



The FCDAC STRATEGIZER

Leading the way to a healthier
Forsyth County

July 2021 Volume 1 Issue 3

HAPPY BIRTHDAY, AMERICA!!

Our Founding Fathers' Quotes: Inspiration and Pause

"The establishment of Civil and Religious Liberty was the Motive which induced me to the Field — the object is attained — and it now remains to be my earnest wish & prayer, that the Citizens of the United States could make a wise and virtuous use of the blessings placed before them."

George Washington

"How little do my countrymen know what precious blessings they are in possession of, and which no other people on earth enjoy!"

Thomas Jefferson

"The essence of America, that which really unites us, is not ethnicity, nationality or religion. It is an idea, and what an idea it is: That you can



"Any society that would give up a little liberty to gain a little security will deserve neither and lose both."

Benjamin Franklin

"We must dare to be great, and we must realize that greatness is the fruit of toil

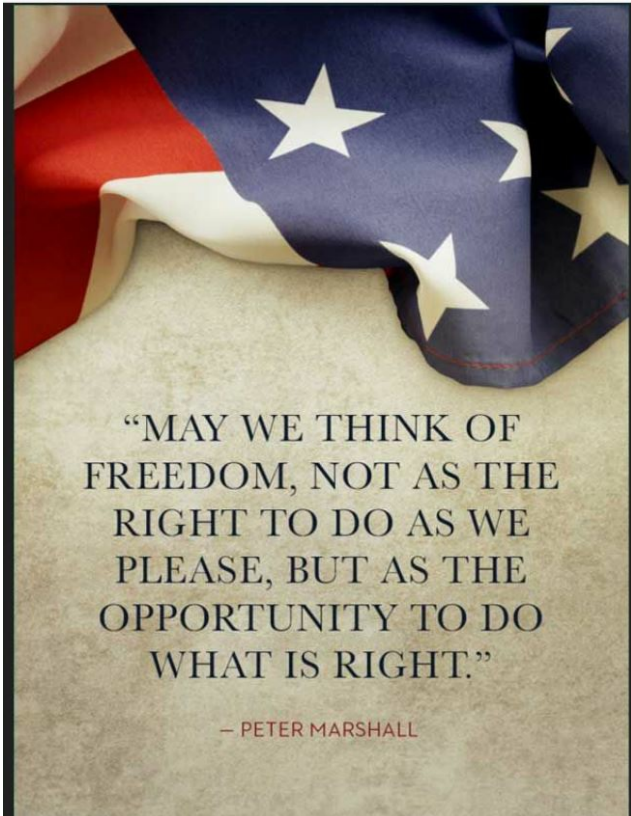
and what an ideal it is: that you can come from humble circumstances and do great things."

Condoleezza Rice

(Submitted by Cindy Jones Mills | Chairwoman, Forsyth County Board of Commissioners, District 4)

"I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him."

Abraham Lincoln



greatness is the fruit of toil and sacrifice and high courage."

Teddy Roosevelt

"America became a great nation early on not because it was flooded with politicians, but because it was flooded with people who understood the value of personal responsibility, hard work, creativity, innovation, and that's what will get us on the right track now, as well."

Benjamin Carson



IDEAS FOR KEEPING OUR YOUTH ENGAGED DURING THE SUMMER VACATION





Group by Forsyth County Drug Awareness Council

Ahh... Summertime! The lazy, hazy days are here, but if your young people have been out of school more than a week you have probably heard that dreaded lament from them, "I'm bored!" Now what?

Here are a few activities suggested by *Get Smart about Drugs*, a DEA resource to parents, educators, and caregivers, to consider. Hopefully, these ideas will keep your young loved ones engaged, feeling connected and, have a drug-free summer vacation. While parents may not be on vacation, prioritizing time to do some of these activities together will enhance your Summer experience too!

1. Encourage and provide opportunities for **outdoor activities**: running, biking, hiking
2. Encourage and provide opportunities for **creativity** through beading, crafts, origami, painting, scrapbooking, etc.
3. Encourage and provide opportunities to **serve the Community** by following their interests: animals, parks or the arts? Check out this website!

[Volunteer Match](#)



Take TIME to Talk to Young People in Your Life

The Lazy Days of Summer! Remember the adage, "No one cares how much you know until they know how much you care." Let's face it, much of our day in day out encounters with teens, especially if you are a parent, end up sounding critical or nagging. Spending **time with a young person during the Summer**, a typically more relaxed season and schedule for them, can pay dividends in relationship-building and make your Summer more fun too!

Spending time together will lead naturally to more opportunities for conversations about what is essential in life, including those about drug misuse. Letting your teen know THEY are loved and important to you will lead to openness in your relationship. Let them know you want what is best for them; you can show respect for them by listening to what is important to them. When you disagree or have differing points of

view, try to end your conversation with, "I love you even if we see this differently." Using phrases like, "I love you enough to tell you the truth" about any important values you hold will reveal yourself to them. Be honest about challenging consequences you or someone you both know encountered because of poor

choices, and immaturity resulting in difficult life lessons. Keep an eye out for stories on the internet positive and negative, that show what happened in the lives of others who made life-affirming choices as well as stories demonstrating real-life consequences of poor choices. Engage in fun activities you both can enjoy and that lend themselves to sharing and making memories: taking a walk together, hiking a bucket-list trail, going to a movie and out to dinner, or bowling. The two articles that follow might be helpful as conversation starters.



Going to a Party? Avoid Drug-laced Food!

You and your teen are probably familiar with stories of spiked drinks at parties and know to watch out for that danger, but with Marijuana laws across the country changing along with the general attitudes towards it relaxing accidental ingestion of weed by partygoers is on the rise.

Check out this article, "Help your Teen Avoid Drug-laced Food," on the [Get Smart About Drugs](#) website.

The article states, "Unfortunately, eating marijuana can be more dangerous than smoking it. The effects of smoking marijuana only take minutes. Edibles, however, take between 1-3 hours to affect the consumer because food is absorbed into the bloodstream through the liver. The amount of THC, the active ingredient in marijuana, is very difficult to measure and is often unknown in food, making overdose (especially if you don't know you're consuming weed-laced food) more likely."

The article recommends sharing these tips

with your teen:

- "Think about how well you know the host. Close friends or family who are aware of your desire to be drug-free are



Talking to your Teen About Drugs Dos and Don'ts

In this [Get Smart About Drugs](#) article, "Dos and Don'ts: Talking to your Kids about Drugs," parents are encouraged to talk to their kids. The article acknowledges that the topic of drugs is tricky. Promoting zero tolerance and the health consequences associated with using drugs is key. Here are a few tips:

- **"DO** explain the dangers using language they understand.
- **DON'T** react in anger -- even if your child makes a statement that shocks you.
- **DO** explain why you do not want them to use drugs. For example, explain that drugs can mess up their concentration, memory, and motor skills and can lead to poor grades.
- **DON'T** expect all conversations with your children to be perfect. They won't be.
- **DO** be there when your child wants to talk, no matter the time of day or night or other demands on your time.
- **DON'T** assume your kids know how to handle temptation. In fact, you may want to consider role-playing with your teen to educate them about real-life risks and alternatives to temptations so they

can make healthy decisions.

- **DO** praise your children when they deserve it. This builds their self-esteem and makes them naturally feel good.

aware of your desire to be drug free are less likely to knowingly expose you to laced goods. People you don't really know, though, might not be as considerate.

- If you're suspicious, don't eat the candy or baked goods. Edible marijuana most commonly comes in these forms. Stick to the Doritos or other well-known packaged goods.
- Ask questions. Finally, chat with other partygoers. Get the vibe of the crowd, learn more about the host (if you don't know him or her), find out who brought which dish – and if you're still not sure, don't be afraid to pass.
- Let your teen know that it's OK to go out and have fun! But there's nothing wrong with taking a little extra precaution if you find yourself in unfamiliar surroundings.
- After all, "No cares about you more than me and you know you can always call me if you are uncomfortable!"

[READ FULL ARTICLE](#)

- **DON'T** make stuff up. If your child asks a question you can't answer, promise to find the answer so you can learn together. Then follow up."

See these related articles from *Get Smart about Drugs*:

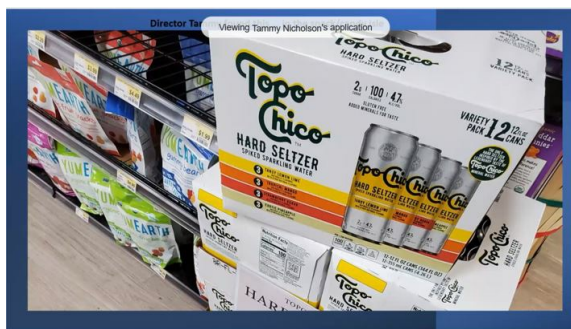
- Growing Up Drug Free: A Parent's Guide to Prevention (2017)
- 10 Strategies to Prevent Your Young Person from Using Drugs
- 8 Activities to Keep Your Kids Occupied During Summer Vacation (Besides the Summer Job)
- Talking to Your Child When You Suspect Drug Use

[CLICK HERE](#)

Members Teaching Members

WARNING! DANGER! BEWARE!

Now that I have your attention, I want to inform/caution you about an alarming source of alcohol and its alarming location in some stores. My guess is that **nobody** would expect to find **drinks containing alcohol in the candy section of a store**, but it has recently been found in a store in Georgia. In addition, the particular canned drink that was found on the candy aisle gave the impression that it was merely sparkling water, but it was actually hard seltzer/spiked sparkling water and was labeled to be **4.7% alcohol by volume (ABV)**. This marketing strategy is disappointing, and something parents need to be aware of, especially since there is such a high connection between underage drinking and drug use.

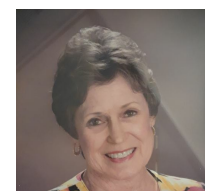


Environmental Scanning Project photo by Director Tammy Nicholson

The **SAFETY** of our **YOUTH** and their **HEALTH** and **FUTURE SUCCESS** must be our priority, and knowledge and awareness are two of our best protective factors to use as a defense against harmful substances.

Dana Bryan sits on our Council and is a retired middle school teacher with a passion for FCDAC's Mission. From a place

of the personal loss of her daughter through drug experimentation, Dana gives presentations to adolescents and teens with the hope they will realize the importance of their choices. will



importance of their choices, will understand the truth about the world of drugs and the relationship between underage drinking and drug involvement.



Youth Interns Take Action This Summer

YOUTH COUNCIL PRESIDENT ASKING FOR YOUR HELP!



A CALL TO ACTION FOR ALL COUNCIL MEMBERS!

Do you see this **disgusting sight** when you walk down the streets or perhaps on playgrounds or parks?

SAESHA and her team of youth volunteers want to change that!

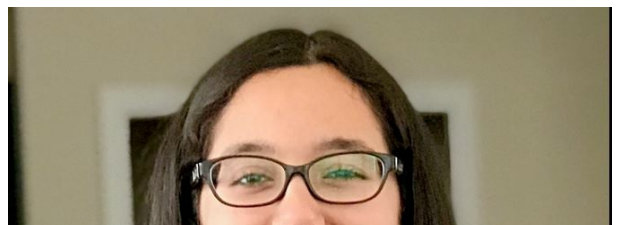
"As the Youth Council Leader, I would like to host **acigarette butt cleanup day in November** and collaborating with other youth organizations as well as my school's "Be Smart Don't Start" club members.

To do this, I need **your help** in conducting an **environmental scan of the places you visit** to find **locations with excessive amounts of tobacco litter."**

Please email your results to fcdacyouthleader@gmail.com.

Thank you for your assistance in this project!

Did you know? According to the **Truth Initiative**, "**Smokers litter as much as 65% of their cigarettes**. Each of those littered cigarettes takes about nine months to decompose under good conditions, but even then, cigarettes are primarily made of plastic fibers and are not biodegradable." The carelessly tossed butts release harmful chemicals like cadmium, lead, formaldehyde, arsenic into the environment. A choking hazard to small animals or making their way into the nests of birds and homes of other animals, and ingestion of cigarette butts is toxic. This litter not only impacts wildlife living near humans but also marine life too. Butts thrown on



humans but also marine life too. Butts thrown on streets get swept into drains and eventually find their way into rivers, lakes, and oceans. The toxic exposure poisons fish. According to [Tobacco Free Life](#), "There are an estimated four trillion butts littered across the world each year."

"All of us have witnessed the cigarette-butt litter and vape pod litter around our grocery stores, neighborhoods, coffee shops, and even playgrounds and parks. Recently I realized the impact tobacco litter has on the environment," Saesha lamented. "This is the environment our children and grandchildren will grow up in, which is why it is imperative we take action to protect it as much as possible," Saesha said.

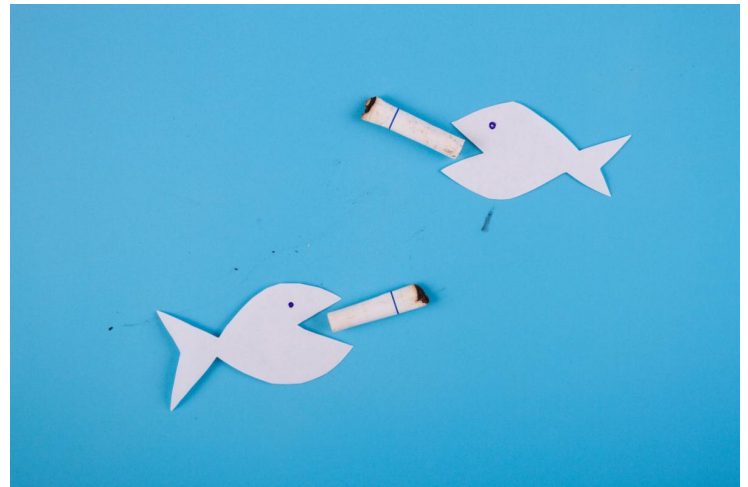
"That's why as a Youth Council Leader, I would like to host a **cigarette butt cleanup day in November** collaborating with other youth organizations as well as my school's "Be Smart Don't Start" club members. To do this, I need your help in conducting an **environmental scan** of the places you visit to find locations with excessive amounts of tobacco litter," she said. The **deadline for the environmental scans is the end of August**.

Please email your results
tofcdacyouthleader@gmail.com. Thank you!



Saesha Kapoor,

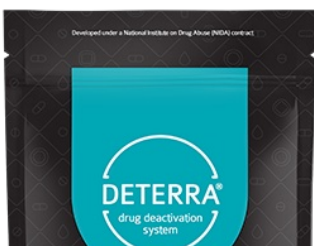
President of FCDAC Youth Council, is a rising junior at South Forsyth High School and has been working in drug prevention for 4 years. She is also the Co-President of Be Smart Don't Start, a drug awareness club at South Forsyth High School. She plans to continue her mission to educate all age groups of the community, especially the youth.



Vinayak Menon Summer Internship Project Announced

"My Summer FCDAC Internship Project will be to expand upon the already successful Forsyth County Take Back-Day every 3rd Saturday by **providing Deterra Drug Deactivation Kits** to further diminish the possibility of medicine cabinet sourced overdose," Vinayak Menon announced at July's Forsyth County Drug Awareness Council Meeting.

These pouches are designed to use tap water to mix with the carbon inside the pouch to deactivate the drugs. It has been tested and found effective and environmentally safe. Vinayak is partnering with **Safe Project**, a national non-profit initiative tackling





drug addiction. "Three years ago, Safe Project began a campaign called "Gone for Good" where they provided community partners with a supply of 2000 pouches at no cost to be distributed in the community," he said. The large pouch can destroy 90 pills. This project can eliminate up to 180,000

pills in our county. "I will be targeting five groups in our community. They are **hospitals** that will send deactivation kits home with patients who receive opioid prescriptions, **local and private pharmacies** that dispense prescribed opioids, **hospice care facilities** whose often handle the medications of many elderly patients and need safe ways of disposal when meds are no longer required, **coroners** office who can give to families when a loved one dies at home, and the last target group are **Families in Need** who find transportation difficult to the Take Back locations. Last year our project of distributing community resource guides opened a great channel to encountering these families through programs like Meals on Wheels, Food Bank and Meals by Grace, MSG Foundation, and others," Vinayak explained. "My goal is to distribute these pouches to begin to initiate a behavior change in our community that hopefully will continue in years to come in order to reduce the availability of these prescriptions and opioids falling into the hands of those at risk for overdose," Menon said. "This project of disposing of prescriptions and opioids safely is only the beginning and I hope to continue it in years to come. I am excited to get this project underway and want to complete it by the end of August with the possibility of doing future campaigns in December and into the next year," he said.

Vinayak Menon

Vinayak Menon is the Youth Sector Leader for the Forsyth County Drug Awareness Council and a rising junior at Lambert High School in Georgia. He has been actively involved with the coalition for the past three years and represented his district at multiple CADCA national conventions. He is also a community contributor for the *Atlanta Journal-Constitution* and advocated for substance prevention on behalf of youth. Outside of prevention work, Vinayak is an officer in his school's speech and debate team and the Georgia Future Business Leaders of America.



Director's Notes

MAN OH, MAN! IF YOU MISSED THE LAST COUNCIL MEETING, YOU MISSED OUT!

Our Director, Tammy Nicholson has announced some new marching orders or "invitations" as she puts it!! It is time to literally roll up our sleeves and get to work! Tammy has outlined the following ways Council Members can pitch in. Please review the list below, select one or more items, and e-mail Tammy with what you can do!



What Role Will You Take to Strengthen the Council?

I can do the following ...

- * Be an Environmental Scanner
- * Be one of the two August Social Media Champions
- * Train with Tammy to lead a future Council Meeting
- * Train with Tammy and take on the role of Summer Social Media Postings (July, Aug) while Allison is away
- * One Member for Summer Council Meeting Note Taker (Aug, Sept) while Allison is away
- * Be one of Three Members to work with Dr. Geary (September, Oct) to decide upon a new annual survey
- * Join LouAnn's Committee, which will be focusing on ACEs
- * Be involved with the 2nd annual Golf Tournament
- * Become trained by the new website company to help add content to launch the new website
- * Commit to attending the 3rd Saturday Drug Take-Back Days from 10 a.m. – 2 p.m.
- * Encourage 2 people to join the council and bring them with you to a meeting (before December)
- * Train with Tammy to lead future Community Discussion Groups

WHAT WILL YOU CHOOSE TO DO?

EMAIL TAMMY TODAY!

Resource: RRI's Jen Tarnowski Addresses our Council

Jen Tarnowski is the Advocacy Director of RRI providing support, education, and advocacy to survivors of sexual assault, ages 13 + and their families

spanning services across 6 Georgia Counties: Dawson, Forsyth, Habersham, Hall, Lumpkin, and White.

The guest community speaker for June's FCDAC council meeting. Jen described the



RAPE RESPONSE INC.
support, education & advocacy



meeting, Jen described the connection between the use of alcohol and drugs and the crime

of sexual assault. She related how victims of this crime often turn to drug use/misuse in order to escape the situation and numb themselves from the extreme trauma of their experience. RRI is more than happy to connect with any group and offer information and/or training. If you or someone you know has been affected by sexual violence- regardless of how long ago it happened – RRI can help!

Services

- 24 Hour Crisis Line
- Counseling & Support Groups
- Medical Accompaniment
- Crisis Intervention
- Judicial Accompaniment & Support
- Professional Training Education & Community Awareness Sexual Assault Response Team Coordination

EDUCATION PROGRAM: Let's Talk©

Let's Talk© programs are offered to middle school, high school, and college students. The curriculum educates adolescents and their parents on healthy relationship dynamics, boundaries, and laws designed to protect them during a time in their lives when they are most vulnerable. Classes are taught with sensitivity and candor.

According to Ms. Tarnowski, middle school is the ideal age to introduce the children to recognizing safe and healthy relationships from unsafe and unhealthy relationships. Teaching them how to set boundaries, how they can lower their risk for personal involvement with sexual assault, how to make smart choices when using social media, and how to respond if a friend is in pain regarding a sexual assault.

"We always come back to the same questions we recommend the students ask themselves: **Is this smart? Is this safe? Is this healthy?**

~Jen Tarnowski

For more information [GO HERE](#)

- Crisis Line:**
24 hours a DAY
- [\(770\) 503-7273](tel:(770)503-7273)
 - [\(800\) 721-1999](tel:(800)721-1999)

Fact...

Ages 12-34 are the highest risk years for rape and sexual assault.

Fact... Women

1 out of every 6 American women has been the victim of an attempted or completed rape in her lifetime

Men

About 3% of American men — or 1 in 33 — have experienced an attempted or completed rape in their lifetime

Children

Every 8 minutes, child protective services substantiates, or finds evidence for a claim of child sexual abuse

93% of juvenile sexual assault victims know the offender; 34.2% were family members, 58.7% were acquaintances, only 7% were strangers

Local News

DUI COURT CELEBRATES 15TH YEAR

Forsyth County Chief State Court Judge T. Russell McClelland.

In an article published June 5 in the *Forsyth County News*, Kelly Whitman noted that the 15th Anniversary of the DUI Court. This





Whitmire reported on the 15th Anniversary for DUI Court. This year's seven graduates joined the now 300 graduates of this program on June 2. Forsyth County Chief State Court Judge T. Russell McClelland stated, "Our mission is to promote community safety, reduce DUI recidivism and to save and transform lives."

Photo Credit: Kelly Whitmire, Forsyth County News

Recent graduates said of their experience, "It's easy to get caught up in things being negative, 'why me,' not loving myself, guilt, shame,... but I've learned through the program, through counseling ... to turn those into positives in some way, shape or form. It hasn't been easy, and it doesn't happen overnight, which is another positive about this being a long-term program, you've got a lot of time to work on these things."

Another graduate added, "When all of this started, I kind of had in my mind, as I'm sure a lot of us did, that my life was somewhat falling apart as a result of this, but today, I can stand here and tell you, actually, my life is falling into place, and I'm very grateful for that."

State News

New Report from the Georgia State University on Prescription Drug Misuse by 6th-12th Graders

A major report, *The Georgia Student Health Survey 2.0 (GSHS)* has just been released and sent to FCDAC from John Bringuel, Statewide Project Director Georgia Prescription Drug Abuse Prevention Initiative and The Council on Alcohol and Drugs. This survey is taken annually at all public-school systems and private schools that opt in to participate throughout the state of Georgia. It assesses topics shown to impact student health, such as alcohol and other drug use, school climate, suicide, bullying and harassment, nutrition, school safety, graduation, and sedentary behaviors. The section of the report included here focuses specifically on prescription drug use without a doctor's prescription. All survey data is anonymous and self-reported and assesses these issues among students from the 6th through the 12th grade.

[Read PDF Here](#)

Figure 1. Reasons for Prescription Drug Use Without a Prescription 2019-2020

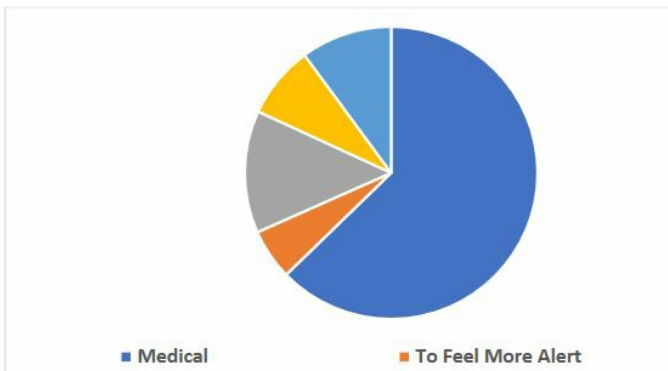
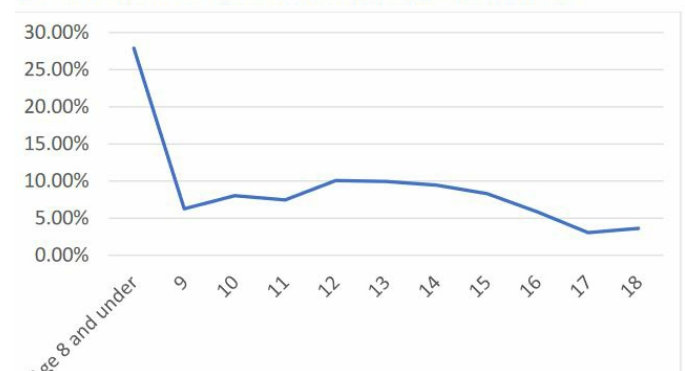


Figure 2. Age of onset of prescription drug use without a prescription 2019-2020



Age of Onset of Use of Prescription Drug Use Without a Prescription.

The above data is in response to item number 78 on the survey, which asks: "How old were you the first time you used prescription drugs that were not prescribed to you?" The data indicates that the age of onset of use of prescription drugs without a prescription is not in the early years of adolescence, but for the vast majority of participants, **in childhood**. This information is very informative as it gives us a target for primary prevention and education. See Figure 2.

Reasons for Using Prescription Drugs Without a Prescription

This data is in response to item 51 on the survey which states: "If you used a prescription drug that was not prescribed to you, please indicate why. These reasons are broken down in Figure 1 above. As is evidenced by this data, most youth report using prescription drugs without a prescription for medical reasons, although it has yet to be determined what specific medical reasons these are. See Figure 1.

GEORGIA'S OPIOID CRISIS - GPB and GBHDD 4 PART VIRTUAL SERIES



Jaye Watson, host and producer on Georgia Public Broadcasting (GPB), in cooperation with the Georgia Department of Behavioral Health and Developmental Disabilities (GDBHDD) is presenting a series of four virtual events this summer breaking down the Opioid Crisis across the state. The webinars will address what is happening and what is being done and developed to fight the crisis and provide a state-wide comprehensive list of resources available throughout the state. **To watch the first installment of this 4 part series** that aired on June 15, and discussed what faith-based communities are doing to combat this crisis,

click the link below.

[CLICK HERE](#)

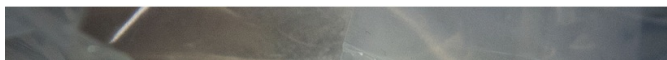
Prefer to watch future installments on Zoom? [Register for the remaining three free webinars here](#)

Fentanyl played a role in Death of **803** Georgians in 2020

July 6 2021, the *Atlanta Journal-Constitution* published an article by Tyler Wilkins, entitled, "Fentanyl Kills Georgians at Alarming Rates during the Pandemic." The article says, "The number of fentanyl-involved deaths in Georgia more than doubled from 2019 to 2020, according to data from the state's public health department. The synthetic opioid played a part in killing 803 Georgians in 2020, compared to 392 in 2019."

The article continues, "Fentanyl played a role in 60% of all drug-related deaths in the county in 2020, according to medical examiner's office records obtained by the AJC. Seventy people died from fentanyl-related overdoses in 2020, compared to 26 in 2019." "Most people who died had a combination of fentanyl and other drugs in their system," it said.

The entire article is linked below and was sent to our



Council by our prevention partner, John Bringuel, who exhorted, "Ladies and gentlemen I know I don't have to tell you that this is some very scary and tough times we are living in. Please spread the Prevention Word! Please share this among your network." Thanks for your contribution to Prevention Work, John!

[READ THE ENTIRE AJC ARTICLE HERE](#)



(Photo by Drew Angerer/Getty Images)



John Bringuel, MA, ICPS
Statewide Project Director
Georgia Prescription Drug Abuse Prevention Initiative
The Council on Alcohol and Drugs

National News

DEA Announces Steps to Expand Access to MAT for Opioid use Disorders

According to Tom Valentino, Senior Editor at *Behavioral Executive Newsletter*, June 29, the DEA finalized steps to "expand access to medication-assisted treatment for opioid use disorder, particularly in rural areas with limited treatment options, DEA on Monday (June 28) announced that it has published a final rule that allows registrants who are authorized to dispense methadone to add a mobile component to their existing registration."

[For More Info ...](#)

Shifting Substance Abuse from Criminal Offense to Health-centered Issue

Reporting in the *Psychiatry and Behavioral Health Learning Network*, Senior Editor Tom Valentino's article, "[Reps. Introduce Bill to Decriminalize Drug Possession, Shift to Health-centered Approach,](#)" informs of the attempt by two lawmakers partnering with the Drug Policy Alliance to introduce changes in the

Opioid OD Spikes Prompts Sober Living Homes to Adapt to Crisis

In a June 8th article, by Amarica Rafanelli, entitled, "[As Overdoses Spike, the Lines Around Abstinence-Based Opioid Treatment Are Starting to Blur](#)" writing for *Direct Relief* she reported, that some abstinence-based programs, who in the past have rejected the use of medication-assisted therapy (MAT) for addiction disorder, are reaching out to Harm Reduction groups who do utilize MAT to prevent overdose by addicts in a desperate move to prevent so many overdoses.

Sober Living Programs are based on the founding principles of Alcoholics Anonymous (AA), a community-based fellowship established in the 1930s to help those struggling with addiction. Daily AA meetings help the members share their experiences, give encouragement, support and accountability. It asserts that addiction is an illness that can be managed, but not controlled.

For many years AA was the only recovery

Policy Alliance to introduce changes in the Federal Government's approach to the use of illegal substances. The new laws would refocus its strategies away from criminalizing drug misuse to a health issue. The Drug Policy Reform Act would move oversight from law enforcement under the Attorney General to the HHS Secretary. For more about how this law would reshape current policy, [CLICK HERE FOR SUMMARY OF DRUG POLICY REFORM ACT](#)

To read the article by Tom Valentino [GO HERE](#).

High Court Judge says Marijuana Law May be Outdated.

Reporting June 28, 2021, for *Newsmax*, Charlie McCarthy wrote an article entitled, "[Clarence Thomas Says Federal Marijuana Laws Might Be Outdated.](#)" The High court declined to hear the appeal of a Colorado medical marijuana dispensary that was denied federal tax breaks other businesses are allowed. Federal tax law does not allow marijuana businesses to deduct business expenses and therefore even if the business operated in the red it might still owe federal income tax.

Thomas said, "...a 2005 court ruling upholding federal laws making marijuana possession illegal might be out of date due to the federal government's inconsistent approach toward the drug. The Federal Government's current approach is a half-in, half-out regime that simultaneously tolerates and forbids local use of marijuana." Read the article in its entirety [here](#).

program, but today, some substance use treatment clinics make available medication-assisted treatment or MAT. Patients are prescribed regulated opioids, such as Suboxone and methadone, to wean them off stronger, more addictive opioids. While the medications are chemically similar to heroin, they don't produce the same euphoric effect.

While abstinence-based programs typically utilize a 12-step program approach, they are reaching out to MAT programs and other health agencies to keep naloxone, a drug that is used to reverse the effect of an opioid overdose **in progress**.

"MAT help patients reduce symptoms of addiction, including cravings, tolerance, and withdrawal. Because MAT helps patients sustain an improved quality of life, the medication is often used long-term. Some people are on Suboxone or methadone their entire lives," the article said.

Though MAT has been proven to be safe and effective in the treatment of opioid use disorders, many sober living communities don't allow it.

"In a comprehensive review of 27 clinical trials published in the Oxford Academic, AA was shown to produce rates of alcohol abstinence and alcohol use compared to first-line clinical interventions and outperform them over follow-up, meaning people in AA were more likely to avoid alcohol and drugs over time than those using other treatments," the article stated.

You can read the article [HERE](#).

New SAMSHA Resource!

Help Reduce Mental and Substance Abuse Disorder



SAMHSA recently posted several web pages containing various videos, factsheets, and broadcast-quality public service announcements to help individuals and their loved ones connect with and remain in treatment for mental and substance use disorders. Each page contains a brief overview of the topic, ways to obtain help, and additional References

and Relevant Resources at the bottom of the page. Some of the resources are available in Spanish as well as English

Help grow our Newsletter EMAIL List



Join our Newsletter Family!

Do you know someone who would like and might benefit from reading the **FCDAC STRATEGIZER**? Please share this newsletter! Inviting friends and family to read our newsletter is an **easy way** to spread our reach into the community and accomplish our goals to increase awareness, educate, and encourage healthy living.

Sign-up for the Newsletter

On the Calendar

JULY

- National Park and Recreation Month take a hike, make a park memory!
- Juvenile Arthritis Month <https://www.arthritis.org/juvenile-arthritis>
- National Cherry Day July 16
- National Ice cream Day July 18
- World Hepatitis Day

July 28 - a group of infectious diseases that attack the liver and affect people all over the globe. <https://www.worldhepatitisday.org/>

AUGUST

- National Back to School Month
- Children Eye Health and Safety Month
- National Watermelon Day August 3
- International Cat Day August 8
- Book Lovers Day August 9

MARK YOUR CALENDAR FOR FRIDAY, OCTOBER 1st, at 2 p.m.

2ND ANNUAL FCDAC GOLF TOURNAMENT COUNTRY LAND GOLF CLUB, CUMMING, GA

***Play**

***Donate (raffle items)**

***Volunteer**

email Chris Mason

CMason@CountryLandGolf.com