



The FCDAC STRATEGIZER

Leading the way to a
healthier Forsyth County

[JOIN OUR NEWSLETTER LIST](#)

October 2022 Volume 2 Issue 6

Working Together
for **DRUG FREE**
Communities

FCDAC'S MISSION AND HOW WE DO IT!

"Our mission is to educate, advocate, and empower the community to prevent substance abuse across the lifespan in Forsyth County, Georgia."

Seven
Strategies for
Effective
Community
Change

1. Providing Information
2. Enhancing Skills
3. Providing Support for Prevention Activities
4. Enhancing Access/Reducing Barriers
5. Changing Consequences (Incentives/Disincentives)
6. Changing Physical Design/Making Environmental Changes
7. Modifying/Changing/Developing Policies

MENTAL HEALTH AWARENESS WEEK
OCTOBER 3-9

National Alliance on Mental Illness (NAMI)

One in five U.S. adults lives with a mental illness.

During Mental Illness Awareness Week, we encourage you to recognize the five signs of mental illness and prioritize your mental health.

The five main warning signs of mental illness are:

Excessive paranoia, worry, or anxiety

Long-lasting sadness or irritability

Extreme changes in moods

Social withdrawal

Dramatic changes in eating or sleeping pattern

Local NAMI Rally and Walk at the Collections Forsyth Saturday, October 8



NAMI Affiliate Chapters of FORSYTH, DAWSON, AND LUMPKIN COUNTIES hosted a local NAMI Rally and Walk on Saturday, October 8, at the Collections Forsyth to raise awareness and provide education and community mental health resources. Some local NAMI FDL Sky Walkers are pictured on the right. The FDL SKY WALKERS is the name of the Star Wars-themed local NAMI team who will participate in the October 15 NAMI Walk at the Georgia Capitol-Liberty Plaza event! Go, Sky Walkers!



JOIN THE NAMI WALK!

October 15 at the Georgia Capitol-Liberty Plaza

[CLICK HERE FOR MORE INFORMATION](#)

NAMI Resources

NAMI Support & Education

Click the links to see more on each topic.





NAMI Ending the Silence

NAMI Ending the Silence is an engaging presentation that helps middle and high-school-aged youth learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition.

NAMI Ending the Silence is offered in-person by NAMI affiliates across the country and is also **now available online** when an in-person presentation is unavailable.

[CLICK HERE FOR MORE INFORMATION](#)

- [Mental Health Education](#)
- [NAMI Basics](#)
- [NAMI Ending the Silence](#)
- [NAMI Family-to-Family](#)
- [NAMI Family & Friends](#)

- [NAMI Hearts+Minds](#)
- [NAMI Homefront](#)
- [NAMI In Our Own Voice](#)
- [NAMI Peer-to-Peer](#)
- [NAMI Provider](#)
- [NAMI Sharing Hope: Mental Wellness in the Black Community](#)
- [NAMI Compartiendo Esperanza: Mental Wellness in the Latinx Community](#)
- [NAMI Smarts for Advocacy](#)
- [NAMI FaithNet](#)
- [NAMI Sharing Your Story with Law Enforcement](#)

2022 National Red Ribbon Week Theme, Celebrate Life. Live Drug Free

The nation's most extensive and longest-running drug-use prevention

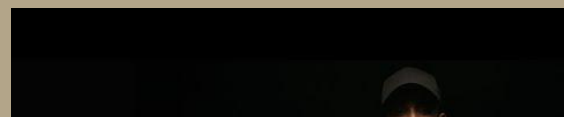
campaign National Family Partnership (NFP), formerly the National Federation of Parents for Drug Free Youth, was established as a grassroots, nonprofit organization in 1980 by a handful of concerned and determined parents who were convinced they should begin to play a leadership role in drug prevention.

NFP provides drug awareness by sponsoring the annual National Red Ribbon Campaign. Since its beginning in 1985, the Red Ribbon has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raising awareness of the killing and destruction caused by drugs in America.

Free Tool Kit from Red Ribbon Week Available

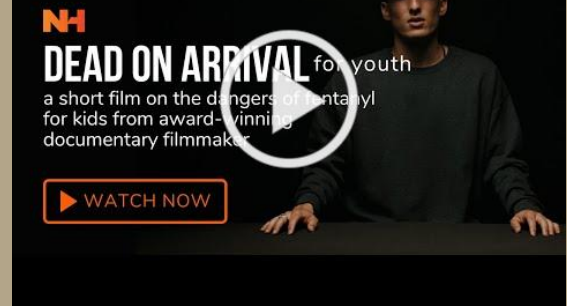
The theme, **Celebrate**

Life, Live Drug-Free is a reminder that everyday Americans





Everyday Americans across the country make significant daily contributions to their communities by being the best they can be because they live Drug-Free!



EASY TO USE FREE RESOURCES for PARENTS, YOUTH GROUPS, and SCHOOLS!

[CLICK HERE FOR HOW TO USE THIS PROGRAM](#)

This video and other videos are available with step-by-step lesson plans for parents, and caregivers interested in providing life-saving information to young people.

Interested in these resources?

[CLICK HERE](#)

THE FALL CAMPAIGN IS HERE! TAKE BACK DAY OCTOBER 29, 2022

Safe Prescription Drug Disposal



Check out this new video from a neighboring coalition, Drugfree Kennesaw CCAPSA. This PSA was created by Allannah Stanton for young adults.

Georgia citizens have two options for participating in National Prescription Drug Take Back Day.

- Use a "DEA Registered Drive-Up Location" on October 29th between the hours of 10:00 a.m. to 2:00 p.m. To locate a participating DEA National Take Back Initiative "Drive Up Location," please, [CLICK HERE.](#)
- Georgians' second option is to use one of the more than 230 Drug Drop Boxes across the state in your local law enforcement or pharmacy-maintained drug drop box. **Please be aware that the DEA website DOES NOT list ALL the Drug Drop Boxes across the state;** therefore, to locate the nearest Drug Drop Box location.

[CLICK HERE](#)



On June 29, Allannah Stanton, from Rockdale County, competed at the FCCLA (Family Career and Community Leaders of America) National STAR Events Competition. Allannah had to compete at regionals and state to get to nationals. Allannah placed 1st in both events. She competed in the category of Public Policy Advocate. Her project, "The End of an Epidemic," brought awareness to the decade-long Opioid Epidemic. During the project, she pushed legislation for a bill to be passed to help end the epidemic. She placed in the top 15 nationwide and earned a silver medal.



Help Spread The Word This October to **Stop Medicine Misuse**

FCDAC Work and Programs Round-up

KAYDEN'S KORNER

Update by Rachel Kayden, Program Coordinator



Fall is HERE! This month's Council Meeting was blessed to hear from **Seham Haddad, MD.** Dr. Haddad presented the facts and statistics about fentanyl. She educated us on the effects of the deadly drug on brain receptors and how those receptors become dependent on fentanyl to feel normal. This sets the brain up for addiction.

Over the last several meetings we have discussed the need and desire of our council to Inform/Educate the community and have come up with several focal points, our building our **Website**

(resources for parents and others seeking help), **Media campaign** (Instagram, TikTok, billboards, PSAs), and our **Speaker's**

Bureau (targeting parent groups, classroom students, and Church groups). We need our members with expertise in these areas to pitch in on this three-pronged effort. Contact me **HERE** if you can help!

MARK YOUR CALENDARS!
for
NOVEMBER'S COUNCIL MEETING!



WEDNESDAY, NOVEMBER 2, 2022,
8-9 A.M.
UNITED WAY OFFICE

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

Council Meeting, October 5, Highlights

Rachel Kayden, FCDAC Program Coordinator, facilitated our monthly meeting Wednesday, October 5. She opened the meeting with some announcements of upcoming meetings and events of FCDAC partner organizations. See this newsletter's FYI and Calendar sections for events, dates, and times.



The guest speaker was Dr. Seham Haddad, a Board Certified Internal Medicine MD, Assistant Professor at Emory University School of Medicine, Faculty, Graduate Medical Education, and Internal Medicine Residency, WellStar System. As a physician and parent of three children, she is hyper-aware and greatly concerned about the Opioid/Fentanyl Crisis, the staggering numbers of deaths from overdoses, and the dangers this crisis poses to all our children.

Dr. Haddad presented the facts and statistics about fentanyl. She educated us on the effects of the deadly drug on brain receptors.

- Preventable overdose deaths increased 34.4% in 2020.
- An increase of 649% since 1999.
- Most preventable drug overdose deaths (77%) involve opioids.
- Opioid drugs include both prescription and illicit drug categories.
- The Fentanyl category of opioids accounted for 53,780% in 2020.
- This represents 59% increase from 2019.

- The 25 to 34 year age group is experiencing the most opioid overdose deaths.
- that's 38% increase from 2019.
- That's 1,312% since 1999.
- 7 out of 10 of the preventable deaths are males.
- The estimated economic cost of opioids use disorder and fatal overdose death in 2017 is \$150 billion.

Dr. Haddad's statistics (see left) are staggering and frightening for any parent and our council. Dr. Haddad said, "Consider that Fentanyl is 50 to 100 times stronger than morphine. Fentanyl, remember, is a synthetic drug, human-made. Nature is too kind to make something so strong. Way too kind! When it is made illegally we don't know what's in it." There is no supervision or control, and it is often mixed with other drugs. Recently, Dr. Haddad said that a patient came in unconscious who had tried marijuana, and we found fentanyl, cocaine, and heroin in her system.

Commissioner Cindy Mills reminded us that at a recent youth summit, the students said that fentanyl was their drug of choice. The students

attending the council meeting, when asked about the reason students experiment with drugs, said, "peers, school pressures, and the availability of drugs that promise help with focus and improved grades." They spoke about the culture that advertises the answer to any problem can be found in a pill and named social media and TV series that glamorize and promote drug use.

Dr. Haddad said that using Naloxone is a cost feasible and effective strategy to reduce the risk of overdose. She said its availability does not increase illicit drug use or encourage riskier use.

Fentanyl Campaign. The whole point of the council is to work together as a coalition to provide information and education to impact our community to live their best, healthy lives. We have discussed in the last few meetings ways to do that. We have come up with a three-pronged effort, building into our **Website** a one-stop resource page for parents and others seeking help, a **Media campaign** (Instagram, TikTok

Can overdose be treated

- Medically prescribed opioids usually are paired with
- Naloxone

It binds to the opioid receptors and blocks the effect of the drug.

- Fentanyl is 50-100 times stronger than Morphine and might require multiple doses
- Naloxone is available as injection or nasal spray.

help, & media campaign (Instagram, TikTok, billboards, PSAs), and our **Speaker's Bureau** (targeting parent groups, students in classrooms, and Church groups). We need our members with expertise in these areas to pitch in on this three-pronged effort. Contact Rachel [HERE](#) if you can help!

YOUTH OUTREACH - SCHOOL NEWS

Update from Gabby Breiten, Drug Counselor at Gateway and Forsyth Academies

"Mental health awareness is super important! I plan to incorporate some resources and information I gather from the awesome organizations in Forsyth County in my discussions with students," Gabby told the *Strategizer* this week. "Comorbidity is common in the world of substance abuse. Working alongside therapists and psychiatrists is typical in my field to ensure quality care to help with all aspects of mental health. Similarly, it's not unusual for certain mental illnesses such as ADHD, anxiety, and depression to mimic symptoms of drug use. Unless a person is completely honest with a trained professional, they may not have a proper diagnosis," she said. "It takes a village and working together as a treatment team can make a difference for someone experiencing a dual diagnosis. For these reasons, I am excited to continue to spread mental health awareness!" Gabby said.



"For **Red Ribbon Week**, I will focus conversations and group topics on students' continued commitments to maintain sobriety, and highlight the positive outcomes of several students' successes! I hope to be able to help with school-wide events and perhaps even participate in some prevention efforts for younger grades, such as middle schoolers, working alongside the established **CHAMPS program**," she said.

In other school news, **Gabby and Emily Ennis**, Substance Prevention Coach at North Forsyth High School, finished speaking to the health classes at both Central and North. "Both Emily and I have fun events for the students planned in October, and I hope to host a few guest speakers visiting with my groups!" Gabby reported.

COMMUNITY OUTREACH



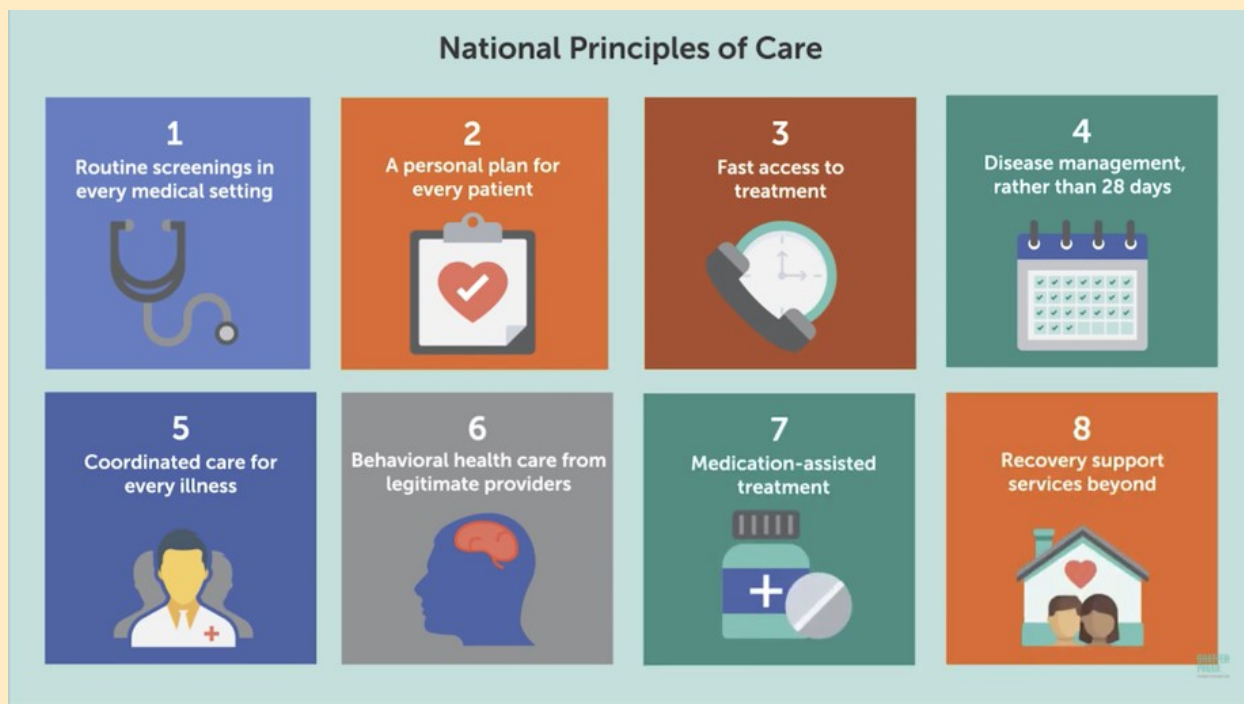
The next **Shatterproof Committee** planning meeting is on Monday, October 17. The committee will meet in person and will be Zooming with **Lauren Shields**, Development Director, Fundraising Programs for Shatterproof. **It is not too late to join this committee as they work to**

create the best Shatterproof: Stronger than Addiction Walk right here in Forsyth County! The areas we are working on now are the location and date of the Walk.

Shatterproof believes everyone deserves recovery, and so does FCDAC!

Imagine having a chronic illness and knowing there's only a 1 in 10 chance of getting the treatment you need. **Shatterproof is changing the healthcare system so the 40 million people suffering from addiction in America have access to quality treatment that's based on science** — just like treatment for any other

America have access to quality treatment that's based on science — just like treatment for any other disease. Shatterproof is working to establish a National Standard of Care for addiction treatment.



WANT TO HELP WITH THIS? CONTACT RACHEL [HERE](#)

PARTNERS IN BUILDING DRUG-FREE COMMUNITIES

Message from FCDAC Partner, **JOHN BRINGUEL**



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

I have reviewed some great PSAs, like the one here from the CDC about Naloxone. Have you seen it? It's great for young people; please share it!

Upon reflection, I wondered, "What PSAs are out there that promote "primary prevention"?"

Primary prevention strategies aim to shift the focus 'upstream' by helping people to avoid, reduce or modify drug use; rather than reacting to a subsequent 'downstream' problem that requires intervention and or acute treatment and often an

emergency response.

Examples of prescription drug misuse and abuse prevention include such things as education geared toward **promoting protective factors such as the Emotional Intelligence Framework (individual strategy),** having Community Healthcare Centers/Hospitals that promote Healthy Living through programs such as **Integrative Medicine (environmental strategy),** the installation of a **Drug Drop Box in a community for secure disposal of medicine (environmental strategy),** or the **passage of legislation to limit the amount of Rx opioids that can be dispensed (environmental strategy)**



Rx opioids can be dispensed (environmental strategy).

As much as the tertiary opioid overdose prevention message, like the CDC one, is needed, I believe the "Primary Prevention" message is equally important.

Please send me any "Primary Prevention" PSAs that you come across. Going into my FY2023, I will be committed to creating "Primary Prevention" PSAs. If anyone wants to join me, please let me know.

[Contact John HERE](#)



Sunrise Parent Retreat November 4-6, 2022

Sunrise Parent Retreat is a retreat for parents who have a child battling addiction/working through substance use disorder. The vision for this retreat is that parents will be able to rest, refocus and refuel for the battle against addiction.



Julie and Pacer Cordry

We want parents to abound in hope knowing they are not alone. Our next retreat is November 4-6, 2022, at Forrest Hills Resort in Dahlonega, GA. **We are at capacity for this retreat** and have four parents on a waitlist for the next retreat (hopefully April 2023). The retreats are offered at no cost to parents. The cost of the retreat is covered by friends, family, and businesses in the community that cares about the wellness of parents walking through this challenging season. If you want to help support an upcoming retreat or attend one, please [Click HERE](#) to visit the Sunrise Parent Retreat website.

NEWS FOR YOU

LOCAL NEWS

The Connection's RECOVERY ROCK'S SUCCESS!



Sunday, September 18, The Connection hosted the wildly successful recovery event at the Cummings Fairgrounds. RECOVERY ROCKS is an annual Rockin' Concert and Sober-social Festival. It featured Live Music from Ken Block, Drew Copeland from Sister Hazel, Mama Jan Smith, Tony Lucca, and Townsend, among others!

RECOVERY ROCKS

Recovery stories of hope and inspiration touched the hearts of those in attendance. Food Trucks kept tummies full and happy, and there were plenty of kid-friendly activities.

Many community recovery-related organizations came out and hosted resource and information tables. Emily Ennis, North Forsyth High School's Substance Prevention Coach, and Gabby Breiten, Drug Counselor at Gateway and Forsyth Academy, both FCDAC members, handled the Forsyth County Drug Awareness information table. They provided wristbands and information about the Council's activities and mission.



Emily Ennis, left and Gabby Breiten greeted Recovery Rocks visitors telling them about Forsyth County Drug Awareness Council's Community Resources.

STATE NEWS

Stop Overdose Campaign

"The Department of Public Health launched a statewide "Stop Overdose" campaign a few weeks ago," according to Amy Benson, the **Opioid Grant Manager for DPH's Opioid and Substance Misuse Response Program**. "The campaign utilizes pharmacy prescription bags and inserts, C-store billboards, bus kings and headliners, train car cards, pharmacy retail window bulletins, and Public Service Announcements (PSAs). The campaign will also be featured on audio, digital, and streaming media including TV, radio, digital billboards/bus shelters, movie theaters, social media, and large video screens at Hartsfield-Jackson International Airport," she said.

[Contact Amy Benson Here](#)

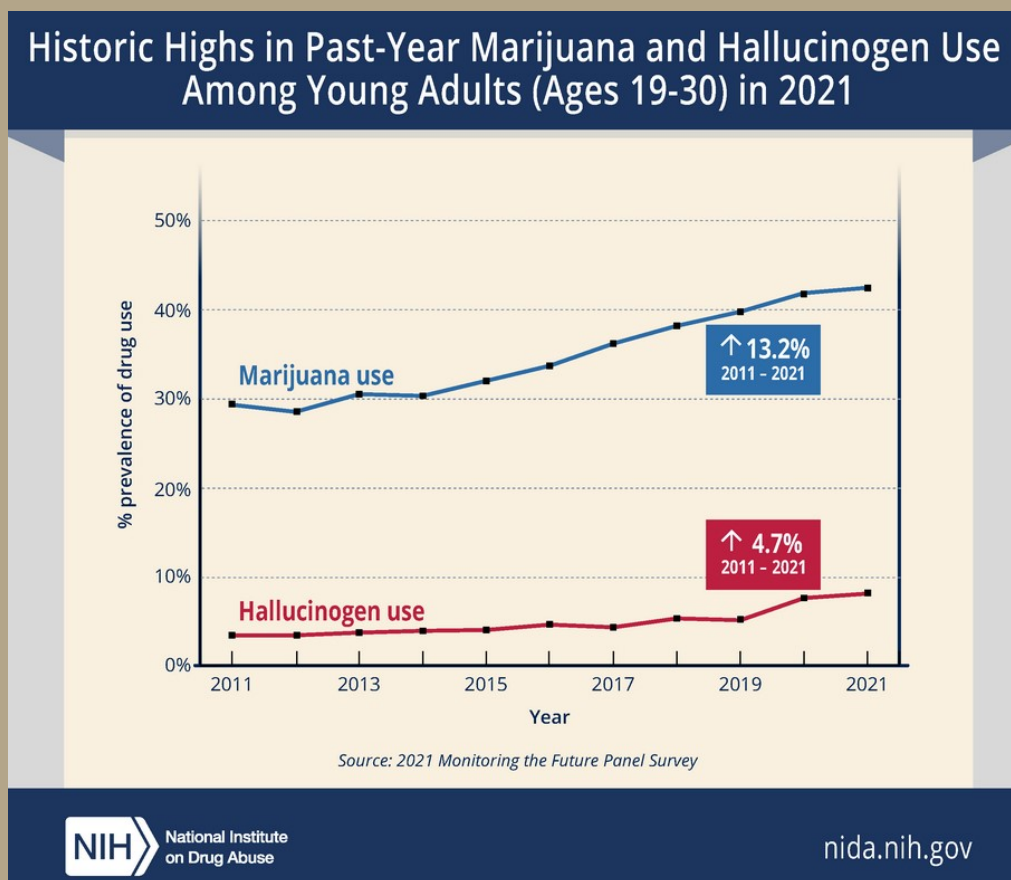
Check out the new Department of Public Health's PSAs!



Marijuana and hallucinogen use among young adults sets recorded high in 2021

According to the National Institute for Drug Abuse (NIDA) August 22, 2022,* marijuana and hallucinogen use among young adults reached an all-time high in 2021.

"Marijuana and hallucinogen use in the past year reported by young adults 19 to 30 years old increased significantly in 2021 compared to five and ten years ago, reaching historic highs in this age group since 1988, according to the Monitoring the Future (MTF) panel study. Rates of past-month nicotine vaping, which have been gradually increasing in young adults for the past four years, also continued their generally upward trend in 2021, despite leveling off in 2020. Past-month marijuana vaping, which had significantly decreased in 2020, rebounded to pre-pandemic levels in 2021."



Read the entire [Report HERE](#)

*Retrieved from <https://nida.nih.gov/news-events/news-releases/2022/08/marijuana-and-hallucinogen-use-among-young-adults-reached-all-time-high-in-2021> on 2022, September 21.

Mental health crisis line "988" Sees 45% Increase First Month

According to an *NPR* report on September 10, 2022, the data released by the U.S. Department of Health and Human Services show that in August – the first full month that 988 was operational – the Lifeline saw a 45% increase in the overall volume of calls, texts, and chats compared to August 2021.



Private No Cost Equine-Assisted Therapy
Funded by a Grant from United Way - Forsyth



EQUINE THERAPY NO-COST PROGRAM

Equine Therapy is an evidence-based tool to help those with mental health and substance abuse issues. It has helped many heal from anxiety, trauma, grief, PTSD, and mood disorders. No-fee private lessons are available through United Way Forsyth's generosity.

Special Equestrians of Georgia
13185 New Providence Rd
Milton, GA 30004

[Click Here For More Information](#) or
ph. Kayla 561-308-8104

FCHS HEALTH EXPO
Check-up on your Medical Health with us!
FREE SCREENINGS PROVIDED :
OCT. 22ND -9:00AM-1:00PM
Screenings Provided by Northside Hospital's Corporate & Community Health Solutions

- Non-Fasting Cholesterol & Glucose (Finger Stick)
- Blood Pressure (Digital)
- Cancer (Information on multiple types of Cancer)
- Osteoporosis (Low level x-ray of non-dominant hand)
- Coronary Risk Profile (Assess cardiac risk; discuss cholesterol results)

Register for your FREE screening by scanning QR Code

Bring the whole family **FOOD PROVIDED**

Georgia Highlands Medical Services

FREE FOOD

HEALTH EXPO
FORSYTH COUNTY CENTRAL HIGH SCHOOL,
OCTOBER 22, 2022
9 AM-1 PM

Forsyth County Central High School in partnership with Georgia Highlands will host a Health Expo on October 22, 2022, from 9:00 am - 1:00 pm. to support community schools making connections.

Booths are available by contacting Karen Cole, [HERE](#).

SPONSORED BY THE CONNECTION IN FORSYTH

HEALING FROM ADDICTION
a family affair

SUNDAY, OCTOBER 16TH
2-5 PM 620 HASTY TRAIL CANTON, GA 30115

FRIENDS AND FAMILY MEMBERS WHO STAY INFORMED AND TAKE CARE OF THEIR OWN MENTAL AND PHYSICAL HEALTH ARE BETTER EQUIPPED TO DEAL WITH ADDICTION. SUPPORT THEIR LOVED ONES AND PUT THEIR FAMILY ON THE PATH TO LIFELONG RECOVERY.

THE CONNECTION FORUM

"Healing from Addiction, a Family Affair"

Sunday, October 16, 2022,

2:00 pm - 5:00 pm
Canton, Georgia

Thanks to a grant from United Way-Forsyth County, The Connection has partnered with Living My Now to present Healing from Addiction, a Family Affair. The forum will help family members take care of their own mental health. There is no charge for the forum, but space is limited.

[REGISTER HERE](#)

Naloxone Training

by Drugfree Kennesaw.

Learn how to use naloxone to save a life.



"Talk. They Hear You." Campaign



"Talk. They Hear You" campaign is SAMHSA's national substance use prevention campaign helps parents and caregivers start talking with their children early about the dangers of alcohol and other drugs.

Remind your kids real friends speak up!

Have a conversation BEFORE your child attends the first party. Emphasize 1. family trust 2. awareness that alcohol and drugs are real worries 3. concern for health and safety most important 4. importance of family expectations 5. family love and a promise to always be there for them.



Register Here

ON THE CALENDAR

OCTOBER

- National Substance Abuse Prevention Month
- Health Literacy Month
- National Bullying Prevention Month
- Mental Illness Awareness Week, October 2-8
- National Child Health Day, October 3
- World Mental Health Day, October 10
- Columbus Day, October 10
- Healing from Addiction, a Family Affair, October 16, 2-5 pm (see above FYI)
- Health Expo, 9 am - 1 pm FC Central HS, October 22.
- Red Ribbon Week October 23-31
- National Prescription Drug Take Back Day, October 29
- Halloween October 31

NOVEMBER

- Lung Cancer Awareness Month
- Diabetes Month
- National Nurse Practitioner Week, November 13-19
- Great American Smokeout, November 17
- Thanksgiving Day, November 24

DECEMBER 2022

GA Rx Drug Abuse Prevention Initiative
Collaborative Mtg December 8, 10 am-2 pm
Norcross at the AC-HIDTA Training Center

