

The FCDAC STRATEGIZER

Leading the way to a
healthier Forsyth County



April 2022 Volume 1 Issue 12

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April is Alcohol Awareness Month

DID YOU KNOW?

Alcohol kills more kids and young people ages 18-25 than all other drugs combined. Youth ages 9-20 use it more than any other substance. An average of 2,375 people in Georgia die from alcohol-related injuries or illness each year.**

STUDIES SHOW PARENTS



**Alcohol & Substance Abuse Prevention Project

The Council on Alcohol and Drugs is funded by the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) to conduct an Alcohol & Substance Abuse Prevention Project (ASAPP) collaboration with local, regional, and statewide partners.

According to the latest Georgia Student Health Survey (GSHSii):

- 4% of 6th graders drank alcohol in the last 30 days.
- 24% of 6th graders agree that alcohol is easy to get.
- 18% of 6th graders don't think alcohol is harmful.*

*Source: Primary prevention manual



U.S. Department of Health and Human Services
National Institutes of Health
National Institute on Alcohol Abuse and Alcoholism
NIH...Turning Discovery Into Health

Prevention and Early Intervention Parent Manuals

- [Primary Prevention* Manual - Elementary School Version](#)
- [Early Intervention* Edition - Elementary School Version](#)
- [Primary Prevention* Manual - Middle School Version](#)
- [Early Intervention* Edition - Middle School Version](#)
- [Early Intervention* Edition - High School Version](#)

* Primary Prevention means preventing the problem before it starts.

* Early Intervention means dealing with a problem when it is still at an early stage.

Looking for help in starting a conversation with your teen?

Check out this terrific resource publication by [CLICKING HERE](#)



Let your kids know the majority of students DO NOT TAKE DRUGS! They are not alone, and they need to know that!

[Click Here for more resources.](#)

"Changing Attitudes: It's not a 'rite of passage'" is the theme of the NCADD (National Council on Alcoholism and Drug Dependence) Alcohol Prevention Month. Directed towards young people who are influenced by alcohol and drugs if not informed, the campaign encourages parents that the best thing they can do for their child is speaking up! A parent's job is to educate their children actively by not linking adult fun and leisure to alcohol use. According to the NCADD website, "A whopping 50% of children are less likely to use drugs and alcohol that have conversations with

their parents about the risks, than those who do not." This is HUGE!



[Click Here for more resources from NCADD.](#)

WILL YOU TAKE THE CHALLENGE?

A huge part of Alcohol Awareness Month is **Alcohol-Free Weekend**. Individuals may choose any weekend in April to participate in **The 72-hour Challenge to go without drinking any alcohol**. This may seem like a small task to some, but it could be almost impossible for others. That is the reason this challenge is so significant. If it allows even one person to realize they can't go 72 hours without alcohol, maybe that will inspire them to get some help. **CHOOSE A WEEKEND IN APRIL AND TAKE THE CHALLENGE!**

Mitch's Memo and FCDAC Work and Programs



Hey Everyone! It's been another packed month for our Council. Thank you for all your hard work and attendance at our last "on the road" meeting at FullCircle. **The Youth Substance**

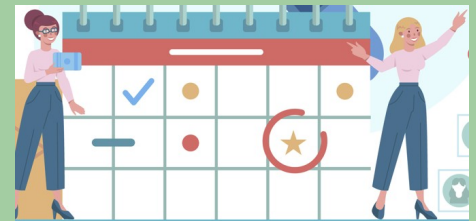
Abuse Educational Event was outstanding.

Our Monthly Council meeting was well attended with **20 Council members in attendance**. As per our discussions at the Council Meeting this month (April 6), please repost the links to the **Events videos** on your FB pages and send them to everyone on your contact list. Let's get the word out!

Rx Drug Abuse and Heroin Summit, April 18-21, Atlanta.

FCDAC will send five representatives to Atlanta for the Rx Drug Abuse and Heroin Summit, April 18-21. **Mitch Durdle, Matt Meyer, Lindsey Simpson, Mike Cowan, and Catherine Rosborough** are excited to attend and bring their takeaways and information back to the council. They will give reports at our future council meetings.

MARK YOUR CALENDAR! OUR NEXT FCDAC MEETING



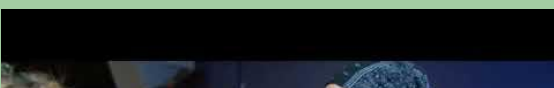
**IS WEDNESDAY, MAY 4, 8 - 9 AM
United Way Offices**

FCDAC-FullCircle YOUTH SUBSTANCE ABUSE EDUCATIONAL EVENT, March 2, 2022

Youth Panelists left to right are **Emma Brown, Polly Sarno, Brook Bachelor, Jackson Bachelor, Chris Povanko, and Sam Strickland**, with facilitator, Board Of Commissioner **Cindy Mills**.

If you missed the **March 2nd FCDAC Council Meeting's Youth Substance Education Event** at FullCircle, here is your opportunity to see the highlights of this fantastic event!

Six young adults related their spiral down into drug dependency describing feelings of isolation, anxiety, their desire to fit in, and how they





"I wanted to fit in, even when there was nowhere to fit in. I was battling myself; it was tiring. And then along came something else that, temporary or not, made me feel better," panelist Jackson Bachelor said.



anxiety, their desire to fit in, and how they believed drugs/alcohol use would somehow bolster them, fill a void. The message from the panelists included that the temporary 'feel-good' quickly caused a more significant hole and lack of real connection with others and led to behaviors that made them dislike themselves. They experienced other worsening problems, especially feeling they couldn't control the urge to take drugs when they didn't want to.

"We knew if we could get a counselor, it might not help every one of the kids, but if it helped some and prevented them from going from marijuana to opioids, that was what we wanted. We wanted to stop kids from dying," asserted Commissioner Cindy Jones Mills, who asked questions of the panelists. She explained how the Board of County Commissioners funded the Drug Counselor position and continues to fund it at Gateway Academy.

The takeaway from this event, which was attended by approximately 85 interested community members, is that hope and recovery are possible.

Watch the entire event by [CLICKING HERE](#).

Council Meeting Highlights, Community Outreach Committee and Youth Outreach Committee

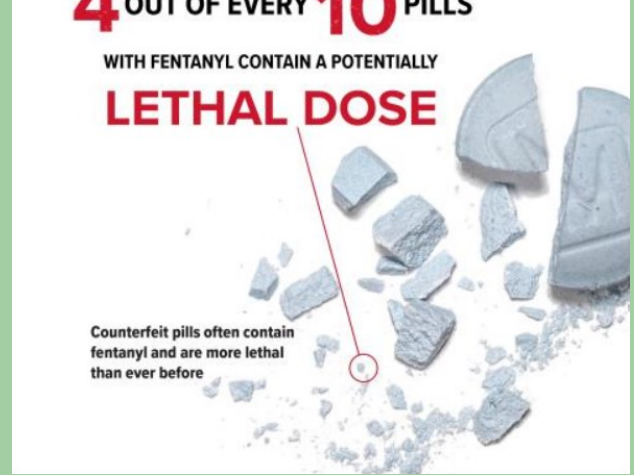
Council Meeting #1 Discussion Point: FENTANYL!



FAKE PRESCRIPTION PILLS • WIDELY AVAILABLE • INCREASINGLY LETHAL

DEA LAB TESTING REVEALS THAT

1 OUT OF EVERY 10 PILLS



The number one topic of our Council meeting for April was the topic of **FENTANYL**. Once again, the statistics show **OVERDOSE DEATHS CONTINUE TO RISE**. Suggestions, Actions, and Directions where we as a Council can move toward:

- Detective Ben Smith set the state of emergency we find ourselves. There are no street drugs that are not being laced or combined with Fentanyl. "Those persons seeking Prescription drugs are fooled by counterfeit pills that are laced with, many times, a lethal amount of Fentanyl."
- Build a media campaign to get this message across using social media, PSAs, posters in schools, billboards, etc.
- Provide workshops and training to parents arming them with information to **TALK TO THEIR KIDS** at School Parent Nights and in a Townhall style Meeting.
- Work to get FCDAC members in to speak at all high schools and middle schools.
- Provide parents with helpline phone numbers and campaign to **reduce the stigma** around Narcan use.
- Recommend calling schools to ask about what resources they have available.

COMMUNITY OUTREACH



ALEC'S PIZZA PARTY was held on The Green in Milton, GA., with Amy and Jeff Durham, who hosted the event in their son's memorial on March 27. FCDAC Program Coordinator Rachel Kayden and Council member and Insight Program Counselor Kevin Kayden were honored to participate in Alec's Pizza Party and provide community information about

Forsyth County Drug Awareness Council. "We gather at this event to remember and celebrate the life of Alec and rejoice in his brothers and sisters in recover who show the world addiction recovery is possible!" ~Amy Durham





Amy Durham and Rachel Kayden, FCDAC Program Coordinator, are pictured above at the FCDAC information table.



Jeff and Amy Durham, Alec's parents, welcome some 200 attendees to this year's event.



FCDAC gave out bottled waters, donuts, candy, stretch bands, and pamphlets at the March 27 5K event, Run Your Bundts Off! at Lanier Tech. The North Georgia Running Company hosted the event with close to 1000 participants. The race sponsors were John Megle Chevrolet, Nothing Bundts Cakes, and All Exterminating. The 5K run benefited **Literary Forsyth**, which helps promote adult and family literacy services that educate, build self-sufficiency and strengthen our community's economic base.



FORSYTH FIGHTS BACK!
BIG THANK YOU TO THE
BUSINESSES PARTICIPATING
IN GETTING THE DETERRA DRUG
DEACTIVATION SYSTEMS OUT TO THE
PUBLIC!

Mitch says, "A new shipment of the Deactivation



Director Mitch Durdle, Council



Durdle, Council members Alex Martinez, and Susan Tanner

Systems has arrived in our office. We ask all Council members to invite businesses in the area to help prevent Rx Abuse by joining our education and action efforts to remove dangerous unused and unneeded medications from medicine cabinets across the county." However, if you are a community partner providing services to those at risk, please contact Safe Project directly to obtain your supplies of Drug Deactivation Systems. For more information

[CLICK HERE.](#)

IF YOU ARE ALREADY PARTICIPATING AND NEED TO REFILL YOUR SUPPLY OF BAGS

[Contact Mitch HERE.](#)

YOUTH OUTREACH COMMITTEE



FCDAC SCHOOL YOUTH OUTREACH North Forsyth High School

During the week of April 11-15, Mitch Durdle and Mike Cowan spoke to Health Classes at North.

Pictured left, Mitch Durdle and Mike Cowan in the Health Classroom below right.

As a Youth Outreach, a team of FCDAC council members has made presentations at North Forsyth High School. As a result, a weekly Drug and Alcohol Education Group meets on that campus every Wednesday during school hours. Approximately 13 students are participating consistently, with a few others coming sporadically to this program. Choosing to meet in a small group is voluntary for the students. The council members participating are all certified drug and alcohol counselors. Team members include Mitch Durdle, Matt Meyer, Mike Cowan, and Kevin Kayden.



YOUTH NEWS

FCDAC YOUTH BILLBOARDS SPOTTED!

WOW! Here it is!

Here it is! This Vaping Prevention Awareness Billboard results from the Truth Behind E-Cigarettes: An Educational Youth Summit held on January 22, 2022. The Summit was a





collaboration between FCDAC Youth Council, Public Health, and the GA Prevention Project. Students came together to learn about the health repercussions of vaping and strategies to counter the misinformation some youth receive from e-cig advertisers and others.

This billboard was spotted by Rachel Kayden who snapped this great picture near the intersection of Browns Bridge Road and Shady Grove Rd! Thank you Rachel!

Two billboards created by the students at the Youth Summit are up in Forsyth County, and 13 others will be up around the state until mid-April. FCDAC Youth Council President Saesha Kapoor spearheaded the collaborative event.

WELL DONE, SAESHA!

Saesha Kapoor is a junior at South Forsyth High School and has worked on drug prevention for five years. She is also the co-president of the Be Smart Don't Start drug awareness club at South Forsyth High School.



CADCA RECAP FROM THE ANNUAL NATIONAL LEADERSHIP FORUM



Watch highlights from the 32nd Annual National Leadership Forum in February 2022 at the Gaylord

Hotel and Convention Center, National Harbor, MD.



Our own **Vinayak Menon** is featured starting at minute 1:29. He speaks about finding his role on Forsyth County Drug Awareness Council, the part that youth CAN play in DFCs, and he gives

some advice to youth leaders who want to make a difference in their community coalitions.

Vinayak received CADCA Youth Leadership Award during Forum this year. You can read the story in March's *Strategizer* and watch Vinayak give his acceptance speech by

[CLICKING HERE!](#)

Committee and Partner Updates

FCDAC PARTNER JOHN BRINGUEL SHARES RELAPSE PREVENTION INFORMATION



John Bringuel, MA, ICPS
Prevention / Intervention
Program Manager
The Council on Alcohol and
Drugs
270 Peachtree Street, NW,
Suite 2200
Atlanta, Georgia 30303-1283
Wk. (404) 223-2484

Email: jbringuel@livedrugfree.org

John wrote, "Take 5 minutes and 55 seconds to watch this beautiful video, "Relapse Prevention," by Dr. Steven M Melemis MD Ph.D. This video clearly outlines the **stages of relapse**, how to recognize the early warning **signs of relapse**, and most importantly, how to **prevent relapse**. **Relapse Prevention** is all about emotional and social intelligence and coping skills to **prevent relapse**."

"This video applies to all audiences and professions as the keys to Relapse Prevention, regardless of the addiction, are Self-Care, Asking for Help, Expressing Your Feelings, and Knowing We Are ALL Interconnected and Not Alone," he wrote.

Dr. Steven M Melemis has a book entitled *I Want to Change My Life: How to Overcome Anxiety, Depression, and Addiction*.

Thank you, John, for sharing this valuable resource!

"Drug addiction is known as a relapsing disease because relapse is common among people in recovery. Repeated drug use can cause changes in the brain that may affect an addicted person's self-control and ability to resist cravings. **Drug relapse prevention is an essential part of the recovery process** because people remain at increased risk for many years."*

*SOURCE

Center for Behavioral Health Statistics and Quality. (2015). Behavioral health trends in the United States: Results from the 2014 National Survey on Drug Use and Health. HHS Publication No. SMA 15-4927, NSDUH Series H-50.

A video viewer comments about the power in the video:

"In October I'll be 8 years sober and drug-free, me and my husband. Yes, look at GOD! I plan to use this video in a Life Skills class I teach on Mondays on my job in a licensed halfway house. Thank you, Sir, for calmly explaining and expressing the truth about preventing relapse."- Wanda Bentley



DR. STEVEN M. MELEMIS MD PHD



ACEs Committee, Sarah Pedarre Executive Director Family Connection

APRIL IS CHILD ABUSE PREVENTION MONTH

Important Dates and activities:

April 1st- Wear Blue Day

April 2nd -World Autism Day

April 21st- Forsyth County Commissioners Proclamation

Meet some of our partners on Mondays!

Look for our Tips at 2 pm on Tuesdays & Thursdays!

Hear Why it's important on Wednesdays!

Family Fun activities are posted every Friday!

FREE Training:

Community Resiliency Model: 5/5, 5/10

([Sign up here](#))

Connections Matter: 4/15/22 ([sign up here](#)) In-person

The Hub, 830 Century Place, Gainesville, GA 30503

4/20/22 ([sign up here](#)) Virtual via ZOOM

Stewards of Children: Our goal is to train 1000 adults!!

In-person options @United Way 240 Elm St Cumming [Register Here](#)

April 20th 10am-12pm [Register Here](#)

April 28th 3pm-5pm [Register Here](#)

April 21, 2022 12:00pm to 2:30pm [Register Here](#)

Online at your own pace option [Sign up here](#) using the code: **FLIPTHESWITCH**

Please contact Sarah [HERE](#), if you would like to schedule a training for your office, neighborhood, church, or any group interested in protecting our children!

Do you want a yard sign & pinwheels in your yard? [Sign up here](#)

Please check [Forsyth.GaFCP.org/CSAP](#) for added training and information throughout the month!



CONGRATULATIONS VINAYAK... AGAIN!!

On Sunday, April 3, the *Atlanta Journal-Constitution* recognized Vinayak Menon for his work in drug prevention in an article entitled "Forsyth County Junior Campaigns Against Drugs" by Nancy Badertscher. "I wanted to be part of the solution to this crisis that was affecting my peers and my community," he said in the article that appeared in the Inspiration Section. Menon joined the Forsyth County Drug Awareness Council as a Freshman at Lambert High School. To date, here are just some of his accomplishments:

- In March 2021, Menon organized a countywide town hall meeting and brought in experts in drug prevention. The meeting was held virtually because of COVID-19 but attracted 200 to 300 participants.
- Later the same year, he produced a resource guide to help people with addictions and their families connect with treatment services and hotline numbers. And, again, because of delivery problems due

connect with treatment services and hotline numbers. And, again, because of delivery problems due to the pandemic, he had to be creative – arranging to have hundreds of the resource guides distributed at local food banks.

- And by the end of last summer, in his most significant effort, he led a campaign with then-Director Tammy Nicholson's encouragement-to reduce access to prescription drugs at home by distributing drug deactivation and disposal pouches. Vinayak estimates that 350,000 unused pills could be out of circulation.

Forsyth County Drug Awareness Council is very proud and inspired by Vinayak's efforts and love for his peers and our entire community! **Well Done, Vinayak!**

TO READ THE ENTIRE AJC ARTICLE, [CLICK HERE.](#)

MEMBERS TEACHING MEMBERS



LASTING IMPRESSIONS:

Still thinking about the Youth Substance Educational Event

By Dana Bryan

Pictured left to right:

Brook Bachelor, Emma Brown, Polly Sarno and Jackson Bachelor

Dana Bryan is a retired middle school teacher and member of FCDAC. Through her personal loss of her daughter to drug experimentation, Dana devotes her time reaching out to youth through presentations about the real consequences and high risk of experimenting with addictive substances and how it affects them, their futures, and their families. Dana is a regular contributor to the *Strategizer*. Thanks, Dana!



Last month, I wrote about my experience at the FCDAC meeting held at FullCircle and the lasting impression made by the six student members who spoke. Since then, I have experienced what they had to say again by viewing the event on YouTube. (Check out the links provided in the article above!)

Whether you attended the meeting in March or not, I encourage you to take the time to hear again about addiction from the perspective of those six speakers and to hear their heartfelt appreciation of the presence of FullCircle in their lives. This amazing organization saves the lives of those who take advantage of what the program offers, and it goes beyond that by helping the participants find purpose in their lives. We are incredibly fortunate that one of the four FullCircle programs in the United States is located here in Cumming.

As I listened to the YouTube presentation, I learned important information and statistics that I had not remembered:

1. FullCircle opened in Cumming in September of 2020 at the height of the pandemic.
2. Over 70 youth and their families presently participate in the program.

3. Students range in age from 13-25.
4. The length of the program is 2-3 years.
5. The program serves those whose challenges are in various categories: substance abuse; addictive behaviors; mental health issues, including suicide attempts; eating disorders.
6. There are weekly parent meetings, and those students whose parents participate in the program will have a 30% higher success rate.
7. Each week, the program includes 2 Twelve-Step meetings and 2 social functions.
8. There is no charge for the program at Full Circle.

The length of time the six speakers have been sober ranges from 8 to 14 months, but there were several recurrent themes:

1. The counselor at Gateway Academy (Alternative School) and FullCircle saved my life.
2. Coming to Full Circle saved my life.
3. I appreciate having sober people to hang out with.
4. Getting sober was scary and hard.
5. Drug use is self-centered.
6. Loving yourself is the motivation for getting sober.
7. Schools need to be aware of the amount of drug use in the schools.
8. More counselors are needed in the schools.

NEWS FOR YOU

LOCAL NEWS



The secured drop boxes are for unused pill prescription medications **only**; NO syringes, Liquid/Lotions, Aerosols, Inhalers.



APRIL 30, 2022



PRESCRIPTION DRUG DISPOSAL

Locations:

North Precinct Lobby

2310 Keith Bridge Rd. Cumming, GA 30040
Monday - Friday 9:00 AM to 5:00 PM

South Precinct Lobby
2985 Ronald Reagan Blvd. Cumming, GA 30041
Monday - Friday 9:00 AM to 5:00 PM

Forsyth County Jail Lobby
202 Veterans Memorial Blvd. Cumming, GA 30040
24 hours, 7 Days a Week

From the office of Commissioner Cindy Jones Mills

HB1013, the Mental Health Parity Act, Passed, Let's Celebrate!

HB 1013, the Mental Health Parity Act, was signed into law on April 4, 2022, by Governor Brian Kemp. The bill — championed by Republican House Speaker David Ralston, cosponsored by Todd Jones, improves the coverage for mental health conditions, requires publicly funded insurance programs to spend more on patient care, and authorizes loan forgiveness for people studying to become mental health professionals.

"Georgia is making a transformational commitment to improving mental health care," Ralston said.

A mental health meeting celebrating the passage of HB1013 will be held Friday, April 15, 2022, at 8:30 a.m. in the Commissioners Meeting Room, Forsyth County Administration Building, 110 East Main Street, Suite 220, Cumming.

You can attend/ view this meeting if you cannot be there in person at 8:30 through ZOOM. [Click Here](#)

State Representative Todd Jones and his wife Tracey will speak at the meeting and recount their own home's struggles with mental illness. Kevin Tanner, former Chairman of the Behavioral Health Reform & Innovation Commission and now Forsyth County Manager, will join the speaking team.

STATE NEWS - HB1559 - Pharmacists; Dispense Opioid Antagonists



WHAT IS HB1559?

HB1559-Pharmacists; dispense opioid antagonists to individuals who have been prescribed opioids; authorize has been entered into the House Hopper. This bill directly impacts the work of overdose response by empowering pharmacists to dispense opioid antagonists to individuals who have been prescribed opioids; to revise a definition; to provide for immunity; to provide for related matters; to repeal conflicting laws, and for other purposes.

The bill's sponsors are Ron Stephens, District 164, Mark Newton, District 123, Matthew Gambill, District 15, Angelika Kausche, District 50, and Tret Kelley, District 16.

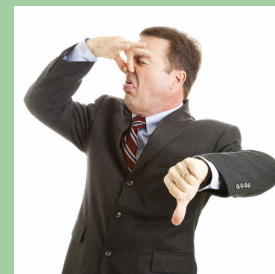
[CLICK HERE TO READ THE BILL](#)

NATIONAL NEWS

Let Your Voice Be Heard!
Tell Your Senator to OPPOSE THE MORE Act

CADCA ALERTS ALL MEMBERS THAT~

Marijuana Opportunity Reinvestment and Expungement (MORE) Act (H.R. 3617) was Passed in the House of Representatives on April 1, 2022!



This proposed bill now moves to the U. S. Senate and was sent to the Finance Committee on April 4.

This legislation **totally removes marijuana, including all THC products, from all federal drug scheduling in the Controlled Substances Act, making it legal across the country.** The bill fails to include any regulations or provisions to protect public health and safety, such as potency caps, age limits, marketing restrictions, or language on preventing impaired driving.

WHAT CAN YOU DO? It is not too late! The bill was received in the Senate and sent to the Finance Committee. Contact your senators today (Jon Ossoff and Raphael G. Warnock). Send a message, letter or call them and ask that they oppose the MORE Act. In all CADCA's legislative alerts, please remember to use your personal email and home address to send messages to Congress to avoid your coalition from being accused of lobbying. **REMEMBER**, You send all messages as a constituent and not in your capacity as a DFC Leader.

CDC Data Released on Alcohol-Related Deaths During the COVID-19 Pandemic

On March 18, 2022, data from the first half of 2021 was released from the Centers for Disease Control and Prevention (CDC) that shows significant increases in alcohol-related deaths as well as deaths due to alcohol-related mental and behavioral disorders.

In 2020, 99,017 people died due to alcohol-related incidents. That is a 25.5% increase from 2019 to 2020. Alcohol-related deaths accounted for 3% of all deaths recorded in 2020. This data suggests the pandemic impacted more than COVID-related fatalities.

A report from NIDA released in mid-February 2022 suggested that opioid overdose deaths also increased by 38% in 2020, specifically a 55% increase in deaths that involved fentanyl and other synthetic opioids.

For more data on this from the *Jama Network* [CLICK HERE](#)

FYI

JOIN THIS FREE VIRTUAL EVENT

Participate in SAMHSA's 18th Annual Prevention Day



SAMHSA PREVENTION DAY

May 9, 2022 STRENGTHEN COMMUNITY • BUILD RESILIENCE • CREATE HOPE

Attend an exciting interactive forum for prevention practitioners, community leaders, researchers, scientists, consumers and advocates.

- Learn about evidence-based programs and the latest developments in the areas of mental illness and substance misuse prevention, treatment and recovery
- Network with other preventionists and partners
- Take part in engaging and informative workshops
- Enhance program skills
- Share success stories and resources

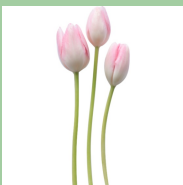


Four Good Days | Official Trailer (HD) Vertical Entertainment

Watch the official movie trailer for *Four Good Days*, a story of hope for those trapped by addiction. Based on actual events, a long-estranged mother and drug-addicted daughter navigate the most difficult four days of their lives together in a story filled with heartbreak and hope for recovery. Starring: Mila Kunis, Glenn Close, Stephen Root Directed by: Rodrigo García. The movie was first released in theaters on 4/30/21 and VOD on 5/21/21.

YouTube and Vertical Entertainment, March 18, 2021

On the Calendar



April

- **FCDAC Meeting** Wednesday, April 6, 8-9 AM United Way Office
- **Mental Health Meeting** Friday, April 15, 8:30 AM Commissioners Meeting Room, Forsyth County Administration Building, 110 East Main Street, Suite 220, Cumming.
- **Easter Sunday**, April 17
- **Alcohol Awareness Month**

MAY



Happy Memorial Day
May 30

- **FCDAC Meeting**, Wednesday, May 4, 8-9 AM United Way Office 240 Elm St. Cumming
- **HAPPY MOTHER'S DAY** Sunday, May 8
- **SAMHSA's 18th Annual Prevention Day**, May 9
- **Mental Health Awareness Month**

- Alcohol Awareness Month
- Stress Awareness Month
- Child Abuse Prevention Month
- National Public Health Week, April 4-10
- Rx Drug Abuse and Heroin Summit, April 18-21, Atlanta.

- Mental Health Awareness Month
- National Teen Self-Esteem Month