



The FCDAC STRATEGIZER

Leading the way to a healthier Forsyth
County

November 2021 Volume 1 Issue 7

Receive the Newsletter



WELCOME

Major General Barrye L. Price,
President and CEO CADCA

November Council Meeting
Guest Speaker

FCDAC'S November 3rd meeting had the great honor of welcoming and hearing from Major General Barrye L. Price, President and CEO of CADCA.

CADCA, Community Anti-Drug Coalitions of America, **Mission** is to strengthen the capacity of community coalitions to create and maintain safe, healthy and drug-free communities globally. This is accomplished by providing technical assistance and training, public policy advocacy, media strategies and marketing programs, training, and special events.

Major General Price began his remarks by recognizing **Vinayak Menon**, FCDAC Youth Sector Leader and who secured Major General Price for November's guest speaker, as a "wonderful representative and ambassador for the Forsyth County Drug Awareness Council." Through Vinayak's CADCA training attendance and his projects, "your Forsyth



DFC Council has not gone unnoticed at CADCA," Major General Price said. "We want all our CADCA trained youth to resemble Vinayak Menon. I am pleased that Vinayak's leadership in advocacy and his initiatives led to his being selected as **CADCA's Outstanding Youth Leader for 2022**, the youngest recipient ever selected. "I am proud of Vinayak and your Council should be as well," Major General Price announced with enthusiasm.



Major General Price said that he was conducting a "Listening Tour" since September 2020 speaking with some 300 Drug-Free Coalitions across the country and learning and taking note of their work, concerns, and suggestions. "One thing I've done was to make CADCA, our Board and Advisory Committee, look more like the coalitions with every sector represented," he said. "I've heard DFC's saying, "Our (CADCA's) fight and approach needs to be like yours and I am making that happen. Yours is a full continuum approach to Prevention, Treatment, and Recovery. That's what it means to be at the grassroots," he said.

"We are looking at "big P" prevention, which are upstream solutions like abstinence, stopping first use, delaying first use, distribution of disposal pouches to help end the circulation problem." "America has 4.4 percent of the world population but is consuming **80 percent of opioids**. Big problem," he said.

"I met with DEA Administrator Anne Milgram on Monday just this week, and we discussed increasing the **Take Back Days**," he said. "The drugs we are trying to get out of people's medicine cabinets are not being turned in. We are only getting back about 4 percent of the drugs we are focused on. We **want** the drugs causing the **overdosing epidemic**: opioids, benzodiazepines, stimulants, and hypnotics. "Getting those drugs out of home medicine cabinets where they fall into the wrong hands is our highest priority," Major General Price said.

In "small p" prevention, we partner with Walmart on Naloxone training, organizations using medication-assisted treatment programs, and J&J in greater awareness of OTC drug misuse. "This is what I hear from you. These are the types of things I can take back with me as I represent the national/ international headquarters of our CADCA members that will assist you and provide me with talking points and ideas when I meet with people in Washington," he stated.

"Later today, I will meet with the Administration's newly appointed Drug Czar. I will challenge him to be courageous, to rely on his training as a physician. We need new tools and direction to get ahead of the deaths occurring from drug and substance overdose. In the last 12 months, 95,000 people died from an overdose. It affects every neighborhood and every street in our communities," he said. "I will ask him to form a task force to take a deeper look at the problem. But we ALSO had 93,000 die from alcohol abuse and 450,000 from tobacco use. We need to be attacking all these killers. Let's face it, Washington is fragmented. The agencies working to solve these problems are not working together to share information. I believe my role is to encourage the new Drug Czar to bring unity and lead these agencies to collaborate, coming up with a common language. I will ask that he take the leadership role and become the belly button that every agency pushes to unify and collaborate under his leadership," Major General Price stated.

Major General Price recommends that statewide the DFC meet regularly to share expertise, information, and programs. He believes this is so important that CADCA included a session for state coalitions at last year's Forum and Mid-Year. The session was constructive, and CADCA will provide similar sessions at the upcoming Forum and Mid-Year. One session called **State of the Union** is where state coalitions can share in their state and other regions of the country. "We must do better in communicating with each other so we can learn from each other. Additionally, we will have what we're calling **Coalitions in Action**. We will select coalitions from various communities like urban, tribal, frontier, and suburban to voice the lessons they have learned," Major General Price said.

Major General Price urged those in attendance to join CADCA's membership if they are not already

members. We can help with your training to be effective in making population attitude change. Come to our gatherings! He called for the courage to come in person to our 2022 events.

** Next month, the *Strategizer* will continue unpacking Major General Price's talk and the excellent questions, comments, and answers portion of the meeting.



32nd Annual National Leadership FORUM

CADCA's National Leadership Forum is a four-day conference packed with multiple adult and youth-oriented opportunities to learn the latest strategies to fight substance misuse and hear from nationally-known experts and policymakers with a full day dedicated to Capitol Hill events. The Forum is held in the Washington, DC area every year, normally the first week of February, and brings together more than 2,700 participants representing community anti-drug coalitions, government leaders, youth, addiction treatment professionals, researchers, educators, law enforcement professionals, youth and faith-based leaders.

- EARLY BIRD REGISTRATION = BIG SAVINGS!!
- ADULT AND YOUTH SCHOLARSHIPS* ARE AVAILABLE!!
- FOR MORE INFORMATION ABOUT REGISTRATION, SCHOLARSHIPS, AND MUCH MORE

[VIEW THE SESSION GRID HERE](#) and contact Interim Director Mitch to register. [CLICK HERE](#)



Rx Drug Abuse & Heroin Summit

April 18-21, 2022
Atlanta, GA

The **Rx Drug Abuse & Heroin Summit April 18-21, 2022** is the largest national collaboration of professionals from local, state, and federal agencies, business, academia, treatment providers, and allied communities impacted by prescription drug abuse and heroin use. It is the event for decision-makers and allied professionals working to address this public health emergency.

This year, the comeback must be greater than the setback.

When it comes to addressing the worsening addiction crisis, we're stronger together. We look forward to welcoming our Rx Summit community back to an in-person format, where we can continue to collaborate, cultivate change, and create solutions.

Who Should Attend?

The Rx Drug Abuse & Heroin Summit attracts a

Counselors, social workers, officials

wide range of stakeholders addressing the opioid crisis, including:

therapists, psychologists, interventionists

Physicians, psychiatrists, nurses, pharmacists, dentists

Advocates, families, and people in recovery

Law enforcement personnel

Public health and prevention

Federal, state, and local officials and lawmakers

Education specialists and researchers

Treatment center owners and operators

Attorneys

First responders

At the Rx Drug and Heroin Summit you can also attend

2022 SAM Summit

Smart Approaches to Marijuana Annual Meeting

ATLANTA | APRIL 21st

SAM Summit

The SAM Summit discusses the impact of marijuana on public health and safety. Programming and speakers for the SAM Summit are selected exclusively by Smart Approaches to Marijuana. If it were not for marijuana, overall drug use in the country would be on the decline. Marijuana is increasingly replacing alcohol and tobacco as the "first use" drug of teens. Because of due primarily to rising potency and use intensity, mental health issues are growing, more people are dying due to marijuana-impaired drivers, and positivity use rates among the workforce are up.

Today's marijuana is not Woodstock weed's 5% THC potency or even the 9-10% pot of the '90s. Since creating a commercialized marijuana market, the average potency of a typical marijuana flower product went from 11.5% in 2014 to 20.5% in 2016. Additionally, the conference will address the alarming trends of high potency products seen with concentrates, edibles, and vaping oils; these products can reach up to 99% THC.

Consuming high potency THC products has been identified as a risk factor for severe outcomes, both acute and chronic. A 2016 study found that using "wax dabs" (high potency concentrates) was linked to cannabis-induced psychosis among individuals with no psychiatric history.

Contact Interim Director Mitch [HERE](#) to register for any of these conferences!



VETERANS DAY

Thank you for your service



November 11 is Veterans Day
Thank you
Major General Price and ALL VETERANS!

CONNECT TO PROTECT
A focus on youth mental health

World Suicide Awareness Day

9-9-2021

You can also join online:
<https://fb.me/e/Wmr9NZOI>

local church
6:30 - 8 p.m.

Couldn't make the September 9, 2021
SUICIDE SUMMIT?

"Let's talk openly about suicide."

Suicide knows no boundaries. It can impact any family at any time.

The FCDAC was honored to host Forsyth County's **5th Annual Suicide Summit** as a prelude to International Suicide Awareness Day. This critical online event allowed the community to listen to a panel of students and professionals from the Mental Health Community and the County Schools. Commissioner **Cindy Jones Mills**, chairwoman and founder of FCDAC moderated the evening event, who posed questions to the panel. Their answers were enlightening and educational. These difficult conversations are more vital than ever. **If you missed the event, please watch the video produced by Jason Hanline, by**

[CLICKING HERE](#)

COMMISSIONER, CINDY JONES MILLS



Chairwoman Forsyth County Board of Commissioners, District 4 and FCDAC
Chairwoman and Founder.



NOVEMBER COUNCIL MEETING RECAP

MEET INTERIM DIRECTOR, MITCH DURDLE

Commissioner Cindy Jones Mills announced the Interim Director for FCDAC, **Mitch Durdle**, at this month's Council Meeting, after former Director Tammy Nicholson left the position on October 29. Durdle says, "I am excited to help continue to expand the drug council in Forsyth County."



Mitch hails from Peoria, Illinois. He comes with a passion for prevention and a heart for youth. Since 2013 he has been in long-term recovery. Mitch previously was the drug and alcohol counselor at the Gateway Academy in Forsyth County and has worked with young adults since 2015.

"Our December FCDAC Meeting is December 1, 2021, at 8 a.m. at the United Way offices. I encourage each Council member, our partners, and shareholders to come in person. As Major General Price encouraged us, "It is time to reconnect and meet in person to share our information, ideas, events, and offer new strategies!" I hope to see all of you next month," Durdle said.

WELCOME, MITCH!

While Tammy has moved on and we wish her the very best, she will continue volunteering with the Youth Sector through the end of December. Tammy's leadership and expertise which built and solidified the Council, will be greatly missed! Thank you, Tammy, and many Blessings in your new endeavors!

COMMITTEES AND PARTNERS UPDATES

Golf Tournament Success!

JONES MEMORIAL GOLF TOURNAMENT

Beautiful Country Land Golf Course and Country Club hosted FCDAC's yearly fundraiser on September 24, 2021. The beautiful, crisp, fall day could not have been any more gorgeous for this event! Thank you Country Land!





Director Tammy pictured left at the FCDAC Information Table with Chris Mason, General Manager of Country Land Golf Club.



BEAUTIFUL FALL DAY AT COUNTRY LAND!



FORSYTH COUNTY DRUG AWARENESS COUNCIL EXTENDS OUR GRATITUDE AND THANKS TO ALL WHO WORKED, PLAYED, AND DONATED THEIR TALENT AND TREASURE TO

THE ANNUAL JONES MEMORIAL GOLF TOURNAMENT

The generosity of so many blessed FCDAC with \$6,510.00

OUR SINCERE THANKS TO ALL!



FullCircle Georgia, Congratulations!!

On October 19, Our friends at FullCircle Georgia announced they are the recipients of a grant from the Georgia Department of Education!

The grant will help young people in Forsyth County over the next three years! We could



Take Back Day

DEA's most recent Take Back Day took place on Saturday, October 23. Since 2010, Take

Back Day has removed more than 7,000 tons of medication from medicine cabinets across the country as part of DEA's ongoing commitment to turn the tide against the U.S. opioid epidemic.

If you couldn't attend Take Back Day this time

County over the next three years. We could not be more grateful for our community's help in applying for this grant. It truly was a team effort. We are excited and honored to serve you and increase our capacity over the next three years to serve more teens!



NEW PAVILION AT BALD RIDGE LODGE

Thanks to generous community members and 2019 Miss Georgia, Victoria Hill, the **Victoria Hill Pavilion** was officially opened at a ribbon-cutting ceremony on October 28 at Bald Ridge Lodge.

Miss Hill began a social impact initiative while competing for Miss America called "Flip the Script on Foster Care." Her interest in Foster Care sprang from her two uncles who were adopted from the foster care system.

In fall 2019, Hill hosted a gala to raise money for Bald Ridge Lodge and Angel House in Canton, where about \$30,000 was raised, with about \$18,000 to go toward the pavilion. However, because of the outpouring of financial support, donated services, and material from the community, only \$3000 of the \$18,000 was used for the Pavilion. The rest of the monies will go to further the mission of Bald Ridge Lodge which is to provide a safe haven and counseling in a therapeutic environment for boys who are in need of protection, direction, and supervision, in a manner that nurtures the child, strengthens family relationships and allows the community to care for their own.



If you couldn't attend Take Back Day this time, you're not out of luck! You can safely **dispose of unneeded medications year-round at more than 13,000 locations nationwide**, including pharmacies, hospitals, police departments, and businesses.

[Find A Disposal Site](#)

DEA's One Pill Can Kill

DEA's Take Back Day program is more **critical than ever before**. Last month, the DEA launched the **One Pill Can Kill** public awareness campaign. It warns Americans of a **surge in deadly, fake prescription pills driven by drug traffickers who seek to exploit the U.S. opioid epidemic and prescription pill misuse.**

Criminal drug networks are shipping chemicals from China to Mexico, where they are converted to dangerous substances like fentanyl and methamphetamine and then **pressed into counterfeit pills**. The result—**deadly, fake prescription pills**—is what these criminal drug networks make and market to **prey on Americans for profit**. These counterfeit pills are widely available and deadlier than ever. Fake pills pressed to **appear nearly identical to legitimate prescriptions** such as Oxycontin®, Percocet®, Vicodin®, Adderall®, Xanax®, and other medicines. **Criminal drug networks sell these pills through social media, e-commerce, the dark web, and existing distribution networks. BEWARE!**





Victoria Hill Pavilion

Bald Ridge Lodge Job Posting

Bald Ridge Lodge seeks Direct Care Staff for boys age 12-21.

Bald Ridge Lodge, Inc., is a non-profit boys home, located in Forsyth County, Georgia which serves young men ages 12-21.

For more information contact:
adikes@baldridgelodge.org

ONE PILL CAN KILL



DRUG ENFORCEMENT ADMINISTRATION

For more about the "One Pill Kills"
Campaign

[CLICK HERE.](#)

NEWS FROM OUR FRIENDS AT THE CONNECTION



The Connection is sponsoring a FOOD DRIVE, Feed Forsyth Families in Need For Thanksgiving!

The Connection Forsyth is PARTNERING with The Place and Forsyth Accountability Courts to provide Thanksgiving Food supplies for families this Thanksgiving! The Connection is a 501c3 nonprofit.

SHOPPING LIST

- CANNED CORN, 15.25 OZ
- STOVETOP STUFFING 6 OZ BOX
- GRAVY 12 OZ JAR
- PUMPKIN PIE MIX 20 OZ CAN
- EVAPORATED MILK 12 OZ CAN
- READY-MADE PIE CRUST 9 INCH
- CANNED SWEET POTATOES OR YAMS 40 OZ CAN
- MINIATURE MARSHMALLOWS 10 OZ BAG

TO ENSURE DISTRIBUTION IN TIME FOR OUR FAMILIES' THANKSGIVING TABLE, PLEASE BRING ALL DONATIONS TO THE CONNECTION OFFICES, 608 VETERANS MEMORIAL BLVD., CUMMING, GA.

DEADLINE: NOVEMBER 18, 2021

Have a question? Call 470-253-8564

- MINIATURE MARSHMALLOWS 10 OZ BAG
- CRANBERRY SAUCE 12 OZ CAN

For more information, contact Kayla [HERE](#).

Thank you!

THE WINDS OF CHANGE AT THE THE CONNECTION AND THE RECOVERY COMMUNITY FOUNDATION OF FORSYTH (RCFF)

BILL WHITNEY, Executive Director of The Connection for the past two years will now serve on the Executive Team of RCFF as the **Chief Financial Officer and Head of Community Relations**. Bill has spent his time at The Connection growing peer support services and community partnerships as well as serving as a spokesperson for recovery throughout Forsyth County. Bill will continue to be a regular at The Connection and in Forsyth County and can be contacted

[HERE](#).

WE ARE THANKFUL FOR PREVENTION!



The Connection is proud to partner with North Georgia Running Co. on the "America Runs on Kindness 1000k Virtual Challenge." Run, Walk, Bike, Swim, or Hike 1000 kilometers (621.37 miles) wherever you are!

- **Begin October 1st,**
- **Track your mileage through December 31, 2021.** Do it solo, with a partner, or with a team of 5. It's up to you how you divide up the miles.
- 100% of donations go to The Connection, a recovery community organization in Cumming, GA, whose mission is to empower recovery in Forsyth County.

[Signup Here](#)

MEMBERS TEACHING MEMBERS

WHEN TEENS FEEL PRESSURED OR
CONFUSED ABOUT DECISIONS,
TEACH THEM TO . . .



by Dana Bryan

As a former teacher, I have often advised students that if they are ever tempted to use a mind-altering substance, whether legal or illegal, I hope they will ask themselves this important question:

“What need am I trying to satisfy by using this substance?”

Then, I tell them, "Pay attention to your honest answer because the answer is showing you an area of your life in which there are issues that need to change." I remind them there are many people who care and want to help them.

Everyone has NEEDS that if met will enable them to thrive. Being accepted by a certain group of people and having close friends are strong needs. However, we must ask ourselves another question.

If the person or group uses drugs/tobacco/or alcohol and asks us to use these substances as well, Do we really want to associate with people who require this of us? Are they really friends?



People who try to get you to use drugs are not your friends by any definition of the word, even if they were your friend a short time ago. A true friend does not encourage others to do something that could harm or kill them.

By **analyzing the reason** behind someone's use of a substance, a person may learn that he/she has **trouble standing up to a peer**, causing him/her to go along with a group instead of doing what is best for that person or themselves. We will face peer pressure at all ages and stages of our lives. Standing up to a peer is a life skill that will be beneficial forever.

PARENTS AND OTHER TRUSTED ADULTS CAN AND WANT TO HELP

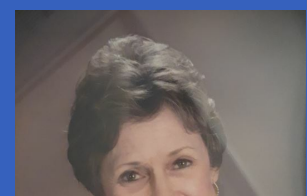
Youth might be surprised to learn that their **parents** understand peer pressure a lot more than they realize. I have often suggested that students **ask their parents about the things their peers tried to pressure them into doing when they were young and how they handled peer pressure when they were in middle or high school.** This will be a worthwhile conversation for parents and children and will open up a valuable line of communication between them.



Many people decide to try drugs or alcohol out of **curiosity**. This is a common reason and, unfortunately, a reason that often leads to death. Remember that the drugs don't know who you are! It doesn't matter where you live, where you go to school, or **even if it is your first time trying a drug. DRUGS KILL! THEY DO, and THEY WILL!** Please don't allow your choices to cause your life to end too soon. Thanksgiving will soon be here, and there is much for which to be thankful. There is much to live for at all times of the year.

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



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!



YOUTH NEWS

Vinayak Menon



CONGRATULATIONS VINAYAK MENON!

Vinayak Menon was presented with the **President's Volunteer Service Award** at November's Council Meeting. This award, presented by Tammy Nicholson, comes from his summer internship volunteer hours totaling more than 215 volunteer service hours. His project was working with the "Gone for Good" Campaign, a drug disposal pouch distribution initiative. Through Vinayak's project, more than 1000 pouches were distributed to various pharmacies, hospice facilities, the coroner's office, and families in need. Congratulations, Vinayak!

President's Volunteer Service Award

The President's Volunteer Service Award program began in 2003 to encourage and reward America's proud tradition of volunteer service. The PVSA recognizes the valuable contributions volunteers are making in our communities and encourages more people to serve.

Now more than ever, we need volunteers to

NOTE OF CONGRATULATIONS FROM PRINCIPAL DAVISON, PH.D.

Vinayak,
You have done outstanding work and I am so proud of your impact and efforts.

Now more than ever, we need volunteers to continue their commitment to helping others and to making our communities and our nation stronger. This Presidential award program is a way to thank and honor Americans who, by their demonstrated commitment and example, inspire others to engage in volunteer service. Recognizing and honoring volunteers sets a standard for service, encourages a sustained commitment to civic participation, and inspires others to make service a central part of their lives.

Keep up the great work and let me know how we can support your efforts.

Gary Davison, Ph.D
Principal
Lambert High School

LOCAL NEWS

LOCAL RED RIBBON AROUND THE COUNTY

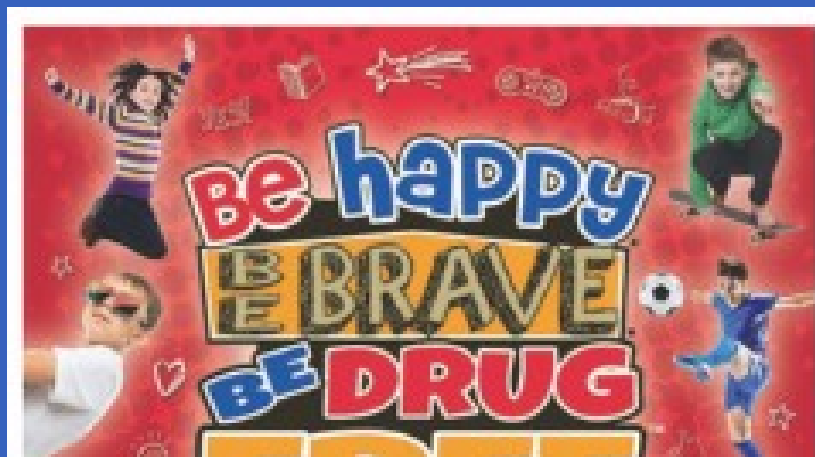
Red Ribbon Week was celebrated October 23- October 31 around Forsyth County! The week commemorates Drug-Free Youth and remembers the self-sacrificing life of Special Agent Enrique "Kiki" Camarena, whom drug traffickers murdered in March 1985.

"Learning about the dangers of drugs, and talking about this with family and friends, reduces drug use, drug misuse, and addiction—especially for young people," said DEA Administrator Anne Milgram. "Through the Red Ribbon Campaign, we shine a light on the grave danger of drugs and further DEA's core mission of making our communities safer and healthier."

The National Red Ribbon Campaign is officially celebrated nationally from October 23-31; however, communities and school districts nationwide hold events throughout the month.

The Red Ribbon Campaign is dedicated to helping preserve Special Agent Camarena's memory and further the cause for which he gave his life: **the fight against the violence of drug crime and the misery of addiction.** By gathering together in special events and wearing red ribbons during the last week in October, Americans from all walks of life demonstrate their opposition to drugs.

Red Ribbon Week started as a local effort in Camarena's hometown of Calexico, California, when former Congressman Duncan Hunter (R-CA) and Camarena's high school friend, Henry Lozano, created Camarena Clubs to keep Kiki's memory alive. The National Family Partnership turned Red Ribbon Week into a national drug awareness campaign, an eight-day event proclaimed by the U.S. Congress and chaired by then President and Mrs. Reagan. Approximately 80 million people participate in Red Ribbon events every year.



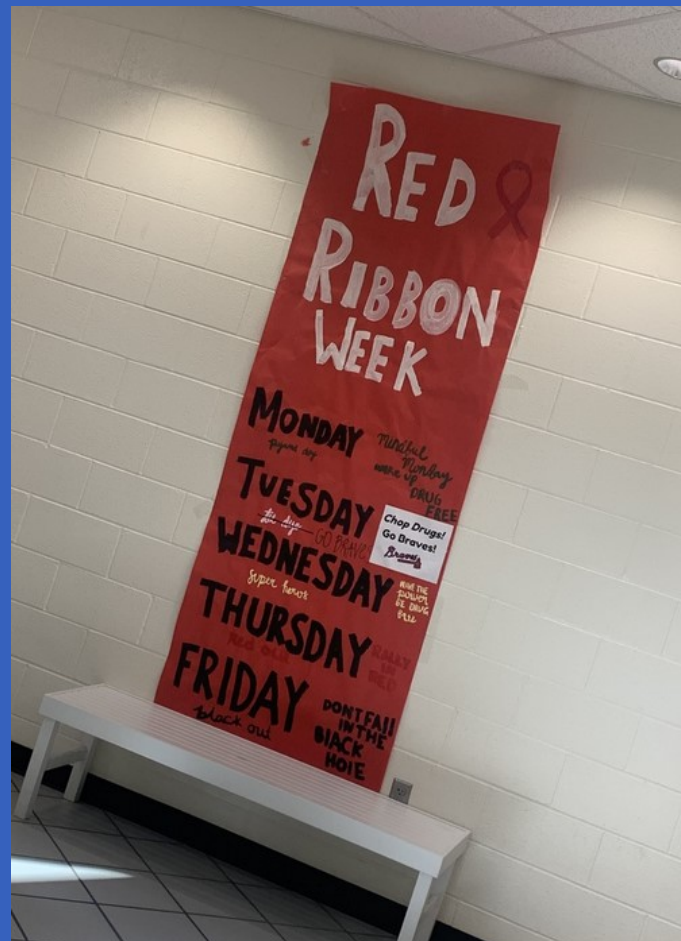


SNAPSHOTS FROM RED RIBBON ACTIVITIES AROUND THE COUNTY



Mercedes-Benz Stadium supported Red Ribbon Week by illuminating the Atlanta sky red with their stadium lights all week!

photo credit: *Brian P. Kowitzke*
Diversion Community Outreach Coordinator
Drug Enforcement Administration
Atlanta Division

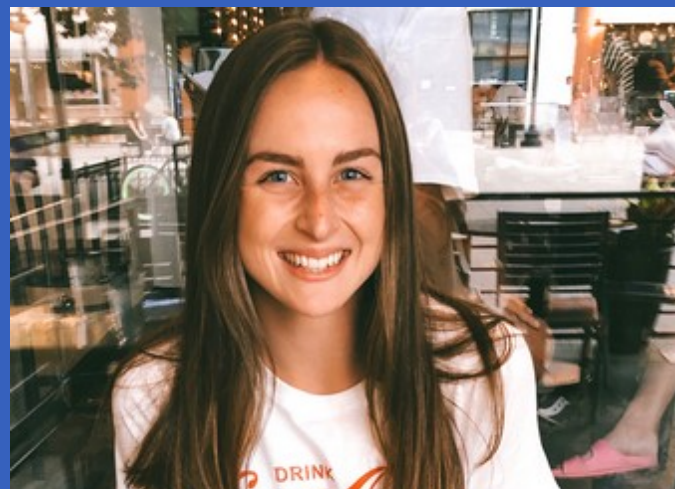


STATE NEWS

The Georgia Prevention Project

WHAT IS THE GEORGIA PREVENTION PROJECT?

The Georgia Prevention Project is a statewide prevention program aimed at reducing the use of dangerous drugs among teens and young adults. We accomplish our work through awareness campaigns, educational programming, and strategic partnerships with national and community-based organizations.



The Georgia Prevention Project evolved from the Georgia Meth Project. Riding the momentum of the successful "Not Even Once" meth prevention campaign, The Georgia Prevention Project expanded and now includes prescription drug misuse, alcohol, marijuana, vaping, and other forms of opioids.

Our focus areas are determined by the latest research indicating current drug trends posing the greatest risks and danger to Georgia's youth. Georgia survey statistics show there were 1,446 total overdose deaths and 866 opioid-involved overdose deaths in 2018. On average, someone in the United States dies from a drug overdose about every 8 minutes.

Prevention remains the best way to change perceptions of harm and long-term behaviors and is especially relevant as increases in drug overdose-involved ED visits appear to overlap with the emergence of COVID-19.

Our peer-to-peer education work, through the Teen Advisory Council, is also critical. In 2020, 70% of people who misused prescription drugs obtained them non-medically from family or friends, and according to the Georgia Student Health Survey, the percentage of high school students in Georgia perceiving no or slight risk of harm from substance use increased from 49.11% in 2016 to 51.06% in 2018. Together we can make a difference and reverse these trends.

The Georgia Prevention Project will continue its strong focus on the Meth problem while helping bring attention to new threats to the health and future of our youth.

Mission

Our mission is to partner with community members, schools, and prevention professionals to develop strategy, build coalitions, and provide drug education and resources to prevent



Rachel Matton Program Coordinator Georgia Prevention Project

Rachel came to our November Council Meeting for the first time. Welcome!

Rachel serves as program coordinator for the Georgia Prevention Project. She provides support for the CPP (College Prevention Partnership) and TAC (Teen Advisory Council) programs in addition to overseeing special projects. These projects relate to health education training development and community outreach to provide substance misuse prevention education to youth and educators in Georgia.

Before joining the Georgia Prevention Project, Rachel interned at GA Prevention Project during her last semester of college in 2020. She also created a four-part virtual vape series designed for our TAC students to bring awareness to the harmful effects of vaping.

At Kennesaw State University, Rachel earned her Bachelor of Science in Public Health Education and had the opportunity to serve as the philanthropy coordinator for her sorority. She helped raise funds and awareness for the National Association of Anorexia Nervosa and associated disorders through this position.

Rachel was born and raised right here in Georgia. During her time at Kennesaw State

University, she developed a strong passion for community health and quickly learned of the importance of preventative care. She is thrilled to have the opportunity to continue working in a field that strives to make a lasting, positive impact through the use of preventative care.

Vision

Our vision is to become the leading authority for substance prevention, drug education, and advocacy so all Georgia youth will be able to live their lives free of substance misuse.

substance misuse among teens and young adults in GA.

NATIONAL NEWS



Campaign for Tobacco-Free Kids recognized Vinayak Menon on September 29, 2021 as Youth Advocate of the Year.

As a leader among his peers, Vinayak Menon works tirelessly to expose the dangers of vaping. In a recent interview with CBS46 reporter Rebekka Schramm, Menon said, "It's alarming to see how many kids are addicted to nicotine, and in many cases, their parents have no idea. These vaping devices are much more sleek," said Vinayak. "They look like USB devices, and they can easily be concealed."

On September 29, 2021 Vinayak was honored for his leadership in the fight against tobacco at the Tobacco-Free Kids' Annual [Youth Advocates of the Year Awards](#) celebration, held virtually.

FYI

CDC: Dangers of Fentanyl



Fentanyl is a synthetic opioid up to 50 times stronger than heroin and 100 times stronger than morphine. Illicitly manufactured fentanyl is being added to other drugs because of its extreme potency, making drugs cheaper, more powerful, more addictive, and more dangerous. Drugs may contain deadly levels of fentanyl, and you wouldn't be able to see it, taste it, or smell it. However, fentanyl test strips are a simple, inexpensive, and effective way to test drugs for fentanyl and help prevent overdose. Learn more about the dangers of fentanyl and ways to protect yourself by

of fentanyl and ways to protect yourself by [Clicking HERE.](#)

Naloxone: A life Saving Medication

Naloxone is a life-saving medication that can reverse an overdose from opioids, including heroin, fentanyl, and prescription opioid medications. According to the CDC, Naloxone is available in most states without a prescription, easy to use, and light to carry. Keeping naloxone on you and at home can help save lives. Learn more about naloxone, where to get it, signs of overdose, and what to do if you think someone has overdosed by [Clicking HERE.](#)



National Family Health History Day, November 25

Who knew that **Thanksgiving Day** is also **National Family Health History Day**?

Thanksgiving Day Activity Idea: Thanksgiving Day, when many families are together anyway, giving thanks for one another and the blessings of the USA might also be an excellent opportunity to gather your family's health history. It could lead to some great conversations and other family stories too!

Whether you know a lot about your family health history or only a little, take time to talk to your family about their health histories this holiday season. It might not be easy. Your family members might feel awkward at first talking about their diseases or might not want to speak. But starting the conversation is important. Remember, you're asking not just for your own health, but for the health of everyone in your family.

- [My Family Health Portrait](#) is a free and easy-to-use online tool to help you collect your family health history information.
- Talk to family members and ask questions to find out about your risk for chronic diseases. Ask your relatives about which of these diseases they have had and when they were diagnosed.
- Record the information and update it whenever you learn new family health history information.
- Share family health history information with your doctor and other family members.

Click and go to [My Family Health Portrait](#)

ON THE CALENDAR

NOVEMBER

- [Alzheimer's Awareness Month](#)

DECEMBER

- FCDAC MEETING, December 1 8 a.m.

- [National Family Caregiver's Month](#)
- Drowsy Driving Prevention Week, November 7–13
- Nurse Practitioner Week November 7-13
- National Parents as Teachers Day is November 8
- World Orphans Day, November 8
- World Kindness Week, November 8-14
- World Freedom Day, November 9
- Veterans Day, November 11
- Great American Smokeout November 18
- Thanksgiving Day November 25
- National Family Health History Day November 25
- National Safe Toys and Gifts Month
- National Handwashing Awareness Week, December 5-11
- St. Nicholas Day, December 6
- National Pearl Harbor Day of Remembrance, December 7
- U.S. National Guard Birthday, December 13
- National Cocoa Day, December 13
- The Bill of Rights Day, December 15
- National Ugly Sweater Day, December 17
- Go Caroling Day, December 20
- Christmas-Jesus' Birthday, December 25
- National Candy Cane Day, December 26
- New Year's Eve, December 31

