



## FCDAC STRATEGIZER

Leading the way to a healthier Forsyth County

Receive the Newsletter

January 2022 Volume 1 Issue 9



NEW YEAR  
NEW START

### COUNCIL NEWS

## Mitch's Memo



Mitch Durdle,  
Interim  
Director of  
FCDAC

The  
January  
Council  
Meeting at

### FCDAC MISSION STATEMENT: EDUCATE, ADVOCATE, and EMPOWER

FCDAC'S MISSION Is To EDUCATE, ADVOCATE, and EMPOWER the community to prevent substance abuse across the lifespan in Forsyth County, Georgia.

Forsyth Fights Back is FCDAC's response to the Drug Abuse and Opioid Crisis.

Forsyth Fights Back is an ACTION initiative by our Council's new subcommittee,  
**Community Outreach**

Meeting at FullCircle, scheduled for January 19 has been



**POSTPONED** due to the spike in COVID cases in the community and the state of Georgia.

Instead of our regular monthly meeting, I will be conducting three separate conference calls for each of the three new action subcommittees. The committees are Youth, Parents, and Community Outreach.

As the name **ACTION** indicates, these subcommittees will focus on serving or participating in a community-sponsored activities or outreach. These committees will help FCDAC become more widely known as a recognized drug abuse prevention education resource.

If you are interested in coming on board with one of our three Action Subcommittees, please [Click Here.](#)

**The NEXT FCDAC Meeting will be Wednesday, February 2, 8-9 AM at the United Way offices both in PERSON and VIRTUAL.**

- **ALERT** our Forsyth County Community about FCDAC's mission and
- **Make available** Deterra Drug Deactivation Pouches to residents **by partnering** with as many Forsyth County businesses, civic and community organizations as possible.

Our goal is to provide people with a safe and effective way to empty their medicine cabinets of all unused and unneeded prescription drugs. According to *Get Smart about Drugs*, a DEA website, "Many teens obtain prescription drugs from their family or friends. Teens find **prescription drugs and OTC drugs in their home medicine cabinet or on a kitchen shelf.** For persons aged 12 or older who misused a prescription pain reliever in the past year:

- 51.3% who misused pain relievers in the past year obtained the pain relievers the last time from a friend or relative.
- 34.7% received their pain reliever through a prescription from one doctor.
- 6.5% bought the last pain reliever they misused from a drug dealer or stranger."

To read the entire article, "**Teens and Rx Meds: What You Need to Know,**" [CLICK HERE](#)

"This Council initiative is a continuation of the summer project of our Youth Sector Leader, **Vinayak Menon** who established our relationship with **Safe Project**, a national non-profit initiative tackling drug addiction. Through their campaign, "Gone for Good," they work with community partners who distribute the **Deterra Drug Deactivation Systems,**" Durdle said. The large pouch can destroy 90 pills using tap water to mix with the carbon inside the pouch to deactivate the drugs effectively and they are environmentally safe," he said.

**JOIN OUR COMMUNITY ACTION SUBCOMMITTEES FOR:**

**Youth  
Parents  
Community Outreach**

At the last Council Meeting, our Council Members recognized that FCDAC was entering a new stage of development and growth. **We want to be known by the community as a resource for preventing drug abuse and providing information to combat it.** To have a more significant impact on the community, we needed to make our presence in the community more visible. "**If we want to increase our recognition in the community, we must put our logo before the public,**" said Director Mitch.



Three action subcommittees are beginning, and we need you to be a part of



them. Under Director Mitch and Councilmembers Sarah Pedarre and Susan Tanner, the **Community Outreach Subcommittee** initiated its first action: hosting an FCDAC booth at the 5K races sponsored by North Georgia Running Company. (See Jingle Jog and Santa Shuffle articles below.)

## Community Outreach Subcommittee Action



## FCDAC HOSTS BOOTH AT JINGLE JOG 5K & FUN RUN December 11

The annual **Jingle Jog 5K & Fun Run** sponsored by North Georgia Running Company Store owned by Alex and Stephanie Rodriguez was held at The Halcyon on December 11, 2021. The proceeds from this event went to support the **Forsyth County Community Connection, FCCC's Child & Family Welfare Collaborative**). FCCC's work supports foster children and their families. Sarah Pedarre, Executive Director of FCCC and FCDAC Council Member, arranged FCDAC Booth's placement at the event. Thanks, Alex and Stephanie Rodriguez, for allowing FCDAC to set up a booth where Mitch and volunteers handed out water to runners and information about our Council and, importantly, made available the Deterra Drug Deactivation pouches.



Council Member Susan Tanner, Tori Schreiner, Alex Martinez, Director, Mitch Durdle at the FCDAC Jingle Jog Booth

"Our presence at Jingle Jog and other community events is a part of FCDAC's project, **FORSYTH FIGHTS BACK**," said Mitch Durdle, Interim Director of Forsyth County Drug Awareness Council.

We plan to do the same at other future races.

North Georgia Running Company store is located at 5485 Bethelview Road, Cumming.

## Santa Shuffle



FCDAC'S BOOTH at

## Road Race Increases Awareness!

This year's Santa Shuffle 5K race benefited TACA (Talk About Curing Autism). This race supported our local autism organization. TACA's goal is to

#cleartheair

# IT DOESN'T NEED TO BE LIFE- THREATENING TO BE LIFE-CHANGING

Marijuana use may not end a life, but frequent use  
can adversely damage a life.

our local autism organization. My hope is to provide education, support, and information to parents to help their children diagnosed with autism be the very best they can be, with the hope of recovery. The race start and finish were at Shiloh Point Elementary School.



Manning the FCDAC Booth: Sean Sass and Mitch Durdle. They handed out flyers about FCDAC.

## ACE's Committee

Sarah Pedarre is Chairwoman of the ACEs Committee and Civic and Volunteer Organization Sector Leader. Other members of the ACEs Committee include LouAnn Altshuler (retired psychotherapist, Al-Anon), Angela Dikes (Baldrige Lodge), Lindsey Simpson (Forsyth County Schools), Margaret Dawes (Department of Children's Services), and Kirsten Banks (Licensed Professional Counselor Therapeutic Recovery Network).

ACEs stands for Adverse Childhood Experiences. "Nearly half of all U.S. children are exposed to at least one adverse childhood experience (ACEs), such as abuse, neglect, incarceration of a family member, substance use in the home, divorce, or domestic violence. Potential long-term impacts of ACEs can include serious mental illness, health problems, unemployment, and addiction—particularly to opioids," according to the Center for the Application of Prevention Technologies. ([Click Here for more](#))

Founding Chair of the Committee, LouAnn Altshuler, said, "One of the most critical problems we face is a lack of knowledge about the impact of childhood events on the developing brain and how to minimize the impact. Many parents and caregivers want to develop their ability to foster resilience in their children, and our committee will work to create the means of providing this knowledge and skill-set to them."

Members of the Committee have made presentations in the community. On Tuesday, January 4, Sarah Pedarre presented "ACEs/Connections Matter" to all East High Schools' teaching staff. LouAnn Altshuler has presented ACEs programs to Al-Anon and the RSAT Program at the Forsyth County Jail's men and women's groups.

"Many of our FCDAC ACEs committee members also are members of CSAP (Children Sexual Abuse Prevention,) and we will meet with CSAP on the 3rd Thursday at noon. I met with Dr. Bennett (director of Student Support Department with the school system,) and we are looking into how we can set up monthly training for school staff AND parents." Pedarre said. "We look forward to educating the Forsyth County

training for school staff and parents," Pedarre said. "We look forward to educating the Forsyth County Community at every opportunity."



**Sarah Pedarre, Executive Director Forsyth County Community Connection and Chair of FCDAC's ACEs Committee (Adverse Childhood Events) and joined FCDAC in July 2017.**

Sarah's background is in community relations, fundraising, event planning, and children and

family services. She became the Executive Director of Forsyth County Community Connection in 2017. Before that, she worked for 11 years for the YMCA building their family programming and community outreach.

As Executive Director, Sarah has worked to support foster care, and she relaunched the Coalition to Prevent Child Sexual Abuse. She brings nonprofits together to reduce replication of services and tirelessly brings the right people to the table to fill any identified gaps in children and family services in our county. She is a certified trainer for "Darkness to Light's Stewards of Children," training adults to prevent child sexual abuse, and "Connections Matter," an ACEs and trauma program training adults to help mitigate negative outcomes for children.

Sarah comes from a big family; she has six siblings who have produced 23 grandchildren for their parents. Marrying Herb, who already had three daughters and then having a son & daughter of their own, Sarah is the mother of five and already has four grandchildren, putting the FUN in dysfunctional every day. Sarah's youngest daughter unexpectedly passed away in June 2020, which only drives Sarah to work harder for children and families in our community.



**Forsyth County Community Connection, FCCC,** is a collaborative organization that links businesses, agencies, and citizens together for the betterment of children.

## Our Vision

We envision a Georgia where all children are healthy, primed for school, and succeed when they get there; where families are stable, self-sufficient, and productive; and where communities are vibrant, robust, and thriving.

## Our Mission

Our mission is to facilitate collaboration among community members (families, public, private, human services agencies, businesses, faith communities, schools, civic organizations, and government) by assessing community resources and needs. Developing plans to build on strengths and address needs, working together to implement those plans, and assessing the effectiveness of that work.

## New Grant Award

**"FCCC is part of a regional grant (\$100,000) with Wellroot and Resilient Ga to bring community training to NE Georgia. Our goal is to train 900 people in 2 years!**

## CONGRATULATIONS TO FCCC AND SARAH!

FCCC is located at [133 Samaritan Drive Cumming, GA 30040-2396](#)

## YOUTH NEWS

## Youth Council Plans Collaborative Community

# Youth Training Summit

## 2022 THE TRUTH BEHIND E-CIGARETTES: A EDUCATIONAL YOUTH SUMMIT

Join us to learn more about the dangers of e-cigarettes, leadership skills, and building campaign material against e-cigarettes on January 22nd! Lunch will be provided. Middle schoolers and high schoolers are welcome. Registration will be capped at the first 40 people.

**JANUARY 22ND 2022  
10 AM -2:30 PM**

UNITED WAY BUILDING  
240 ELM STREET  
CUMMING, GA 30040

### ERIKA LOPEZ GIL

Current Chronic Disease & Health Promotion  
Coordinator for District #2 with the GA Department of  
Public Health

### RACHEL MATTON

Program Coordinator for the Georgia Prevention Project

### FORSYTH COUNTY DRUG AWARENESS YOUTH COUNCIL

Saasha Kapoor and Vinayak Menon are the youth  
council officers for the Forsyth County Drug Awareness  
Council who will be guiding the youth throughout this  
summit.

REGISTRATION CLOSSES  
JAN 15TH.



**Saasha  
Kapoor,  
FCDAC  
Youth  
Council**

President, is hosting a Collaborative Community Youth Training Event with GA Prevention Project and GA Public Health District 2, entitled,

## THE TRUTH BEHIND E-CIGARETTES: AN EDUCATIONAL YOUTH SUMMIT.

The event takes place on January 22 from 10 -2:30 pm at the United Way Offices, 240 Elm Street, Cumming, GA.

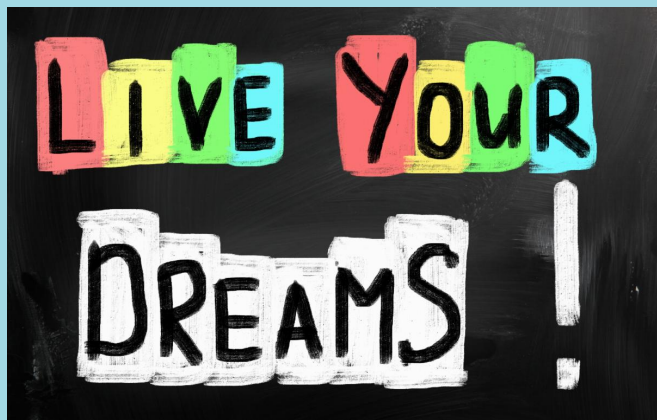
Working with Erica Lopez-Gil from Public Health and Rachel Matton from GA Prevention Project, this 4.5-hour workshop's goal will be youth education on the dangers of e-cigarettes and equipping these students to take the message back to their peers. "The youth have been sold lots of misinformation on vaping, and FCDAC Youth Council, wants to change that," said Saasha Kapoor, FCDAC Youth Council President.

"Rachel Matton, GA Prevention Project, will begin the Summit by providing training on the dangers of e-cigarettes," Saasha said. "Then a team from the Department of Public Health will provide leadership training, and FCDAC Youth will lead participants in a campaign poster building project demonstrating their new knowledge on the dangers of e-cigarettes. The total 4.5 hours summit will include lunch, t-shirts, and materials provided by Public Health. I am excited to see the turnout for the event!" she said.

Approximately 40 young people will take part in the training event.

## The Future Begins Today

by Dana Bryan



FUTURE was the last word of my article for December's *Strategizer*. January is an appropriate time to think about our future, and these thoughts often lead to setting goals in the form of resolutions. I begin by recognizing the connection between our FUTURE and our past. **Today was once our future**, and our accomplishments directly relate to the choices and goals we set in our past. This is true in all areas of our lives, whether we analyze our personal, academic, or professional lives. Mistakes can have positive outcomes if we learn from them. Our mistakes can serve as powerful reminders when making future decisions. Many

years ago, one of my middle school students said, **"The only bad mistakes are those we don't learn from."** A profound truth to be learned and understood by someone so young. I have always remembered the truth in this statement, and I hope she has also.

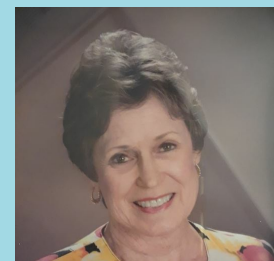
Having a purpose gives meaning to our lives, and **dreams** are vital at any age, especially for young people. Unless goals are set, dreams might remain imaginary vapors. It is productive to have plans in which a series of short-term goals are more readily attainable and lay the path for making our dream happen. For example, a student might set the goal of making an "A" in a subject or on a particular test. The student's desire must be followed by the question, "What do I need to do or what changes do I need to make to achieve this goal?" When a goal is analyzed and broken down, it can seem less overwhelming and is more likely to be accomplished. Dreams can be altered, adapted, and refined along the way, with appropriate adjustments in the smaller steps needed to achieve them.

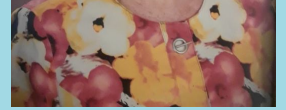
So what's your dream? January is a great month to put your plans in motion. Some inspirational speakers and dreamers say we should write down our dreams and begin the process of breaking them down into a series of long and short-term goals. Putting them down on paper is a strategy that can help keep us on track and motivated. "Seeing yourself" living the dream is another motivational strategy, along with developing good work habits, skills and celebrating each short-term success. Although bad habits are hard to break, good habits are also hard to break when accompanied by determination. What are you waiting for?

**Start to LIVE YOUR DREAMS in 2022!**

**DANA BRYAN, CHAIR OF PARENTS SECTOR**

Dana is a retired middle school teacher and member of FCDAC. Through her personal loss of her daughter to drug experimentation, Dana is now devoted to 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!





# JANUARY IS HUMAN TRAFFICKING AWARENESS MONTH

**JANUARY**  
HUMAN TRAFFICKING AWARENESS MONTH

**Children account for about one third of the detected victims of trafficking.**

(UNODC GLOTIP 2020)

WHY | FIGHT



## AG Carr Recognizes Human Trafficking Awareness Month

Attorney General Chris Carr is encouraging all Georgians to join in recognizing **January as Human Trafficking Awareness Month**. Throughout the month, the Office of the Attorney General will share information and resources to help support victims and ultimately raise awareness of the state's ongoing efforts to combat human trafficking in Georgia.

"Our Human Trafficking Prosecution Unit works vigorously to rescue victims and put buyers and traffickers behind bars," said Carr. **We would encourage all Georgians to take this month to learn more about human trafficking and what you can do to help end this criminal industry here in Georgia.**"

Formed in 2019, the Attorney General's Human Trafficking Prosecution Unit works closely with local, state, and federal law enforcement officials to investigate and prosecute human trafficking cases. In 2021 alone, the Unit initiated 25 cases, arrested 9 individuals, investigated and prosecuted 51 defendants, and rescued and assisted 107 victims. The most recent highlight includes:

- On Jan. 7, 2022, Carr announced the indictment of one individual in Gwinnett County for Trafficking of Persons for Sexual Servitude. This indictment followed the successful completion of an undercover operation conducted by the Gwinnett County Sheriff's Office Trafficking and Child Exploitation Unit with assistance from the Office of the Attorney General's Human Trafficking Prosecution Unit.

**JANUARY**  
HUMAN TRAFFICKING AWARENESS MONTH

**Child sex trafficking has been reported in all 50 U.S. States.**

(NCMEC)

WHY | FIGHT



## Human Trafficking Red Flags\*

- Youth has a runaway history or is homeless.
- Youth is involved with juvenile court (criminal trespassing, shoplifting, false name, substance abuse, etc).
- Youth has a substance abuse issues.
- Youth has school problems (truancy, suspension).
- Youth has unexplained money.
- Youth has hair and nails done and cannot

## National or Statewide Human Trafficking Hotline Phone Numbers\*

- If you suspect human trafficking, call the National Human Trafficking Hotline toll free at (888) 373-7888.
- To report suspected human trafficking in



- Youth has hair and nails done and cannot explain how he/she had the resources to get those things done.
- Youth has an open DFCS case.
- Youth is with a significantly older boyfriend/companion or other non-family member.
- Unexplained physical trauma: bruises, black eye, cuts or other marks.
- Unexplained emotional trauma: fear, anxiety, depression, tension, nervousness.
- Youth is traveling with older person that is a non-family member and/or not a guardian.
- Youth has special marked tattoos or branding on his/her body.
- Youth has possession of prepaid credit cards, hotel keys/receipts.
- Youth has no identification or is not in control of the identification documents.
- Youth provides conflicting personal information to law enforcement.
- Youth is dressed inappropriately, i.e., not weather appropriate, revealing, etc.
- Youth avoids eye contact.

\*Office of the Attorney General Carr, State of GA

- ○

- To report suspected human trafficking in Georgia, call the Statewide 24-Hour Human Trafficking Hotline at (866) 363-4842.
- If you have reason to believe that a victim is in imminent danger, call 911 or your local law enforcement to make a report.
- For more information on how to get help for both national and foreign-born victims of human trafficking, please visit [www.endhtga.org](http://www.endhtga.org).

\*Office of the Attorney General Carr, State of GA

**JANUARY**

HUMAN TRAFFICKING AWARENESS MONTH

**The United States remains one of the largest producers and consumers of child abuse content in the world.**

(Thorn)

WHY I FIGHT

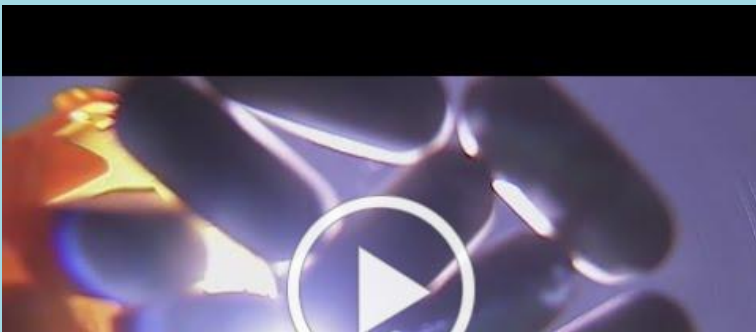
**OER**  
OPERATION UNDERGROUND RAILROAD

## State News

### OPIOID CRISES INTENSIFIES

Fox News Channel 5 reported on November 30, 2021, the first in-person meeting of the Opioid State Task Force at Kennesaw State University, citing the depression and isolation caused by the pandemic as causal factors in the increased use of opioids.

It called for the collaboration between public health, public safety, and the judicial systems. "Together, we can beat it," stated Marietta Police Chief Dan Flynn at the meeting.





**Georgia Prescription Drug Abuse Prevention Initiative Collaborative  
(GPDAPIC) Presents  
"GPS for SUCCESS"**

**FREE Training: Shift the Conversation  
January 18<sup>th</sup>  
via Zoom from 10:00 a.m. - 12:00 p.m.**

**"GPS for SUCCESS" program is a valuable resource/tool designed to be implemented in your county school system or with any school-aged children grades 1-12.**

### **Training: Shift the Conversation**

The training is an introduction to the GPS for SUCCESS, a prevention-based program used in many schools and communities nationwide that utilizes Social-Emotional Intelligence created by My Life My Power Institute. We don't talk about drugs... we aim to "shift the conversation" and create a new focus. We strive to motivate and inspire youth on what is possible using our 5 core principles:

**Vision, Mission, Purpose, Team, and Commitment.**

We are a fully digital program for grades 1-12 that is easily implemented and designed to be 5 weeks in length but we customize for every program or organization. We offer virtual or in-person training for educators and law enforcement sponsored by HIDTA (High-Intensity Drug Trafficking Areas) and use a "train the trainer" model. Therefore, anyone can "teach" GPS for SUCCESS in a small class setting or school-wide.

### **Training Resources**

[GPS for Success - Program Information](#)  
[What is GPS for SUCCESS - Talking Points](#)  
[GPS for SUCCESS program - Logic Model](#)  
[MLMP & GPS for SUCCESS - Concept Map](#)

**[CLICK HERE TO REGISTER FOR THE FREE TRAINING](#)**



**Presenter: Jennifer S. Kramer, M.Ed.**

Jennifer S. Kramer, M.Ed. has been an educator for over 23. She attended FCDAC November Council Meeting when Major General Price addressed us. Currently, Jennifer is a Co-Founder and serves as the Superintendent of My Life My Power International (MLMPI) Prep Academy. She also serves as COO of My Life My Power (MLMP) non-profit. She has developed multiple Social Emotional Learning (SEL) education and prevention-based programs for grades 1-12 in various disciplines.

prevention-based programs for grades 1-12 in various disciplines.

For the past four years, Jennifer has participated in the National Educator Summit & National Mentorship Summit in Washington DC to discuss the importance of **Social Emotional Learning Curriculum** in the United States.

Lastly, Jennifer serves as the **Prevention Director for the Atlanta Carolinas-High Intensity Drug Trafficking Areas (AC-HIDTA)** funded by the Office Of National Drug Control Policy (ONDCP) project in which MLMP is providing their GPS for SUCCESS program and training to educators, military, and law enforcement in over 18 states. Come, and learn about this exciting program.

**Please RSVP in advance for the training.**

**When: January 18, 2022, at 10:00 AM Eastern Time**

**[CLICK HERE TO REGISTER FOR THE TRAINING](#)**

**A Message from our partner in prevention,  
John Bringuel,  
Prevention / Intervention Program Manager  
The Council on Alcohol and Drugs**



All Rx Drug Abuse Prevention Collaborative Members,

I want to share some valuable information to utilize in your work and share with others. The information comes from The Council on Alcohol and Drugs' *Drug Free Workplace* newsletter.

**Overdose**

Based on information gathered from numerous agencies and organizations nationwide, including law enforcement, emergency medical services, hospitals, and others, **every state in the U.S. has reported an increase in overdose deaths since the COVID pandemic began.** COVID has indeed made America's drug overdose epidemic much worse.

The drugs causing overdose deaths are **fentanyl, methamphetamine, and cocaine, but prescription drugs and heroin** overdoses also remain incredibly high.

**Accidental Overdose or Suicide?**

Medical professionals are beginning to ask what percentage of these overdose deaths are accidental and how many might be **hidden suicides**. We do know that from 1999-2014 the rate of opioid-related suicide deaths doubled, and it surmises that the stress caused by the pandemic has led to an increase in intentional overdoses over the past two years.

A study published in the **Recovery Research Institute** shed some light on the issue. Researchers discovered some differences between self-inflicted drug overdose deaths and unintentional drug overdose deaths. The

study reports that **self-inflicted overdoses were more likely to involve anti-depressants** as a contributing cause of death and more likely to involve a **prescription dispensed in the weeks before death**, suggesting potential contact with the health care system in the weeks/months leading up to death. This fact highlights for medical practitioners the need for better patient access to counseling and psychosocial support along with medical treatment.

The Georgia Department of Behavioral Health and Developmental Disabilities has launched a **new website, Prevent Suicide GA**. The website promotes awareness, provides information, and offers resources for the prevention of suicide in Georgia.

The website includes:

- Information about suicide
- Initiatives of the Suicide Prevention Program
- Suicide Prevention events in Georgia
- Prevention materials published by the Suicide Prevention Program
- Ways communities can work together to prevent suicide
- A Find Help page to help access mental health, addiction, and crisis resources

We hope [Prevent Suicide GA](#) will be a tool to help you reach the goal of NO SUICIDES. Please visit and use it to promote awareness. Think about how you can encourage open and honest conversations with it and offer resources to provide meaningful support to those who need it most. If you experience any thoughts about suicide, call the [Suicide Prevention Lifeline at 1-800-273-8255](#).

### Preventing Overdose Deaths

We all can take actions to help prevent intentional and unintentional overdose deaths. It begins with **treating those suffering from chronic emotional and physical pain with compassion and dignity without dismissing their need for mental help** and/or medical management of their therapy. But more than just showing concern and understanding, we must consider the realities, experiences, and perspectives of those at risk of overdose.

We also must **acknowledge health disparities** in all aspects of healthcare as a form of stigma—racial and other biases, language differences, gender, economic disparities, and other factors create barriers to care for chronic pain, substance use disorder, and mental illness.

Nationwide, we must work to **expand access to evidence-based treatment** to reduce barriers to medications to treat substance use disorders, including medications to treat opioid use disorder and we should pass new laws to ensure that money from opioid-related lawsuits is used to fund public health prevention and treatment efforts.

On a personal level, we should **never hesitate to call 911** in the event of an overdose. 911 Good Samaritan laws vary across the U.S. but each one is written with the goal of reducing barriers to calling 911 in the event of an overdose.

The first and most important step to take in saving the life of a person who is overdosing is to get them breathing again. If naloxone is not available, then CPR training is so valuable. If you are trained and comfortable doing so, you can do rescue breathing and/or chest compressions until the person overdosing wakes up. Rescue breathing and chest compressions, even with a breathing mask, may carry a risk for COVID-19 transmission, however, these techniques when correctly done can save lives, particularly if naloxone is not available.

**Abuse** of these opioid-based drugs can lead to dizziness, sedation, weakness, sweating, and more. One high dose of an opioid drug can depress breathing and lead to coma, or death. Abruptly stopping opioid use can lead to withdrawal symptoms—including restlessness, vomiting, diarrhea, pain, and chills. Safe storage of these controlled medications is especially important, as they can be extremely dangerous if taken when not prescribed or not as prescribed.

You should dispose of all unused or expired prescription medicine as soon as possible. The timely disposal of prescription drugs can reduce the risk of others taking the medication accidentally or **misusing** the medicine intentionally. DEA hosts a National Rx Drug **Take Back Day** two times a year. There are also over 250 permanent drug disposal sites. You can access a list of [drug disposal sites here](#).

(FCDAC has available **Deterra Drug Deactivation Pouches for distribution** to any of our partners or Forsyth County businesses or civic organizations who would like to display and pass on to the public.)

### Prescription Drug Addiction

Anyone who takes prescription opioids can become **addicted** to them. Opioid use disorder (OUD), often

referred to as “opioid addiction,” occurs when attempts to cut down or control opioid use are unsuccessful, or when use results in a failure to fulfill obligations at work, school, and home. To avoid prescription drug **addiction**, the Centers for Disease Control (CDC) recommends talking to your doctor about ways to manage your pain that do not involve prescription opioids.

If opioid-based drugs are the only option available for pain treatment, **talk to your doctor** about your medical and mental health history, current medications, and if you or anyone in your family has a history of substance **misuse** or **addiction**. Take opioids only as prescribed. Also, ask about the serious side effects (like excessive sleepiness or craving more of the medication) so you and your family know when to call a doctor or go to the hospital.

Thank you for reading, and please feel free to share with your network and learn more about Rx Drug Misuse, Abuse, Addiction, and Overdose [Click Here](#).

John Bringuel

## GA Public Health Opioid Response

The Bad News: From 2010 to 2020, the total number of opioid-related overdose deaths in Georgia increased by 207%. In October 2017, HHS declared the opioid crisis a national public health emergency. In 2020, 67% of drug overdose deaths in Georgia were related to opioids—1,309 total. Stimulant-related overdoses have also been increasing in Georgia; the number of stimulant-related overdose deaths rose 546% from 2010 to 2020. In 2020, 996 deaths involved stimulants, representing 51% of all overdose deaths.\*

\*Source: Georgia Department of Public Health [Click Here for More](#).

For further related data, visit GA DPH [Drug Surveillance Unit](#).

**GA Public Health Mission:** To implement a sustainable, collaborative and multi-disciplinary approach to Georgia's opioid and substance misuse crisis.

Collaborating with the CDC's Rx Awareness campaign, these short videos tell the stories of Georgians whose lives were impacted by prescription opioids.

Prescription opioids can be addictive and dangerous—view real-life stories of those who have climbed out of opioid addiction into the light of recovery.





## ADVOCACY DAYS AT GEORGIA STATE CAPITOL COMING

### SUBSTANCE ABUSE **PREVENTION DAY** *at the GA Capitol*

LEARN MORE

**FEBRUARY 24, 2022**  
**GEORGIA STATE CAPITOL**

### SUICIDE PREVENTION **ADVOCACY DAY** *at the GA Capitol*

MARCH 30, 2022

LEARN MORE

**March 30, 2022**  
**GEORGIA STATE CAPITOL**

remaining!"

## TIPS FOR GOING TO THE CAPITOL TO MEET WITH YOUR REPRESENTATIVES IN THE SENATE AND HOUSE

Do your homework! Know who represents your district and know what they look like. Address them with their title, Senator (Last Name) or Representative (Last Name). Know the difference between types of Advocacy. **Direct lobbying** tells the representatives to vote yes or no on particular pieces of legislation. If you are a 501 3C, you may not do direct lobbying. What you can do is **Policy Education**. Educate using facts and statistics about health behaviors and choices. Show the data on the research conducted: the impact and policy alternatives. **Give both sides of the issue demonstrating a balanced view and avoid express calls to vote a particular way.**

- Make an appointment with your Senator or Representative.
- Prepare a 1-2 minute "elevator speech" explaining what you want and why you want it. Narrow what you say to a specific point of concern for your community. You can leave Fact Sheets that contain more information and data to educate.
- Be personable, letting them know where you live in their district and the organization's location in the district.
- Remain calm and positive
- Leave a business card so that their office can contact you if they want more information.
- Be brief; respect their time and thank them.
- Send a Thank you note.

## V4P (Voices for Prevention)

V4P's (Voices for Prevention) mission is to build a unified, statewide voice for substance abuse prevention and suicide prevention by collaborating with a diverse group of individuals and organizations with an interest in and a commitment to substance abuse prevention and suicide prevention. This mission is being accomplished by advocating for and educating about substance abuse prevention, suicide prevention and related issues. V4P hosts a meeting and networking event prior to going to the Capitol to meet your legislators. Join us, there is strength in numbers.

## V4P Free Membership Form

Voices of Prevention encourages you to become a member to gain exclusive information about the latest webinars, networking events, newsletters, and advocacy calls. Register now to become a member of Voices for Prevention by [Clicking Here](#).

## NATIONAL NEWS

### ONE PILL KILLS

#### Facts About Counterfeit Pills

- Criminal drug networks are mass-producing fake pills and falsely marketing them as legitimate prescription pills to deceive the American public.
- Counterfeit pills are easy to purchase, widely available, often contain fentanyl or methamphetamine, and can be deadly.
- Fake prescription pills are easily accessible and often sold on social media and e-commerce platforms, making them available to anyone with a smartphone, including minors.
- Many counterfeit pills are made to look like prescription opioids such as oxycodone (Oxycontin®, Percocet®), hydrocodone (Vicodin®), and alprazolam (Xanax®); or stimulants like amphetamines (Adderall®).

FAKE PRESCRIPTION PILLS • WIDELY AVAILABLE • INCREASINGLY LETHAL

DEA LAB TESTING REVEALS THAT  
**4** OUT OF EVERY **10** PILLS

WITH FENTANYL CONTAIN A POTENTIALLY

**LETHAL DOSE**



Counterfeit pills often contain fentanyl and are more lethal than ever before

## Survey: Adolescent Drug Use Dropped Significantly in 2021

The percentage of adolescents who report using drugs dropped in 2021, according to the latest Monitoring the Future survey.\*

This survey, given each year to eighth, 10th, and 12th graders nationwide, is conducted by researchers at the University of Michigan and funded by the National Institute on Drug Abuse (NIDA). Students are asked about their substance misuse and attitudes towards drugs.

"We have never seen such dramatic decreases in drug use among teens in just a one-year period. These data are unprecedented and highlight one unexpected potential consequence of the COVID-19 pandemic, which caused seismic shifts in the day-to-day lives of adolescents," said NIDA Director Dr. Nora Volkow. "Moving forward, it will be crucial to identify the pivotal elements of this past year that contributed to decreased drug use – whether related to drug availability, family involvement, differences in peer pressure, or other factors – and harness them to inform future prevention efforts."

\*Reported December 15, 2021 on DEA Resource, *Get Smart About Drugs*

[Read more on NIDA's site.](#)

## FYI

### National Law Enforcement Appreciation Day January 9

**Thank a Police Officer for their Service!**

Special thanks to our own FCDAC Council Member and Law Enforcement Sector Leader, **Deputy Kevin Ferraro** of the Forsyth County Sheriff's Office Community Relations Unit.

### History of National Law Enforcement Appreciation Day\*

For a while, the United States' idea of law enforcement was fairly loose. The Wild West was, well, wild. And most states and cities didn't consider emergency services like firefighters and police officers necessary until much later than most would think. In the mid-1800s, most law enforcement was carried out in the form of posse comitatus, where the sheriff and a posse of volunteers and deputies (much like the stereotypical Westerns of the 1960s) would enforce laws rather than a centralized police force.





Once the 20th century rolled around, most larger cities, counties, and states had developed a centralized police or sheriff's department. In doing so, most of the country slowly started to see a reduction in the "Wild West" and a more tame and domesticated America, despite many of the newly formed local authorities needing to pick sides in a rise of unionizing laborers going on strike.

Whether it's civil unrest, labor strikes, huge sporting events, or just helping a cat get down from a tree, law enforcement officers are a critical part of our lives, woven into the everyday fabric of living in America. They keep our neighborhoods safe and help ensure that you can do whatever you need to do with peace of mind.

National Law Enforcement Appreciation Day, created in 2015 by multiple organizations, expresses their gratitude for officers in the United States. In support of their services, citizens are encouraged to do their part in thanking the law enforcers on this day. One of the leading organizations in this effort is C.O.P.S – Concerns of Police Survivors. They say law enforcement officers should be recognized for the difficult career path they have chosen by the people they protect and uphold the law.

A chain of events in 2014 triggered this holiday when a police officer was involved in a crossfire shooting in Missouri. The backlash and violence that followed this event led C.O.P.S to take the initiative to change this negative portrayal of police officers in the news in recent years into a positive one. With over 900,000 officers in the United States, the organization believes it is essential to support law enforcers during difficult times, and a holiday dedicated to them does just that. The day also raises awareness on the importance of understanding that the difficult decisions taken by police officers are in the best interest of citizens and the law.

\*This article was published on the [National ToDay website](#).

---

## DO YOU WORK WITH TEENS AND YOUNG ADULTS? LOOK AT THIS RESOURCE

### National Drug and Alcohol Facts Week®



Linking teens to facts that SHATTER THE MYTHS® about drugs and drug use.

---

*National Drug & Alcohol Facts Week®* will be held  
March 21-27, 2022.

Register your event.

Register your Event

## ON THE CALENDAR

### JANUARY

- FCDAC Monthly Meeting **JANUARY 19 POSTPONED**
- National Law Enforcement Appreciation Day January 9
- National Human Trafficking Awareness Day January 11
- Georgia Prescription Drug Abuse Prevention Initiative Collaborative (GPDAPIC) **FREE** training via Zoom from **10:00 a.m. - 12:00 p.m. January 18** [Register Here](#)
- National Center on Substance Abuse and Child Welfare (NCSACW) Webinar January 19, 2:30 pm **FREE**, sponsored by SAMHSA [Register Here](#)
- Celebration of LIFE Day January 22
- Question, Persuade, and Refer or QPR Learn how to help prevent SUICIDE at this **FREE** Training January 27, 1-3 p.m. [Register Here](#)

### FEBRUARY

- **Suicide Prevention Advocacy Day**, Georgia Capitol, February 10, 2022
- St. Valentine's Day February 14
- **Free Webinar 1 hour seminar** Facing Fentanyl: Creating Lifesaving Communications Strategies February 15. 1 p.m. sponsored by Rescue The Behavior Change Agency [Info & Registration Here](#)
- Substance Abuse Prevention Day, Georgia Capitol, February 24, 2022

