

# The FCDAC STRATEGIZER

Leading the way to a  
healthier Forsyth County



June 2022 Volume 2 Issue 2

Receive the Newsletter

## SUMMER 2022 MAKE A POSITIVE IMPACT!

**The Bad News: Grim Statistics.** According to the CDC, over **100,306 drug overdose deaths occurred in the US during the 12 months ending in April 2021.** These deaths are caused by prescription abuse and misuse and illegal Fentanyl that invades the US through our Southern border. As citizens, we must let our country's leaders know this is unacceptable and hold them accountable for continuing to allow this poison to cross into the country. The DEA confiscated enough fentanyl at the border to kill every person in the US!

However, as important as Federal policies are, we, PARENTS and Grandparents, preventionists, teachers, and other youth influencers, can have a significant impact, a life-saving impact on YOUNG PEOPLE. What can you do? Read on.

### The Good News:

**PARENTS WHO TALK TO THEIR KIDS HAVE KIDS LESS LIKELY TO SUCCUMB TO DRUG ABUSE BECAUSE THEY HEAR AND SEE YOU!**

**Psychologists** tell us that all kids, no matter their body language or words that come out of their mouths, CRAVE PARENTAL attention, and they DO HEAR AND CARE ABOUT WHAT YOU SAY!  
**PARENTS, CONTRARY TO WHAT YOU MIGHT THINK, YOUR KIDS ARE INFLUENCED MOST BY YOU!**

**TALK. THEY HEAR YOU!**

**LISTEN TO THIS!**



LISTEN TO THIS!

Dr. Leslie Walker-Harding (@AskTeenDoc) is the Ford/Morgan Endowed Professor, Chair of the Department of Pediatrics and Associate Dean for the University of Washington. She is also the Chief Academic Officer and Senior Vice President for Seattle Children's Hospital.



Underage substance use is problematic, but most parents don't realize that **"Adult Addiction and Adult Substance Use Disorder is a childhood-onset disease with adult manifestations. Almost every adult with Substance Use Disorder (SUD) began using during their childhood or adolescence. The younger a child is when they try their first substance the more their brain is willing to accept that the substance needs to be there. One in every 4 to 6 kids who tries a substance will be likely to have a SUD. If a young person waits to use a substance until 25 years old, only 1 in 10 people who try a substance for the first time will manifest a SUD,"** stated Dr. Walker-Harding.

In this episode, Dr. Leslie Walker-Harding helps us better grasp what we need to know to keep adolescent drug and alcohol use in proper perspective.



**"Talk. They Hear You." Underage Drinking Prevention National Media Campaign\***

The "Talk. They Hear You." Underage Drinking Prevention National Media Campaign empowers parents and caregivers to talk with children early about alcohol and other drug use.

### Importance of Parents

Parents have a significant influence on their children's decision to experiment with alcohol and other drugs.

**NEED Help Talking with Children Under 21?**



## NEED Help Talking with Children Under 21.

### SAMHSA'S "Talk. They Hear You." CAMPAIGN CAN HELP!

The campaign focuses on parents to prevent underage drinking by young people and prevent misuse of prescription and illegal drugs. Research suggests the chances that children will try alcohol or other drugs increases as they get older. Around age 9, children begin thinking alcohol may not be just for adults. By the time they are seniors, almost 70 percent of high school students will have tried alcohol, half will have taken an illegal drug, and more than 20 percent will have used a prescription drug for a nonmedical purpose.



The "Talk. They Hear You." campaign's resources include tools for parents and caregivers of children of all ages under 21 to help them continue having underage drinking and substance use prevention conversations beyond age 15.

### Campaign Goals

The "Talk. They Hear You." campaign aims to accomplish the following:

1. Increase parents' awareness of the prevalence and risk of underage drinking and substance use;
2. Equip parents with the knowledge, skills, and confidence to prevent underage drinking and substance use; and
3. Increase parents' actions to prevent underage drinking and substance use.

[\\*CLICK HERE FOR MORE RESOURCES](#)

### THEY LISTEN! ADVICE ON HOW TO TALK!\*



- Remember that the conversation goes both ways.
- What you do is just as important as what you say.

\*SAMHSA's Talk. They Hear You. Read the entire article, [Why Small Conversations Make a Big Impression](#), [HERE](#).

- Short, frequent discussions can have a tangible impact on your child's decisions about alcohol.
- Talking builds an open, trusting relationship with your child.
- Lots of little talks are more effective than one "big talk."
- When you do talk about alcohol, make your views and rules clear.



make your views and rules clear.

- As children get older, the conversation changes.



**talk**  
they hear you<sup>®</sup>

## MAKE REGULAR CONVERSATIONS PART OF THE ROUTINE.

Know the risks of underage drinking and be prepared to talk about them.

Establishing yourself as a trustworthy source of information on alcohol will make your child more inclined to ask questions and look to you for support and guidance. For tips on how—and when—to begin the conversation, visit

[www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov)

#TalkTheyHearYou

PEP20-03-01-027



## AFFIRMING AND LOVING ON YOUR TEEN IS VITAL

In his book, *Healing the Unaffirmed*, Psychotherapist Conrad Baars says that he sees many patients who suffer from "emotional deprivation disorder." People with this disorder did not receive enough loving affirmation or too much criticism from their family of origin. "Feelings of insecurity, being unloved and unlovable, oversensitivity, fears of trying new things or making new friends, and often struggling with depression are common among preteens and teens," he said.

Emotionally deprived parents may, in turn, emotionally deprive their children. Learning to affirm yourself and your children may be valuable for raising a family's emotional quotient. "When it comes to loving your children (and yourself), begin by being kind to them, showing interest in their lives, respecting them, and looking for their outstanding qualities," Conrad stated. Voice your appreciation when you observe them practicing positive behaviors and when they are encouraging or helpful to others. Tell them you love them often. Let them know that while you may not like some of their behaviors, you will always love them and help them be the best person they can be.

Affirmations promote self-confidence and belief in their abilities. Encourage them by telling them to:

- "Do your best."
- "You have what it takes."
- "You are a big help getting this job done."
- "I appreciate all you do to make things run smoothly around the house."
- "Thanks for helping your little brother with that; he looks up to you."

Affirmations that focus on specific traits or valued family attitudes and behaviors expressed genuinely are most beneficial.

- "Great job choosing your lunch food; you'll have lots of energy for your soccer game!"
- "It was so helpful when you distracted your sister by playing "I Spy" during that long wait at the restaurant. I knew how hungry you were. Thanks!"

Have mealtime conversations that are meaningful and draw your children into the topic. Ask questions that require more than a yes or no response. Often their answers will give ample opportunity to affirm them.

- What were the best part and most challenging parts of your day? ("Wow! that shows your determination to finish your project on time!")
- What was the easiest and hardest question on your social studies test? ("Your studying paid off!")
- What did you learn today in school or just from life?

- What did you learn today in school or just from life?
- What was one way you helped someone, or someone helped you today? (You chose a solid friend! Joe thinks of others.)

You love your children. Time passes quickly. Being fully present to your child several times a day makes him feel loved and secure. When they feel loved, understood, and listened to, they will be more receptive to your values.

## Mitch's Memo and FCDAC Work and Programs Round-up



### Happy beginning of SUMMER!

This month's Council Meeting guest, Lauren Shields, introduced us to **Shatterproof: Stronger than Addiction**. A Shatterproof Walk is slated in Atlanta in

November. Let's get an FCDAC Team together to walk in Atlanta! Let's plan to bring it to Forsyth too! Thanks for coming, Lauren.

We unveiled our new **Social Media Campaign Blitz**; see the message and image under our Community Outreach section. We hope to plaster this picture everywhere in the county. Please repost the photo and share it on your social media pages.

### MARK YOUR CALENDARS! OUR NEXT FCDAC MEETING



### WEDNESDAY JULY 6, 8-9 AM UNITED WAY OFFICES

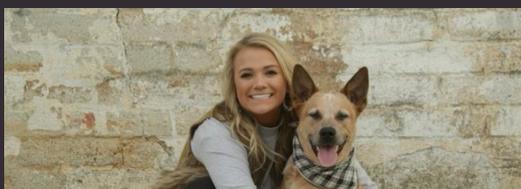
## Council Meeting Highlights, Community Outreach Committee, Youth Outreach Committee, Members and Partners

### Council Meeting Highlights

We were pleased to welcome our guest speaker, **Lauren Shields**, Development Director, Fundraising Programs for **Shatterproof**, to our June 1 Council Meeting. Lauren shared that

**Shatterproof is coming to Atlanta's Piedmont Park on November 5, 2022!**

FCDAC councilmember Susan Tanner said she would be willing to help organize a



**Lauren Shields** is the

She would be willing to help organize a Rise Up Walk in Forsyth County. If you are interested in this too, reach out to Susan [HERE](#).

**Shatterproof** founder Gary Mendell tragically lost his son, Brian, who battled drug addiction.

"We don't wait for change; we create it. Together, we're building a future that supports those struggling with addiction and lends strength to their loved ones and communities by advocating for change, providing resources, and taking action to prevent and defeat this horrible disease."

- Gary Mendell, Founder, and CEO.

Visit Shatterproof [HERE](#)

## WHAT IS

The logo for Shatterproof, featuring the word "SHATTERPROOF" in a bold, teal, sans-serif font. The letters are slightly shadowed, giving it a 3D appearance.

??



the  
Development  
Director,  
Fundraising  
Programs for  
**Shatterproof:**

**Stronger than Addiction.** Shatterproof is a national nonprofit organization dedicated to reversing the addiction crisis in the United States.

Lauren told our Council, " 40 million Americans struggle with addiction. Every five minutes, someone in our country dies from a drug overdose. We know we can change that. **Shatterproof's** grant will provide needed education to medical professionals about addiction disease and science-based treatment."

Shatterproof is on a mission to transform the system so:

- every American with addiction has access to treatment that's based on proven research
- we can talk openly about addiction without shame or stigma, so people get the help they need
- families have the right information, resources, and support so more people recover

"Together, we can end the devastation addiction causes families. Thank you for your support!"

**JOIN US!**  
**FORM A TEAM, JOIN A TEAM,**  
**OR WALK AS AN INDIVIDUAL!**

**Together, let's walk to end the addiction crisis in America.**

No two stories about addiction are the same, but when we come together as one community, we can change the story. Together, we'll Rise Up Against Addiction.





8:00 a.m. Piedmont Park, Atlanta, GA  
WANT TO PARTICIPATE?

[CLICK HERE TO REGISTER](#)

## Community Outreach Committee

**BILLBOARDS, POSTERS, SOCIAL MEDIA CAMPAIGN BLITZ!**





**Can you tell which  
pill contains a deadly  
dose of Fentanyl?**

**Neither can  
your child.**

FCDAC, PARTNERING WITH COALITION MEMBER ORGANIZATIONS- THE CONNECTION, REALTORS 4 RECOVERY, AND THE FULLCIRCLE PROGRAM have produced this image to be used in our multi-media campaign to bring awareness of the **extreme dangers and prevalence of deadly fentanyl-laced counterfeit prescription pills**. One intent is to focus parents' attention on this issue to encourage them to talk to their children about the widespread contamination of illicit street prescription-look-a-like drugs. **Send a strong message, "Never take pills not prescribed by a doctor for you."**

PLEASE HELP US BY SPREADING THIS MESSAGE ACROSS YOUR SOCIAL MEDIA PLATFORMS. KNOWLEDGE IS POWER AND COULD SAVE LIVES THIS SUMMER!

## YOUTH OUTREACH COMMITTEE

### SUMMER PROJECT

### "2022 FORSYTH YOUTH PREVENTION SURVEY"



**A YOUTH SURVEY ASSESSING ATTITUDES  
AND PERCEPTIONS TOWARD DRUG  
SAFETY AND  
SUBSTANCE ABUSE**

**Why a survey?** Conducting a Youth Prevention Community Survey is the means by which FCDAC can gather the data we need to fulfill our grant requirements. In the past, FCDAC gathered data through the state student health survey conducted in the public schools. Their survey questions no longer include our core measures, and therefore we must capture this data in a new way. The survey is ANONYMOUS, AND NO IDENTIFYING INFORMATION IS REQUIRED.

### What are the Core Measures?

1. 30-day alcohol, tobacco, and other drug use
2. Perceptions of risk
3. Perceptions of parental disapproval
4. Perceptions of peer disapproval

**Who is conducting the survey?** FCDAC Youth Council has accepted the challenge of conducting the Youth Prevention Survey as their Summer Project. They will obtain the data we need to meet our Grant stipulations. Our awesome Youth Council Survey Team, including Polly Sarno, Saesha Kapoor, Vinayak Menon, and Ellie Herreman, will conduct FCDAC's 2022 Forsyth Youth Prevention Survey. The survey will assess the attitudes and perceptions of our Youth population toward drug safety and substance abuse.

**How will the survey be conducted?** This survey will be conducted anonymously online through SurveyMonkey and can be accessed through a link (see the TAKE THE SURVEY NOW button below). Our team began sending the survey on Friday, June 4th.

**Who should take the survey?** Our goal is to reach a target group of as many 8th graders and 11th graders as possible. Each member of our Youth Council Survey Team will send the survey to a minimum of 15 youth in the target grades (8th and 11th). We encourage them to invite their friends to take the survey too. Other age groups are welcomed and encouraged to take the survey.

**When will the survey end?** August 2022

**What types of questions does the survey ask?** This survey asks about youth perceptions of safety and substance abuse. Specifically, questions ask about the use and perceptions of alcohol, tobacco products, marijuana, non-prescribed prescription drugs, and drugs like heroin, meth, and LSD. Honesty is paramount because the answers are related to resources that will be made available in the community. Confidentiality is strictly assured! FCDAC thanks all who take the survey for supporting this critical data-gathering tool.

YOUTH TAKE THE SURVEY NOW BY CLICKING THE BUTTON BELOW! PLEASE HELP US BY SHARING IT WITH YOUR FRIENDS AND NEIGHBORS! PLEASE SHARE WITH EVERYONE!

**TAKE THE SURVEY NOW!**

DO YOU KNOW YOUTH LIVING IN FORSYTH COUNTY WHO WOULD TAKE THIS SURVEY? PLEASE ASK THEM! The more survey results received, the better we can meet the needs of Forsyth County.

**COUNCIL MEMBERS AND PARTNERS UPDATES**

**MENTOR ME**



## Empowering Today's Youth

At Mentor Me North Georgia, our mission is to connect young people ages 6-17 to trusted adults and role models who provide opportunities for them to reach their full potential. We serve school-aged children and youth by matching them to positive role models to help them grow into healthy community members.

## MY 'MENTOR ME' EXPERIENCE

by Susan Tanner

I joined the Mentor Me program as a mentor in 2007. In the local Forsyth County newspaper, I saw an article stating that mentors were needed for Big Brothers/Big Sisters (now referred to as Mentor Me of North Georgia). I called the following day and, shortly, was called for an interview. I filled out detailed forms answering many questions, and they conducted a background check.

The case manager paired children with adults who have similar interests. I was excited and a bit nervous the day I met my first mentee, Kat, and her mom, along with the case manager. Kat was about to turn seven years old. We clicked well, and we saw each other often from that day. I picked her up several times a month to participate in various activities, go to dinner, or come to my house to play games.

I did my best to be a good example, and we discussed all areas of life, including drug abuse. Kat seemed to soak it in well and always paid attention. She grew into a fabulous young lady.

Kat is now in her early 20s, and we have remained close over the years. She recently texted me. The most moving part of our story is when Kat and her boyfriend came to my dear Dad's funeral on October 23, 2021. Tears streamed down my face when she walked in the door during the visitation before the service.

Two months ago, Kat called saying she had a huge job opportunity in another state and wanted to see me before leaving. It was a bittersweet meeting because while I was proud and so happy for her, I could not imagine her living and working far away.

For the past few years, I have mentored middle school kids through Mentor Me's "CONNECT" program. My husband has joined me, and he is a small group leader for the boys while I lead a girls' group. We go twice a month and give them an hour of inspiration and encouragement through talks and games, allowing them a time of fellowship and encouraging growth in self-confidence and stability.

Sharing our lives and pouring love and attention into other lives brings tremendous joy and satisfaction to my husband and me. It often serves as a distraction from my worries, providing me perspective!

### Susan Tanner, FCDAC Council Member

since 2013, is active in FCDAC Community Outreach through local 5K race events and is a youth mentor in Mentor Me, North Georgia. Susan operates a personal pet sitting business. She and her husband have three grown children and three grandchildren.





# Recovery Rocks

Sunday,  
September 18, 2022, Cumming  
Fairgrounds



A Rockin' Concert and Sober Social Festival in Cumming, GA.

Recovery Rocks is an annual day of family-friendly fun including:

- Live Music
- Stories of Hope
- Kids Activities
- Food Trucks
- Recovery-Related Resources...And More!

## YOUTH NEWS

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

speech and debate team and in the Georgia Future Business Leaders of America. In 2021 he was the only GA student selected for the US Debate Team.



This Summer, **Vinayak Menon** will be working closely with our partner in prevention, **John Bringuel**, Statewide Project Director **Georgia Prescription Drug Abuse Prevention Initiative**

of The Council on Alcohol and Drugs. According to Menon, "I will work to expand my drug deactivation campaign, which began in Forsyth County, to communities across the state. I will collaborate with several drug-free coalitions that are

media campaign on several platforms to inform youth about the harms of substance use, and hopefully, support the development of more youth coalitions," Vinayak said.



**Substance Abuse Prevention (SAP) Day at the Capitol** was held on February 24th, 2022.

**Vinayak Menon** gave one of the two Keynote addresses at the **Voices For Prevention** convocation.





National Youth Advisory Council Member, Vinayak Menon, accepting this year's Outstanding Youth Leader Award.

Vinayak Menon, pictured above, accepted the 2022 Outstanding Youth Leader Award from Dr. Barrye L. Price, President & CEO, CADCA, during the awards luncheon at the 32nd Annual National Leadership Forum.

## Congratulations Vinayak!

\*Picture credit *CADCA's Coalitions* newsletter Spring/Summer issue

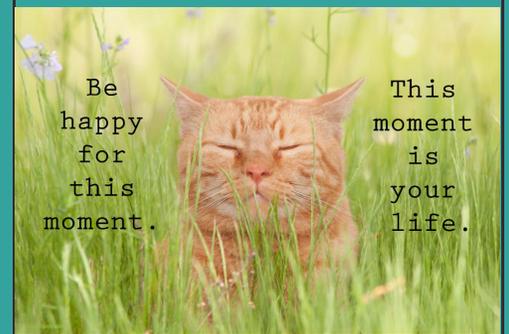
part of the Georgia Prescription Drug Abuse Prevention Initiative Collaborative."

"I look forward to working with youth leadership committees of these coalitions to help provide further drug disposal services," he said.

"I am also involved in CADCA's National Youth Advisory Council (NYAC) as a member. He said that the council has recently grown to include 12 members from across the country," he said. "I will be representing them this summer and the following year. NYAC will be involved in several upcoming projects, such as leading the youth track at the Mid-Year Training Institute, creating a social



Vinayak gave a powerful and inspiring speech about how youth can positively advocate for substance abuse prevention. Listen to Vinayak's address on Voices for Prevention's e-newsletter, by [Clicking Here](#).



## MEMBERS TEACHING MEMBERS

### The Challenges of Summer



### Dana Bryan

Dana is a retired middle school teacher and member of FCDAC. Through her personal loss of her daughter to drug experimentation, Dana devotes her time 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, and their families. She contributes her insights monthly to the *Strategizer*. Thanks, Dana!





Summer is a time when our children suddenly have more free time. This often means unsupervised time if parents work outside of the home. Drugs, alcohol, or tobacco products mustn't become a part of our children's summer.

Leisure time does not mean lazy time. Summer can be used very constructively by our youth. It is an excellent opportunity to brainstorm with your teens (and younger children) and discover how they would like to use their summer productively. Here are some suggestions that I have heard from adolescents and teens in recent years. The tips are stress relievers, and it can be beneficial for people of all ages to be aware of healthy ways to deal with or prevent stress. Creating a plan together is a protective measure in avoiding boredom and disengagement that might lead to situations to make the poor choice to try an addictive substance or begin an addictive behavior. It is essential for people of all ages to feel purposeful and productive.

Suggestions from students for Summer activities:

1. Learn to play or improve your skills with a **musical instrument**.
2. Practice a **sport** you already know or learn to play a new sport. There are many classes during the summer at county parks.
3. Go for a **walk or a run** in your neighborhood and challenge yourself to improve your distance.
4. Learn an art skill or use the time to practice one you already know. Classes can be found online, at local parks and recreation centers, and in craft stores. Crafty teens can find books teaching various art skills at the library: painting, drawing, pottery, or one of the many activities using supplies sold at craft stores.
5. Challenge yourself to **study and learn more about a subject that interests you**. For example, choose an animal or a place you would like to visit and "become an authority" on it.
6. **Volunteer**: Look for opportunities to improve the quality of life of a person or animal. Animal shelters are always looking for volunteers. People in your neighborhood might find everyday activities such as taking their trash can to the curb and back to their homes challenging. It might be difficult for them to get their mail from their mailbox. If you can drive, there might be older people in your neighborhood or family who could use your help to get groceries for them or take them to a grocery store or doctor's appointment. Giving of yourself to improve the quality of someone else's life is an excellent way to feel needed, and many find it is gratifying.
7. Try **planting a flower or vegetable garden**. Something like this that requires daily care will always make us feel purposeful, and it is gratifying to observe the changes and growth resulting from our care. I have known children who took such an interest in the fruits and vegetables they grew that they started eating foods they had never wanted to try.
8. Get a **summer job**. Many families are looking for childcare help, dog walking, lifeguarding, etc.
9. **Summer is an excellent time for your teen to feel that they can contribute to running their household and family life**. Explain to them all of the things you do that contribute to running your/their home. You might even choose to let them know the cost of some of the things they may take for granted, such as the following: house payment or rent; food (This cost will probably surprise them. It still amazes me each time I buy groceries.); clothing; sports and lessons; car payment; insurance for cars, home, and health. Ask them what they can contribute to their family's life in the way of household tasks that everyone should share in the family. My daughter started washing her clothes when she was in the 7th grade, and she gained a new appreciation for the time and work involved. It

is not unusual for families who learn to learn like it. I know of families who took separate nights of the week to make dinner during the pandemic when all family members were home for every meal. This contribution may begin out of necessity but can become an interest and a lifelong skill.

I wish everyone a safe summer filled with fun, success in reaching your goals, the gratification of time well spent, and wonderful family memories.

## NEWS FOR YOU

### LOCAL NEWS

## FORSYTH COUNTY PARKS AND RECREATION

### YOUR FIRST STOP FOR SUMMER FUN

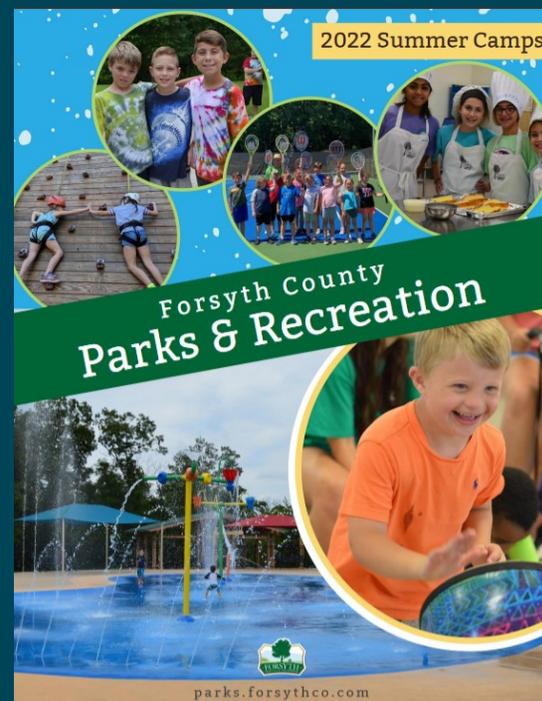
FAMILY FUN

HIKING

BIKING

PICNICS

EVERY KIND OF CAMP IMAGINABLE!



## CONTACT INFORMATION AND SPECIAL EVENTS

On page 1 of The Summer Camp 2022 Guide

## Eagle's Beak Park Ribbon Cutting Ceremony June

April's Newsletter from Board of Commissioner **Cindy J. Mills** states, "The ribbon-cutting for

## Forsyth County Parks & Recreation



### PARKS AND FACILITIES

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**Eagle's Beak Park** off Old Federal Road is in June. The Board of Commissioners used solid waste fund dollars to match the \$2.25 million grant

we received for this park expansion. There are trails along the river walk with placards teaching folks about the history of the Native Americans in this area along the Trail of Tears. It's a wonderful lesson in history to share with your kids. There will also be a large playground for the kids to enjoy called Frogtown, a throwback to

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## CONTACT INFORMATION

Main Line (770) 781-2215  
Central Park Recreation Center (678) 455-8540  
Fowler Park Recreation Center (770) 886-4088  
Old Atlanta Recreation Center (770) 205-4646  
Shady Grove Campground (770) 205-6850  
Sawnee Mountain Preserve (770) 781-2217  
Park Ranger Tip Line (678) 965-7167  
Inclement Weather Line (770) 886-2851  
Email [ParkWeb@forsythco.com](mailto:ParkWeb@forsythco.com)

## HOLIDAY CLOSURES

Easter, April 17  
Memorial Day, May 30  
Independence Day, July 4

## EASY ONLINE REGISTRATION

[parks.forsythco.com](http://parks.forsythco.com)

the name of the community decades ago. We will send out more details as they come forward."

**Take your kids to the park, go hiking, and talk to each other! Remember, Talk. They Hear YOU!**

## PARK ADDRESS

8420 Old Federal Road, Ballground, Georgia 30107

## PARK HOURS

March thru October - 6:00 am to 9:30 pm  
November thru February - 6:00 am to 7:00 pm

## AMENITIES

Canoe/kayak launch on the Etowah River  
- [www.etowahwatertrail.org](http://www.etowahwatertrail.org)  
Nature trails - 1.3 miles  
Picnic tables  
Restrooms

**JUN  
10**

### SPLASH AND GLOW (8-10pm)

To kick off the summer join us for glow in the dark fun at the Old Atlanta Park Splash Pad! Glow sticks and entertainment provided!

**JUN  
22**

### DAY CARE FUN DAY (10am-3pm)

Forsyth County day care centers will compete against other local centers in a variety of field day activities and Team Banner Contest resulting in both individual and team awards!

**JUL  
11**

### CHALK THE LOT

Bring the creativity and leave your mark on the park from July 11 - 15! Participants will be assigned outdoor parking spots and provided chalk by the Old Atlanta Park Recreation Center.

**FORSYTH COUNTY PARKS AND REC WEBSITE**

## SUMMER MEANS READING FOR FUN!

Stay cool this summer! Reading is not just an individual activity, but reading aloud as a family can be a great opportunity to share family time in an activity everyone can enjoy. Take great reads to the park, on a picnic, or to the beach! This works with teens too! Pass the book around, reading aloud is an important skill to cultivate.



## STATE NEWS

### The Council on Alcohol and Drugs

The Council on Alcohol and Drugs is a 50+-year-old nonprofit agency focused on preventing substance abuse. The Council provides drug-free workplace and DOT services nationwide, along with statewide, regional, and local prevention programs funded by the Georgia Department of Behavioral Health and Developmental Disabilities, Division of Behavioral Health, Office of Behavioral Health Prevention and Federal Grants, the U.S. Substance Abuse and Mental Health Services Administration (SAMSHA) and other agencies.

Since 1969 we have been serving the public with effective, science-based alcohol and other drug prevention programs while assisting the business community in maintaining drug-free workplace programs

prevention programs while assisting the business community in maintaining drug-free workplace programs that positively impact the bottom line. Our motto is: "Saving Lives, Saving Money: it's the Right Thing To Do!"

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



The Georgia Prescription Drug Abuse Prevention Initiative (GPDAPI) of The Council on Alcohol and Drugs (The Council) focuses on four priority areas: **Education, Advocacy, Disposal, and Enforcement.**

**JOIN US!**

**Ga Rx Drug Abuse Prevention Initiative Collaborative Meeting  
June 15**

**10:00 a.m. and adjourn at 2:00 p.m. with lunch provided**

**Atlanta Carolina's High Intensity Drug Trafficking Areas  
3587 Parkway Lane, Peachtree Corners, GA 30094**

**[Register HERE!](#)**

**This is our first in-person meeting in 2 years!** **Jennifer Kramer**, the AC-HIDTA Prevention Director, is our host. **Senator Kay Kirkpatrick** will be joining us for a legislative update. Additionally, the agenda will include **Jennifer Kramer** presenting additional **prevention tools and resources for your community**. Of course, all the information they share will provide support for discussion and collaboration for your 2022 Collaborative Annual Action Plan.

**Register HERE for this Collaborative Meeting**

## **NATIONAL NEWS**

**CADCA<sup>®</sup> Legislative Alerts**

**CADCA, Community Anti-Drug Coalitions of America,  
THIS IS A CALL TO ACTION!**

**Oppose the Inclusion of the SAFE Banking Act in the America  
COMPETES Act!**

**Issue Background:** Congress is working to include the Secure and Fair Enforcement (SAFE) Banking Act in the America Creating Opportunities for Manufacturing Pre-Eminence in Technology and Economic Strength (America COMPETES) Act. **The SAFE Banking Act would grant marijuana businesses access to the banking system, making it easier for them to do business and exacerbating the negative**

banking system, making it easier for them to do business and exacerbating the negative consequences of marijuana proliferation, including increased traffic fatalities, youth use rates, ER visits and hospitalizations. Additionally, the SAFE Banking Act would set a precedent to allow other federally illegal industries to gain access to the banking system. The House version of the America COMPETES Act included the SAFE Banking Act. The Senate version did not. House and Senate leaders are currently in a conference committee ironing out differences in the America COMPETES Act. CADCA opposes the inclusion of the non-germane SAFE Banking Act as an amendment to this legislation.

#### WHAT YOU CAN DO

Please send the sample letter below to your Congressional delegation (2 Senators and 1 member of the House of Representatives) raising concerns about the SAFE Banking Act and urging them to vote against including this non-germane amendment in the America COMPETES Act.

#### HOW TO DO IT

[Click here](#) to send a message to your members of Congress asking them to vote against including the SAFE Banking Act in the America COMPETES Act.

#### SAMPLE LETTER

Please oppose the inclusion of the SAFE Banking Act in the America COMPETES Act. This non-germane amendment seeks to legitimize marijuana business operations that remain illegal under federal law. Granting marijuana businesses access to the banking system will result in international drug cartels gaining an even stronger foothold in being able to launder money from other illegal activities.

[Click Here](#)

FYI

## MARIJUANA





Test your knowledge and learn more about the effects of marijuana.

## Marijuana and Opioids - A Link We Can't Ignore



### SAM: SMART APPROACHES TO MARIJUANA

Smart Approaches to Marijuana (SAM) is an alliance of organizations and individuals dedicated to a health-first approach to marijuana policy. We are professionals working in mental health and public health. We are bipartisan. We are medical doctors, lawmakers, treatment providers, preventionists, teachers, law enforcement officers and others who seek a middle road between incarceration and legalization. Our commonsense, third-way approach to marijuana policy is based on reputable science and sound principles of public health and safety.

Our mission is to educate citizens on the science of marijuana and to promote health-first, smart policies and attitudes that decrease marijuana use and its consequences.

Check out this valuable source of information and resources [HERE](#)

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### New Federal Data Shows Marijuana is Major Factor in Emergency Department Visits Among Youth

A Federal report released the week of May 30, 2022, details data from 2021 showing disturbing trends related to marijuana use and increased visits to the ER, particularly among youth. The data comes from the Substance Abuse and Mental Health Services Administration's (SAMHSA) Drug Abuse Warning Network (DAWN). DAWN is a nationwide public health surveillance system that records drug-related emergency department visit data.

The report on SAM's website "revealed that marijuana-related emergency department visits were 6.41, 2.34, and 1.59 times more frequent than fentanyl-, cocaine-, and heroin-related visits, respectively. Additionally, marijuana was the most common drug in polysubstance alcohol-related visits, at 30.60%. And...

alcohol was the most common drug in polysubstance marijuana-related visits, at 52.74%. In total, marijuana was the primary cause of 10.78% of emergency department visits, making it the fourth most cause of drug-related emergency department visits."

[READ THE ENTIRE ARTICLE HERE](#)

## Marijuana Concentrates/ Honey Butane Oil\*

### What are Marijuana Concentrates or THC Concentrates?

A marijuana concentrate is a highly potent THC concentrated mass that is most similar in appearance to either honey or butter, which is why it's commonly known as "honey oil" or "budder."

### What Does it Look Like?

Marijuana concentrates look like honey or butter and are either brown or gold in color. There are different forms, including hash or honey oil (a gooey substance), wax or butter (soft, lip balm-like substance), and shatter (a hard, solid substance). 710 (the word "OIL" the "I" flipped and spelled backward), wax, ear wax, honey oil, budder, butane hash oil, butane honey oil (BHO), shatter, dabs (dabbing), black glass, and errl.

### How is it Made?

One popular extraction method uses the highly flammable solvent butane. It is flushed through an extraction tube filled with marijuana. The butane evaporates, leaving a sticky liquid known as "wax" or "dab." This method is dangerous because butane is a very explosive substance. There have been explosions in houses, apartment buildings, and other locations where someone tried the extraction.

### How is it Used?

It's used a few ways:

- Infusing marijuana concentrates in various food or drink products
- Smoking remains the most popular form of ingestion using water or oil pipes or heated in a glass bong.
- Electronic cigarettes (e-cigarettes) or vaporizers. Many users of marijuana concentrates prefer the e-cigarette/vaporizer because it's smokeless, odorless, and easy to hide or conceal. The user takes a small amount of marijuana concentrate, referred to as a "dab," then heats the substance using the e-cigarette/vaporizer, producing vapors that ensure an instant "high" effect upon the user. Using an e-cigarette/vaporizer to ingest marijuana concentrates is commonly referred to as "dabbing" or "vaping."

### What are the Effects of Using Marijuana Concentrates?

Marijuana concentrates have a much higher level of THC. The effects of using may be more severe, both psychologically and physically.

\*Sources: ["Marijuana Extracts,"](#) National Institute on Drug Abuse (NIDA); ["Marijuana Concentrates,"](#) Drugs of Abuse - DEA.

## CADCA RESOURCE

### More Practical Theorists Coming Soon From CADCA

The Practical Theorist is CADCA's publication series on current substance use and misuse prevention issues informed by the latest data and research. They are a free resource designed in partnership with various federal agencies as a deeper dive into a specific topic, such as cannabis, electronic nicotine delivery systems, and the opioid crisis. Soon, coalitions can look forward to two new Practical Theorists which will focus on Fentanyl and Methamphetamine misuse prevention. They will be available on [cadca.org](http://cadca.org) for free download, and in the meantime, coalitions can access past Practical Theorists, online toolkits, or other resources [HERE](#).

# JUST OUT 2020 RESULTS

## National Survey on Drug Use and Health\*

Check out the findings of this Survey which covers much important data on **Substance Use, Tobacco Product Use or Nicotine Vaping, and Alcohol Use!**

[Review the Survey HERE](#)

\*Substance Abuse and Mental Health Services Administration. (2021). Key substance use and mental health indicators in the United States: Results from the 2020 National Survey on Drug Use and Health (HHS Publication No.PEP21-07-01-003, NSDUH Series H-56). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data>



21<sup>ST</sup> ANNUAL  
**MID-YEAR**  
TRAINING INSTITUTE



We believe that the continuum of care is integral to any comprehensive approach in the field of addiction. This starts with prevention—if we can delay the first use and misuse of any mind-altering or addictive substances, we can prevent our youth from entering the cycle of addiction and Substance Use Disorders.



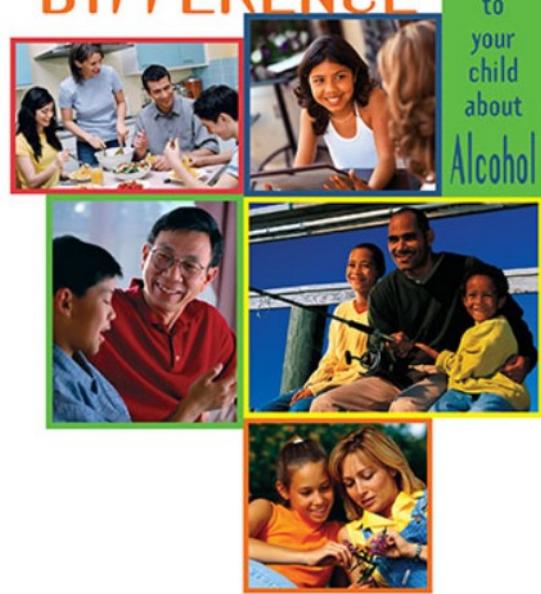
[REGISTER HERE](#)

Congratulations  
to our COALITION NEIGHBOR

MAKE A  
DIFFERENCE Talk

in  
Fayette County,  
Michael Mumper  
2022  
CADCA ADVOCATE OF THE  
YEAR RECIPIENT!

Michael Mumper is Director of Drug-Free Fayette and President Georgia Alcohol Policy Alliance.



U.S. Department of Health and Human Services  
National Institutes of Health  
National Institute on Alcohol Abuse and Alcoholism  
*NIH...Turning Discovery Into Health*

## ON THE CALENDAR

### June

- Men's Health Month
- Board Of Commissioners Regular Meeting, Administration Bldg, June 2 at 5:00 p.m.
- K9s & Veterans Dedication Statue Ceremony, June 4, Coal Mtn. Dog Park at 10:30 a.m.
- Flag Day, June 14
- Ga Rx Drug Abuse Prevention Initiative Collaborative Meeting, June 15, 10–2 p.m.
- Father's Day, Sunday, June 16
- World Music Day, June 21
- NAMI, or National Alliance Alliance on Mental Illness, family support group meeting, Tuesday, June 14, and June 28, 6:45-8:15 p.m., at the Forsyth County United Way, For more information, email [namifdlga@gmail.com](mailto:namifdlga@gmail.com).

### July

- National Parks and Recreation Month
- Juvenile Arthritis Month
- Independence Day, July 4
- CADCA Mid-Year Training Institute, July 17-21
- National Ice Cream Day, July 17
- NAMI, or National Alliance Alliance on Mental Illness, family support group meeting, Tuesday, July 12 and July 26, 6:45-8:15 p.m., at the Forsyth County United Way, For more information, email [namifdlga@gmail.com](mailto:namifdlga@gmail.com).