

The FCDAC STRATEGIZER

Leading the way to a healthier Forsyth County

May 2021 Volume1 Issue 1



RE-ENGAGE MAY!

- Hybrid Council Monthly Meetings have begun!
- Committees are meeting again!
- YOU can help "Be the Change!" Become a Social Media Champion by liking and sharing two posts each week on our pages!
- Contribute to our **Newsletter** with news, achievements, updates on the successes of your program, and remember pictures and graphics are eye-catching! Be a contributor, it encourages EVERYONE! [CLICK HERE](#) to email Janice.

Deadlines Friday-Monday after the Council Meeting.

National Prevention Week May 9-15

The three primary goals of National Prevention Week are to:

- Involve communities in raising awareness of substance use and mental health issues and in implementing prevention strategies, and showcasing the effectiveness of evidence-based prevention programs;
- Foster partnerships and collaborations with federal agencies and national organizations dedicated to improving public health; and
- Promote and disseminate quality substance use prevention and mental health promotion resources and publications.

The 2021 daily themes are:

- **Monday, May 10: Preventing Prescription Drug and Opioid Misuse**
- **Tuesday, May 11: Preventing Underage Drinking and Alcohol Misuse**
- **Wednesday, May 12: Preventing Illicit Drug Use and Youth Marijuana Use**
- **Thursday, May 13: Preventing Youth Tobacco Use (E-Cigarettes and Vaping)**
- **Friday, May 14: Preventing Suicide**

STEMMING THE TIDE OF
SUICIDE
IN AMERICA

Suicide is a serious public health problem that causes immeasurable pain, suffering, and loss to individuals, families, and communities nationwide.

1.4 MILLION ADULTS
ages 18 and older attempted suicide in the past year.

3.3 MILLION ADULTS
ages 18 and older made suicide plans in the past year.

10.7 MILLION ADULTS
thought seriously about trying to kill themselves.

Resources to prevent suicide abound, including SAMHSA's National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

ENGAGE WITH NATIONAL PREVENTION WEEK TODAY.
www.samhsa.gov/prevention-week

SAMHSA
Substance Abuse and Mental Health Services Administration

UPDATED 2020

Click [HERE](#) for more information!

AWESOME NEWS: Residential Substance Abuse Treatment (RSAT) Began 2nd Class March 8!

Sgt. Christy Vickers and Catherine Rosborough reported on RSAT Progress

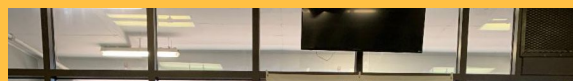


A second RSAT class launched as the result of the Criminal Justice Coordinating Council's 2021 grant. The new grant came as the first class of 11 men entered their six-month mark in this unique program designed to provide a residential environment in place of jail sentencing and reduce repeat offenses.

Community service, vocational training, and group time with community service providers and local businesses are the backbone of this program. We are grateful to community partners, like Recovery and Peer Coaching, Family Haven for workshops on

Healthy Relationships and Anger Management, Lanier Tech assisting with GED prep, Inner Circle Group, the 12 step program, and family support programs. They are providing positives and valuable resources and mentoring for our program. The men are taking more and more ownership by incorporating their skills to build relationships with each other and their families. The new men's group will develop their T-shirt printing skills through the vocational element and the female group will learn basic kennel technician and basic obedience training while working with our Pups with a Purpose program.

The class motto is: "Sober Minds, Sober Spirit, Give it to God, and Do Not Fear It!"





In Local News



Forsyth County News reported on April 12 about the County Commissioners' work session (April 6), which heard first-hand accounts concerning the school system's efforts to keep at-risk students sober and healthy. Before the Commissioners, **Matt Meyer**, Insight Program Director, told of his work with **Commissioner Cindy Jones Mills** and the **Forsyth County Drug Awareness Council**. Meyers commended Gateway Academy, one of three schools that is a part of the Academies of Creative Education. Principal **Drew Hayes** of Academies of Creative Education recognized the work of Gateway's Substance Counselor,

Mitch Durdle. Hayes said about Durdle, "[he] has shifted our [school's] culture... where students are reaching out to try to be sober as opposed to reaching out to try to keep one another active in drugs and alcohol."

A moving testimony was shared by Abby Barreiro, 17, now a student of Forsyth Academy, who reported being six months sober. She credited Durdle and a support program called Full Circle with her decision to turn away from substance abuse. **Victoria Ray**, Full Circle's director, encourages "enthusiastic sobriety," choosing healthy, self-worth lifting, fulfilling, and just plain fun alternatives to misuse of substances among its participants. "It's incredible how this has happened because I never thought I'd be this happy and healthy," Barreiro said.

Read the full article [HERE](#)

**Forsyth County Sheriff Department MAKES
"TAKEBACK RX"
AVAILABLE YEAR-ROUND!**

Reminder!
Get rid of old Rx's safely!

NEW PRESCRIPTION DRUG



DISPOSAL LOCKER

AVAILABLE 24 HOURS, 7 DAYS A WEEK

FORSYTH COUNTY JAIL

202 Veterans Memorial Blvd.
Cumming, GA 30040

OTHER LOCATIONS AVAILABLE MON-FRI 9AM-6PM:

NORTH PRECINCT
2310 Keith Bridge Rd
Cumming, GA 30040

SOUTH PRECINCT
2985 Ronald Reagan Blvd.
Cumming, GA 30041



DID YOU MISS THE NATIONAL TAKEBACK DAY IN APRIL? Good

New, It's not too late!

If you still have UNWANTED PRESCRIPTION DRUGS

Forsyth County Sheriff's Office provides a safe place to dispose of medications year-round...

Did you know misuse of prescription drugs is highest among young adults ages 18-25 (14.4 percent) and youth ages 12 to 17 (4.9 percent), who reported nonmedical use of prescription medications in the past year? Misinformation about the addictive properties of prescription opioids and the perception that prescription drugs are less harmful than illicit drugs are contributing to the problem.*

Help end this misuse! Safely and conveniently dispose of all unused prescription drugs in your home TODAY!

*[National Institute of Drug Abuse, April 13, 2021](#)

In National News

Record levels of **Fentanyl** Entering U S Southern Border

In the first five months of 2021, the amount of fentanyl seized at the southern border has already surpassed ALL of the 2020s captured fentanyl, according to the latest statistics from Customs and Border Protection (CBP).

"We are seeing a dramatic increase in fentanyl seizures this fiscal year, more than 360 percent higher than this time last year," said acting CBP Commissioner Troy Miller.

Fentanyl is the synthetic opioid blamed for the escalating overdose death rate in the United States. Often manufactured in Mexico using chemicals supplied by China, it's mixed with other narcotics to increase potency as well as pressed into counterfeit pain pills known as "Mexican oxys."

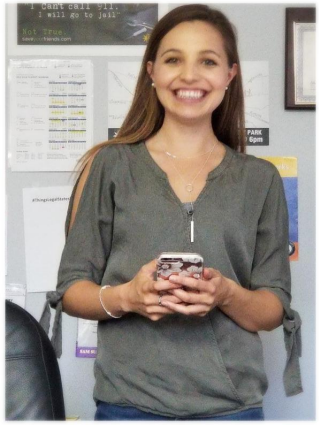
Even with this amount being seized at the border, drug seizures in cities nationwide increased 50 percent in February from January. Cocaine interceptions increased 13 percent, seizures of methamphetamine increased 40 percent, seizures of heroin went up 48 percent. In Georgia, over 60% of drug overdose deaths involved opioids, with 866 fatalities (a rate of 8.3) reported in 2018, according to the Georgia Department of Public Health.

As illegal immigration surges, border experts have said it's likely drug seizures will decrease because border agents will and are being pulled away from intercepting drugs to processing the large groups of people entering the US.

This means more drugs reaching and harming our communities, making FCDAC's work of education and outreach even more vital.*

Serving Our Community

FCDAC'S FIRST SPEAKER'S BUREAU ENGAGEMENT OF 2021



Victoria Ray, Matt Meyer, and Mitch Durdle, members of FCDAC's Speaker's Bureau, gave the first in-person school presentation of 2021 at Central High School on March 9th and 10th. Speaking to Meagan McLeod's health class, each retold their stories, sharing their experiences with substance use, its impact, and eventually how entering long-term recovery brought hope.

They shared the most up-to-date information about the risks of marijuana, alcohol use, and vaping, using mind-changing chemicals. One student asked Victoria what she would do differently. Victoria responded, "Engage in crucial supportive connections with those who pushed me to grow, not just who I thought was cool in high school. It just wasn't worth it."

Three stories of survivors, who demonstrate a "wrong" turn in life does not prevent anyone from making a "right" turn. There is always hope and support available. You are never alone.

20TH ANNUAL MID-YEAR CADCA TRAINING INSTITUTE (VIRTUAL) JULY 11-15, 2021



**Vinayak Menon attended
in 2020**



CADCA, (COMMUNITY ANTI-DRUG COALITIONS OF AMERICA) welcomes you to this substance use and misuse prevention training event!

CAN YOU BE OUR 2021 ADULT MID-YEAR ATTENDEE THIS YEAR?

What it's about:
hear from leaders from around the country
state-of-the-art strategies 1 year into the pandemic

Click [HERE](#) to email Tammy to sign up! **The Training is paid by FCDAC**

May is Mental Health Month

DID YOU KNOW? While 1 in 5 people will experience a mental

MAY IS MENTAL 2021

illness during their lifetime, everyone faces challenges in life that can impact their mental health. Mental Health America's 2021 has a Mental Health Month Toolkit for you! #Tools2Thrive has practical tools that everyone can use to improve their mental health and increase resiliency.

Learn more [HERE](#)



HEALTH MONTH 2021

LIFE CAN BE HARD.
YOUR MENTAL HEALTH DOESN'T HAVE TO SUFFER.
GET TOOLS AND INFORMATION THAT CAN HELP.

TOOLS
2
THRIVE

LEARN MORE AT
MHNATIONAL.ORG/MAY

Announcements and Action Requests



- Tammy asks for three interested council members to step up to complete a fun (5 hour total) project over a period of a few months with Dr. Geary to help reformulate our annual surveys.
- Janice asks the Committee chairs to send her their committee's goals, strategies, program launch info. Send in Resources-yours or newly discovered- so I can broadcast them. Remember to include pictures from any events you participate in-even from your program's fun night! Deadlines for our Newsletter are Friday-Monday post-Council Meeting! Thank you in advance!
- Prior Council Meeting powerpoints and meeting minutes are available by request at this time. Our new site will have a member-only area where council members can log in to watch prior meetings, access meeting minutes, agendas, and powerpoints.



SYNTHETIC CANNABINOIDS (K2/SPICE)
UNPREDICTABLE DANGER

YOU **NEVER KNOW** WHAT YOU'RE GETTING WITH SYNTHETIC CANNABINOIDS

177
different synthetic cannabinoids were reported in 2014¹

- ✗ The amount and type of chemicals in each batch varies
- ✗ Manufacturers are constantly changing chemicals to dodge laws

¹United Nations Office on Drugs and Crime, 2015. unodc.org/documents/wdr/2015/WDR15_ATS_NPS.pdf

NIH
National Institute on Drug Abuse

For more information, visit:
drugabuse.gov/publications/drugfacts/synthetic-cannabinoids

- Commissioner Cindy Jones Mills asks our Council to be AWARE that Synthetic Marijuana is ILLEGAL in our county and is being SOLD in our CONVENIENT STORES and other places. Please check for these products under the names **Delta 8 or Delta 9**. Check the label for ingredients THC. THC gets people high and is illegal in our county. If you see it, take a picture of it, note the location, and email it to [Commisioner Mills](#).

Reminders, Upcoming Events and Workshops of Interest

MAY

- **NORTHSIDE HOSPITAL: FREE SKIN CANCER SCREENING** This is an **ongoing** service, but **Appointments are required.**

JUNE

- **REMEMBER TO "LIKE" THE YOUTH TOWN HALL MEETING AND ALL OUR FB POSTS!**

Call 404-531-4444 or visit their [Website](#)

Recommended Screening Attire: Shorts
and T-shirts

Location:

Northside Hospital Cancer Institute
Radiation Oncology - Midtown
1110 West Peachtree Street NW, Suite
100, Atlanta, GA 30309

- Memorial Day May 31 Remember and Honor
- World No Tobacco Day 2021 May 31



FREE WORKSHOP

How to Cultivate the Skill of Well Being

What you will learn:

- Well being (happiness) is a learnable skill
- Increase your understanding of and have a better sense of where well-being lies
- cultivate happiness through small, daily activities.

When:

- Wednesday, June 16
- 9 a.m.-1:00 p.m. CENTRAL TIME
- Hosted By: Great Lakes Prevention Technology Transfer Center

Register

