

The FCDAC STRATEGIZER

Leading the way to a healthier
Forsyth County



June 2021 Volume 1 Issue 2

2021 Results from National Takeback Day!



Deputy First Class Kevin Ferraro of Forsyth County Sheriff Office, FCDAC Council member, and Law Enforcement Sector Leader is shown here with 206 POUNDS of unused prescription medications collected on April 24 during the National Takeback Day.

Unused or expired prescription medications can lead to accidental poisoning, overdose, or misuse. Most of the teens abusing prescription drugs get them from family, friends, or the home medicine cabinet.

Unwanted prescription drugs thrown in the trash can be retrieved and potentially abused or illegally sold. Flushing

unwanted prescription drugs contaminate the water supply. Proper disposal of unused drugs saves lives and preserves the environment. Protect those around you and do your part by disposing of your unused or expired prescription medications properly.

Did you miss the national take-back day? Not a problem!!!

The Forsyth County Sheriff's Office provides permanent drop boxes in safe places to dispose of medications year-round...

Forsyth County Jail Lobby (available 24/7) [202 VETERANS MEMORIAL BLVD. CUMMING, GA 30040](#)

FCSO North Precinct Lobby (Mon - Fri 9-5) [2310 KEITH BRIDGE ROAD CUMMING, GA 30040](#)

FCSO South Precinct ((Mon - Fri 9-5) [2985 RONALD REAGAN BLVD. CUMMING, GA 30041](#)

Picture courtesy of the Forsyth County Sheriff's FB page

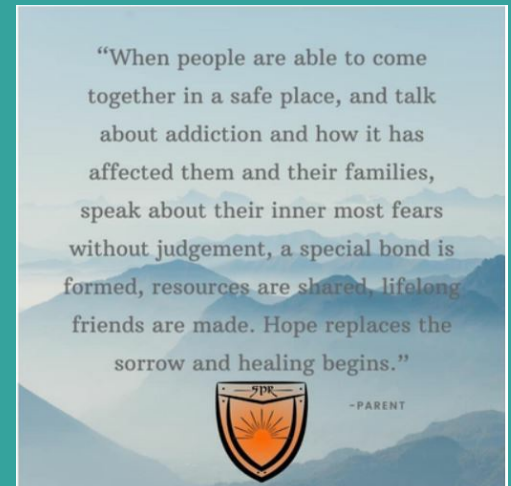
Council Members Reports

12 Sectors | 12 Months | 12 Minutes An Exclusive CADCA Membership Series



Congratulations to Vinayak Menon, FCDAC's Youth Sector Leader, who was tapped by CADAC as one of 12 National Sector Leaders interviewed on May 25, 2021, in CADCA's monthly program entitled, "12 Sectors, 12 Months, 12 Minutes" and watched by coalitions through the United States.

Sunrise Parent Retreat - Georgia Level



Council Member Susan Tanner reported that four couples and four single moms participated in the Sunrise Parent Retreat in April. "This was an incredibly uplifting, refreshing, and bonding weekend for the participants," she said. Susan and her husband attended the first Sunrise Parent Retreat in October 2020.

She remembers well the sense of hope they received. One of the retreatants on their weekend said, "When people are able to come together in a safe place and talk about addiction and how it has affected

them and their families, and share their innermost fears without judgment, a bond is formed, resources are provided, and lifelong friendships are made. Hope replaces the sorrow, and some healing begins."

According to **Julie Cordry, Sunrise Parent Retreat Founder**, "We want to reach as many parents as possible in order to reduce the shame and guilt that comes with addiction!" **Sunrise Parent Retreat** was founded by parents who, themselves, have a child battling addiction. The vision of this retreat is to allow parents to rest and refuel as they change their focus from fear to hope and trust. Beginning on a Friday and ending on Sunday around noon, retreat highlights include delicious meals, a group session in changing their focus, special crafts using wood stencil painting and string art; opportunities to hear guest speakers and musicians who share hope for recovery, form new friendships, find support, AND much-needed time for themselves.

"Our amazingly generous community has fully funded the retreat two times! This has enabled the parents to attend at no charge. We had our first retreat October 23-25, 2020 (after being postponed due to COVID) and our second retreat was April 23-25, 2021 at Forrest Hills Resort in Dahlenega, GA. We are planning another retreat in **Spring 2022**," Julie said. "With the generosity of our community, we can continue to offer these retreats to parents who have a child battling addiction. We know from personal experience how scary it can be to have a child battling addiction. We have dealt with feelings of loneliness, shame, fear, and confusion. Our hope is that other parents, through attending this retreat, will be able to change their focus from fear and shame to a focus of hope. We want to empower parents to keep going! We want them to know they are not alone in this battle," she said.

Please check out their [Sunrise Retreat Facebook page](#) and Instagram [@SunriseParentRetreat](#).

Safe Home Disposal of Prescription Drugs - County Level



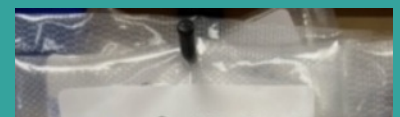
Councilmember and School Board member, **Tom Cleveland**, gave his takeaway report after attending the National Rx Drug & Heroin Summit and SAM conference. He stated, "These conferences are awesome, but there is an overwhelming amount of information to take in. I try to focus on "little things" that can make a difference and which can fit our planned strategies." One such "little thing" is new methods to dispose of prescription drugs. Several companies produce kits to provide safe and effective means of "Deactivation and Disposal of Medications." The Deterra System is one, and it gives a secure medication disposal pouch or container that can be used at home or in a clinical setting. It is a safe, effective choice used to destroy and properly dispose of unused, unwanted, and expired medications with the simple addition of tap water. These pouches could be given out at the time prescriptions are dispensed at the pharmacy, through convalescent centers, or given to families after an at-home death occurs.

THC: A Spreading Concern for Young Children and All

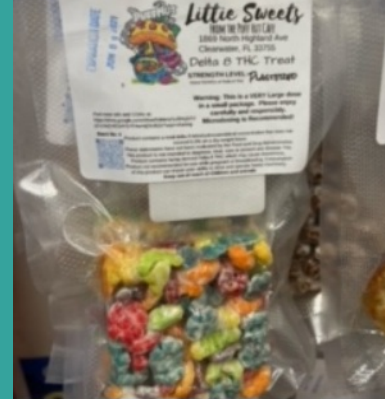
THC Edibles and Children

They call it [Acute Marijuana Intoxication](#) and more and more states are dealing with such cases in their ERs according to Children's Hospital Colorado. In states that have [legalized\(12 states\)](#) and [decriminalized \(26 states\)](#) recreational use of Marijuana and its edible THC spin-offs, more children are being exposed. As [Claire McCarthy, MD](#), Senior Faculty Editor, Harvard Health Publishing stated in her April 23 2021 article, "Edibles and Children: Poison

Center Calls Rise," "If a 3-year-old finds a cookie on the table, chances are they are going to eat it."



Dr. McCarthy further states, "[A research brief](#) published in the *Journal Pediatrics* found that between 2017 and 2019, there were 4,172 calls to regional poison control centers about exposures to cannabis in babies and children through age 9. About half of the calls were related to edibles. The frequency of these calls, and the percentage related to edibles, went up over the two-year period. Not surprisingly, the exposures were about twice as common in states where marijuana use is legal as in those where it is not. The most common age group involved was 3- to 5-year-olds."



DANGERS OF THC EDIBLES FOR CHILDREN AND ADULTS ARE:

1. The quantity of THC in edibles is hard to determine.
2. Hidden inside a sweet treat, it is **easy to consume too much**.
3. The intoxicating effects may not be felt for 1 to 2 hours after consumption of THC edibles, unlike the more immediate effect of smoking. Also while the effect dissipates quickly when inhaled, effects from edibles could last **6 to 10 hours**.*

*Edibles vs. Smoking: The Definitive Marijuana Guide, by Anthony Franciosi

How THC Snuck in through 2018 Farm Bill

Hemp and the 2018 Farm Bill



Why? Why would hemp, a cousin of the marijuana cannabis plant, that contains THC, the chemical compound that makes you high, be removed from the Controlled Substances Act (CSA) and included in the **2018 Farm Bill**? It is complicated, but also **historical**. Hemp is a fast-growing plant that has been used for thousands of years to make items like paper, cloth, canvas for sails, rope, even fuel oil for lamps. In times past, farmers in some areas of our country were **required** to grow hemp because our country needed the products derived from it. Historically in the US, hemp was produced in the section of the country know as the Corn Belt. And it is in those areas where hemp is trying to make a comeback.

According to the 2018 law, **hemp containing 0.3 percent or less THC is legally grown** in all 50 states. Any THC produced with higher than 0.3 percent is considered

What's the difference between Delta 8 and Delta 9?

The difference between these two compounds is in their chemical structures. Their make-up of the same components- atoms that are double bonded. In Delta 8, atoms are connected to the eighth carbon molecule, while Delta 9 atoms are attached to the ninth carbon molecule. According to a [Leafly.com](#) article, "Delta 8 binds to the endocannabinoid system in a slightly different fashion because of the location of its double bond. This is what makes Delta 8 much less potent than regular THC (Delta 9). However, more research needs to be done on Delta 8 and how it interacts with the body."

Hot Hemp Commodities



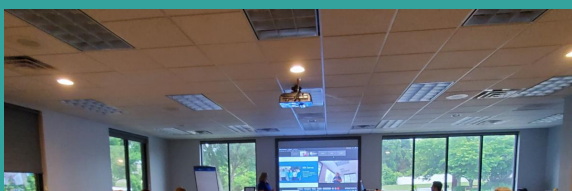
produced with higher than 0.3 percent is considered marijuana and is illegal. This lower percentage of THC is the defining difference. But the fact is Delta 8 THC originating from **legally grown hemp**, while less potent than Delta 9 THC from the marijuana plant can get you high.

"The return of legal hemp brought an explosion of interest in this crop and products made from hemp, especially CBD oil. [Farmers licensed over 500,000 acres of hemp](#) across 34 states in 2019. Less than half were planted and harvested. Producers turned most of the hemp harvested in 2018 and 2019 into CBD oil or hemp extract, the hyper-popular supplement. Consumers drove [CBD sales to over \\$1 billion](#) in 2019." You can find more historical perspectives [here](#).

Indeed, the extraction and synthesis of THC from the hemp plant was **not part of the spirit of the 2018 Farm Bill**, but it did result in the somewhat ambiguous position of hemp produced THC's legality. It is the **marketing** promotion surrounding "THC" that entices consumers and marijuana enthusiasts. Delta 8 is showing up in many CBD shops and even in convenience stores in many states. (see the report by Lisa Potts about Delta 8 cookies below.)

In **this month's Council meeting Commissioner Mills** reported and was confirmed by **Sheriff's Ron Freeman's** report that because of the fast response of Forsyth County Commission to enact an ordinance against the **marketing of THC** products and linking the ordinance to the store owner's alcohol license these products are being pulled from the shelves in Forsyth County.

Coalition members are encouraged to be aware and watchful as we go about our lives. We have the amazing opportunity to gather up our findings at the next council meeting and also call to the store owner's attention the violations of the ordinance which was pointed to by FCDAC Director Tammy Nicholson. "This vigilance, raising the awareness about what we see and providing education, is part of the most basic mission of every coalition," she said.



Thousands of U.S. farmers have planted hemp since the passage of the **2018 Farm Bill** hoping to harvest financial benefits on the historical return of an American crop made illegal to grow approximately 80 years ago.

"U.S. farmers want to plant hemp crops for fiber, but they have a hard time understanding the steps it takes to go from a plant to a textile," said Barbara Filippone, head of EnviroTextiles. Her company has been importing hemp fabrics since the 1990s. Importing it mainly from China, Filippone worries that the U.S. textile industry doesn't have the supply chain infrastructure to process the plant fibers to use them to make textiles, at least not yet.

Hemp textile fiber, a long, reed-like plant that can reach 15 feet tall, makes a sophisticated yarn used in cotton blends to upholstery fabric to silk. The long fibers are naturally stronger and last longer than cotton.

Without a robust textile industry to sell to, unlike farmers of past times, many of today's farmers are opting to grow the hemp variety, which is a short, bushy plant used in CBD oil and the THC burgeoning industry.

You can read the entire article, "Hemp textiles made in U.S. will take time, experts say"

by Jean Lotus, [HERE](#)



June 2021 Hybrid (In-person and Streaming) Council Meeting

Members Teaching Members: Dana Bryan

Hidden Fact Revealed about Alcopops

by Dana Bryan

Council Member Jennifer Hodge, Council Member Dana Bryan, and Director Tammy Nicholson, of the Forsyth County Drug Awareness Council, recently attended a series of 4 two-hour virtual classes of the newly forming Georgia chapter (GAPA) of the United States Alcohol Policy Alliance (USAPA). The emphasis was on underage drinking and its close relationship with drug usage. Underage drinking is a national problem, including in our own county.

We came away with much shocking information that was new to us. One of the things that stand out in my mind is that there are many brands of canned drinks that look like soda cans but actually contain a high amount of alcohol. As an example, one of the brands is sold in 23.5-ounce cans and contains the equivalent of 5 standard drinks of alcohol. These drinks go by different names and are sold as single cans.

The names are designed to appeal to youth, their target consumer. It is not unusual for a parent to see their son/daughter with one of these cans and assume it is either a soda or one of the caffeine drinks. These drinks are flavored to appeal to youth and make it possible to gulp them down as if they were a soft drink. In addition, the instructor pointed out that once a can is opened, the entire can is likely to be consumed because it does not have a cap that can be closed. More eye-opening facts next month...

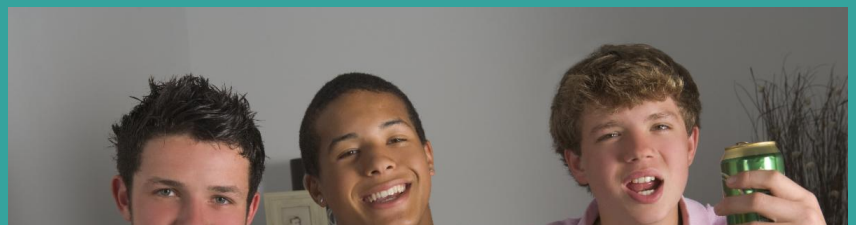


I am a native Georgian and a resident of Forsyth County, where I have lived with my husband since 2004. I earned my Bachelor's Degree in Education at the University of Georgia and my Masters in Reading Education at Georgia State University.

I taught in middle school and also tutored college students at Brenau University before I retired. I learned about drugs the hard way when my daughter became involved and died at the age of 15 as a result of her experimentation with drugs.

Since my daughter's death, I have given many presentations to

adolescents and teens with the hope that they will realize the importance of their choices and will understand the truth about the world of drugs and also the relationship between underage



Relationship between underage drinking and drug involvement.



Acronym of the Month, **ABV**, and A Challenge for **YOU**:

ABV means "alcohol by volume." Director Tammy Nicholson challenges all council members to look at the ABV of single-serve drinks mentioned in Dana's article above when out shopping. **Bring back your pictures and your notes!** What ABV alcohol percentages did you find? Where are they being placed in the store? Are single servings available? These drinks are known to be the transitional substance from soda-pop to alcohol for youth. Bring your finds back to the July Council Meeting!

"Nearly half of poison control calls for supersized alcopops involve underage drinkers" - 2021

"Supersized alcopops are ready-to-drink flavored alcoholic beverages with a high alcohol content that are disproportionately consumed by underage drinkers. There can be up to 5.5 standard alcoholic drinks in a single 24 ounce can, so consuming only one can of supersized alcopop is considered binge drinking, and consuming two cans can cause alcohol poisoning. Still, these products remain under-regulated and are available inexpensively at gas stations and convenience stores, where they are more readily accessible by underage youth."

Read the [Science Daily Article](#)

Program updates around the County



The Connection Forsyth Friday Night Lights Stories of Family, Hope, Recovery!

The Connection Forsyth presents **Friday Night Lights** at 7 p.m. every Friday. The forum is carried on zoom and streamed on Facebook Live. One recent speaker in May was Leslie B. Leslie related how after 13 years of living a life run on "self-will," she found herself on her knees, begging for mercy. As a grateful member of Alcoholics Anonymous for almost 16 years, she said, "One day at a time" turned into years of doing the next right thing, serving an all-mighty God who never gave up on me. My life is built on a foundation of rigorous honesty, grace, and love."

Inspiring! Find out more

[HERE](#).



LIGHTS

Summer is Here! Resources for Parents, Caregivers, and Educators

It may be Summer, and our youth may be on a school break, but it is no time to stop educating about the dangers of misusing drugs! Perhaps you are involved with a program providing Summer activities for youth in grades 6-12. Education plays a key role when it comes to preventing drug use among young people. [Get Smart About Drugs](#) is a DEA resource for parents, educators, and teens. Its site carries a host of online drug education resources, including **lesson plans, activities, videos** – from different websites targeted to various grade levels that both parents and teachers can use.

Teen vaping – of both tobacco and THC ([marijuana](#)) – is on the rise and is a growing concern in schools. [Check out these resources on the topic.](#)

In addition, you can find more information and [help students you think may have a problem](#), and more.

State News

Georgia 911 Good Samaritan Law What is GA's 911 Medical Amnesty Law?

Georgia Law Provides Protection for people who call 911 and seek medical assistance for someone experiencing a drug or alcohol-related overdose. The caller and the victim cannot be arrested, charged, or prosecuted for personal use quantities of drugs, alcohol, or drug paraphernalia if the evidence was obtained as a result of seeking medical assistance and the caller remains at the scene with the victim.

Our message is simple: Don't Run – Call 911!

Fatal Opioid Overdoses are Preventable with Naloxone

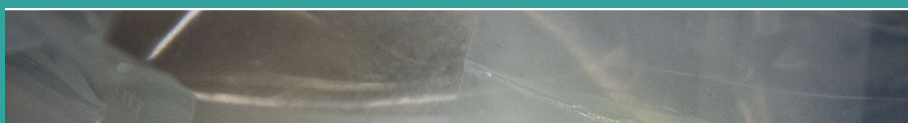
Naloxone is available from Georgia Overdose Prevention for those at high risk* of overdose and their loved ones.

Naloxone is also available at GA pharmacies, does not require a personal prescription, and is covered by most insurances.

*high risk means people who are actively using street or RX opioids and any other street drug, people in recovery from opioids or any street drug, sex workers, people with lowered tolerance to opioids from a period of not using drugs, people on MAT, loved ones of the person at risk.

[Get your Naloxone Kit](#)

Georgia officials warn of counterfeit pills with **FENTANYL** sold across state





(Photo by Drew Angerer/Getty Images)

WGAX NEWS reported May 12, 2021, according to Georgia health officials, counterfeit pills containing fentanyl but being sold as Xanax or Percocet are causing overdoses. The Department of Public Health is working closely with the Georgia Bureau of Investigation, the Georgia Poison Center, the Georgia Drugs and Narcotics Agency, and federal partners on this investigation.

You can read the entire story

[HERE](#)

Fentanyl Overdose; Why it's a Killer

In a 2016 CBC News report, entitled, "A grain of Sand: Why Fentanyl is so Deadly," Lisa Johnson, editor and senior writer at CBC News, explained the danger of fentanyl in visual terms. "Fentanyl is a drug that's **100 times more potent than heroin**, and a dose the size of a grain of sand can kill. When it's prescribed by a doctor, it's measured by the millionth of a gram."

She continued, "Most of us don't deal regularly in millionths of a gram, but here's a way to visualize how small that is: A pill you might take for a headache — ibuprofen — is 400 milligrams. Try cutting that pill in 400 pieces. Each is a milligram. To get a microgram, that same pill would have to be cut into 400,000 pieces. On that scale, it's very easy for someone using fentanyl to take too much and very difficult for traffickers diluting the drug to be precise with their product."

You can read Ms. Johnson's entire article [HERE](#).

Lisa saw these powerful 500 mg DELTA-8 cookies in Florida ... What are you seeing locally?

Amounts Made to Be Abused!



This cookie may look innocent, but it is NOT! It contains 500 mg of Delta 8! It is evidence of the emergence of edible Delta-8's that are beginning to spread across our country and poses a threat to our communities especially since it is targeting youth!

Here's what it says when you Google this product: "LittleSweets Delta 8 THC Edible Cookie Treats Plastered 500mg Made right here in Sunny Florida



Plastered 500mg Made right here in Sunny Florida, these edibles come with a good punch. Loaded with 500mg of Delta 8 THC, these are sure to put the relax on you. Warning: Some of these products may contain peanuts, please beware before consumption if you have any allergies to nuts."

Lisa Potts, a partner in prevention, lives in Florida and found this and others on the shelf of a convenience store. Lisa says, "These Delta 8 edibles have 500mg, and a single recommended dose of Delta 8 is 10mg for a beginner and up to 40mg for experienced users."

Photos submitted by Lisa Potts, from a Florida convenience store. Lisa attended our council and John's Creek in the past when she resided in Georgia. Thanks for sending it!

What could this do to a child who eats the whole thing in a few minutes? And consider how stale the cookie would become if it were consumed "safely" by adults. It's made to be abused.

JUST FOR DADS

Sure, moms are the ones who breastfeed and they probably change more than their fair share of diapers. But dads play a unique — and very important role in their kids' lives from the very start.

Children who grow up with involved fathers do better in school and are much less likely to become teen parents or get involved with drugs, alcohol, or crime. They also manage their emotions better and are less likely to resort to violence.



www.menshealthnetwork.org

On the Calendar

June

- MEN'S HEALTH MONTH- encourage men to get regular checkups and be aware of the risks for their age, ethnicity, and lifestyle. For more go

OUT OF THE OFFICE

July

- National Picnic Month
- Council Meeting on July 7th
- Free Chick-fil-A Meal for Cow Appreciation

[HERE](#)

- Family Health and Fitness Day **June 12** with the [National Recreation and Park Association](#)
- National Flag Week **June 13–19**
- DEA Museum Lecture: **Smuggling Stories June 17, 1:00 p.m. - 2:30 p.m.** Eastern [Reserve FREE TICKET HERE](#)
- **A FREE WEBINAR:** Identifying and Responding to Emerging Drug Trends pt. 1: What the Data Shows. **June 23, 1-2:30 pm ET** Hosted By: Central East PTTC (Prevention Technology Transfer Center Network) Funded by SAMHSA

[Register](#)

Director Tammy will be off the week of June 13th attending a required week-long intensive workshop in her 2022 Cohort of the Living School at the Center for Action and Contemplation.

Please keep her studies in your thoughts this week.

Call her personal cell phone or text if there is an emergency:
706-247-1532



Day **July 9** Come dressed as a cow!

- 7-Eleven's Free Slurpee Day **July 11**
- World [Hepatitis](#) Day **July 28** with the [World Hepatitis Alliance](#)
Many different drugs can cause drug-induced hepatitis. Painkillers and fever reducers that contain acetaminophen are a common cause of liver injury, particularly when taken in doses greater than those recommended. People who drink alcohol to excess are more likely to have this problem.

