



The FCDAC STRATEGIZER

Leading the way to a healthier
Forsyth County

Receive the Newsletter

September 2021 Volume 1 Issue 5

NEVER FORGET

09.11.01

National Suicide Prevention Week is
September 5-11. In conjunction with this
awareness week, Forsyth County is holding

A Suicide Summit on Thursday, September 9 at **Local Church Forsyth**, 3105 Dahlonega Hwy Cumming, GA 300405, at 6:30 pm.

Come in-person or watch the live FB Livestream @ForsythCountyDrugAwarenessCouncil
Click: <https://fb.me/e/Wmn9NZOI>

FCDAC Chairwoman and Forsyth County Commissioner **Cindy Mills** leads this vital Forsyth County Mental Health and Wellness Initiative. The summit will include a youth panel and professionals to discuss the mental health crisis, what youth face today, and what is happening in the schools. "Listening to youth is so very important and is key in formulating our county's response," Commissioner Mills said.

CONNECT TO PROTECT
A focus on youth mental health

World Suicide Awareness Day

9-9-2021

You can also join online:
<https://fb.me/e/Wmn9NZOI>

local church
6:30 - 8 p.m.



Commissioner, **Cindy Jones Mills**, Chairwoman Forsyth County Board of Commissioners, District 4, and FCDAC Chairwoman and Founder

HAVE YOU TAKEN ACTION YET?? TIME IS RUNNING OUT
FCDAC'S 2021 Fundraising Event:
JONES MEMORIAL GOLF TOURNAMENT
USE THE REGISTRATION FORM BELOW

[REGISTRATION FORM](#)

JONES MEMORIAL GOLF TOURNAMENT

FRIDAY, SEPTEMBER 24, 2021



Country Land Golf Course

@countrylandgolf · Golf Course & Country Club

VOLUNTEERS
NEEDED!

Beautiful Country Land Golf Course is the home of FCDAC's yearly fundraiser, the **Jones Memorial Golf Tournament** Friday, September 24th 2 pm Shotgun Start [REGISTRATION FORM](#)

This tournament is an important opportunity to add needed funds to our operating budget which otherwise is solely dependent on donations and grants. We appreciate greatly the efforts by our council members to make this year's tournament the best ever!

What can you do to HELP!

Action Items For Players, Teams, Sponsors, and Raffle Items are:

- Register as a player or form a team
- Sponsor a Hole or Invite someone to be a Hole Sponsor
- Donate or ask for **Raffle Donations**

Hole sponsors will have a printed sign at the tee box of their sponsored hole and will be recognized at the raffle/awards ceremony. To do this, complete the embedded form and email it to Chris Mason cmason@countrylandgolf.com or fax it to 770-887-0023.

Action Items for Promotion of event and/or Event Day Volunteers:

- Join our Committee
- Promote the event on Social Media and through word of mouth
- Pass around the attached registration form

- Pass around the attached registration form
- Volunteer to man our FCDAC Information Table

To be involved with the promotion or day of the event, Volunteer email Susan Tanner our Golf Committee Chair bulldawgsusan@yahoo.com.

REGISTRATION FORM



National Recovery Month celebrates all who through recovery are now living healthy and rewarding lives! Giving HOPE and ENCOURAGEMENT to those suffering and those who support them is what this national observance is all about! This month is a time to educate our communities about the many programs and services available. **PEOPLE CAN AND DO RECOVER!**

"**Recovery is For Everyone: Every Person, Every Family, Every Community,**" is the 2021 theme that reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective. The observance is in its 32nd year. SAMHSA, [Substance Abuse and Mental Health Services Administration](#) previously sponsored *Recovery Month*, but has retired from this role being replaced by [Faces & Voices of Recovery](#), part of the National Association for Alcoholism and Drug Abuse Counselors ([NAADAC](#)). Faces & Voices of Recovery has established a website. For more information click [HERE](#).

VOICE OF RECOVERY

In her own words... STACIE'S STORY



My name is Stacie Arlyne (she/her), and I am a person in Long-Term Dual Recovery. Dual Recovery is when a person has been diagnosed with both substance use disorder or substance abuse disorder AND a mental health challenge(s). At the time that I received my diagnosis, I was a shut-in. I rarely left my room, much less the house. My symptoms would flare up if I left the house. I was terrified all the time. I felt damaged, broken, even hopeless. I was stuck in a vicious

cycle. I felt like there was nothing good in my life. I was a bad mother and a horrible human being. I was suicidal.

I got in trouble with the law due to my substance use. To avoid prison time, I plead into Forsyth County's C.A.R.E. Court Program, a mental health court. During the CARE Program, I went up for termination two times for not following their rules. The second time when the treatment team saw signs pointing to me having a relapse, I was sent to Lavonia to a place called Penfield, an inpatient rehab. It was then that I came to the realization that I have substance use challenges with both drugs and alcohol. If I was to continue down this path, there were only three endings for me: prison, death, or Recovery. I decided to give Recovery a real try.

After I got back from rehab, I was introduced to Cumming's Recovery Community Center, The Connection, through their Grand Opening Cookout. It was so weird to see children (including mine) running around and

through their Grand Opening cookout. It was so weird to see children (including mine) running around and laughing. It felt surreal. No one was high. No one was drunk. They were all smiling and having a wonderful time. That is when I realized that I was too! I never knew that I could have fun without drugs or alcohol.

While I was at the cookout, I saw that I could request a Free Peer Mentor through The Connection, so I signed up. My Peer Mentor is Catherine Rosborough. It was in talking with her that I began to learn that I wasn't alone. I learned she had been in my shoes at one time. She felt all of my BIG emotions of guilt, shame, fear, disappointment, loss, and so on. It was so encouraging to know and see someone conquer what I was going through. I had hope for the first time that I could get better. That I, like her, could make a difference.

Safeguarding my Recovery requires day-to-day maintenance. I recognize that I am only one unhelpful decision away from a relapse with either drugs/alcohol or my mental health challenges. I work hard to make sure I do all of the things that keep me safe: I take all of my medication as directed, go to my doctors as scheduled, stay active with my Recovery Community Organization: The Connection, go to and actively take part in at least two community support meetings a week and use my Recovery Tools as needed.

Today, I am able to get out of bed and leave the house.

Today, I am able to have conversations with my children.

Today, I am an active member of my community, and I volunteer at The Connection.

Today, I can better handle things when things don't go my way because I have tools to help me.

Today, I can donate my blood, and it can be used to help others.

What Long-Term Recovery means to me is that it has been three years since my last mental health crisis and four years since I last found it necessary to take any mood- or mind-altering substances, drank any form of alcohol, or abused any medications prescribed to me to escape my life and myself. It has been a year since I have self-harmed as a way to seek release from my extreme emotions. I have several mental health challenges considered "severe" that are helped by prescription medications and regular counseling.

Now, I use my lived experiences living with a substance use disorder and mental health challenges; my lived experience with the criminal justice system; and my lived experience of being a parent to children with severe behavioral challenges to empower Recovery in Forsyth County through mutually beneficial, community-based peer support, to promote self-directed goals, and personal responsibility which will further enhance our amazing community!

In closing, I want **you** to know that if you are reading this and living the way I was, you are not alone. You, too, can create a life worth living while improving the "systems outcomes" by stopping recidivism. I am proof that Recovery is not only possible, but it is the responsibility of us all. There is a whole community of people who are here to give you support. **There is hope, and it's called Recovery. Recovery is possible, even for you.**



Stacie Arlyne; CARES, CPS-AD, CPS-MH, FPM, CPS-P

Facilitator - Double Trouble in Recovery

Facilitator- SMART Recovery

Peer Mentor & Volunteer - The Connection- Forsyth

Founding Member and Former Chair of The Peer Action Committee of The Connection- Forsyth

The Connection Forsyth, is a place for those who have committed to wellness and long-term recovery.

608 Veterans Memorial Boulevard, Cumming, GA, 30040, United States 470-253-8564

LOCAL RECOVERY MONTH CELEBRATION

RECOVERY ROCKS POSTPONED!



Out of an abundance of caution and safety for our peer community, staff, volunteers, and sponsors, we have made the difficult decision to postpone Recovery Rocks, scheduled for Sept. 26, 2021. The sharp rise in Covid-19 cases in our community has prompted this decision. As a health and wellness organization, the safety of our Connection community is our top priority. We are hopeful for a **Spring 2022 reschedule date** for Recovery Rocks once a fun, safe event can be assured for everyone!

Stay tuned to our website and social media pages for future updates.

Thank you to everyone for your love and support of The Connection!

The Connection Forsyth is a place for those who have committed to wellness and long-term recovery to find fellowship, peer coaching, fun sober social events, and support for family members. Staying connected to a recovery community during early recovery is critical to long-term success.

We do get better!

The Connection Forsyth continues to be the connection for those in recovery. All services at The Connection are **FREE**.

Recovery Is For Everyone!

The Connection Forsyth Address: 608 Veterans Memorial Blvd, Cumming, GA 30040, United States
Phone: 470 253 8564

September is Suicide Prevention Awareness Month

"Suicidal thoughts, although common and can affect anyone, should not be considered normal and often indicate more serious issues," says NAMI (National Alliance on Mental Illness).

September is Suicide Prevention Awareness Month — a time to raise awareness on this often stigmatized topic. Spreading hope and vital information to people affected by suicide, NAMI's goal is to ensure more people have access to the resources they need to bring light upon this leading cause of death in the US, thereby promoting discussion, alertness to warning signs and seeking help. Let's help to destigmatize this mental illness and promote conversation.

For more go [HERE](#).

IMPACT ON INDIVIDUALS

- 78% of all people who die by suicide are male.

It's Okay to **Talk About SUICIDE**

Thoughts of giving up and suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.

Suicide is **NOT** the answer.

- Although more women than men attempt suicide, men are nearly 4x more likely to die by suicide.
- Suicide is the 2nd leading cause of death among people aged 10–34 and the 10th leading cause of death overall in the U.S.
- The overall suicide rate in the U.S. has increased by 35% since 1999.
- 46% of people who die by suicide had a diagnosed mental health condition.
- While nearly half of individuals who die by suicide have a diagnosed mental health condition, research shows that 90% experienced symptoms.

IMPACT ON COMMUNITIES

- Annual prevalence of serious thoughts of suicide, by U.S. demographic group:
 - 4.8% of all adults
 - 11.8% of young adults aged 18-25
 - 18.8% of high school students
 - 46.8% of lesbian, gay, and bisexual high school students
- Some of the highest rates of suicide in the U.S. are among American Indian/Alaska Native and non-Hispanic white communities.
- Lesbian, gay and bisexual youth are 4x more likely to attempt suicide than straight youth.
- Transgender adults are nearly 12x more likely to attempt suicide than the general population.
- Suicide is the leading cause of death for people held in local jails.

For resources from NAMI-

[**CLICK HERE**](#)



The StigmaFree Campaign

The StigmaFree Campaign is NAMI's effort to end stigma and create hope for those affected by mental illness. Through powerful words and actions, we can shift the social and systemic barriers for those living with mental health conditions.

What is Stigma?

Stigma is someone... or even you yourself

2nd Suicide is the 2nd leading cause of death for people ages 10-34

46% of people who die by suicide have a diagnosed mental health condition

90% of people who die by suicide have experienced symptoms of a mental health condition

78% of all people who die by suicide are male

4x Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

12x Transgender people are 12 times more likely to attempt suicide than the general population

10th Suicide is the 10th leading cause of death in the U.S.

35% The overall suicide rate has increased since 1999

1-800-273-8255 If you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255.

1-800-968-NAMI (6264) NAMI Helpline

NAMICommunicate NAMICommunicate NAMICommunicate

www.nami.org National Alliance on Mental Illness

nami National Alliance on Mental Illness

1-800-273-8255 If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.

1-800-273-8255 Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.

1-800-273-8255 Suicidal thoughts are a symptom. Just like any other — they can be treated, and they can improve over time.

MARIJUANA LINK TO SUICIDE

The correlation between marijuana and suicide is leading those analyzing the data to be increasingly alarmed. There has been an increase in suicide in Colorado's general population mirroring the commercialization of marijuana in the state. In 2004 795 people died from suicide and that rate has steadily increased to 1,242 suicide deaths in 2018. This, taken from an April 2021 op-ed article in *Medpage Today* entitled, "Are Marijuana use and Suicide Linked?" by Libby Stuyt, MD.

Dr. Stuyt went on to link data information collected in a large systematic review and meta-analysis of 11 studies and 23,317 adolescents which found that suicidal ideation and suicide attempts were significantly higher in adolescent cannabis users than in non-users.

There is increasing research demonstrating that regular use of marijuana with THC greater than 10% can result in the development of psychotic symptoms. Cannabis-induced psychosis can become permanent, even after cessation of use, she reported. To read the entire article [**CLICK HERE**](#).

Libby Stuyt, MD, is an addiction psychiatrist in Colorado.



Stigma is someone, or even you yourself, views a person in a negative way just because they have a mental health condition. Some people describe stigma as a feeling of shame or judgment from someone else.

Stigma harms the 1 in 5 Americans affected by mental health conditions. It shames them into silence and prevents them from seeking help.

Want to learn more and find out how you can help?

[Click Here](#)



GRIEF

Grief, a small word but one that strikes us all at some point in our lives. There are times I am grieving and times when someone I love is grieving. *What's your grief?* is an online website about grief. It is for both grieving and those supporting others who are grieving. According to their website, their "mission is to promote grief education, exploration, and expression in both practical and creative ways. We achieve this mission by providing:

- Resources related to understanding and coping with grief and loss
- Guidance on how to help a grieving friend or family member
- Online courses about grief and supporting someone who's grieving
- Resources, education, and training for grief counselors, grief volunteers, and other professionals working in fields related to grief and loss
- A podcast about grief
- A supportive community."

[CLICK HERE](#) TO LEARN MORE...

A Recap of the September Council Meeting:



Director Tammy's UPDATE

- Our grant has been approved!
- Council Members, if you have not returned the Commitment Forms, Please do! [Commitment Form](#)
- Introduction of Jenna Smith from Forsyth County Chamber of Commerce and is the New Business Sector Leader
- Remember to bring your Environmental Scans to the next

meeting, especially those committed to doing so as per their Commitment Form! Thank-you!

- Only You Can Make This Happen - Let's Get Newsletter readership to 100%!
- Sector Leaders be on the lookout for your Sector Leader renewal form from me.

Youth Sector

Vinayak Menon announced that General Price, CADCA President, and CEO would be our Guest

Presenter at the **November 3 Council Meeting**. We will invite other GA Counties' Coalitions to attend.

This will be a great opportunity/event/Meeting!

"Gone for Good" Drug Deactivation program has distributed upwards of 3750 deactivation pouches in our county. They have added Baldwin Lodge and One John's Creek, a new drug-free coalition in Fulton County, to those who have received

ACES COMMITTEE

LouAnn Altshuler had the first ACEs Committee meeting with her 6-7 members. They are

reviewing the resources each member brings to the table. The committee has a depth of experience. We have community-minded interests, school interests, Baldridge Lodge, Family Connection, and Family and Children Services are involved. We do not want to duplicate services that are already available in the community. So we'll look at needs and as we advance, we will

Fulton County, to those who have received pouches.

STRATEGIZER

Janice Neyer walked us through the newsletter. The take-away is **please OPEN AND READ**; this is your newsletter and a way to keep everyone connected and aware of **committee work** and the programs and initiatives you represent as council members. We want to know your planned events and activities, so we can help **promote, attend and support YOU and YOUR PROGRAMS.**

Survey Committee

Dr. Geary(not present) has the 3 members required for his committee and is planning a meeting soon. They will be working on the Annual Internal Survey and Part Two, which seeks to replace the missing core measures.

we'll look at needs, and as we advance, we will put together programs for prevention and providing skills and education for families in our community," she said. "ACEs are long-term prevention, and as we move forward 5 years, we hope to see social norms of the community change."

LouAnn added, "I will present the **ACEs information to the RSAT** (Residential Substance Abuse Treatment) Men's and Women's programs at the Forsyth County Jail on September 18. This is the 2nd year FCDAC has been asked to present this information."

Council Member, Lindsey Simpson

The Forsyth County Schools will be celebrating **Red Ribbon Week, October 23-31.** The Red Ribbons will be distributed to all the elementary and middle schools. Schools at every level have been provided resource material, and each will recognize this week with activities, programs, and speakers.

YOUTH NEWS

Vinayak Menon



"Gone for Good," Drug Deactivation Pouch Distribution Project Update

Vinayak Menon told the *Strategizer*, "We have received a

second shipment from Deterra (1,000 pouches) and have new partners in the community to collaborate with. Namely, we plan on working with One Johns Creek Coalition, Baldwin Lodge, and Pathways2Life to expand the campaign's reach."

One John's Creek Coalition is Fulton County's Drug-free Coalition with similar goals and vision to FCDAC's.

Pathways2Life's stated vision is to **Cultivating Meaningful Connections with Students, Parents, and Stakeholders to Build Strong Communities.** Their mission is to place people of understanding to deliver individual and environmental prevention strategies throughout our communities to protect teenagers as they move through the "Transition Zone" (the ages of 13-20) while unearthing their



Vinayak Menon PRESENTER AT CADA MID-YEAR!

At the August Council Meeting, August 4, Vinayak updated the attendees about his presentation at the **CADCA Mid-Year Training Institute**, which met virtually

in July.

According to Menon, "My presentation was centered around health equity. More specifically, the disparities in access to health and how these disparities impact the development of substance use disorders."

Before our Council, Vinayak emphasized the relevance of fostering health equity between communities when developing prevention strategies (i.e., making information widely available to the public and targeting at-risk communities). He said, "We have opportunities as a coalition to make our campaigns inclusive of these communities."

zone (the ages of 13-20) while unearthing their full potential. This will directly impact the quality of our communities for the better. They have a two-fold approach Prevention through Education and Crisis Intervention. For more information about this program, go [HERE](#).

CADCA (Community Anti-Drug Coalitions of America) is a nonprofit organization that is committed to creating safe, healthy, and drug-free communities. CADCA hosts two meetings per year: The **National Leadership Forum** held in February in the Washington D. C. area and **Mid-Year Training Institute** gathering representatives from Drug-free Coalitions to learn from each other. Please see an announcement about the upcoming National Leadership Forum under National News.

Saesha Kapoor

Saesha's "PICK-UP THE BUTTS" CAMPAIGN Teams with...



Saesha Kapoor's "Pick-up the Butts" campaign has joined with Keep America Beautiful, a nonprofit organization founded in 1953 and is the largest community improvement organization in the United States! It has more than 700 state and community-based affiliate organizations and more than 1,000 partner organizations. Saesha and our FCDAC director, Tammy Nicholson met with Keep Cumming Beautiful, the local chapter of Keep America Beautiful, representatives, Tammy Wright and Crystal Johnson on August 12 to discuss her clean-up day project. The Cigarette Litter Prevention Program, created by Keep America Beautiful® in 2002, is the nation's largest program aimed at eliminating cigarette litter.



"During our meeting with Keep Cumming Beautiful, we discussed my next steps for setting up the clean-up day and about strategies to bring in youth volunteers by providing incentives like service hours," Kapoor said. "Keep America Beautiful agreed to provide the supplies for the "Pick-up the Butts" clean-up day and also wants to help in potentially setting up cigarette disposal sites around the community!" she added. Additionally, Saesha will create a presentation that compiles her collected data on the harmful effects of vapor pod and cigarette butt litter on our environment.

The "Pick-Up the Butts" clean-up day will be in **NOVEMBER**.



Did you know?

Cigarette butts are the #1 form of litter? They are the most frequently littered item in America



around
32%
of all litter
collected are
cigarette butts

What happens when cigarette butts are dropped?

Once they are on the ground



Why is this Happening?



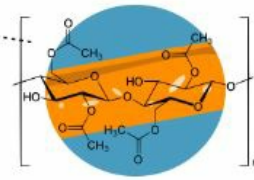
41%

of smokers report that they do not have receptacles for cigarette butts at their workplaces.



Smokers and non-smokers alike can be part of the movement by installing cigarette butt receptacles or putting a CLPP program in place.

THEY DON'T BIODEGRADE



95%

of cigarette filters are comprised of cellulose acetate, a type of plastic which persists in the environment

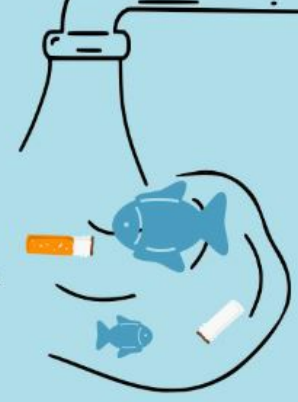
Cigarette butts can end up in storm drains after the rain which pile up, stream into waterways and harm marine life. They are mostly washed up from pedestrian sidewalks and roadways.

83%

of litter near storm drains consists of smaller items under 4 inches. Cigarette butts predominantly take up this percentage.

32%

of litter at storm drains consist of tobacco products.



What Can You Do To Help?

By installing ash receptacles at transition points, cigarette litter is drastically reduced.

The Cigarette Litter Prevention Program of Keep America Beautiful® has reduced cigarette butt litter by 50% every year it's been implemented since 2002.

What are transition points?



Be a part of the movement

Partner with us to start a Cigarette Litter Prevention Program in your area.

Sources: The 2009 National Visible Litter Survey and Litter Cost Study prepared by MidAtlantic Solid Waste Consultants for Keep America Beautiful®, Inc. and Povaddo Research for Keep America Beautiful®, 2016 Research reports and an executive summary can be downloaded at kab.org/resources/end-littering. Keep America Beautiful® Inc. 2009 national litter and littering behavior research were conducted through a grant from Philip Morris USA, an Altria Company. All contents Copyright 2019 Keep America Beautiful®, Inc. - kab.org.

Council Meeting Guest Speakers: Brittany Harrell and Alyse Hensell

FREE* DETERRA RX DRUG DEACTIVATION POUCHES AVAILABLE!



Brittany Harrell of SAFE Project and the "GONE FOR GOOD" home drug disposal campaign was our guest presenter at the September 1 Council Meeting. SAFE Project is

the same non-profit organization that has provided Vinayak FREE DETERRA DRUG DEACTIVATION POUCHES for his ongoing community project, "Gone For Good." Vinayak's project alone has overseen the distribution of 3,750 drug deactivation kits into our community. Wow!

Brittany addressed the Council telling of this non-profit's origins in the tragic opioid OD

ONE JOHNS CREEK IS A NEW DRUG-FREE COALITION SHARING THREE ZIPCODES WITH OUR COALITION

Alyse Hensel, Director of One Johns Creek Coalition in Fulton County.



Alyse Hensell, Director of One John's Creek

was a guest at our last Council meeting. We welcome and congratulate her and the new Drug-Free coalition on receiving the same grant we have. They are beginning their year 1 of the grant process to move toward non-profit status.

The Johns Creek area of Fulton County shares three zip code areas with Forsyth County. As part of the grant process, both Coalitions had

death of Johnathon Winnerfeld. In response, the Winnefeld family founded the SAFE Projects so that unused, unwanted, and dangerous medications can be disposed of conveniently and safely at home and avoid these drugs getting into the wrong hands. Brittany told of the amazing success, "Since the beginning of this program, **45,000 pouches have been distributed equaling the potential safe disposal of 14 million medications.**"

Brittany then **proposed an exciting collaboration** between our Council and **SAFE Project's Fall Campaign** that begins on October 1. We can partner with them during the campaign and **take advantage** of the opportunity to distribute the deactivation pouches **FOR FREE** to participants in our Council member's programs and or outreach into their spheres of influence! **THIS IS AN AMAZING OPPORTUNITY** to get these pouches and clean out many, many home medicine cabinets! Use the bulk order form below to place your order.

*SAFE Projects does ask participants to help with shipping costs.

[**BULK ORDER FORM**](#)

to recognize this fact and note that this fact will be an opportunity for our coalitions to work together on projects affecting communities of our joint areas (through shared zip code areas) between the counties.

"Distributing the Deterra Deactivation Pouches during the **"Gone for Good" Fall Campaign** might be the first opportunity for our Coalitions to worked together. "We are still growing our capacity and community partnerships," she said. In discussions with law enforcement, Alyse discovered their concern for the increased suicide rates in 55+ Communities and Alyse thought distributing the pouches to those Communities might be a great place to start.

Council Members interested in forming an inter-coalition committee to foster collaboration between the two Coalitions to please email Alyse Hensel

[**EMAIL ALYSE HERE**](#)

Members Teaching Members





What does it mean to be RESILIENT? RESILIENCE is one of the PROTECTIVE FACTORS that gives us the strength to make a positive choice and help us survive, both emotionally and physically, when faced with sadness, disappointment, or a negative situation in our lives. A resilient person does not try to escape the situation through drugs, alcohol, or suicide. A resilient person realizes that alcohol or drugs never solve a problem. Once a person is sober, the problem is still there, and they have created an additional

problem by choosing something to which they can become addicted. Some people are resilient by nature, but we can acquire resiliency if we choose to work at it.

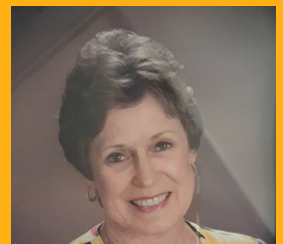
When faced with a sad or bad situation, a resilient person will analyze the situation and determine if there are choices they can make to avoid this problem in the future. The resilient person will ask questions such as: "What can I do to make this situation better?" "Can I use this situation to improve the life of someone else?" "How can I honor the memory of a loved one who has died?" "What are my options?" "How have I dealt with a bad situation in the past to make it better or to survive emotionally?" "What is a positive way that I can deal with the stress caused by this situation?"

Dealing with stress is a huge topic, but I have gotten many wonderful ideas from some of the middle school students I have taught. Here are some of their suggestions, and these can apply to all ages:

1. Do a type of exercise that you enjoy, such as running, walking, dancing or exercising to music, shooting baskets, or riding a bicycle.
2. Find something that makes you laugh, whether watching a tv show or movie or talking with a friend about a funny situation in the past.
3. Listen to music, and even sing along—in a loud voice if this helps.
4. Talk with a close friend or family member.
5. Read a book you enjoy.
6. Spend time doing one of your hobbies.

I do not mean to simplify RESILIENCE but to stress the importance of being RESILIENT. Unfortunately, we cannot get through life without facing disappointments or sadness. Hence, our best choice is to be aware of positive ways to deal with unfortunate situations and choose one of the positive options instead of an option that will create problems or sadness for ourselves and those who love us. It is important to remember that we all have people in our lives who care about us. This list is probably longer than we realize. In addition to how we have learned to deal with misfortune, disappointment, or sadness, an important part of surviving is reaching out to family and friends who love us and want the best for us.

Dana Bryan is a retired middle school teacher and member of FCDAC. Through her personal loss of her daughter to drug experimentation, Dana is now devoted to reaching out to youth through presentations about the real consequences and high risk of experimenting with addictive substances and how it affects them, their futures,





LOCAL NEWS OUR RECOGNITIONS AND ACTIONS

Forsyth County Board of Commissioners Proclaimed August 31 Overdose Awareness Day in Forsyth County



To recognize the impact of addiction and drug overdose in our communities, the Forsyth County Board of Commissioners proclaimed Aug. 31 as Overdose Awareness Day in Forsyth County.

Photo credit: *Forsyth County News* staff

In the August 21, 2021 edition, Forsyth County News reported that the Forsyth County Board of Commissioners proclaimed Aug. 31 as Overdose Awareness Day in Forsyth County.

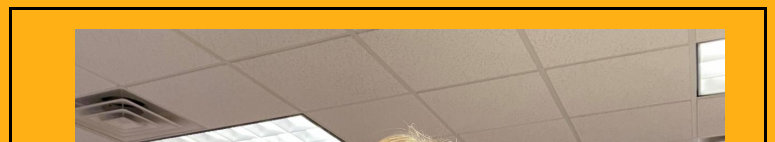
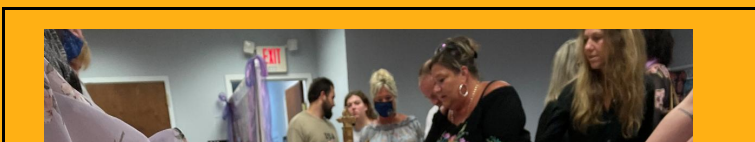
On Thursday, August 19, Jennifer Hodge, founder of [Realty4Recovery](#), a nonprofit that “believes the answer for funding the epidemic of substance abuse is Real Estate,” and co-founder of the **Teacup Memorial**, spoke before the board. A number of community members who lost loved ones spoke during a presentation about the need to raise awareness to combat stigma and educate our community about prescription overdose prevention.

“All [of us] standing here are mothers — we’re losing many children,” Hodge said. “Nobody really talks about it, [but] what [Chairwoman Cindy Jones Mills] has done for all of us is bring the awareness to our community.”

While Hodge said that Forsyth County is “one of the strongest counties in this country as far as our awareness,” she said that the county still has high overdose death numbers. “... it’s that kid next door, it’s that kid at church,” Hodge said. “These are great children in Forsyth County going to the top schools, but yet we have some of the top overdose death numbers.”

To read the complete article in the *Forsyth County News*, [Click Here](#).

Teacup Memorial Evening Held





TEACUP MEMORIAL August 31

"It was an amazing, spiritually uplifting evening memorializing and remembering the special people we have lost through drug overdose," said Jennifer Hodge, Teacup Memorial co-founder. "This event was attended by over 100 people some families coming from Ohio, Alabama, and Florida. I think that speaks to the important healing opportunity we are providing by remembering our loved ones annually," she said.



WE WILL REMEMBER, WE HAVE LOST TOO MANY!

The Teacup Memorial is a heart-moving event that increases awareness in our community of this growing tragedy. Counties all over the country are beginning evenings of remembrance for those lost, increasing awareness and action in their communities. We do save lives through this event.

THE FIRST OF TWO PUBLIC HEARINGS HAS BEEN HELD CONCERNING ALCOHOL DELIVERY, & TO GO REGULATIONS FOR FORSYTH COUNTY, GA



Ashlyn Yule, reported in the *Forsyth County News* article on September 6 that the first of two public hearings about amendments to the county's alcohol ordinance to include allowances for delivery of alcohol, to-go packaged alcohol and mixed drinks to-go was held. This article breaks down the proposed modifications that would greatly impact the county.

Forsyth County Board of Commissioners will have the 2nd public hearing on Thursday, Sept. 16!

Read the *Forsyth County News* Article [Here](#)

STATE NEWS

VINAYAK MENON GUEST SPEAKER AT-PROMISE NATIONAL NIGHT OUT! AUGUST 3

National Night Out is a national program where law enforcement agencies create fun events for the community, aimed at increasing cooperation between the police and community. At these events dozens of tables are manned by various groups promoting issues, offering help, giving out information on the dangers of drugs, and offering help while bringing back a true sense of community.



Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances. **National Night Out** started in 1984 and now takes place in 16,000 communities across the nation.

Vinayak Menon, Youth Sector Leader for FCDAC, gave a presentation before a large audience about his internship project, the

"Gone for Good" drug deactivation campaign at the At-Promise Center in Downtown Atlanta. The national event occurred on August 3rd. The At-Promise Center location was created by the Atlanta Police Department, to focus on assisting youth from troubled backgrounds and uplifting impoverished communities. "I was able to connect with patrons and community members about my campaign through the event," he said. Vinayak has disbursed about **3,750 deactivation pouches** during this campaign. The picture above is Vinayak's information table where he greeted attendees of the event as well as



128 Americans die every day from an opioid overdose



DETERA

SAFELY DISPOSE OF MEDICATIONS WITH THE DRUG DEACTIVATION KIT!





other community leaders. The picture to the left is Menon's poster detailing the **SAFE Project, "Gone for Good,"** drug deactivation Community Service project. For more information about the Atlanta Police Department Youth and Community Center click,

[AT-Promise](#)

Governor Kemp Honors the Memory of People of the State Who Lost Their Lives to Drug Overdose on August 31, 2021.

Governor Kemp recognized August 31, 2021, as International Overdose Awareness Day. On August 31 per order of Governor Brian Kemp, the flags were lowered to half-staff in honor and memory of all those who passed away from drug overdose.



NATIONAL NEWS



Did You Know that Overdose Awareness Week, was August 30, 2021 – Sep 4, 2021 as Declared by White House Proclamation?

The White House issued a proclamation declaring Overdose Awareness Week, August 30, 2021 – Sep 4, 2021.

Read the proclamation by clicking [HERE](#)

CADCA NATIONAL LEADERSHIP FORUM ANNOUNCED! WHO IS GOING for FCDAC in 2022?



Every Day CADCA Trains: PREVENTION TODAY FOR A SAFER TOMORROW

32ND ANNUAL NATIONAL LEADERSHIP FORUM & SAMHSA'S 18TH PREVENTION DAY

January 31 - February 3, 2022
Gaylord National | National Harbor, MD

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

32nd Annual National Leadership FORUM

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

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

[VIEW THE SESSION GRID HERE](#) and contact Director Tammy to be registered

*Scholarship Deadline: Close of Business Friday, September 27, 2021

Registration is Open for 2022 Want to Attend? - Contact Director Tammy



Rx Drug Abuse & Heroin Summit

April 18-21, 2022
Atlanta, GA

2022 SAM Summit
Smart Approaches to Marijuana Annual Meeting
ATLANTA | APRIL 21st

At the Rx Drug and Heroin Summit you can also attend **SAM Summit**

The SAM Summit discusses the impact of marijuana on public health and safety. Programming and speakers for the SAM Summit are selected exclusively by Smart

Approaches to Marijuana. If it were not for marijuana, overall drug use in the country would be on the decline. In fact, marijuana is increasingly replacing alcohol and tobacco as the "first use" drug of teens. Because or in large part due to rising potency and use intensity, mental health issues are rising, more people are dying due to marijuana-impaired drivers, and positivity rates among the workforce are up.

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

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

Icky, Sticky Thirdhand Smoke

Chemicals in Thirdhand Smoke Can:

 Increase Risk of Cancer	 Damage DNA	 Reduce Ability to Heal Injuries	 Lower Ability to Fight Infection
 Damage Cells	 Cause Earaches	 Trigger Asthma Attacks	 Worsen Respiratory Illness
 Increase Risk of Disease	 Cause Headaches	THIRDHAND SMOKE Resource Center	

thirdhandsmoke.org

Thirdhand smoke is not strictly smoke, but chemicals that adhere to objects. The residue lingers for months in dust and on household surfaces.

According to the Thirdhand smoke Resource center, "Tobacco smoke contains thousands of different chemicals in the form of gases and particles, microscopically small, sticky, oily, waxy droplets. After tobacco is smoked, research has shown that 70%-90% of nicotine and NNK (a tobacco-specific lung carcinogen)

chemicals stay behind in indoor environments as residue, known as **thirdhand smoke**. Just like a sponge can soak up water, carpets, cushions, and drywall can "soak up" the chemicals from tobacco smoke. Although the smoke in the air seems to disappear after someone smoked, thirdhand smoke remains on surfaces, in dust, and on objects. Over time, thirdhand smoke becomes embedded into materials and can adhere to virtually any indoor surface, including carpets, walls, furniture, windows, and doors."

To read the entire article [GO HERE](#).



ALCOHOL CONSUMPTION INCREASES CANCER RISKS!

according to a new study

An article in the "Goats and Soda" section on NPR's website entitled, "Alcohol Use Linked to over 740,000 Cancer Cases Last Year, Study Say," by Susan Brink, reported the link on July 16, 2021.

The link between tobacco products and cancer is widely known and well researched. "New studies are showing a link between alcohol and cancer," according to freelance health and medical writer, Susan Brink. "A new study shows just how much of a risk drinking can be. **At least 4% of the world's newly diagnosed cases of esophageal, mouth, larynx, colon, rectum, liver, and breast cancers in 2020, or**

741,300 people, can be attributed to drinking alcohol, according to a study in the July 13 edition of [Lancet Oncology](#)," she wrote.

To read Brink's article in its entirety

[CLICK HERE](#)

SEPTEMBER

- **September 11 Patriot Day- NEVER FORGET**
- September 13 @ 12:00 pm - 1:00 pm MDT [Virtual Learning Community: Recovery Community Organization Best Practices](#) (Click on event title) Free virtual workshop with an overview of Recovery Community organization 10 best practices.
- **September 24 2021 2ND FCDAC GOLF TOURNAMENT COUNTRY LAND GOLF COURSE**
 - *Play *Donate (raffle items)
 - *Volunteer
 - [Click Here](#) to sign up to Golf or [Click Here](#) to Volunteer
- September Childhood Cancer Awareness Month

OCTOBER

- Oct. 5: National Day of Prayer for Mental Illness Recovery and Understanding
- Oct. 10: World Mental Health Day
- Oct. 23 DEA Take Back Day
- Oct. 23-31 Red Ribbon Week
- Oct. 28 LightsOnAfterschool is the only nationwide event celebrating afterschool programs

