health and substance use programs," she said. "So we could be responding to a lot of things, but where we are routing people to is a major dilemma."

Josh Bell, who works alongside Zemke, knows far too well how hard it is to get the help you need. He is the only co-responder peer support specialist in the state and does follow-up visits and outreach in local jails.

Bell also fills an important role: trying to prevent another crisis from happening again. But, he said, it takes every member of the team to make the program work.

"They have saved lives," he said. "I'm confident that Julie [Zemke] here saves lives every week."

Advocates are confident that the Georgia General Assembly's focus on mental health parity and support this session is only the beginning. Stakeholders anticipate more omnibus bills that deal with issues like lack of resources to be introduced in the coming years."

For the full story, please [CLICK HERE](#).

(GPB News is part of the Mental Health Parity Collaborative, a group of newsrooms that are covering challenges and solutions to accessing mental health care in the U.S. The partners include The Carter Center, The Center for Public Integrity, and newsrooms in Arizona, California, Georgia, Illinois, Pennsylvania, and Texas.)

NATIONAL NEWS

DEA Holds Inaugural Family Summit on the Overdose Epidemic



In a June 15 press release, the DEA reported it held a "Family Summit" in Washington D.C. on June 14 and 15. "DEA Administrator Anne Milgram hosted the first-ever DEA Family Summit on the Overdose Epidemic for families from across the country who have experienced the profound loss of a child due to a drug overdose or poisoning," the release stated.

"There are no stronger or more compelling voices to raise awareness about the extreme threat of dangerous drugs than of those who have suffered the unimaginable loss of a loved one to a drug overdose

dangerous drugs than of those who have suffered the unimaginable loss of a loved one to a drug overdose or poisoning," said Administrator Milgram. "Together, we can save lives, keep our communities safer and healthier, and work to reverse this devastating overdose epidemic."

[CLICK HERE TO READ THE FULL STORY](#)

FDA to Order Juul E-Cigarettes Off U.S. Market



Great News for the health of Youth!

Forbes Staff Reporter **Madeline Halpert** wrote on June 23, 2022, that "The Federal Drug Administration barred Juul Labs' e-cigarettes from remaining on the market on Thursday, in a move that could likely upend the vaping startup, which has faced a host of lawsuits, layoffs and shrinking sales in recent year."

[CLICK HERE](#) FOR THE ENTIRE ARTICLE

June 23, 2022 *NY TIMES* article headline reads:

Psychosis, Addiction, Chronic Vomiting: As Weed Becomes More Potent, Teens Are Getting Sick



[CLICK HERE](#) TO READ MORE.

FYI

What can Georgians Expect IF Recreational Marijuana is Legalized? (Part 1)

Let's look at Stats* from States Who Have Legalized Recreational Marijuana

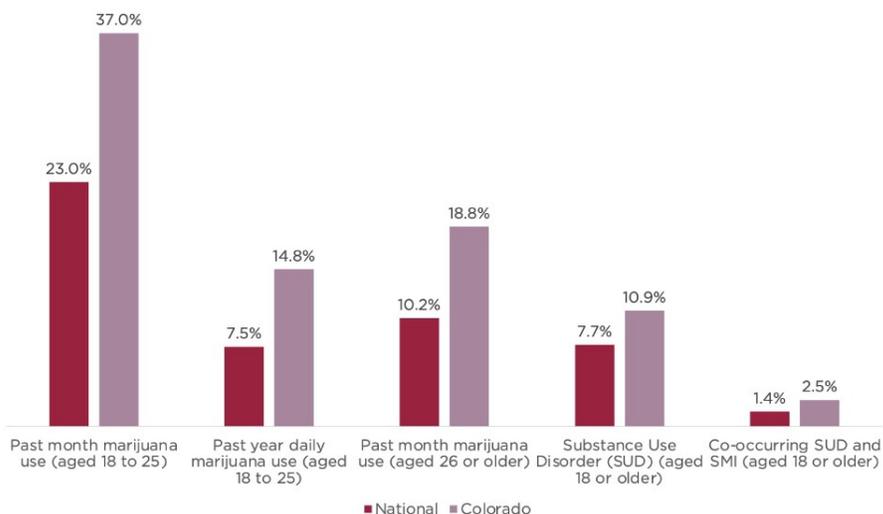


*This report is on the SAM (Smart Approaches to Marijuana) Website May 2019 "Lesson Learned from State Marijuana Legalization " For all the stats with graphs [CLICK HERE](#)

According to this SAM's report, "Today's highly potent marijuana represents a growing and significant threat to public health and safety, a threat that is amplified by a new marijuana industry intent on profiting from heavy use.

State laws allowing marijuana sales and consumption have permitted the marijuana industry to flourish, and in turn, the marijuana industry has influenced both policies and policy-makers. While the consequences of these policies will not be known for decades, early indicators are troubling. This report, reviewed by prominent scientists and researchers, serves as an evidence-based guide to what we currently observe in various states."

Comparison rates: National vs. Colorado Data



Source: NSDUH, 2019: <https://www.samhsa.gov/data/report/2019-nsduh-detailed-tables>

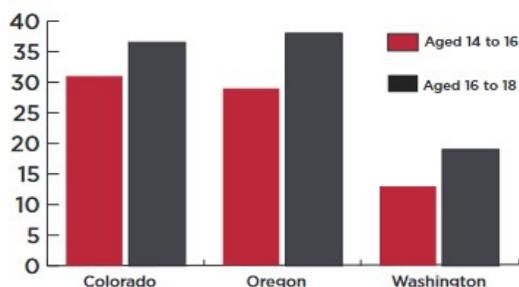
The (SAM's) report continues, "...we now (in 2019) have eight years of data to show how these marijuana policy changes—and the industry they created—affect families and communities. **This industry is chiefly driven by higher use rates and increased normalization, seeking to convert casual- and non-users into life-long customers. As we are only now beginning to address the far-reaching and devastating consequences of the addiction epidemic—driven largely, but not exclusively, by opioids—the rise of additional corporate promotion of drug use comes at an inopportune time.**"

Impact on Youth

Compounding this problem are the increasing use rates of adults. A 2019 study found that parental marijuana use increases the likelihood of marijuana use among children in the household, as well as increases their risk of tobacco use and opioid misuse.

In part, the ease of obtaining marijuana has contributed to youth use in "legal" states. Restrictions on selling to minors have not stopped state-sanctioned vendors from selling the drug to underage consumers in "legal" states. In 2018, 46% of young people nationwide aged 12 to 17 reported that they perceived marijuana to be easy or fairly easy to obtain (SAMHSA, 2019a). In Washington state, where marijuana is "legal," this number is much higher, with 49% of 10th graders and 61% of 12th graders believing that marijuana was easy to obtain (Washington State Healthy Youth Survey [WSHYS], 2018)."

PERCENT OF YOUTH REPORTING PAST 30-DAY USE WHO DABBED*



(Colorado Department of Public Health and Environment, 2019; Oregon Healthy Teens, 2019; Washington State Healthy Youth Survey, 2018)

* Taken from most recent data available, ages are an average based on an age range

"The legalization of marijuana has had a profound impact on youth use of the drug as well as perceptions of its harms.

While some marijuana industry proponents

have suggested that a strict legal marijuana market would limit youth use, marijuana use among youth is rapidly increasing in concurrent with legalization—while perceptions of risk associated with use are decreasing.

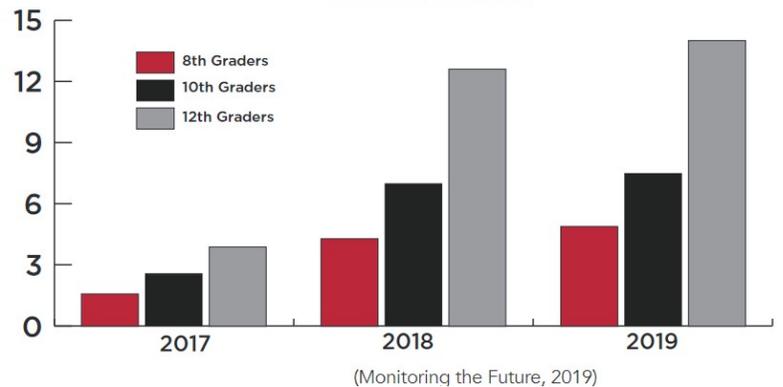
VAPING and YOUTH

"The vaping epidemic is the **first national, marijuana-driven crisis in this country** and is a **direct result of marijuana normalization and commercialization**. The vaping of marijuana in THC oil pods or cartridges is a relatively new marijuana-industry innovation. Vaping quickly delivers 70–90% THC concentrates to users by heating extracted oils so they can be inhaled as vapor. No studies on consumer safety were conducted prior to the mass marketing of vaporizers, which are also popular among tobacco users."

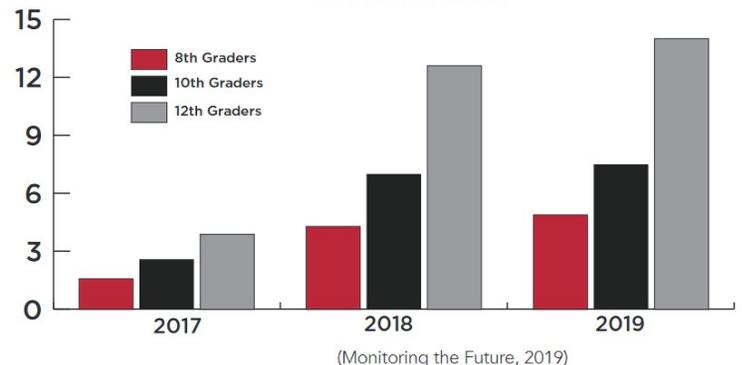
Alarming Trends

"Past-year youth vaping marijuana has increased dramatically since the MTF (Monitoring the Future) survey began recording data on the subject in 2017. As reported by this survey (Miech et al., 2019), lifetime, annual, and past-month marijuana vaping among 8th, 10th, and 12th graders have all dramatically increased in just one year. Past-month use among teenagers increased by over 72% from 2018 to 2019. An average of 10% of teens reported past-month marijuana vaping in 2019. In 2019, MTF first recorded data on near-daily marijuana vaping and found that 2.4% of this age group vaped marijuana almost every day. That number exceeds near-daily cigarette and near-daily alcohol use among this group."

YOUTH PAST MONTH MARIJUANA VAPING INCREASED DRAMATICALLY



YOUTH PAST MONTH MARIJUANA VAPING INCREASED DRAMATICALLY



Next month, in Part 2, we will examine what this SAM's study reported on [impaired driving](#), Emergency Department and Poison Control calls, and other implications. Meanwhile, you can check out the entire report by

[CLICKING HERE.](#)

ON THE CALENDAR



JULY

- National Parks and Recreation Month
- Juvenile Arthritis Month
- Independence Day, July 4
- CADCA Mid-Year Training Institute, July 17-21
- National Ice Cream Day, July 17
- National Parents' Day, June 24
- NAMI, or National Alliance Alliance on Mental Illness, family support group meeting, Tuesday, July 12 and July 26, 6:45-8:15 p.m., at the Forsyth County United Way, For more information, email namifdlga@gmail.com.

AUGUST



- Summer Safety Month
- World Lung Cancer Day, August 1
- National Night Out, August 2
- First Day of School 2022 August 4
- International Overdose Awareness Day, August 31
- NAMI, or National Alliance Alliance on Mental Illness, family support group meetings, Tuesday, August 9th and 23rd, 6:45-8:15 p.m., at the Forsyth County United Way, For more information, email namifdlga@gmail.com.