



**FORSYTH COUNTY**  
DRUG AWARENESS COUNCIL

DRUG PREVENTION WORK  
IN FORSYTH COUNTY

**EDUCATE.**  
**ADVOCATE.**  
**EMPOWER.**

# Strategizer

Leading the way to a  
healthier Forsyth County

**FORSYTH COUNTY**  
DRUG AWARENESS COUNCIL

**DONATE TODAY!**

**SCAN ME**

March 2024 Volume 3 Issue 11

[Donate to FCDAC Here](#)



**Come out and  
support this  
important event!**

# THE WALK FOR RECOVERY

#onestepatatime

SUNDAY  
APRIL  
**21**  
2P-5P

AT THE CUMMING CITY CENTER

## EVENTS

MUSIC AND GAMES  
FACE PAINTING  
ICE CREAM AND COFFEE  
RESOURCE TABLES  
WALK FOR AWARENESS



SCAN FOR  
MORE INFO!

## OUR SPONSORS



Forsyth County Drug Awareness Council's 2nd Annual Walk For Recovery is the Council's flagship Community Education Event!

The QR code allows you to register, and buy a T-shirt! Proceeds go to prevention, or donations.

The Walk for Recovery is in remembrance of the 112,000 lives lost to overdose and addiction in 2023, as well as to educate and promote healthier, drug-free lifestyles. The event will include food, musical guests, games, and resource tables. Professionals and families fighting the stigma and disease of addiction will hold discussion panels, and we will have a Memorial Tea Cup lighting ceremony in honor of those lost lives. Guest speakers include Mayor Troy Brumbalow and others.

The Forsyth County Drug Awareness Council's mission is to educate, advocate, and empower the community to prevent substance abuse across the lifespan in Forsyth County, Georgia. Our vision is to have a healthy, substance-abuse-free Forsyth County.

[Register HERE](#)

Do You or your organization want to

SPONSOR



SPONSOR

# THE WALK FOR RECOVERY?

# THE WALK FOR RECOVERY

#onestepatatime

APRIL 21 2P-5P

[Click Here](#) for details

AT THE CUMMING CITY CENTER

## Sponsorship Levels

Benefits for Sponsorship:	Gold: \$2,500	Silver: \$1,000	Bronze: \$500	Friend of FCDAC
Name/Logo in Media	~Year Round Promotions & Social Media ~Event Press Releases ~ Event Promotions	~Event Press Releases ~Event Promotions	~Event Promotions	Any Level - Thanks on Social Media
Name/Logo on Event Banner	Large at Top	Medium - Middle	Small - Bottom	
Name/Logo on Event T-Shirt	Large at Top	Medium - Middle	Small - Bottom	
Honorable Mention at Event	By Guest of Honor	-	-	
Appreciation Mention at Event	Beginning Opening and Closing	Middle Opening and Closing	Last Opening and Closing	
Free T-shirts	8	6	4	

### Sponsorships:

Email [rachel@unitedwayforsyth.com](mailto:rachel@unitedwayforsyth.com) with your logo and we'll reply with donation instructions

### Friend of FCDAC Donation:

Use QR Code with Note FCDAC The Walk



*Sponsorships and donations support the sustainability of the Forsyth County Drug Awareness Council and its programs including The Walk for Recovery*

## FCDAC Council Meeting, Work and Programs Round-up

### Kayden's Korner



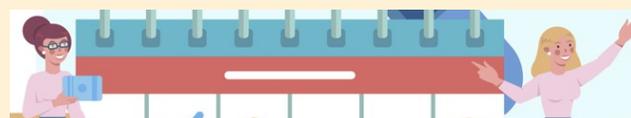
Thank you to everyone who helped make our 3rd Annual Drug Summit a success! Special thanks to Commissioner Mills and our youth and adult panelists, who provided great insight into the prevalence of and access to drugs, especially THC/Marijuana.

family-friendly activities and beautiful spring weather to encourage families with younger children to come out.

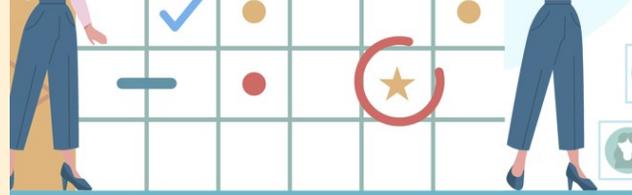
**MARK YOUR CALENDAR!**

I presented some statistics we'd gathered and asked, "Are we doing enough in prevention efforts?" Well, the answer is that we can always do more! Using our data, we

can craft our efforts where we can make the most impact. **Reducing the stigma** associated with SUD is one of the goals of



associated with SUD. One of the goals of **The Walk for Recovery** event. This year, The Walk will occur on **Sunday, April 21, from 2-5 p.m.** Please spread the word about this event to your circle of influence -family, friends, neighbors, church, and beyond. Emphasize the



Our next FCDAC Council Meeting is on

**Sunday, April 21**  
**The Walk For Recovery**  
**The Cumming City Center**

## Council Meeting Highlights

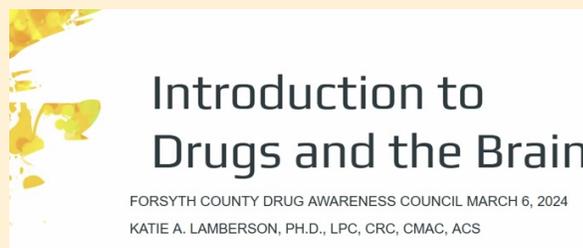
Director Rachel Kayden opened the 8 a.m. monthly council meeting by welcoming more than 30 prevention and mental health partners and community members. After introducing those in attendance, Rachel talked about our next big event, **The Walk for Recovery, on April 21st.** This event will be the **council meeting in April.** Rachel issued the marching orders,

- Print and **distribute the flyers.**
- Using the QR code on the flyer allows you to register, buy a shirt, and all proceeds to prevention.
- **Get the word out!**
- **Post on your social media (#tag The Cumming City Center).**
- **The links below are also ways to register and post on your social media.**
- See above for our sponsorship flyer and share it with anyone who is willing to sponsor this event.
- All donations will cover this event and help sustain the council.

[Click Here for The Walk for Recovery](#)

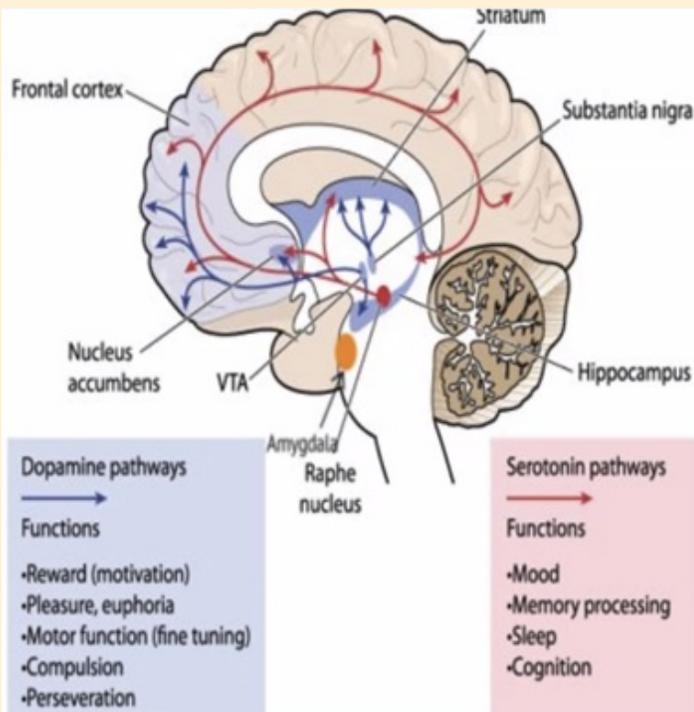
[Click Here for our FB page](#)

This month's guest speaker is **Katie A. Lamberson, Ph.D.,** Assistant Dean of the College of Health Sciences and Professions at the University of North Georgia.



- **Basic Terminology:** Effective Dose, Lethal Dose, Therapeutic Index, Half-life, Withdrawl, Potentiate, Tolerance, and Cross Tolerance. Seventy-five percent of people diagnosed with addiction, or SUD, started abusing substances prior to age 25 while the brain was still developing. So the brain develops depending on these "outside chemicals," which essentially cripple the brain's normal development and the natural chemical balances.
- **Drug Classification:** Stimulants, Depressants, Cannabis, Opioids, Hallucinogens/Psychedelics, Synthetics, Performance Enhancing.
- **Pharmacokinetics is what the body does when you put the drug into your system.** We categorized these effects as Movement and time, Absorption, Distribution, Metabolism, and Elimination.

Route	Description	Effect Time
Oral	You eat it	15 minutes
Inhalation	You smoke it	Seconds; almost immediate
Insufflation	You snort it	15-60 minutes
Intravenous	You inject it	30-120 seconds



- **Pharmacodynamics** is what drugs do for our bodies. The area of impact is in the pleasure center of the brain. **Dopamine** is linked to pleasure, reward, motivation, and movement. Drugs impact the amount of dopamine we have, make us feel good, and we want more. When that good feeling (known as a high) occurs, the brain, which seeks balance, releases the opposite chemical, an inhibitor.
- **Psychopharmacology Laws:** 1. Drugs do nothing new 2. Drugs have side-effects 3. Opponent Process (the brain trying to balance itself and return the brain to normalcy). After continued drug use, the brain learns it doesn't have to send dopamine; it sends the inhibitor only. If the artificial dopamine isn't supplied, the person experiences withdrawal symptoms (shaking and anxiety). The less developed brain still needs to learn the chemical balancing act, resulting in brain confusion.

- **Alcohol is the most dangerous drug** because we know the least about it. We know the least about it because the molecule is so small that it fits through every receptor and will affect many parts of the body, unlike other drugs that affect specific receptors and specific parts of the body.
- **Mouse Party** is a resource available [HERE](#). It explores ways different drugs affect the brain.
- **Prevention keys:** Short and frequent parental conversations, **Positive Peer Support** (sports, church, opportunity to belong to something), and reducing the **Stigma** so parents are more receptive to the information they need.

Unable to attend the meeting? Check out the video below.





## Community Outreach, Youth, Members, and Partners

### DRUG SUMMIT

February 7, 2024



Board of Commissioner Cindy Mills is a founding member of the Forsyth County Drug Awareness Council. Commissioner Mills facilitated the panel discussions, asking questions of the three youths in recovery and the parent and professional panel.

The youth panel featured three youths in recovery. The three were primarily hooked on THC cartridges and plant Marijuana. They began at ages 12 and 14. They testified that it is easy to come by and "everyone is smoking it." They said that much of what they smoked was laced with other substances like fentanyl. They found great value in the 12-step program to break their addictions.

The parents on the parent-professional panel were transparent. They regretted and lamented that before finding out their child was

smoking THC and using other illicit drugs, they were naive and uncertain about who to talk to or where to get help. Commissioner Mills asked Gateway Drug Counselor Gabby Breiten how best to reach parents. Gabby said, "The data that is coming in shows we need to reach students and parents at a much younger age as our data shows many children are exposed at age 12. Working in high school, we can continue offering parents information and education. I have recently done voluntary parent programs at Denmark and Lambert, and more parents were interested in the information we provided."

Commissioner Mills spoke about the "Not my child syndrome" of many parents and how there **still is a stigma** attached to being able to acknowledge their child's drug involvement. We have to change that. That is one of the goals of the **Walk for Recovery coming April 21.**



Rachel Kayden Director of the Forsyth County Drug Awareness Council.

"In a recent study we learned



Parent and Professional Panel. Gabby Breiten, Gateway Academy Drug Counselor when asked how to get parents more education and resources before



a problem begins said, "There isn't a good way because parents are reticent to think there is a problem in the first place." It's the "not my child syndrome." "We have to continue to keep

that if a young person has at least one adult they are comfortable with (in addition to their parent) they are 80% more likely to ask for help. 80% - that's a big deal!"



"We have to continue to keep searching for new avenues of communication and continue things we are doing now," she said. Reducing societal stigma will help.

### Youth in Recovery Panel

Mateo, stated "I had a lot of mental issues growing up and I would get high just to forget it and feel happy, but that quickly turned into another type of demon."

A Big Thanks to Full Circle, panelists, FCDAC volunteers, and all the resource tables that attended the Drug Summit! It was such a success, with over 100 attendees! If you missed this eye-opening event, click the button below.

[Drug Summit](#)

## Youth Outreach

### Youth Council- New Member



#### Rikhil Ranjit

Meet **Rikhil Ranjit**, an 11th grader at the **Alliance Academy for Innovation** and a new FCDAC Youth Council member. Rikhil cites the rampant rise of substance abuse across our county's high schools and sees the effects on students as the reason for his interest in joining the council. "I hope to be involved with proactive preventive initiatives that address younger students early on. I also have an interest in drug deactivation projects. I am passionate about making meaningful contributions through FCDAC to improve our community. I enjoy playing basketball or hanging out with friends in my free time. I can't wait to get started working with this council!"

## School News

by Emily Ennis, Prevention Coach, North Forsyth High School

This semester has been pretty busy! Speaking to kids and many families has been such a blessing. We now have a small group formed and consistently meet at Lambert High School. We continue all of our health class prevention presentations. I'm working with over 40 kids at North Forsyth High School now. In February, we did a sober recreational event called **Mystery Ball**. Mystery ball is essentially like the game 'hot potato' but with consequences and prizes if the ball lands on you when the music stops.



I attended the **Rotary Club** meeting on **February 29**, supporting **Ashley Dickerson** and **Gabby Breiten** as they discussed substance prevention and assisting parents in learning how to cope with a child who uses substances.



This month, I'm hosting a sober recreational event called Know Your Bro. In this event, the students pair up with someone in the group they don't know, get to know everything about them, and then compete to see who knows their bro the best. It's a great activity to encourage real friendships in sobriety. We always tell them that friendships consist of **two things: what you do together and what you know about each other.** This function encourages students to do just that!



**Gabby Breiten,  
Gateway and  
Forsyth Academy  
Drug Counselor**

## Police Sector Report

by Deputy Kevin Ferraro



## The STATS for CIRT (Crisis Intervention Response Team) For2023

The Crisis Intervention Response Team (CIRT) is a special unit created by a partnership between the Forsyth County Sheriff's Office and Avita Community Partners. The unit's primary goals are to provide a specialized response to citizens experiencing a mental health-related crisis, encourage connections between mental health consumers and local resource providers, and reduce the prevalence of mental illness in the Detention Center. The CIRT team seeks to accomplish its goals by employing both reactive and proactive methods. The CIRT is a law enforcement team member and a Peer Specialist trained by Avita Community Partners.

The 1993 Georgia State Legislature formed Avita Community Partners to serve persons experiencing the disabling effects of mental illness, developmental disabilities, and addictive diseases. Various services and programs are aimed at helping individuals, families, and communities minimize barriers and achieve their dreams.

### CIRT Stats for the Year 2023

#### Co-Response Team Activities----- Total

CIRT Co-Response with other unit -----	370
CIRT Follow-up-----	67
Client Face/Phone Contact-----	382
Family/Caregiver Engagement-----	677
Juvenile Client-----	73
CIRT School Response-----	28
Assessed by MH Professional-----	332
Left/Resolved on Scene-----	270
MH-Related Persons Arrested-----	15
10-13/20-13 by CIRT-----	85
Deputy Initiated Involuntary Comm.-----	
Voluntary Transport to Facility-----	42
Assistance connecting to the resource-----	7

# Our Partners in Prevention



More Great Community Events from our Friends at the ...



Tired of Reactive Approaches to SUD? Join Us in Strategizing Primary (Proactive) Prevention!

Georgia Prescription Drug Abuse Prevention Collaborative (GPDAPC) Meeting

March 25, 10:00 a.m. -2:00 p.m. AC-HIDTA Training Center in Norcross\*

### Lunch Provided Agenda

- Presentation by NarcX (a drug disposal company).
- Guest sharing a story of challenge, triumph, and prevention.
- Networking and renewed energy!
- **Primary (Proactive) Prevention Strategizing instead of reactive**

To Register in person or virtually, please click [HERE](#).

We look forward to seeing you. Still need more information?

Call John Bringuel [HERE](#)

\* 3587 Parkway Ln, Peachtree Corners, GA 30092



### HEALING ANXIETY THROUGH INTENTIONAL CREATIVE PLAY

March 30th 2024. 9-12 am

Feeling overwhelmed by anxiety?  
 You're not alone.  
 But what if there was a way to soothe your frazzled nerves, quiet that noise in your head and rediscover inner peace, all while having fun?  
 This workshop is your invitation to do just that. We'll embark on a playful exploration of art and play, using them as powerful tools to heal anxiety and cultivate calm.



March 18-24, 2024

### Key Facts from the CDC

- Alcohol is the most commonly used substance among young people in the U.S.
- Underage drinking is a significant public health problem in the U.S. Excessive drinking is responsible for more than 3,900 deaths and 225,000 years of potential life lost among people under age 21 each year.
- About 1 in 5 emergency department visits associated with the misuse of prescription medicines also involved alcohol in 2016.2
- One in 7 Americans reports experiencing a

### SUNRISE PARENT RETREAT

April 26, 2024



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.

• One in 7 Americans reporting a substance use disorder.

[For more Facts](#)



## NEWS FOR YOU

### Local News

## Commissioner Mills Reports on Proposed Use of ARPA Funds



Board of Commissioner Cindy Mills updated attendees of the Annual Drug Summit on February 7 on the proposed use of **American Rescue Plan Act (ARPA) funds**. She reported that some **\$47 million** had been received, and in previous sessions, the BOC had earmarked \$30 million to be used toward mental health. "We planned to establish a crisis stabilization center with 11 beds dedicated toward youth in a real crisis," Mills said. "At eight previous sessions, the BOC had voted in favor (5-0) for

establishing a crisis stabilization center. However, in the last vote, the BOC did an about-face, approving the \$114 million administration building, but did not approve the mental health crisis stabilization center, which would have been on the same campus. Fortunately, many mental health stakeholders spoke about the need for increasing mental health crisis beds, and the BOC put off making a final decision. Thank you for that," she said.

"When will we ever have \$30 million dropped in our laps again? We must fight and encourage the BOC to use these funds to help the mental health of our citizens. This is a proactive measure which can help relieve the stress on the court and jail systems through prevention," Mills said.

# HHS/ SAMHA Gives Notice of \$36.9 Million for Grant Programs in Behavioral Health Services

The U.S. Department of Health and Human Services (HHS), through the Substance Abuse and Mental Health Services Administration (SAMHSA), announced on February 26 \$36.9 million in notices of funding opportunities for grant programs supporting behavioral health services across the U.S. in a press release.

According to Miriam E. Delphin-Rittmon, Ph.D., HHS Assistant Secretary for Mental Health and Substance Use and the leader of SAMHSA, "SAMHSA grant programs like these help communities implement comprehensive, evidence-based strategies that prevent and address substance misuse and promote mental health across the country."

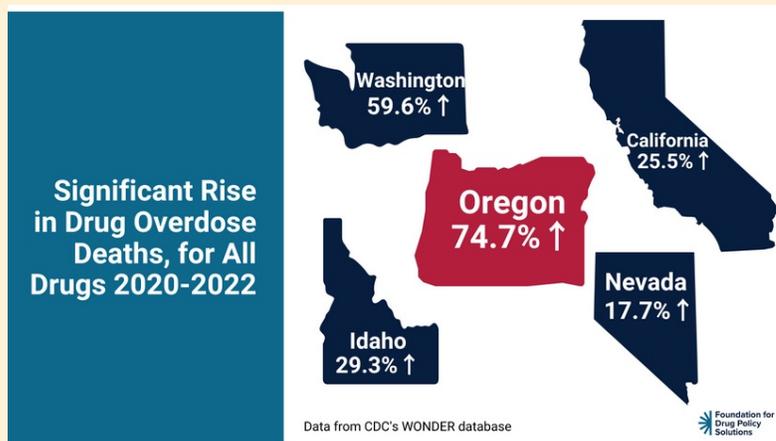
[Click Here](#) for more information.

## Fatal Overdoses are Increasing, but Oregon has the Highest



Contributed by FCDAC Partner, John Bringuel, MA, RBF, TPTTNCPC, ICPS  
Prevention / Intervention Program Manager  
The Council on Alcohol and Drugs

### The Drug Report Highlights



In the span of two years, from 2020 to 2022, there has been a concerning rise in overdose deaths attributed to various drugs across several states in the western United States. The statistics, [sourced from the CDC's WONDER database](#), reveal a distressing trend:

- Oregon: Experienced the highest increase, with overdose deaths soaring by 74.7% during this period.
- Washington: Not far behind, witnessing a rise of 59.6% in overdose fatalities.
- Idaho: Also had a notable increase, with

overdose deaths climbing by 29.3%.

- California: Recorded a 25.5% increase in overdose deaths.
- Nevada: Saw a 17.7% rise in overdose fatalities.

Oregon's radical policy, Measure 110, which decriminalized the possession of all drugs, has no doubt been a primary factor in these deaths.

These statistics underscore the urgency of addressing the root cause of the drug and overdose crisis and highlight the need for comprehensive strategies, including making treatment more accessible than drugs.

*The Foundation for Drug Policy Solutions* (FDPS) is a national drug policy think/action tank whose vision is a world in which children and families thrive and substance use is prevented. There is rapid access to quality treatment. From prevention and recovery to smart law enforcement and better international cooperation, we are working to change the face of drug policy. Too many people are losing their lives to addiction. It is time for a big change.

John writes, "I encourage you to examine the "root casual factors" of SUD and overdose to get insight for an implementation strategy to affect change and save these 1,000s of lives "before" they become an overdose statistic, lost way too early. The key to saving lives is found in early Primary Prevention programming based on building Emotional Intelligence in our youth, public schools, and young adults/first-time parents.

If you're interested in participating in the 2024 rollout of "Primary Prevention" programming and training based on building Emotional Intelligence in our youth, public schools, and young adults/first-time parents, please contact me. Please reach out by [Email Here](#) or [Text Here](#)."

"According to the Georgia DPH, "fentanyl-related overdose deaths have been increasing in Georgia since the start of the COVID-19 pandemic. Compared to the previous 12-month period, from May 1, 2020 – April 30, 2021, Fentanyl-involved overdose deaths increased 106.2%. Ask yourself what corollary factors are related to this devastating increase?" he said.

## Call for Advocacy



The mission of V4P is to build a unified, statewide voice for substance abuse prevention and suicide prevention by collaborating with a diverse group of individuals and organizations with an interest in and a commitment to substance abuse prevention and suicide prevention. This mission is being accomplished by advocating for and educating about substance abuse prevention, suicide prevention, and related issues.

[Visit our Website](#)



March 21, 2024

- Collaborate and Network with Preventionists across the state.
  - Listen to DBHDD and Youth Speakers
- Visit with your legislators to let your community's voice be heard!

## FYI

### Brain Awareness Week is March 11-17



#### Brain-Based Parenting

Listen to this new three-part series on brain-based parenting. The idea of brain-based parenting is helping many parents better understand several important roles they play in their kids' lives. Understanding this concept can help reduce the risk of underage drinking and drug use and empower brain development as kids move toward becoming fully functioning adults.

[Click Here to Listen to Part 1- Brain Building](#)



#### “What Parents Are Saying— Prevention Wisdom, Authenticity, and Empowerment” podcast.

Ben Cort is a father who is in recovery. Ben talks about the opportunities, the occasional discomfort, and the urgency around how he helped his kids navigate away from drinking alcohol and using drugs at an early age. Ben is also in the business of assisting others in his community and around the country to have these tough conversations with kids. Both parents who are in recovery and those who are not will walk away with useful insights from this episode.

---

### Use These 5 Goals When Talking to Kids about Alcohol and Other Drugs

1. Show you disapprove of underage drinking and other drug misuse.

Over 80 percent of young people ages 10–18 say their parents are the leading influence on their decision whether to drink. Send a clear and strong message that you disapprove of underage drinking and misuse of other drugs.

2. Show you care about your child’s health, wellness, and success.

Young people are likelier to listen when they know you’re on their side. Reinforce why you don’t want your child to drink or use other drugs—because you want your child to be happy and safe. The conversation will go much better if you’re open and show concern.

3. Show you’re a good source of information about alcohol and other drugs.

You want your child to make informed decisions about alcohol and other drugs with reliable information about their dangers. You don’t want your child to learn about alcohol and other drugs from unreliable

about their dangers. You don't want your child to learn about alcohol and other drugs from unreliable sources. Establish yourself as a trustworthy source of information.

#### **4. Show that you're paying attention, and you'll discourage risky behaviors.**

Show that you're aware of what your child is up to, as young people are more likely to drink or use other drugs if they think no one will notice. Do this in a subtle way, without prying.

#### **5. Build your child's skills and strategies for avoiding underage drinking and drug use.**

Even if you don't think your child wants to drink or try other drugs, peer pressure is a powerful thing. Having a plan to avoid alcohol and drug use can help children make better choices. Talk with your child about what they would do if faced with a decision about alcohol and drugs, such as texting a code word to a family member or practicing how they'll say "no thanks."

Keep it low-key. Don't worry; you don't have to get everything across in one talk—plan to have many short talks.



## **Nitazenes: A Synthetic Opioid Becomes a New Threat**

### **What are Nitazenes?**

Nitazenes are illicit opioids that have been growing in popularity across the US. This synthetic drug is raising concerns amongst experts because little is known about it. While nitazenes are similar to fentanyl, they are much stronger, and more research needs to be done to understand their effects fully. Nitazenes were first developed by researchers around 60 years ago. They were originally designed to be used as an alternative to morphine, but nitazenes were never released to the public because of their high potential for overdose.

### **What do nitazenes look like?**

Nitazenes come in several different formulations in white or brown/yellow powder. They can also take the shape of crystalline solids or tablets that resemble oxycodone. Nitazenes can be injected, inhaled, or swallowed (when in tablet form).

### **How do nitazenes affect you?**

These drugs influence everyone differently, based on size, weight, health, tolerance, the amount taken, and the strength of the drug. The short-term effects are generally similar to those of opioids and include things like euphoria, relaxation, drowsiness, pain relief, nausea, vomiting, fever, and slowed/irregular breathing and heart rate.

The long-term effects of nitazenes still need more research to be fully understood. Many experts believe the long-term effects include dependence, increased tolerance, and damage to vital organs like the lungs, brain, and heart.

### **Are nitazenes deadly?**

Unfortunately, nitazenes are growing in popularity in the illicit drug market and have been connected to a number of overdose deaths worldwide. [Since 2019, 749 nitazene-involved deaths have occurred in the US alone.](#) The true impact of nitazene and how far it has infiltrated the drug supply is not readily apparent. This is because many police and medical examination labs do not routinely test for them.

### **Are nitazenes more dangerous than fentanyl?**

Experts describe nitazenes as being very potent. However, their risk varies depending on the different formulations. Two types of nitazenes, N-Desethyl etonitazene and etonitazene, about 10 times as potent as fentanyl.

Nitazenes can also be mixed into other drugs that are sold illicitly, meaning people may not know they're consuming something so dangerous. Nitazenes are often mixed into other drugs to increase

they're consuming something so dangerous. Nitazenes are often mixed into other drugs to increase potency or lower costs.

There also hasn't been much research into how nitazenes interact with other substances, so there may be unexpected side effects from combining them with drugs or alcohol.

### Does naloxone work on nitazenes?

**Naloxone is a medication used to reverse opioid overdoses. This medicine can also reverse an overdose that involves nitazenes.** This is because naloxone is an opioid antagonist that binds to the same receptors in the brain that are affected by nitazenes.

Anyone who experiences a nitazene overdose and is treated with naloxone should seek additional medical treatment because some nitazenes can be long-lasting. Once the naloxone wears off, there is a risk that they can fall back into a coma.

[If you want to know how to administer naloxone during an overdose, check out this guide.](#)

### What does nitazene withdrawal look like?

Giving up nitazenes after prolonged use can be challenging because the body has to get used to functioning without them. Reports from people who use nitazenes suggest withdrawal is comparable to opioid withdrawal.

Some anecdotal reports suggest that withdrawal can include symptoms like:

- Excessive sweating
- Restless legs
- Fever
- Dizziness
- Flu-like symptoms
- Blackouts
- Anxiety
- Panic attacks

### How to get help

If nitazene use affects your health, family, relationships, work, school, or daily life, you can find help and support. You can use [Treatment Atlas](#) to find a service in your local area. Type in your location and filter by service type, insurance accepted, and much more.

## On the Calendar

### March



- Brain Awareness Week, March 11-17
- National Drug and Alcohol Facts Week, March 18-24
- **St. Patrick's Day, March 17**
- Suicide Prevention Advocacy Day, March 21



### April

- National Alcohol Awareness Month
- Stress Awareness Month
- **Walk for Recovery, April 21, 2024 Cumming City Center**
- **Sunrise Parent Retreat, April 26, 2024**



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

[Unsubscribe tammy@unitedwayforsyth.com](mailto:tammy@unitedwayforsyth.com)

[Update Profile](#) | [Constant Contact Data  
Notice](#)

Sent by fcdac1@unitedwayforsyth.com