

HAPPY NEW YEAR



FORSYTH COUNTY
DRUG AWARENESS COUNCIL

DRUG PREVENTION WORK
IN FORSYTH COUNTY

EDUCATE.
ADVOCATE.
EMPOWER.

STRATEGIZER

Leading the way to a
healthier Forsyth County

January 2024 Volume 3 Issue 9



FORSYTH COUNTY
DRUG AWARENESS COUNCIL

**DONATE
TODAY!**



SCAN ME

[Donate Here](#)



COME, and BRING OTHERS!

3RD ANNUAL DRUG SUMMIT YOUTH SUBSTANCE ABUSE EDUCATION EVENT



FCDAC and FULLCIRCLE
present our
3rd Annual Drug Summit
February 7
4:30 p.m. - 6 p.m.
FullCircle
433 Canton Rd. Suite 301

FREE EVENT!

[REGISTER HERE](#)

OR CONTACT
DIRECTOR RACHEL
[HERE](#)

Need all our Members'
involvement!

FULLCIRCLE FORSYTH COUNTY
DRUG AWARENESS COUNCIL

PLEASE JOIN US IN THE 3RD ANNUAL
DRUG SUMMIT
Youth Substance Abuse
Education Event

Hosted by FCDAC and The Atlanta Full
Circle Program.

- Commissioner Cindy Mills with a panel interview of youth in recovery and their Parents► Benefits individuals who work with youth ► For professionals and parents only ► Education on signs and symptoms of drug use.

If you are interested in attending or tabling this event please email Rachel.
(email attached below)

This event is crucial to help our community become educated on this pertinent topic. The best way to learn is from the source.

When: February 7th 2024
Where: Full Circle Facility
433 Canton Rd. Suite 301
Cumming, GA 30040
Time: 4:30 pm - 6:00 pm

- Event Is Free.
- Additional Parking at the top of the hill.

RSVP:
rachel@unitedwayforsyth.com

CALL US FOR MORE INFO (336)-706-3131 <https://www.forsythcountydrugawarenesscouncil.org>

FCDAC Council Meeting, Work and Programs Round-up

Kayden's Korner



Happy New Year, Y'all! We have accomplished so much in the last year, and we are making a difference in our community here in Forsyth County! I am so grateful to all our members and partners in prevention.

Our Council has passed the 10-year mark, and we must financially sustain ourselves.

MARK YOUR CALENDAR!

FCDAC Event and Meeting on the Road!

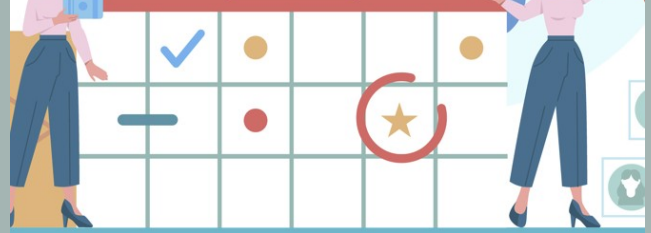


To that end, new Council member **Erin Deady** will be taking the lead in fundraising for the Council.

We are planning to kick off 2024 with the **3rd Annual Drug Summit!** This is one of our signature community education events, so please come and promote it wherever you can. You can RSVP for this free event.

[Click HERE.](#)

In 2024, let's up our Prevention game, so we won't have to work so hard in Intervention!



Our next FCDAC Council Meeting is on

Wednesday, February 7

4:30 - 6 pm

FullCircle

433 Canton Rd Suite 301

Cumming, GA

Council Meeting Highlights

Director Rachel Kayden opened the 8 a.m. monthly council meeting by welcoming everyone, introducing attendees, and making announcements.

Announcements:

- **Harmony Grove Baptist Brotherhood**, 18th Annual Drug and Alcohol Awareness Breakfast, January 20 (see the announcement below)
- **Drug Summit, February 7, FullCircle, 4:30-6** (see the announcement)
- Sunrise Parent Retreat - Julie Cordry April 26-28, 2024
- Parent Connection: Conversations and Strategies for Parents by Parents starting Wednesday, January 17, 6-7 pm United Way Community Room.
- Rachel announced that the **Walk for Recovery** date will be **April 21 at the Cumming City Center.**

Rachel introduced **Cindy Mills**, our speaker, FCDAC Founder, Council Chairwoman, and Board of Commissioner. She will educate us on current and upcoming government policies on drug prevention.



Board of Commissioner Cindy Mills and FCDAC Founder.

Commissioner Mills started the presentation by giving us an overview of the difficulties we in the prevention world have in combatting those who want to market mind-altering drugs to our citizens. "It is always about the money the retailers can make," she said. As for the hemp products, the **2018 Farm Bill** created a loophole for THC in Delta 8, which comes from the Hemp plant and not the Schedule 1 illicit Delta 9 THC. Commissioner Mills informed us of the lengths to which our county commissioners go in an attempt to make it difficult for mind-altering substances to be sold to anyone and obtained by minors in our County. They are constantly trying to close loopholes. One way was to tie the sale of substances designed to get

people high directly to the retailers' liquor licenses. She attributed the idea to Divine Providence. Our other strength is the good enforcement of the laws by our Sheriff's department.

Commissioner Mills and Rachel encouraged the membership to be "Community Eyes" on store product shelves and to alert Rachel or Commissioner Mills' office of violations. Any products that are marketed

as a means of getting high or creating euphoric sensations using low-level (hemp THC) and paraphernalia (pipes, hookahs, etc.) **should not be visible.** If you see these products, please message Rachel [Here](#) or Commissioner Mills [Here](#).

There are three County Ordinances that represent the County's effort at stopping or at least disincentivizing the sale of synthetic drug substitutes or drug usage devices that appear enticing to minors. The codes also impose strong regulations on non-traditional tobacco devices (that are normally used for illicit drugs) and also establish reasonable regulations on stores whose primary purpose is selling vape products. All work together to try and stem the tide of our 'addiction culture.' Here is a quick summary of the ordinances.

Sec. 50-5. Prohibition on the sale, manufacture, use, delivery, purchase, possession, or distribution of unregulated marijuana and unregulated drug substitutes. Prohibits the use, purchase, sale, delivery, or transport of (1) unregulated marijuana substitutes and (2) unregulated drug substitutes.

- Unregulated marijuana substitutes – substances like K2 and Spice, marketed as bath salts or herbs that are intended to produce a euphoric effect like marijuana. We cannot regulate what is already regulated by State law, so this objective here is to capture the ever-evolving synthetically created THC substances.
- Unregulated drug substitutes – designed to capture other synthetic drugs (not necessarily those targeted at simulating marijuana) that are designed to cause a similar effect like Schedule 1 drugs (we are using this language to address Delta 8 and 9).
- If any vendor sells either unregulated marijuana substitutes or unregulated drug substitutes and is convicted under this Code, it counts as a "strike" against their alcohol license. This has been the 'hook' that the Sheriff has used to dissuade vendors not to sell these items. However, we now have Delta 8 and Delta 9 dealers with no alcohol license- so enforcement has become more challenging.

Sec. 50-6. Regulation of the sale of non-traditional tobacco paraphernalia. Requires a County permit for the sale of non-traditional tobacco paraphernalia (like hookah pipes, faux jewelry, necklaces, and bongs).

- \$2,000 annual license required.
- If a vendor sells an "additional line of devices" such as grinders, storage devices, weighing devices, or torch lighters, an additional \$250 permit fee is required.
- All inventory must be kept in a screened room, and the products shall not be visible to minors.
- Any violations of this code section count as a "strike" against the vendor's alcohol license.

Sec. 50-7. Prohibition on the use of alternative nicotine products. Aimed at vaping.

- Requires mandatory display of signing detailing the ingredients in the vape juice.
- Prohibits vape storefronts having glazed or opaque windows.
- Requires each vape store to have an operational dehumidifier so enforcement can 'clearly' see inside the stores.
- No one under 21 may enter an establishment whose primary purpose is the retail sale of alternative nicotine products and/or vape juice.
- Any violations of this code section count as a "strike" against the vendor's alcohol license.

Rachel concluded the meeting at 8:53 a.m., encouraging everyone to spread the word about the Drug Summit.

If you missed this informative meeting, you can watch it now below!





SPECIAL INVITE
TO YOUTH
GROUPS

8:00 AM
JANUARY

20

SATURDAY
2024

HARMONY GROVE BAPTIST BROTHERHOOD

Hosts the

**18TH ANNUAL
DRUG & ALCOHOL AWARENESS**

Breakfast

Guest speaker

VICTORIA TAYLOR

*Certified Addiction & Recovery Empowerment
Specialist sharing her story of her own recovery journey*

**BREAKFAST
IS FREE!**

5470 KEITH BRIDGE RD
CUMMING, GA 30041

**INFORMATION
ON HOW TO FIND
HELP!**

SIGN UP BY WEDS, JAN 17TH

CONTACT: TRAVIS WAREHAM (678) 410-5804 OR
JEREMY MARTIN 770-654-5283 * JRMART654@GMAIL.COM

Come out and support
one of our own!

Victoria Ray Taylor,
a returning member to our
council, will be the Guest
Speaker at this year's
Harmony Grove Baptist
Brotherhood Breakfast.

FCDAC WILL SPONSOR A
RESOURCE TABLE

Attended by

Caroline Milstead, Mike
Cowan, Adam Miller and
Dana Bryan.

[RSVP HERE](#) by January 17

January Celebrates Mentoring!

Council Member Susan Tanner Shares her
Mentoring Relationships through the Years

by Susan Tanner





My first Mentee, Kat (7 years old)!

In January of 2006, I saw an article in the local Forsyth County newspaper about Big Brothers/Big Sisters (BB/BS) needing mentors. I had sold my sandwich shop a year prior, was about to start my pet-sitting business, and was expecting my first grandchild, but I was intrigued by this possible adventure.

After a long interview and a background check by BB/BS, the day finally arrived to meet my mentee. Many thoughts ran through my mind... would she like me? Would we click? How would her family accept me?



"Kat was open to confiding in me throughout all of our years together, which I dearly cherished."

Susan Tanner has served on the Council since it began in 2013.

"I am an Atlanta native and have resided in Forsyth County since 2004. However, I am no stranger to Cumming. My parents moved up here in 1976 on the lake and this precious house still remains in our family.

My husband is a real estate broker, as well as a Community Wrestling Coach at South Forsyth High School and I've owned a pet sitting business



In February 2006, with great anticipation, I met Kat, a quiet little blonde, and her sweet mom. Her situation was unique because single dads often sought mentors, but Kat's mom worked a busy job and Kat wanted/needed extra attention.

We hit it off and began seeing each other about once a week. We would go to dinner, to fun places... or simply to my house for crafts or playing in our basement filled with a pool table, ping pong table, basketball, and more!

Our relationship continued even through middle school, high school, and college. Now, at age 24, she is engaged to be married to her boyfriend of about 6 years!



One of the most touching moments of our relationship was when she and her boyfriend walked through the doors of my Dad's funeral visitation in October of 2021. The fact that she took time to come and support me through this overwhelmingly sad time of my life meant the WORLD TO ME and I'll never forget it.

About six years ago, I heard about **Mentor Me of North Georgia** needing additional mentors in our local schools. I met with them and started immediately. This group mentoring session takes place once a month for an hour, and we provide inspiration and some fun to kids who need a little extra

attention. Lakeside Middle School is my school. My husband joined in mentoring a few years ago and works with the boys' group.

Over the years since Kat, I've taken on a couple of other teen girls for one-on-one mentoring. Then last February, I heard our

owned a pet sitting business since 2006.

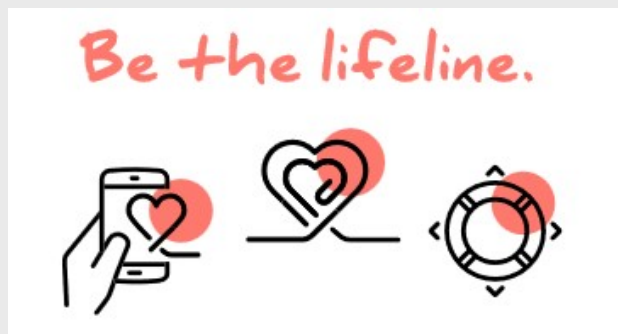
We have 3 grown kids between us and 3 grandchildren. We have attended Browns Bridge /North Point Church since 2001. We enjoy our time mentoring kids through **Mentor Me**.

I am a dedicated runner and have been running races every weekend for about 35 years.

My motto in life is "Treat people the way you wish to be treated.... with kindness."

gins for one on one mentoring. Then, last February, I heard our school system needed more mentors to meet with students once a week for an hour, so I was set up with "Rebecca" at South Forsyth Middle School, and we are still a "pair!"

I am very thankful for these mentoring opportunities. It's been more rewarding than I ever expected. My life has much more meaning and purpose because of this adventure!



Parent Partners Corner

by Ashley Dickerson and Marti Roveda

2024 A Year of Engagement and Community Activity

The Parent Partners plan to be very active and engaged in 2024. We will have a presence at the Drug Summit and The Walk for Recovery and have a few requests from FCDAC partners to collaborate on a few projects. We will share those engagements as they develop.

The Parent Partners look forward to expanding our partnership with the Substance Use Prevention Coaches at the schools. This partnership has proven to be quite successful in educating parents, letting them know they are not alone, and introducing them to parent resources, as well as, eliminating the stigma. We also continue to utilize the power of social media to educate on the disease of Substance Use Disorder and eliminate the stigma of this disease.

The Parent Partners welcome the opportunity to partner with our FCDAC committee members, the school district, and public and private organizations. We are eager to share our message with Parents that they are not alone and that there are resources for them and their children, especially those with under 18 youth. We regularly hear from parents of under-18 youth that they

thought it was just youthful experimentation. However, by that time, addiction has set in. Please help us help these parents educate themselves and get their youth help sooner rather than later.



Ashley Dickerson

Ashely currently holds the role of Revenue Accounting Director at AT&T

and is an active member of FCDAC. Her personal journey as a parent of a child who suffers from Substance Use Disorder covers a lot of pain, frustration, and isolation; but also a lot of hope and healing. Ashley openly shares her story of personal recovery with other parents to reduce the shame and stigma of the disease and help start the dialog among parents who may be struggling to find support for themselves. She contributes her insights monthly to the *Strategizer*."



Marti Roveda



Marti is a Strategic Sourcing Manager for Axia Women’s Health, an active member of FCDAC, and a volunteer parent advisor for an under-18 recovery program in Nashville. Having a child who started their recovery journey before turning 18, she is passionate about sharing her strength, hope, and experience to educate and eliminate the stigma with parents of youth with Substance Use Disorder. She partners with Ashley to contribute monthly insights to the *Strategizer*.

Youth Outreach

Meet New Youth Council Member, Eshawnvie Kallu



Eshawnvie Kallu is the newest student to join the FCDAC Youth Council. She told the *Strategizer*, "I am in the 10th grade and attend Lambert High School. My passion for helping others was sparked when I heard about the prevention work the Council was doing. I want to contribute to building a more robust solution for **early drug abuse prevention**. By being involved in my community's drug prevention coalition, I can help start small ripples of change. You can usually find me trying different types of food or playing volleyball in my free time. I am super excited to be part of the Council and can't wait to meet the entire community!"

Welcome Eshawnvie!

MARIJUANA AWARENESS CAMPAIGN

BY: SHARMADA VENKATARAMANI



Sharmada Venkataramani

Sharmada Venkataramani is a sophomore at South Forsyth High School. She has an avid interest in drug policy and has published a Georgia State Social Studies Fair award-winning research paper on the pharmaceuticals and the opioid epidemic

Social Media Component Update

Sharmada told *The Strategizer*, "Social Media postings have been made on Instagram, but they should be on Facebook soon. The posts address the following topics: marijuana use statistics, consequences of marijuana use, how to recognize marijuana use in your child, and how to talk to your teenager about the topic."

I met with the National Youth Tobacco Prevention Study and am also posting on their platforms. These posts address the different types of marijuana products and how they are marketed to mimic children's items in stores. We also discussed targeted social media posts and ad marketing for both marijuana and tobacco use and what preventionists could do to block such content."

Sharmada shares her posts through the FCDAC Instagram page and will soon post on the Council's FB page. Readers can find our Instagram page by going to [Instgram@fcdacouncil](https://www.instagram.com/fcdacouncil). Our Facebook page may be found by searching "Forsyth County Drug Awareness Council."

Sharmada continued, "I now want to focus on

epidemic.
With a strong passion for drug awareness and prevention, Sharmada is implementing a county-wide **THC social media campaign**. She hopes to educate her peers and combat drug usage among youth. By serving on the FCDAC Youth Council, she is shaping a drug-free future.

Sharmada continued, "I now want to focus on testimonies from our members recording concise 30-45 second spots. I am looking for people in the treatment field, the education field, law enforcement, and parents as well as young people's perspective on prevention, why youth try substances, how they become caught in addiction, and how they can escape."

If you can provide a testimony, contact Sharmada [Here](#) or [Call Here](#).

School News



Gabby Breiten, Gateway and Forsyth Academy Drug Counselor

Gabby and Emily report building rapport with old and new students and looking forward to meeting in the support groups again after the Christmas break. "Things will settle down in February, and we will hold a social function. A parent night is scheduled in March. Ashley Dickerson and Marti Roveda from FCDAC Parent Partners will be addressing the parents," they said.

Emily Ennis Prevention Coach, North Forsyth High School



Our Partners in Prevention

More Great Community Events from our Friends...



PARENT CONNECTIONS
Conversations & Strategies for Parents, by Parents

Presented by Corner Farms Forsyth



Save the Date

EVERY MONTH
3RD WEDNESDAY

STARTING

**PARENTS LEARN
NEW STRATEGIES
FOR TEEN
COMMUNICATION**

FREE EVENT!

COMMUNICATION IS KEY TO ANY RELATIONSHIP.
Join us as we discuss techniques and best practices for effectively communicating and engaging with our teens.
Let's find ways to make our most important relationships work.

Location: United Way of Forsyth County Community Room
240 Elm Street, Cumming GA 30040

Dates: Third Wednesday of every month
Starting January 17, 2024 | 6-7 pm

Join Jeff Mogan, Certified Crisis & Trauma Intervention Specialist, Suicide Prevention & Recovery Coach, Certified Communication Coach. Other presenters will join our discussions throughout the year.



To register for this FREE event, email julie@cornerfarmsforsyth.com

**STARTING
WEDNESDAY,
JANUARY 17
6-7 PM**

**UNITED WAY OF
FORSYTH COUNTY
COMMUNITY ROOM**

Central High School



**GRAND CENTRAL PRESENTS
2ST ANNUAL**

Dress for Success

Free Thrifting Extravaganza

Donations are appreciated!

Suits, Dress Shirts, Ties, Belts, Skirts, Blouses, Slacks, and gently used Professional Dress Shoes in ALL SIZES!

Donated clothes can be seen for Dress for Success. Interviews

SAVE THE DATE

**Forsyth Central High School
GRAND CENTRAL
Grand Opening**

**February 20, 2024
FCHS East Campus
3:00-5:00**

Ribbon Cutting Ceremony at 3:30

Donated clothes can be worn for Dress for Success, interviews, Graduation, Mock Trial, Debate Club, and more!

Donations due Thursday 2/22 at the FCHS Front Office



Tuesday, Jan. 9, 2023
12:00 - 1:00 pm

Gainesville Area Recovery Talk } with Sound Healing

Please join us for sound healing, lunch, and networking. Hosted by Twin Lakes Recovery Gainesville Outpatient 204 West Academy St., Gainesville, GA 30501

Open to individuals or organizations who have a professional or personal interest in the field of addiction.

To register: twinlakesrecoverycenter.com/tlrc-events

For more information, contact: Emily Dent
770-826-2633 | emily.dent@tlrcenter.com
Space is limited, so register soon.

The logo for Twin Lakes Recovery Center, featuring a stylized figure and the text 'TWIN LAKES RECOVERY CENTER'.

Live Life Counseling
Interesting in
adult and teen
Level II Program?

A red and white megaphone icon pointing towards the text.

We have openings in our adult and teen programs for Level II; if anyone wants to do an intake, Call [Here](#).

Our program focuses on addiction and trauma for 9 hours a week for 12 weeks.

**SAVE
THE**

**THE WALK
FOR RECOVERY**

#onestepatatime

An illustration of an Easter egg and a shoe, part of the 'The Walk for Recovery' campaign.

THE DATE

AT CUMMING CITY CENTER

FCDAC COMMUNITY EDUCATION EVENT ON SUNDAY, APRIL 21, 2024



SUNRISE PARENT RETREAT

If you have a child battling addiction, you are welcome to join us for a weekend getaway.

Attendance is free because our generous community continues to fund the retreat. Please [Click Here](#) for more information

Or follow us on Facebook at Sunrise Retreat or Instagram @sunriseparentretreat for registration details.

NEWS FOR YOU

2023 Monitoring the Future Data Released



What is Monitoring the Future? (From the MTF website)

Monitoring the Future is an ongoing study of Americans' behaviors, attitudes, and values from adolescence through adulthood. Approximately 50,000 8th, 10th, and 12th-grade students are surveyed yearly in the Main study (12th graders since 1975 and 8th and 10th graders since 1991). The Monitoring the Future Panel study conducts annual follow-up surveys with a subsample of each graduating

What are the 2023 MTF Results?

On December 13, 2023, the National Institute on Drug Abuse (NIDA) released the **Monitoring the Future Study data for 2023**. The study found that 37.5% of 12th graders, 54.4% of 10th graders, and 70% of 8th graders abstained from using any substance, including alcohol, smoking, or illicit drugs, throughout their lifetimes. These abstinence rates are near all-time highs. This year, the study tracked delta-8 THC use among 12th graders for the first time.

The study found that past-year use of alcohol, nicotine vaping, and marijuana vaping generally declined or held

class, who complete a follow-up every two years from ages 19–30 and every five years from age 35 onward. The Monitoring the Future Study has been funded under a series of investigator-initiated competing research grants from the [National Institute on Drug Abuse](#), a part of the [National Institutes of Health](#). MTF is conducted at the [Survey Research Center](#) in the Institute for Social Research at the [University of Michigan](#).

Who takes the survey?

The Monitoring the Future survey is given annually to students in eighth, 10th, and 12th grades who self-report their substance use behaviors over various periods, such as the past 30 days, past 12 months, and lifetime. The survey also documents students' perceptions of harm, disapproval of use, and perceived availability of drugs. The survey results are released the same year the data are collected. From February through June 2023, the Monitoring the Future investigators collected 22,318 surveys from students enrolled across 235 public and private schools in the United States.

steady with use rates reported in 2022. The topline numbers are as follows:

- 45.7% of 12th graders reported past-year alcohol use in 2023, compared to 51.9% in 2022.
- 23.2% of 12th graders reported past-year nicotine vaping in 2023, compared to 27.3% in 2022.
- 19.6% of 12th graders reported past-year marijuana vaping in 2023, compared to 20.6% in 2022.
- 11.4% of 12th graders reported past-year delta-8 THC use in 2023. This is the first year for which data on delta-8 THC is available.

Critical areas for concern include:

- 75.6% of 12th graders report that they felt vaping equipment would be easy to obtain.
- 60.4% of 12th graders report that they felt cigarettes would be easy to obtain.
- Vaping remains high. 28.8% of 12th graders report vaping in the past year.
- Among 10th and 12th graders, the perceived risk of taking LSD regularly has declined by a statistically significant amount.

A link to the [University of Michigan's press release](#) is available [Here](#). A link to NIDA's press release is available [Here](#) and a link to the MTF data is available [Here](#).

MTF Data shows Marijuana and hallucinogen use, binge drinking reach historic highs among adults 35-50

Adults aged 35 to 50 continued a long-term upward trajectory in past-year use of marijuana and hallucinogens to reach all-time highs in 2022, according to the Monitoring the Future panel study, an annual survey of substance use behaviors and attitudes of adults 19-to-60 years old.

Marijuana use and vaping were at their highest historic levels among younger adults aged 19 to 30 in 2022, with reports of past-year marijuana and hallucinogen use, as well as marijuana and nicotine vaping, significantly increased in the past five years. The MTF study is funded by the National Institute on Drug Abuse, which is part of the National Institutes of Health. It is conducted by scientists at the University of Michigan's Institute for Social Research.

While binge drinking has generally declined for the past ten years among younger adults, adults aged 35 to 50 in 2022 reported the highest prevalence of binge drinking ever recorded for this age group, which also represents a significant past-year, five-year, and 10-year increase.

[Click Here](#) to read the entire U of M press release and link to the MTF.



Abuse of Pet Medication

We are all aware of the abuse of prescription medicine taken from home medicine cabinets and have taken steps to secure these prescriptions or adequately dispose of them. Still, often, we need to consider the importance of keeping our pets' medications secure or disposing of them when they are no longer required.

Did you know that many drugs given to pets are **addictive narcotics like opioids, anesthetics, or barbiturates**? What's happening is that pet owners steal their pet's medicine. This is another form of prescription fraud. Use of pet medications may begin after the realization that their ingredients are often the same ones in commonly misused painkillers and other drugs—or perhaps a friend suggests that a person can get high on this stuff.

Tragically, some pet owners have physically hurt their pets, taught dogs to cough on command, or diverted or misused their medication. People have also visited several vets' offices and requested specific types of pet medications. Some potentially used pet medications are:

- Dissociative Anesthetic – Ketamine – Cat Tranquilizer
- Barbiturate – Phenobarbital – Pet Anxiety
- Opioid – Tramadol – Pet Painkiller
- Opioid – Hydrocodone – Coughing in Dogs

When a vet prescribes medication for someone's animal, the dose size and concentration of that medication is intended to treat a pet of a specific size and weight. So when people misuse these drugs, they have no idea how much of the drug, if any, is safe for them to use. Many people abusing pet medications assume that because it was meant for their pet, they automatically need to increase the dose size or take it more often to get the desired effect. But this is a false belief that gets people into trouble. The bottom line is that abusing pet medication puts people's lives at risk.

For more on this, [CLICK HERE.](#)

Dry January 2024-Challenge Your Friends

Dry January is an initiative that challenges participants to go the entire month of January without having any alcohol. To incorporate Dry January, share some mocktail recipes that can replace alcohol, if that isn't triggering to you. Weight loss is a common New Year's resolution. **Dry January** will help **weight loss** efforts because cutting alcohol removes empty calories from your diet. For more ideas on successfully participating in Dry January, [Click Here.](#)

Watch This Now!

Season 3 Ep. 19 of Awkward Conversations :

The Drug Dealer in Your House:
Protecting Your Kids from Online

Key Takeaways:

- There is an alarming ease with which pills and

Dangers

drugs can be obtained online, posing significant dangers to children.

- There is a need for greater awareness about the risks of fake prescription pills. "Song for Charlie" is a nonprofit that educates young people, families, and educators about synthetic drugs like fentanyl.

- Dr. Dimitri A. Christakis emphasizes the importance of educating children about smart social media use and understanding its impact on behavior.

- Recognizing the language kids use online and understanding the signs of potential drug involvement is crucial for parents.

- Maintaining open lines of communication with children without judgment is essential for addressing online drug dangers.

- Striking a balance between privacy and safety in the digital age is key, with real relationships valued over virtual ones.



On the Calendar



January

- National Mentoring Month
- Dry January 2024
- Sound of

Healing, Twin Lakes Recovery, January 9, 12-1 pm

- Parent Connection-Communication Strategies, January 17, 6-7 pm Community Rm United Way Building, Cumming
- Harmony Grove Breakfast, January 20, 8

am



Donate Here



February

- Drug Summit/FCDAC Monthly Meeting, February 7 4:30-6 pm FullCircle
- St. Valentine's Day February 14
- Grand Central Grand Opening, Central High School, February 20, 3-5 pm
- Central High School Dress for Success donations due February 22

Forsyth County Drug Awareness Council | 240 Elm Street, Cumming, GA 30040

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Sent by fcdac1@unitedwayforsyth.com