



The FCDAC STRATEGIZER

Leading the way to a healthier Forsyth County



December 2022 Volume 2 Issue 8

Receive Our Newsletter

MERRY CHRISTMAS TO ONE AND ALL!



New

DEA Resource 'Awkward Conversations'



Research shows that kids are **33% less likely to drink or have substance abuse problems** if they have a consistent family dinner with people that they love. Trust is essential as a foundational building block in opening the lines of communication with your children. The best thing you can do is be present with them, build trust, and give them a safe space to share.

December is National Impaired Driving Prevention Month

National Impaired Driving Prevention Month 2022



Impaired Driving: Talk With Your Kids

In 2020, more than 6 million people between

Impaired driving is entirely preventable.

16 and 25 admitted to driving under the

Know the facts, and talk with your kids about

influence of illicit drugs and alcohol, according to the 2020 National Survey on Drug Use and Health.

The survey provides comprehensive statistics on substance use, mental health, and treatment in the United States.

Topics covered include drug, alcohol, nicotine, and tobacco product use and initiation; substance use disorder (SUD); substance use risk and protective factors; availability of substance use treatment; any mental illness (AMI) and severe mental illness (SMI); major depressive episode (MDE); suicidal thoughts and behaviors; severe psychological distress (SPD); mental health service utilization; treatment for depression; and co-occurrence of mental health issues and substance use disorders. These tables also present the perceived effects of the Coronavirus Disease 2019 (COVID-19) pandemic on substance use and mental health.

IMPAIRED DRIVING IS NEVER ACCEPTABLE!

PLEASE celebrate this holiday season safely. We stand with all who know the tragic consequences of drugged or drunk driving, and we rededicate ourselves to preventing it this December and throughout the year!

the dangers of driving under the influence of alcohol or other drugs:

- About **one in four teen car crashes involves an underage drinking driver**.
 - Every day about **800 people** are injured in a drunk-driving crashes.
 - Every day in America, another **29 people die** from drunk-driving crashes.
 - That's **one person every 50 minutes**.

 - Marijuana use is increasing, and **13 percent of weekend nighttime drivers have marijuana in their system**.
 - Marijuana users were about **25 percent more likely to be involved in a crash** than drivers with no evidence of marijuana use.
- Take advantage of opportunities to TALK.**
- When your child asks to borrow the car;
 - When you're at the dinner table together;
 - When your child asks if they can ride with a friend.
 - When you're running weekend errands;

Tell your child, "I'm talking about this because I care about your safety."

Kids are likelier to listen when they know you're on their side.

FOR MORE TIPS, [CLICK HERE](#)

FCDAC Work and Programs Round-up

Director Kayden's Korner



December is a busy time at home and work. A time for family and friends, sharing and caring for them and our community. Please take a time to breathe, be intentional, slow down and savor the important things.

COUNCIL BREAKTHROUGH!

I am pleased to announce that the **MOU (Memorandum of Understanding) Contract**

with the Forsyth County School Board has been signed! This means that FCDAC can send



FCDAC SPEAKER TRAINING!

This month we hosted our first speakers' bureau training at our council meeting.

Those who attended were given suggested talking points dealing with the drugs of greatest abuse **Marijuana and Fentanyl**.

For more information, [Click Here](#).

MARK YOUR CALENDARS!

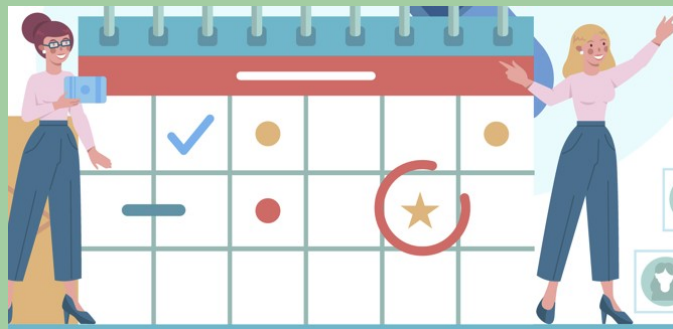
for

JANUARY'S COUNCIL MEETING!

drug prevention speakers to Middle Schools (8th grade) and High Schools (9th grade) twice a year.

This is our opportunity to reach more students than ever before, building and shaping substance-free attitudes!

Please consider becoming an FCDAC Speaker. We will be training speakers and providing the information you need to reach our youth.



WEDNESDAY, January 4, 2023,
8-9 A.M.
UNITED WAY OFFICE

Council Meeting Highlights, Community Outreach, Youth Council, Members and Partners

MEETING HIGHLIGHTS

FCDAC held our monthly Council meeting on Wednesday, December 7, at the United Way Offices. This month's focus was our **SPEAKERS' BUREAU TRAINING**. FCDAC signed the **MOU (Memorandum of Understanding) Contract** with the Forsyth County School Board. This contract allows FCDAC speakers to present our drug-free messages of positivity and well-being to create healthy, happy lives for middle and high school students.

Welcome and Announcements- Director Rachel Kayden

- FCDAC **Resource Guide** will be available on our website, [Click Here](#). Please, review and email Rachel with any additions to the resource guide.
 - Rachel announced a new column in *The Strategizer*, reported by Deputy Kevin Ferraro, showing the latest stats from Forsyth County CIRT (Crisis Intervention Response Team) Unit.
 - FCDAC will have more training; in February, we will have one for youth at a better time for their schedules.
 - Our next meeting, January 4, at 8 a.m. United Way Office will address the several platforms for speakers, including Churches, Civic groups, Schools, Information Tables, etc.
 - Upcoming events from our partners
1. FullCircle will host Teen Drug Summit II on February 8, 2023, at 4:30 p.m. A flyer is being produced; There will be a parent panel and the teen panel; Cindy asked members to invite others, especially city, state, and national officials, to the Summit.
 2. The Connection, Kayla Bergeron, announced upcoming events: Toys For Tot Collection through December 16, Cookie Exchange December 18, and New Year's Eve Party December 31. (See *The Strategizer* for times)
 3. Jingle Jog Race, Sara Pedarre announced, is Sunday, December 11, at New City Center. Welcomed FCDAC to host an Information Table.
- Guest Speaker **Matt Meyer, CADC, CAC, Program Director of the Insight Program. FCDAC SPEAKER Training.**
1. Basics: As a representative of FCDAC, I want you to please be careful about representing FCDAC's Mission of Awareness, Education, and Empowerment. Be on time; Be Prepared, Know and Stay on Topic, and Dress appropriately for your audience.
 2. Seek guidance from Rachel to understand better who your audience is and what topic is to be discussed

3. Convey your purpose. Know your audience for a formal meeting and topic, or do you need an "elevator speech" describing the mission of FCDAC for people stopping by our information table at an event? Be sure to let Rachel know what type of events where you wish to speak about.
4. Let FCDAC be known as people who know "We are there to be of Service." When you attend a meeting, ask the organizer how you can help/ offer to help after with clean-up too. Have an Attitude of Volunteer Service. That will help us be invited back!
5. Knowing your Audience, part II, Be Culturally Aware and Sensitive; Ask Rachel about this. Non-Political – don't be drawn down rabbit holes by staying on topic, using data and facts, and research that backs up FCDAC's approach. We service our entire community through education, awareness, and empowerment to promote healthy lifestyles.
6. 'It's Not About You. You represent the Council, not the organization you work for. One size doesn't fit all, and we want to provide every possible resource. Avoid opinions and words like always, every time, never; No politics, again stick with statistics and facts; research supported trends.
7. FCDAC Speakers will be provided Handouts and Volunteer Agreement and Guidelines Forms.
 - Rachel closed the meeting at 9:15 a.m.

Missed the Meeting? Want to hear it for yourself?

[Click HERE](#)

YOUTH OUTREACH-SCHOOL NEWS

Central Forsyth High School Thrifting Event



North Forsyth High School

Emily Ennis, Substance Prevention Coach at North, reports, "During the week after Thanksgiving, about 17 students from two of my small groups participated in a sober

recreational event with prizes for the top team and candy for everyone!

Gabby Breiten and I will speak at the Cluster school's Bingo Night event on December 13th. This is an opportunity to meet parents and introduce my role at the school and the available Substance Prevention Resources. We will discuss information on substance use and specifically **THC and its effect on a teenager**. Our goal is to inform as many parents as possible about the dangers of substance use and give them contact and resources if needed."

Gabby Breiten, Drug Counselor at Gateway and Forsyth Academies

Surveys in Progress!
Gabby says, "I am

currently handing out my surveys concerning youth drug use and attitudes about THC, Alcohol, and other substances.



GRAND CENTRAL PRESENTS
2nd ANNUAL

Thrifting

Free Clothing Extravaganza!

December 12th & 13th
during POWER HOUR

December 14th during LUNCH

-Drop of donations by December 8th

-Coats, hoodies, and jackets of ALL SIZES!

-A competition between clubs, teams, and groups!
Winner of the competition gets a pizza party!

-Last year, 1100 items were donated!



Alcohol, and other substances.
I will have more statistics at
the end of the month."



Coming February 8, 2023!
FULLCIRCLE YOUTH DRUG SUMMIT II



FullCircle announced it will host **Teen Drug Summit II** on February 8, 2023, from 4:30 p.m.-6:00 p.m. at FullCircle, located at 433 Canton Road #301, Cumming, GA 30040.

The event attendees will be treated to two panels. One is with **youth** in recovery, and the other is with **parents** dealing with a young person with a substance use problem. **Commissioner Mills** will facilitate this extraordinary event.

Please consider those in your sphere of influence who might benefit from these panels and invite them to attend! They can hear and learn from the youth themselves **what is happening** with their peers and hear from parents what worked for them in a crisis.

PLEASE JOIN US IN
THE 2ND ANNUAL

DRUGSUMMIT  FULLCIRCLE®

PLAN TO COME AND BRING SOMEONE!

Youth Substance Abuse Education Event



HOSTED BY FCDAC AND THE ATLANTA FULL CIRCLE PROGRAM.

► Commissioner Cindy Mills with a panel interview of youth in recovery and their Parents► Benefits individuals who work with youth ► For professionals and parents only ► Education on signs and symptoms of drug use.

If you are interested in attending or tabling this event please email Rachel. (email attached below)

This event is crucial to help our community become educated on this pertinent topic. The best way to learn is from the source.

When: February 8th 2023

Where: Full Circle Facility

433 Canton Rd. Suite 301
Cumming, GA 30040

Time: 4:30 pm - 6:00 pm

- **Event Is Free.**
- **Additional Parking at the top of the hill.**

<https://www.forsythcountdrugawarenesscouncil.org>

RSVP: rachel@unitedwayforsyth.com

CALL US FOR MORE INFO [\(480\)809-5361](tel:(480)809-5361)

COMMUNITY OUTREACH

PARTNERS IN BUILDING DRUG-FREE COMMUNITIES



Police Sector Report by Deputy Kevin Ferraro

FC Sheriff's Office and Avita Community Partners Team-up to Respond to Mental Health-related Calls



The Police Sector Report is a new column for the *Strategizer!* Deputy First Class Kevin Ferraro is our Forsyth County Drug Awareness Council Chair of the Law Enforcement Sector. He will report what activity has occurred over the month with Forsyth County Sheriff's Office's CIRT Unit. CIRT means Crisis Intervention Response Team.

According to Deputy Ferraro, "The CIRT is a single team, working 40 hours per week, but FCSO would like it to expand to three full-time teams. Beginning in 2020, this specialized unit was created by a partnership between the Forsyth County Sheriff's Office and Avita Community Partners. The unit's primary goals are to provide a technical response to citizens experiencing a mental health-related crisis, encourage connections between mental health consumers and local resource providers, and reduce the prevalence of mental illness in the Detention Center. The unit is partly funded by a grant from the Bureau of Justice Assistance's Justice and Mental Health Collaborative Program. The CIRT seeks to accomplish its goals by employing reactive and proactive methods."

"Three members currently make up our CIRT, Sgt. Terry Hawkins, Julie Zemke, and Josh Bell. Sgt. Hawkins is the team lead and has advanced training through courses like the GPSTC Crisis Intervention Team course and Mental Health First Aid. Sgt. Hawkins has been with FCSO for twenty years and is a member of the Hostage Negotiations Team and the Peer Support Team.

Julie Zemke is a Licensed Clinical Social Worker with Avita and works exclusively with FCSO as the CIRT

Julie Zemke is a Licensed Clinical Social Worker with Avita and works exclusively with FCSO as the CIRT clinician. Julie specializes in mental illness and substance abuse and is skilled in de-escalation. Julie can conduct on-scene assessments and advise on better outcomes for our citizens.

Josh Bell is a Certified Peer Specialist with Avita and works exclusively with FCSO. Josh seeks to assist Forsyth County citizens by linking them to local resource providers that may help with unmet needs, such as food and clothing, or coordinating appointments with mental health service professionals," Ferraro said.

"When FCSO receives mental health-related calls for service, Sgt Hawkins and Ms. Zemke often act as co-responders to those scenes, along with patrol deputies. CIRT will seek to de-escalate individuals experiencing a crisis and then advise on best practices to assist those persons in a way that caters to their unique situations. Examples of CIRT activities on scenes have included simply talking with people until emotional distress has subsided, setting up crisis plans with individuals and their families, setting up appointments with care providers, and occasionally involuntary commitment for an emergency examination.

When individuals are not in crisis but may live with the condition that puts them at risk of crisis, Mr. Bell can meet with them to advise and encourage them to maintain access to needed wellness resources," Deputy Ferraro informed *The Strategizer*.

STAT BOX FOR 2022

CIRT unit responded to 381 Mental health-related crisis calls. As a result of their response, only three people were jailed.

Over the year, the Certified Peer Specialist was able to interact with 687 citizens and provide mental health resources to help meet their needs.

Advocacy Efforts

Ensure the SAFE Banking Act does not pass!

What is it?

The Secure and Fair Enforcement (SAFE) Banking Act is the most recent attempt for Congress to grant marijuana businesses access to the banking system. It is vital that the SAFE Banking Act is not passed during the lame duck session of Congress. The SAFE Banking Act will make it easier for marijuana businesses to conduct business and exacerbate the negative consequences of marijuana proliferation, including increased traffic fatalities, youth use rates, ER visits and hospitalizations. Today, states are creating legal cannabis products containing as much as 99.9% THC concentration and marketing these products to children in the form of candies and cookies. The passage of the SAFE Banking Act will allow these operations to continue to expand. Additionally, the SAFE Banking Act will set a precedent to allow other federally illegal industries to gain access to the banking system.

What you can do?

Please send the sample letter below to your Congressional delegation (2 Senators and 1 member of the House of Representatives) raising concerns about the SAFE Banking Act and urging them not to pass this bill.

HOW TO DO IT

[Click Here](#) to send a message to your members of Congress. [Click Here](#) for the Sample Letter.

[Click Here and Ask Your Senators to Oppose SAFE Baking Act](#)





Donate Toys For Toys CHRISTMAS TOY DRIVE at THE CONNECTION

All Toys must be received by
December 16th!

DROP OFF UNWRAPPED TOYS AT:

**THE CONNECTION FORSYTH
608 VETERANS MEMORIAL BLVD.
CUMMING, GA**



MARK YOUR PARTY CALENDAR FOR THESE EVENTS FROM OUR PREVENTION PARTNERS AT THE CONNECTION!

Check out this event at The Connection **T**

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y
!**

Happy Holidays

Gratitude Drop In, Fellowship Among Friends
Thank You For Your Support

Bring Snacks to Share
(i.e. veggies, chips and dip, pretzels, pigs in a blanket, cheese and crackers, pizza rolls, etc.)

Friday, December 16, 2022
1:30 pm - 3:30 pm

The Connection
608 Veterans Memorial Blvd.
Cumming, GA

THE CONNECTION

THE CONNECTION

HOLIDAY PARTY

This is a family friendly event,
appropriate for all ages!

* 18 DEC *
 * 12PM-3PM *
FESTIVE KARAOKE
& COOKIE EXCHANGE!
 608 VETERANS MEMORIAL BLVD, CUMMING, GA 30040
 • BRING TWO DOZEN OF YOUR FAVORITE COOKIES TO EXCHANGE AND LEAVE WITH AN ASSORTMENT. •

THE CONNECTION
 Empowering WELLNESS through RECOVERY
Let's Celebrate!
DECEMBER 31 AT 9PM
 JOIN US FOR A SOBER SOCIAL EVENT!
 608 VETERANS MEMORIAL BLVD, CUMMING, GA 30040.
Pajama Party & Game Night
 HELP US RING IN THE NEW YEAR FROM 9PM-12AM.
 WITH PIZZA AND SPARKLING CIDER!

Harmony Grove Baptist Church Drug & Alcohol Awareness Breakfast Saturday, January 21



Harmony Grove Baptist Church Men's Brotherhood will host their 17th annual Drug and Alcohol Awareness Breakfast Saturday, January 21, at 8 a.m. The Church is located at 5470 Keith Bridge Rd, Cumming. The complimentary breakfast is back after a two-year COVID absence. A guest speaker will share their experience of being set free from addiction.

Community Education and Resources will be shared. If you or your organization would like an information table or if you want to attend the breakfast,

[CLICK HERE](#)

NEWS FOR YOU

Local News



FCDAC DRUG AWARENESS RESOURCE GUIDE

BIG THANK YOU to Rodney Woodard, who created our newest FCDAC Tool: Drug Awareness Resource Guide for Forsyth County! What's in the guide?

- Hotlines
- Detox
- Detox and treatment
- Inpatient
- Outpatient/ Counseling
- Counseling
- Long term Programs
- Local Support
- AA State
- AA Local Meetings

[Click Here for Resource Guide](#) on our website.

State News



Each year, thousands of stakeholders convene at [Rx Summit](#) with one mission: to create lasting, impactful solutions that will save lives. As we continue to be challenged by the increase of overdoses and deaths taking place throughout our communities, it could be easy to lose sight of hope. But by working together to share the most effective strategies for prevention, treatment, and recovery, we stay strong in our belief that we can, and we will put an end to this epidemic. The 2023 [Rx Summit agenda](#) is now available, featuring 95+ sessions across 9 focused tracks, including:

- [Advocacy](#)
- [Clinical](#)
- [Illicit Drugs](#)
- [Prevention - Overdose](#)
- [Prevention - Primary](#)
- [Public Safety](#)
- [Technology](#)
- [Treatment & Recovery](#)
- [Trending Topics](#)

[Register Here](#)

FCDAC will send five members to this important Rx Summit. They are Cindy Mills, Matt Meyer, Mike Cowan, Lindsey Simpson, and Adam Miller. These council members will provide reports on what they learned during future Council meetings and here in *The Strategizer!*

National News

New York man busted with 20K fentanyl pills released without bail

On November 13, 2022, [Greg Wehner](#) of *Fox News* reported on the apprehension of Manuel Pagan, 49, who was arrested by New York City Police at 2 p.m., Friday, November 11, and charged with criminal possession of a controlled substance after he was found with about 20,000 pills of fentanyl.

Wehner's article states, "According to the New York State Unified Court System website, Pagan faces two felony counts – one for criminal possession of narcotics with distribution intent, and the other for possessing more than 8 ounces of narcotics. The latter is considered a first-degree class-A felony, and the former is a class-B felony."



Court documents state the seized pills were multicolored, which authorities say are used to target younger people, according to a *New York Post* report.

The article continues, "In 2020, New York implemented criminal justice reform legislation, part of which eliminated cash bail for most non-violent felonies and misdemeanors. The *New York Post* reported that the city's Office of the Special Narcotics prosecutor overseeing the case requested Pagan be held on \$100,000 cash bail, or \$250,000 bond at his arraignment.

Instead, Manhattan Judge James Clyne released Pagan without bail."

Judge Clyne ordered supervised release for Pagan, which requires him to meet certain conditions like check-ins. Pagan is scheduled for a December 15 court date.

One-Fifth of Young Adults Have Tried Prescription Drugs Off-Script

"'Fentapills' are fake prescription pills that have flooded the market since about 2014," according to Song for Charlie. "Drug dealers are business people, and they follow the money. As long as there is a demand for Xanax, Oxycodone, Percocet, and the like, they will find the easiest, most profitable way to supply them."

Song for Charlie is a national family-run nonprofit charity dedicated to raising awareness about 'fentapills' — fake pills made of fentanyl.

"We partner with experts, educators, parents, and other influencers to reach the most vulnerable group: young people between the ages of 13-24," the group says.

Song for Charlie's programs highlight the emerging dangers of self-medication and casual drug use in the fentanyl era and encourage healthier strategies for coping with stress.

Song for Charlie

Fentanyl is involved in 79% of Gen Z drug deaths, higher than any other age group.

Fentanyl has changed the game. Fake 'fentapills' are everywhere. **You can't trust any pill you get online, on social media, or from a friend. Period.**



HOW MUCH DOES GEN Z KNOW ABOUT FENTANYL?

SONG FOR CHARLIE ASKED THEM.

**ONE
PILL
CAN
KILL**



Here are just two examples of what we found:

- Only 31% of teens said they know about fentanyl, but it's present in 75% of teen drug deaths
- And only 36% know that fentanyl is used to make fake pills

[VIEW REPORT](#)

DEA
DRUG ENFORCEMENT ADMINISTRATION

NO RANDOM PILLS!

Here is the bottom line: **You have to assume that any "prescription" pill you buy outside of normal channels is fake and possibly deadly.**

FYI

Teen's letter to Mom and Dad*

Dear Mom and Dad,

Please stick with me.

I can't think clearly right now because there is a rather substantial section of my prefrontal cortex missing. It's a fairly important chunk, something having to do with rational thought. You see, it won't be fully developed until I'm about 25. And from where I sit, 25 seems a long way off. But here's what I want my parents to know.

My brain is not yet fully developed.

It doesn't matter that I'm smart; even a perfect score on my math test doesn't insulate me from the normal developmental stages that we all go through. Judgment and intelligence are two completely distinct things. And the same thing that makes my brain wonderfully flexible, creative and sponge-like **also makes me impulsive**. Not necessarily reckless or negligent, but more impulsive than I will be later in life. **Please stick with me.**

So when you look at me like I have ten heads after I've done something "stupid" or failed to do something "smart," you're not really helping.

You adults respond to situations with your prefrontal cortex (rationally), but I am more inclined to react with my amygdala (emotionally). And when you ask, "What were you thinking?" the answer is I wasn't, at least not in the way you are.

You can blame me, or you can blame mother nature, but either way, it is what it is. At this point in my life, I get that you love me, but my friends are my everything. Please understand that. Right now, I have chosen my friends, but, don't be fooled, I am watching you. Carefully.

Please stick with me.

Here's what you can do for me

1. **Model adulting.** I see all the behaviors you are modeling and hear all the words you say. I may not listen, but I do hear you. I seem impervious to your advice, but your actions and words are penetrating. I promise. If you keep showing me the way, I will follow even if I detour many times

before we reach our destination.

2. Let me figure things out for myself. If you **allow me to experience the consequences** of my own actions, I will learn from them. Please give me a little bit of leash and let me know so I can figure things out for myself. The more I do, the more confidence and resilience I will develop.
3. Tell me about you. **I want you to tell me all the stories of the crazy things you did** as a teen and **what you learned from them**. Then could you give me the space to do the same?
4. Could you help me with perspective? **Keep reminding me of the big picture**. I will roll my eyes at you. I will let you know in no uncertain terms that you can't possibly understand any of what I'm going through. But I'm listening. I really am. It's hard for me to see anything beyond the weeds I am currently mired in. Help me scan out and focus on the long view. **Remind me that this moment will pass**.
5. **Keep me safe**. Please remind me that drugs and driving don't mix. Keep telling me that you will bail me out of any dangerous situation, no anger, no lectures, no questions asked. But also let me know over and over and over that you are there to listen when I need you.
6. Be kind. **I will learn kindness from you**, and if you are relentless in your kindness to me, someday, I will imitate that behavior. Don't ever mock me, please, and don't be cruel. Humor me-I think I know everything. You probably did as well at my age. Let it go.
7. Show interest in the things I enjoy. Some days I will choose to share my interests with you, and it will make me feel good if you validate those interests by at least acting interested.

One day when the haze of adolescence lifts, you will find a confident, strong, competent, kind adult where a surly teenager once stood. In the meantime, buckle up for the ride.

And, **Please stick with me**.

Love,
Your Teenager

.....

By [Helene Wingens](#)

["Grown and Flown,"](#) posted on: Mum Central @MumCentralAU · Community

On the Calendar



December

- National Drunk and Drugged Driving Prevention Month
- **GA Rx Drug Abuse Prevention Initiative Collaborative Mtg**

December 8, 10 AM-2 p.m. Norcross at the AC-HIDTA Training Center

- Central High School Thrifting

Extravaganza, December 12 and 13

- Connection Christmas Party and Cookie Exchange, Dec 18, Noon-3 p.m.
- Christmas, December 25
- Connection New Year's Eve PJ Party, December 31, 9 p.m.

January 2023

- Harmony Grove Baptist Church Drug & Alcohol Awareness

Breakfast,

Saturday, January 21, 8 a.m., 5470 Keith Bridge Rd, Cumming.

- **CADCA FORUM**, January 30- February 2, National Harbor, MD

February 2023

- Substance Abuse Prevention Day Georgia Capitol, February 23, 2023, Join Voices 4 Prevention [HERE](#).

