



# The FCDAC STRATEGIZER

Leading the way to a  
healthier  
Forsyth County



It's Strategizer's  
1 Year Anniversary!!

May 2022 Volume 2 Issue 1

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**MAY** IS  
MENTAL HEALTH AWARENESS MONTH

10 Warning Signs of Mental  
Illness



## SAMHSA'S National Prevention Week (NPW)

**NPW is May 8–14** and is a national public education platform bringing together communities and organizations to raise awareness about the importance of substance use prevention and positive mental health.

### NPW Daily Themes

NPW includes daily themes to focus on effective substance use and mental health topics each year. The 2022 daily themes are:

- May 9: Strengthening Community Resilience: Substance Misuse and Overdose Prevention
- May 10: Preventing Substance Use and Promoting Mental Health in Youth
- May 11: Preventing Suicide: Everyone Plays a Role
- May 12: The Talent Pipeline: Enhancing the Prevention Workforce
- May 13: Prevention is Everywhere: Highlighting Efforts Across Settings and Communities
- May 14: Celebrating Prevention Heroes

### Prevention Challenge

This year, SAMHSA is creating a new way to participate in NPW through [#MyPreventionStory](https://www.facebook.com/MyPreventionStory). Leading up to NPW, SAMHSA encourages

## Suicide and Mental Health Awareness YOUTH PANEL September 9, 2021 REPLAY!



Forsyth County Drug Awareness Council Chair and Commissioner Cindy Jones Mills led and facilitated this Youth Panel discussion on September 9, 2021, at Local Church, 3105 Dahlonega Hwy Cumming, GA 30040, and streamed live on Facebook. This video contains a valuable panel discussion concerning youth mental health. Youth and professionals share why youth are in crisis today, what their mental health needs are, concerns about access to mental health help, and much more. If you missed this event, here's another opportunity to check it out.

everyone to create and share a prevention story on social media—whether it's telling how they are helping to prevent substance use or sharing how they're promoting mental health during COVID-19. Take the challenge and be a part of the national conversation about how prevention works! For more information about NPW 2022, including resources to help you raise awareness and plan activities in your community, [Click Here](#)

Professional Associations | Advocates for Vulnerable Communities  
Organizations | Affiliates | Caregivers | Champions | Influence

## TOGETHER for Mental Health

Mental health is an incredibly important part of overall health. With a growing number of Americans experiencing mental health symptoms, we need to join together to advocate for improving our nation's mental health care system.

## Running an Exercise that Relieves Stress Great for Your Mental Health!



**Susan Tanner**, FCDAC Council Member,  
Community Outreach,  
and Mentor Me, North Georgia

**Running** became pure mental health therapy for me after an unexpected divorce at a young age from someone I didn't know well enough. As it turned out, my husband was a drug addict, and the problems it caused showed up quickly after we said: "I DO." I was naive about drug misuse. When I became pregnant with my daughter, I worried that I would be left to raise her alone, and that's precisely what happened.

I came from a very close family who rallied around me. Still, having a six-month-old baby girl didn't allow much time for exercise. I found, however, that running was a quick and fast way for me to get my natural high.

### BENEFITS OF RUNNING

"Running, jogging, and even brisk walking increase blood flow to the brain and release natural mood-elevating compounds," according to the *Verywell Fit*, a digital publication of Dotdash Meredith.

According to a November 21, 2021 article, **Mental Health Benefits of Jogging and Running** by Jesslyn Cummings, there are many positive effects of running:

**Improved Mood and Stress Relief** Runners report feelings of well-being and contentment. Research shows this is a result of endorphins released into their systems.

**Boost in Brain Health** "In a study published in *Frontiers in Human Neuroscience*; researchers scanned the brains of competitive distance runners.

Whether to clear my mind or process worries, running became my passion. It has been found to reduce the risk of heart disease and strokes in females and is also known to

lower blood pressure. It also boosts the health of vital organs such as the heart and lungs by improving circulation. I eat reasonably healthy because my food choices provide me with more energy to do what I love!



number of completed distance runners. They found that the runners had more connections between the frontal-parietal network and other brain areas associated with self-control and working memory than non-runners."

Improved Self-Esteem "Runners grow stronger and more confident with every footstrike, which provides a feeling of empowerment and freedom knowing that your body is strong and capable."

Better Sleep Quality "A 2011 study looked at data for more than 3,000 adults from the 2005–2006 National Health and Nutrition Examination Survey (NHANES) to assess the relationship between physical activity and sleep. The researchers determined that participants who met physical activity guidelines were 65% less likely to experience daytime fatigue than subjects who did not get enough regular exercise."

energy to do what I love.

I ran a particularly challenging trail race to celebrate my birthday last summer. I was crossing the finish line when this photo was snapped. I could see dear friends holding balloons and yelling, "HAPPY BIRTHDAY!" I cried a few happy tears of surprise as I received many hugs from my special and dear running buddies.

You can find me just about every Saturday morning at a local race. By nature, I am highly competitive, but I have fun too! I believe I have approximately 300 medals to date.

Above all, I cherish the moment I cross each finish line because it represents getting through that tough time in my life as a young single mom and proving I could do it!

To read the entire article, [Click Here.](#)

## Mental Health and Drug Misuse Connection

### LASTING EFFECTS: ADOLESCENT SUBSTANCE USE DISORDERS CONTINUE INTO MID-LIFE

Just released on April 1, 2022, by the National Institute on Drug Abuse (NIDA), "People who reported multiple symptoms consistent with severe substance use disorder at age 18 exhibited two or more of these symptoms in adulthood, according to a new analysis of a nationwide survey in the United States. These individuals were also more likely, as adults, to use and misuse prescription medications and self-treat with opioids, sedatives, or tranquilizers." These findings were published in JAMA Network Open; the study is funded by NIDA, part of the National Institutes of Health.

"Screening adolescents for drug use is extremely important for early intervention and prevention of the development of substance use disorder," said Nora Volkow, M.D., director of NIDA. "This is critical, especially as they transition from adolescence to adulthood, when brain development is still in progress, appears to be a period of high risk for drug use initiation." Read more on what Dr. Volkow has to say about the findings and implications of this study [HERE](#).

Previous studies have indicated that while alcohol, marijuana, or other drugs are common in adolescents, they suggest that most teens reduce or cease drug use as they enter adulthood. **But the acquired multiple symptoms of substance use disorder-indicating higher severity- do not transition out, and problems with SUD continue into mid-life.**

The NIDA-funded *Monitoring the Future Panel* study at the University of Michigan-Ann Arbor examined substance use behaviors and related attitudes among 12th graders through their adulthood in the US not examined in previous studies to close the research information gap.

"Teens with substance use disorder will not necessarily mature out of their disorders, and it may be harmful to tell those with severe symptoms that they will," said Dr. Sean Esteban McCabe, senior author of this study and director of the Center for the Study of Drugs, Alcohol, Smoking and Health at the University of Michigan. "Our study shows us that severity matters when it comes to predicting risk decades later, and it's crucial to educate and ensure that our messaging to teens with the most severe forms of substance use disorder is one that's realistic. We want to minimize shame and sense of failure for these individuals."

To read the entire article, NIDA. "Drug use severity in adolescence affects substance use disorder risk in adulthood." National Institute on Drug Abuse, 1 Apr. 2022, Accessed 22 Apr. 2022, [Click Here](#).

## MAY 1-7 NATIONAL CHILDREN MENTAL HEALTH ACCEPTANCE WEEK

According to Children Mental Health Acceptance Week (formerly CMH Awareness Week), after 17 years, it has decided to change the word **Awareness to Acceptance** better serves its mission.

Their website\* states, "Mental health exists on a spectrum, and **almost everyone** experiences challenges at some point in their life. Recognizing that our mental health is just as important as our physical health and **accepting individuals who struggle for a period - or for a lifetime - is critical to reducing the fear, worry, blame, and shame that families and their loved ones experience - and increases the likelihood that those who are in need will seek the support and treatment they deserve.**"

Click here to visit [CMHAW](#).

Consider these five positive reasons for changing the week from Awareness to Acceptance:

1. To **accept** that 1 in 5 youth experiences a mental health challenge.
2. To **accept** that mental health challenges must be met with understanding and support
3. To **accept** that prejudice and discrimination toward individuals who experience mental health challenges create a barrier to seeking treatment - and it must be discouraged.
4. To **accept** that our youth face severe challenges ahead that need to be addressed.
5. To **accept** that the future well-being of our country depends on how we support and invest in the next generation.

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



Rx Drug Abuse  
& Heroin Summit  
April 18-21 | Atlanta



I was privileged to attend the Rx Drug and Heroin Summit April 18-21.

workshops and expanding our membership. In every way possible we want to assist community partners' knowledge so they can share it too. Information and education empowers people to decide to live healthy more fulfilling lives. That's

As the opioid crisis continues to spread devastation in our communities we in prevention are refocusing on strategies that can reduce the toll

what we are about!





FCDAC MEMBERS, Mike Cowan, Mitch Durdle (Director), and Matt Meyer at the Rx Summit, Atlanta.

Reduce the toll.  
I can't wait to share all we learned!

Everyone has a part to play in this crisis. FCDAC is like the hub of the Prevention Wheel providing Forsyth County with resources and information to those seeking it, those seeking help, AND we are a Community Action Arm too.

We are working in schools, giving out information at community events, offering community



**MARK YOUR CALENDARS!  
OUR NEXT FCDAC MEETING**

**WEDNESDAY  
JUNE 1, 8-9 AM  
UNITED WAY OFFICES**

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

### Meeting Highlights

Lindsey Simpson, Catherine Rosborrough, Mike Cowan, and our Director Mitch Durdle attended the Rx Drug and Heroin Summit on April 18-21.



Lindsey reported that five times more young people die of drug overdose than Covid. She was impressed by the advancement in prevention materials available and recommended everyone take a look at the tool kit put together by an AZ Coalition at the Summit. [CLICK HERE](#) to get the tool kit.

Catherine said she had attended this Summit years ago and was pleased to see many more offerings for recovery and treatment this year. She participated in a session by Dr. Eric Garland, who spoke about **Mindfulness-Oriented Recovery Enhancement (MORE)**, and is planning to attend a training in the future. [Click HERE](#) for more information. The **Faith-Based Community outreach session** was informative and valuable to our coalition's desire to involve churches. A tool kit described how churches could become places where addiction recovery happens, calling them **Recovery Community Congregations**.

What stood out in the Treatment and Recovery sessions Mike attended was the discussions about lessening and **removing the stigma** around mental health and addiction issues. "Working with these issues daily, we forget how the stigmas still prevent people from seeking and asking for help," Mike reported. He was inspired by the use of positive images to reduce the negative public perceptions and show that recovery is possible.

- Mitch reminded the Council of our last meeting discussions about posters, billboards, and social media posts that are direct and impactful. Using materials in the tool kit. Lindsey referred to posters

- Several Council Members stated that cell phones are the most significant cause of mental health issues. Bullying and poor self-imaging often stem from the constant use of cell phones and apps like

in the community. Easy-to-read posters that can be turned into billboards are being developed.

- Cindy Mills suggested that because fentanyl is such an issue, we should consider combining the scheduled September 10 Suicide Summit with a Fentanyl Summit.
- Amy Gomez said Fentanyl is becoming a problem even in middle schools. Vaping is also an issue. Bathrooms are where the drugs are used at the schools. Some students are scared to use the restrooms.

constant use of cell phones and apps like Facebook and Snapchat. Cell phones using social media apps are the primary means of communicating with drug dealers. Today drug deliveries are made to the students' mailboxes or doors.

- Mitch asked the Council members to come back next month with lists of ways to reach parents with prevention info and methods of beginning the conversation with their children.

## Community Outreach

**Forsyth Fights Back** is our coalition's outreach initiative to distribute Deterra Drug Deactivation Systems throughout the county. See our story under Youth News below, and meet our newest Youth Council member who is helping with this effort.

## Youth Outreach Committee

### FCDAC SCHOOL YOUTH OUTREACH North High School Update From Amy Dykes, Student Support

"We average around 12-13 students in our small group meetings each week. It is going very well," said Amy Dykes Student Support counselor. However, what Amy is excited about was what followed the small group meeting on April 13! Amy said, "We had between 80 and 100 students participate in **Cardboard Warriors** during our Wellness class session. The wellness time occurs just after the small group meeting time, so the FCDAC Team/Mitch Durdle, Jaxon Savajian, and Mike Cowan hosted the wellness session. They and the students created barriers and armor out of cardboard and then played an intense game of dodgeball! What a blast that they talked about it for days and days! The students are very ready to do it again! The event's message was subtle because they experienced it. **There are healthy ways to have a blast with your friends. You can have a blast even when you've made good choices.** Based on the students' excitement and energy during and after the event, I think they got the point! ☐



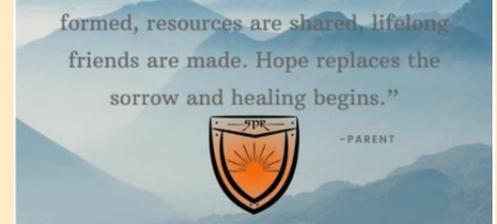
## Council Members and Partners Updates

**SUNRISE RETREAT WEEKEND!  
NOVEMBER 2022  
DETAILS COMING SOON!**

The Sunrise Retreat Weekend is for parents whose children

"When people are able to come together in a safe place, and talk about addiction and how it has affected them and their families, speak about their inner most fears without judgement, a special bond is

struggle with drug addiction. According to the founder, Julie Cordry, "We want to reach as many parents as possible to reduce their feelings of shame and guilt and provide a time to rest, refuel and renew their hope and trust as they connect with others and receive support.



## YOUTH NEWS

### YOUTH COUNCIL WELCOMES NEW MEMBER

#### Meet Ellie Herreman

Ellie, 18, graduates from Promise Preparatory this month! She participates in the FullCircle Program and is a youth volunteer for FCDAC'S **Forsyth Fight Back** initiative. Ellie is passionate about her new drug-free life and has a heart for making a difference for those caught in drug addiction.



"I am an 18-year-old drug addict," Ellie said. "I started taking drugs when I was 13 years old because I gravitated towards friends who used. Curiosity and impulsiveness coupled with dealing with traumas poorly charted a disastrous path. Drugs took over my life. I pretty much dropped out of school when I was in 7th grade. I was high on Xanax when I was in a terrible accident. Charged with a felony and a DUI, I went to jail. I was assigned to Drug Court, and because of my young age, attending the FullCircle Program was recommended."

"FullCircle changed my life in the best way possible, and I wouldn't be sober or have friends without it. Now I am even graduating from high school! I am 17 months sober. I met Mitch because he came to FullCircle for coffee on Mondays. We were never close, but after about a year of small talk, I told him about a "give-back" project I needed to do for Drug Court and was also a graduation requirement at my school," Ellie said.

Mitch explained the Deterra Drug Deactivation System and FCDAC's plan to place the bags in businesses giving more people the means of disposing of unused prescription pills. "The idea of this lit up my heart," Ellie said. "Immediately, I could see meaning and the positive impact the bags could make. I could see myself getting involved with this to make a difference because I had abused prescription drugs, almost dying in an overdose. I have lost many friends in the last year to drug overdoses. I believe these bags can help make a difference because it can be that one little push someone needs to quit finally. I know many people who are sober but haven't thrown away their pills, so this could also save a life or prevent relapse."

Ellie places the drug deactivation bags where she feels people who need them the most will be. For example, "I've put them in the Courthouse, Goodson Pharmacy, Accountability Court, and The Connection with permission. My boyfriend, who has been sober for two years, and I have been doing this together. It's fun and meaningful for us. I am giving back to the community in this proactive measure.

I look forward to spreading these systems to other spots in the community," she said.

# MEMBERS TEACHING MEMBERS

## EVERYTHING LEGAL IS NOT GOOD FOR US

by Dana Bryan

**Alcohol and nicotine** products are definitely in this category. When a person turns 21, it is legal for him to purchase alcohol and nicotine products. These are addictive substances and can result in lifelong problems with health and also personal relationships because of the behavior changes resulting from their use.

Of all substances to which a person can become addicted, and there are many, a person will become the most addicted and the fastest to nicotine. Trying a nicotine product just a few times can result in a lifelong struggle with addiction. Out of every 100 adults who use some form of nicotine, 94 of them started using before the age of 19, and the other 5 or 6 would probably tell you they were 20, 21, or 22 and still in college when they started. This tells us two things:

1. Just because we see adults smoking, it doesn't mean that starting to smoke is an adult thing to do. It is just a tough addiction to overcome.
2. If people get into their 20s without using nicotine, they will probably never become users.

How many of these 100 adult smokers (or users of some form of nicotine) are glad they are addicted? Probably none.

How many would tell you they enjoy spending hundreds or thousands of dollars each year on nicotine products? None, I am sure.

How many of them have begun to experience health issues related to nicotine? The CDC reports that smoking (or some form of nicotine use) harms nearly every body organ.

How many would tell you they have tried to give up nicotine many times but have never been able to quit for very long? Certainly, most of them, if not all.

Georgians face a critical decision about whether to legalize marijuana for recreational use. In my opinion, this would be another example of a legal substance that is not good for us.



Users will say that there are no victims of legalizing marijuana.

1. What about the car accidents caused when the user of marijuana is driving and needs to put on his brakes, and his reactions are too slow to respond quickly enough to prevent an accident? Those harmed or killed in an automobile accident are certainly unfortunate victims even though they might not be marijuana users.
2. What about the athlete who could be successful enough to win an athletic scholarship to college, but his reaction time is slowed down by marijuana use? Tragically lost opportunities!
3. What about the student who was motivated to succeed academically or the adult who was motivated to excel at work until he lost all drive and ambition due to the use of marijuana?

Do we need another mind-altering substance to become legal in Georgia? There are many reasons why this decision will affect all of us, and I see no positive outcome from legalizing marijuana for recreational use. The states that have already legalized marijuana for recreational use are experiencing many adverse economic and human outcomes. Georgians can benefit from evaluating

It takes the average smoker 11 years from the day they first decide to quit smoking until they smoke for the last time, and some can never stop. They spend the rest of their lives trying to quit. It is much easier never to become a user of nicotine than become addicted and then be successful at quitting.

outcomes. Georgians can benefit from evaluating the results in those states before rushing to a decision that will harm the welfare of individuals and families.



### 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!

## NEWS FOR YOU

### STATE NEWS

#### GOVERNOR ISSUES CHILDREN'S MENTAL HEALTH AWARENESS WEEK PROCLAMATION

In recognition of **Mental Health Awareness Month**, Governor Brian Kemp issued a proclamation making May 1-7 Children's Mental Health Awareness Week on Monday, March 14.

In part, the proclamation says, "Children's mental health is the heart of wellness in Georgia's communities..." "One in 10 children in Georgia suffer from serious emotional and mental disorders..." "Most children and adolescents with mental disorders do not receive appropriate treatment leaving them at increased risk ... and negative life outcomes."

"With early identification and appropriate treatment, children of all ages can obtain resiliency building services... and go on to live productive and satisfying lives."

To read Governor Kemp's entire Proclamation, please [Click Here](#).

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#### STUDENT SUSPENDED FROM ROCKDALE COUNTY SCHOOL FOR BRINGING ILLEGAL DRUG-LACED CANDY TO SCHOOL.



According to reporter Tyisha Fernandes, WSB Channel 2 News Atlanta, on Monday, March 21, 2022, a student at Edward Middle School in Rockdale County, GA, was suspended after bringing illegal drug-laced candy to school.

When **Fernandes** asked district administrators what drug the candy was laced with, they said they weren't sure. Principal Tosha Williams alerted the school community through an email saying, "One student was found to have skittles containing an illegal substance..." She encouraged the parents to review the Code of Conduct and "talk to their children about these consequences to help them understand the implications of such actions."

## GA Senate Committee holds hearings on Recreational Marijuana Legalization

According to an article by [Dave Williams](#) on Feb 3, 2022 from [Capitol Beat News Service](#), a GA Senate committee held a hearing on three proposals relating to marijuana. One proposal introduced by Senator Sheikh Rahman, D-Lawrenceville and sponsored by 15 other Senators "calls for a constitutional amendment and a statewide referendum asking voters to decide whether to legalize the production and sale of marijuana in Georgia for the recreational use of adults ages 21 and older." The resolution is known as GA SR165.



"Any notion that marijuana is not a gateway drug is absurd," said Jeff Breedlove, chief of communications and policy with the Georgia Council on Substance Abuse. "This bill is dangerous to the people of Georgia."

Read the entire article [HERE](#).

## NATIONAL NEWS

### High-Dose Naloxone Product Launches in US

**ZIMHI** (naloxone HCL Injection, USP 5 mg/0.5 mL), an FDA-approved high-dose naloxone injection product to treat opioid overdose, became commercially available in the US. **Adamis Pharmaceutical Corporation**, said in a press release on March 31, 2022.

The doses are more potent than those of the previously approved opioid overdose therapy **Narcan**. The high-dose formulation is a response to the rise of the powerful synthetic fentanyl, which, along with fentanyl analogs and other synthetic opioids, is now responsible for about 85% of opioid overdose-related deaths.

"Successfully treating overdoses involving fentanyl often requires multiple doses of lower-dose or intranasal naloxone products, creating an urgent need for new tools to help combat these more powerful opioids," US WorldMeds CEO P. Breckinridge Jones Sr said in a news release.

ZIMHI is being made available at a discounted rate for first responders and community health organizations.

[Click Here](#) for additional information.



#### HOW TO RECOGNIZE AN OPIOID OVERDOSE

1. The person's face is pale and clammy
2. They are not moving and seem asleep
3. Purple/blue lips and fingernails
4. They may start vomiting/or you hear gurgling sounds
5. They cannot be woken or able to speak
6. The person has a slow or no breathing

# FYI

## Appreciation Breakfast Planned

## FOR MENTAL HEALTH CONCERNS

**National Suicide Prevention Lifeline, CALL 988 BEGINS JULY 16, 2022**

staffed by trained crisis counselors 24/7, 365 days a year.



Healthline + Psych Central present "Youth in Focus," a series highlighting how the COVID-19 pandemic has exacerbated the mental health challenges facing young people today.

**MENTAL HEALTH PROVIDER BREAKFAST**

The Student Support Department would like to invite you to join us for breakfast as an appreciation for Mental Health Awareness Month. We will share updates and highlights from this school year.

**MAY 20, 2022 | 7:30-8:45 AM**

UNITED WAY  
240 ELM ST, CUMMING, GA 30040

CLICK THE LINK TO RSVP

## MEDICATIONS FOR OPIOID OVERDOSE, WITHDRAWAL, & ADDICTION

Medications for opioid **overdose**, **withdrawal**, and **addiction** are safe, effective and save lives.

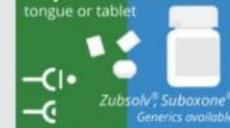
**REDUCES OPIOID USE AND CRAVINGS**

<p>FDA-approved medications for opioid addiction, overdose, and withdrawal work in various ways.</p> <p>☞ <b>Opioid Receptor Agonist</b> Medications attach to opioid receptors in the brain to block withdrawal symptoms and cravings.</p>	<p><b>Methadone</b> Daily liquid or tablet <i>Dolophine<sup>®</sup>, Methadose<sup>®</sup></i> Generics available</p>	<p><b>Naltrexone</b> Monthly injection <i>Vivitrol<sup>®</sup></i></p>
<p>☞ <b>Opioid Receptor Partial Agonist</b> Medications attach to and partially activate opioid receptors in the brain to ease withdrawal symptoms and cravings.</p>	<p><b>Buprenorphine</b> Daily tablet Monthly injection</p>	<p><b>Buprenorphine/Naloxone</b> Daily film under the</p>

The National Institute on Drug Abuse supports research to develop new medicines and delivery systems to treat opioid use disorder and other substance use disorders, as well as other complications of substance use (including withdrawal and overdose), to help people choose treatments that are right for them.

—C— **Opioid Receptor Antagonist**  
Medications block activity of opioid receptors in the brain to prevent euphoric effects (the high) of opioids and alcohol and help reduce cravings.

—C— **Adrenergic Receptor Agonist**  
A medication that attaches to and activates adrenergic receptors in the brain and helps alleviate withdrawal symptoms.



**TREATS WITHDRAWAL SYMPTOMS**



**REVERSES OVERDOSE**



nida.nih.gov

## Advancing Connections for Recovery Conference, Kennesaw, GA May 25-27

Advancing Connections for Recovery Conference, hosted by the Center for Young Adult Addiction and Recovery on May 25-27 in Kennesaw, GA, is an opportunity to earn 15 hours of CE in the following areas: APA, LPCA, GACA, MCHES/CHES, LCSW, and NASW. Registration is \$150 for professionals and \$50 for students.

The Advancing Connections for Recovery Conference will facilitate multifaceted conversations about recovery supports. This conference aims to bring together various stakeholders to foster relationships that empower us to serve and support people with substance use disorders, eating disorders, and other mental or behavioral health conditions.

For more information, please [CLICK HERE](#).

## MEMORIAL DAY, Monday, May 30

"Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them." - Franklin Delano Roosevelt

**Memorial Day** recalls the many soldiers who fell in combat, risking their lives for their country.



Although placing flowers on graves is a long-standing tradition, the modern Memorial Day observance began with the end of the Civil War. More than 622,000 Americans from the North and the South died in the conflict. National cemeteries created sacred spaces for mourners to come and pay respect and tribute, decorate the graves with flowers, and pray.

In modern times, the president lays a wreath at the Tomb of the Unknown Soldier at Arlington National Cemetery to observe this day.

MEMORIAL DAY is about

gratitude.

WE REMEMBER THOSE  
WHO DIED TO GIVE US OUR  
FREEDOM!

## World No Tobacco Day May 31 Did you know?



**600,000,000**

Trees chopped down to make  
cigarettes.

Image by pixabay



**84,000,000**

Tons of CO2 Emissions released  
into the air raising global  
temperatures.

Image by pixabay



**22,000,000,000**

Liters of water used to make  
cigarettes.

Image by pixabay

"The harmful impact of the tobacco industry on the environment is vast and growing, adding unnecessary pressure to our planet's already scarce resources and fragile ecosystems.

Tobacco kills over 8 million people every year and destroys our environment, further harming human health through the cultivation, production, distribution, consumption, and post-consumer waste," states WHO (World Health Organization). [Click Here](#) for more from the WHO.

## ON THE CALENDAR

### MAY

- **Mental Health Awareness Month**
- **Children's Mental Health Acceptance Week, May 1-7**
- **Mother's Day, Sunday, May 8**
- **National Prevention Week May 8-14**



- **80's-themed Adoption Event, Forsyth County Animal Shelter, Saturday, May 14, from noon to 4 PM**
- **Mental Health and Wellness Meeting, May 18, 8:30 AM, United Way**
- **Cancer Screening Northside Hospital Cancer Institute Radiation Oncology**

### JUNE

- **Men's Health Month**
- **National Safety Month**
- **FCDAC Meeting Wednesday, June 1, 8-9 AM United Way Office**
- **Veterans and K9 service dog Statue Dedication, Saturday, June 4, Coal Mountain Dog Park 10:30 AM**
- **Family Health and Fitness Day, June 11**
- **Father's Day, June 19**

- Remember to "Like" our FB posts.
- **Forsyth County Parks and Recreation**



Cancer Institute Radiation Oncology -  
Forsyth, **Thursday, May 19**, 1100  
Northside Forsyth Drive, Suite 140,  
Cumming, GA 30041, call 404-531-4444

- World No Tobacco Day, May 31

Summer  
Camps Info  
[CLICK HERE](#)

