



The FCDAC STRATEGIZER

Leading the way to a
healthier Forsyth County

September 2023 Volume 3 Issue 5

Receive Our Newsletter

Remembering 911...



And One Woman's Journey of Recovery

Podcasters and co-hosts Nancy and Julie of the *Behind Our Door* podcast on the iHeart Network welcomed FCDAC member and Executive Director of the Connection, [Kayla Bergeron](#). Kayla is a survivor of the September 11th terrorist attack on the World Trade Center. On June 29, 2022, she was interviewed about the trauma of that experience, addiction, and dual diagnosis. In remembrance and honor of those who

Kayla Bergeron is the Executive Director The Connection.

The Connection offers a wellness-focused model



diagnosis. In remembrance and honor of those who survived and the many who tragically lost their lives that day, please take time to listen to Kayla's story of hope and healing. Click on the episode title below!

"Trauma to Wellness...A work in progress!"

June 29, 2022 • 51 mins

Come Chat on Facebook Live

On Monday, August 23, 2023, Come Chat hosts **Sonya Johnson and Jamie Tall** interviewed Executive Director of the Connection, **Kayla Bergeron**. They discussed 911 and all aspects of Kayla's recovery journey.

Listen to the inspiring interview.

[HERE.](#)

for long-term recovery, taking a whole health approach.

The Connection is a place for those committed to wellness and long-term recovery to find fellowship, peer coaching, fun, sober social events, and support for family members.

We offer a wide range of recovery support options, from peer-to-peer services to wellness events for the whole family and everything in between.

If you or a loved one is struggling with addiction, The Connection may be able to help.

**FALL is coming,
YA'LL!**



SEPTEMBER IS NATIONAL RECOVERY MONTH

Hope is real. Recovery is real.

Each September, FCDAC's aim to increase awareness of recovery and to celebrate the millions of people who identify as being in recovery, their families and caregivers, and the peer workers and recovery organizations that make recovery from mental health and substance use conditions is possible.

Here in Cumming, **FCDAC** joins

**Mobilize Recovery Across
Georgia
September 23
2-4 p.m.**

**Mobilize Recovery Across Georgia
Bus Tour** supports **800,000
Georgians** in recovery visiting **48
communities** across Georgia
during **National Recovery Month**.

The tour brings together Georgia's policymakers, local

RECOVERY IS REAL

RECOVERY IS REAL

In CUMMING, GEORGIA!

SATURDAY, SEPTEMBER 23 at
THE CITY CENTER AMPHITHEATER 2 – 4 pm

**MOBILIZE RECOVERY
ACROSS GEORGIA**

BUS TOUR 2023

LIVE MUSIC – SPEAKERS – NARCAN TRAINING – MORE!
LIMITED FOOD WILL BE PROVIDED

Special thanks to our local host



UNIVERSITY of
NORTH GEORGIA
THE MILITARY COLLEGE OF GEORGIA

#GARecovers



MOBILIZE
RECOVERY



Georgia Department
of Behavioral Health &
Developmental Disabilities

SERVE YOU

Georgia Council
for Recovery
Freedom from Addiction

community leaders, and those in the Recovery Community.

Hope is REAL.
Recovery is REAL.

FCDAC Council Meeting, Work and Programs Round-up



9-11-2001 is a day none of us will ever forget where we were when we heard, the sense of being under attack, confusion, fear, and concern for family and friends in NYC or at airports around the country.

It was a time of national crisis. The country united, encouraged, and supported those who had been invaded and

people to make healthy life choices. We are proud to participate in **The Mobilize Recovery Across Georgia's final stop at City Center!** I encourage everyone to attend and spread the word about this event.

MARK YOUR CALENDAR!

supported those who had been injured and traumatized by the loss of life and destruction.

There is a **new crisis**, and we are once again under attack. Instead of using a plane to destroy it, **the drug fentanyl is being smuggled into the country** by foreign powers who seek to destroy an entire generation of Americans. The snake-charmers of those who peddle the drugs, the young people who fall victim to their feelings of invincibility, rebellion, discouragement, or curiosity, are caught in traps.

Our DFC (drug-free coalition) is about **authentic FREEDOM**. As a Council, we are committed to taking back and freeing our community from the enslavement and chains resulting from the misuse of alcohol and drugs and the stigma often attached to those in recovery. We believe **education** creates awareness and **empowers**



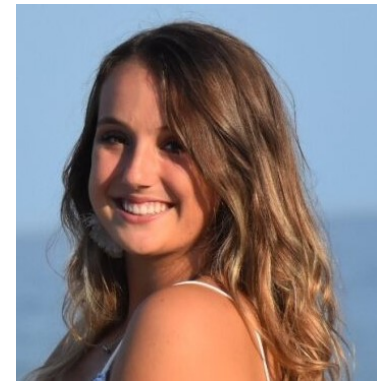
**Our next FCDAC Council Meeting
is on
Wednesday, October 4
8 a.m.
United Way Offices**

Council Meeting Highlights

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

Announcements:

- **Rachel** introduced FCDAC's new Project Coordinator, **Caroline Milstead**.
- FCDAC is co-hosting the **Mobilize Recovery Bus Tour** on September 23 at the City Center. Please copy the flier and share it on all your social media sites.
- **Sophia Cook** announced she is now FullCircle's **full-time 90-day staff member**, meeting with and following clients' progress through their first 90 days. She recently presented at **Little Mill Middle School**, giving her testimony.
- **Ashley Dickerson** and **Caroline Milstead** are working on the **Mobilize Recovery Tour publicity** and got the event listed on **Forsyth's Locals Facebook page** on the **Focus on Forsyth County Facebook page**. The event is now listed on **Cumming City Center Calendar**. Please go to these pages and leave a comment!
- **Ashley Dickerson** and **Marti Roveda** are leading the Parent Partners Program. **Ashley** will go to Gateway to speak to parents this month and give her story at an ATT Lunch and Learn event. **Marti** recently talked to North Forsyth High School parents at a tabling event with Emily Ennis. Their goal was to eliminate the stigma many parents feel when first finding out about their student's drug involvement and



Caroline Milstead New Project Coordinator

Caroline is an online college student at the University of Pennsylvania. I plan to pursue a doctoral degree in Clinical Psychology and aspire to work in addiction. I am passionate about providing support for individuals and families harmed by substance abuse, and I am thrilled to help the people of Forsyth County. I will work closely with Rachel Kayden to ensure things run smoothly here at the FCDAC. I will be

first finding out about their student's drug involvement and provide parents with resources for their student and support for themselves.

- **Avi Karamchahdi**, a Student Council member, founded a mental health platform for kids. He is formulating a new project: **Distributing Safety Lock Kits** for safe medication storage at home or a secure site. This will be available for hospitals, schools, and individuals. He is looking for help from anyone interested in this project.

here at the FOCAC. I will be helping to coordinate events and facilitate council activities. I am excited about the projects we are currently working on and look forward to getting to know all of you!

- **Lauren Hodge and Harrison Watson from Realty for Recovery** announced the successful TeaCup Memorial event on August 27.
- **Maureen Bixler**, Licensed Clinical Social Worker and owner of **Live Life Counseling** announced that as of August 28, she has received an operation License for their intensive outpatient program for adults and youth beginning at age 13.

This month's guest speakers are from the **Forsyth County Sheriff's Office, Sergeants Mike Reutter and Brian Chatham.**

Rachel introduced our new Law Enforcement Sector Leader, **Sergeant Mike Reutter**. Sgt. Reutter, a 15-year veteran in Law Enforcement, has spent much of that time in alcohol and drug impairment in the traffic unit. He has been an agency instructor of deputies on the street, training them to detect and recognize alcohol and drug impairment and how to administer field sobriety tests correctly—also presenting **Sergeant Brian Chatham**, who spoke to us last year as a Narcotics officer but is now the Agency Training Supervisor.

Sgt. Chatham reminded us that the **Johns Creek (Fulton County) and Forsyth Task Force** exist because of the proximity of the Johns Creek area to Forsyth, the Heroin Triangle, and the backlog of court cases in Fulton County Courts. Forsyth Courts have a much better caseload level; we can get the drug cases before the Court. The laws are tighter in Forsyth Co, and we lure the dealers into Forsyth because what is a felony offense here is a slap on the wrist in Fulton County. The task force will work on minor drug offenses up to major cases, working with the FBI and HIDTA.

Drugs in FOCO

Most commonly used:

- Marijuana
- E-liquid/Vape additives
- THC derivatives
- Prescription pills
- Heroin
- MDMA/LSD
- Promethazine with Codeine (Cough Syrup)
- Cocaine
- Methamphetamine

Marijuana is king because it is **readily available and socially acceptable**. Wherever you find meth or heroin, you will find weed. The use of THC derivatives -Delta 8, 9, and 10 -is high. These deal with potency. Delta 9 is the highest level of THC. Delta 8 and 10 are less potent. Legal because of the GA Hemp Law.

Popular THC Products



As far as the popular THC products, **E-liquid, and vape products** can be mail ordered from Colorado and shipped directly to the home. Mostly odorless and undetectable, and included are the THC

edible products. The THC levels are very potent- 85-93 %. If the product is minus plant material, it is a Schedule 1 intent to distribute felony offense. If it is the leafy plant material, you must have over 1 oz for

plant material, you must have over 1 oz for it to be a felony.

Common overdoses are caused by being unaware of the product's increased levels of THC. If the person is used to a certain percentage of THC, say 40%, and suddenly begins taking a product in the 90% range, their body will react negatively. THC products can vary widely.

Below: The Wax THC oil are potent, is heated and inhaled/smoked, and Marijuana paraphernalia.

BHO Butane Hash Oil

- Wax, Dabs, Shatter
- THC oil derivative
- Often homemade
- Very potent – can contain up to 99% THC
- Schedule I Substance

Smoking Dabs

Marijuana

- Also called ... Weed, Kush, Dro, Bud, Headies, Green, Skunk, Loud, Gas
- Methods of consumption ... Smoked from pipes, bowls, bong, one hitters, cigars, rolling papers and blunt wraps.

Methamphetamine

- Also called... ice, crystal, meth, T, Tina, fire, glass, speed, shards, dope

Methamphetamine – Physical Manifestations

- Dilated pupils
- Body/Eyelid tremors
- Grinding teeth
- Hyperactivity/fidgeting
- Not sleeping for an unreasonable amount of time
- Irritable
- Paranoia
- Dry mouth

MDMA/Ecstasy & LSD

- MDMA is also called... Molly, X, beans, skittles, Lambo's, whatever is pictured on the pill
- LSD is also called... L, Lucy, sheet, tab, window pane, caps, micro
- Party drugs
- Often mixed with additives such as methamphetamine and fentanyl
- LSD is usually in liquid form that's dried onto paper & consumed orally

We are in the **methamphetamine capitol**. The Face of meth: The common perception is that meth heads are skinny, pockmarked, and toothless. The drug triggers a burst of energy, is an appetite suppressant, and produces an intense rush lasting with the high lasting up to 12 hours. It instills a feeling of self-confidence, which turns to paranoia, and severe itching causes skin sores from scratching. Withdrawal from meth triggers irritability, depression, fatigue, and anxiety. It is generally considered one of the cheapest street drugs.

LSD is making a comeback. It's a liquid and is placed on blotter paper. It is transdermal; wear gloves to avoid contact.

Cough Medicine is big with High School kids because of the rappers, and it is easy to come by.

Cocaine is not as prevalent in the area. Sometimes, we get it in the more wealthy areas. The highs from cocaine last about 90 minutes so that the user can return more quickly to reality. It also leaves the body in a few days and is not as readily picked up in drug screenings.

Heroin was why we started the Task Force and your community DFCs. But it has been pushed aside due to the onslaught of fentanyl. Fentanyl is not only being taken by itself. It is being added to meth and other drugs. The dealers think they are making a better product. It is so potent and addictive.

MDMA/Ecstasy

MDMA/Ecstasy & LSD

Physical Manifestations

- Very dilated pupils
- Confusing speech
- Confuse senses (synesthesia) – “hear colors”
- Hallucinations

Cough Medicine - Dextromethorphan

- Also called... DXM, Triple C, ROBO-Tripping, skittling



- Goosebumps in unreasonable weather
- Popular at music festivals/EDM shows



Cough Medicine - Dextromethorphan

Physical Manifestations

- HGN is present - Extremely pronounced and early onset
- Sweating profusely
- Very possibly naked
- Lethargic and slowed speech
- Confusion
- Tendency for violence
- Increased pain threshold

Cocaine

- **Also called...** coke, blow, powder, crack, rock, white, white girl, snow, girl, soft (crack is often called hard, or rocks)
- **Methods of Consumption...** snorted, smoked, and injected



Heroin

- **Also called...** boy, dog food, brown, tar, bird, china white
- Consumed by injecting into the veins, snorted, and smoked
- Commonly cut with Fentanyl causing overdose



Prescription Drugs



- **Most Popular ...** Alprazolam (Xanax), Oxycodone, Promethazine with Codeine, Amphetamine mixtures (Adderall)
- Most dangerous are pressed pills – counterfeit pills commonly mixed with additives such as Fentanyl
- Yerks, Percs, 30's Dirty 30's

Prescription Drugs really aren't showing up on the street. You have to think of your medicine cabinets like a liquor cabinet, knowing what you have and preventing others from getting into it. On the street, when people think they are getting prescription drugs, they get **counterfeit pills made from fentanyl**. Fentanyl is so very potent that a little goes a long way. This is the cause of the overdoses, and it is so addictive, meaning each time you use it, you have to take more to get the same results.

Director Rachel closed the meeting with the reminder: **SPREAD THE WORD ABOUT The Mobilize Recovery Across Georgia September 23 2-4 p.m. Everyone please come!!**

Community Outreach, Youth, Members, and Partners

MOBILIZE RECOVERY ACROSS GEORGIA

EDUCATING | MOTIVATING | CELEBRATING | ENGAGING | MOBILIZING



CLINTON
GLOBAL
INITIATIVE

We are coming in September! Mobilize Recovery Across GA* is a bus tour crisscrossing GA during National Recovery Month. Over 800,000 Georgians live in long-term recovery from Substance Use Disorder. The



tour will unite Georgians to celebrate recovery and educate individuals on harm reduction and recovery resources. The tour is designed to connect communities and is based around bringing people together. At each stop, the Overdose Response Network, with support from the Georgia Council on Substance Abuse, will connect community members- Professional from treatment facilities, law enforcement, families and allies

of people in recovery, local media outlets, faith leaders, policymakers, and state representatives, local

Youth Outreach

School News



Gabby Breiten, Gateway and Forsyth Academy Drug Counselor

Iron Chef is a Japanese television cooking show produced by Fuji Television. The series, which premiered on October 10, 1993, was a stylized cook-off featuring guest chefs challenging one of the show's residents, "Iron Chefs," in a timed cooking battle built around a specific theme ingredient.

I have started my groups at Gateway, Central, and FA. The groups are set to begin after Labor Day weekend. I am setting up an Iron Chef function for my Gateway groups, which I'm super excited about! We have already done several transition meetings, and there are a few kids in Emily's groups now who were in mine last year. It is so fantastic and rewarding to see that we get to continue those connections and see people through. We are also set to have another parent session with Marti and Ashley in September!

Emily Ennis, Substance Prevention Coach at North Forsyth High School



I was asked to put together monthly lessons for the student body about drugs/alcohol. It's usually a short video and some questions about that month's topic. The goal is to get correct information out there and prevent students from picking up the vape, cart, or whatever it may be in the first place.

It's been a fun and busy year so far. This month, I've gotten my group sessions fully up and running. I recently tabled an event at the senior parent night with Marti Roveda and spoke to some parents. I am talking to the PTSA at North Forsyth High School this week. I have an upcoming sober recreational event called Name that Tune with the students. It's a gameshow-style event where the students will be grouped up and go head to head for a chance to win a prize. I'm sure there will be lots to report in the future, and I'm so grateful for everyone who has continued to support this position in the schools.

Our Partners in Prevention

A message from our partner in prevention,

John Bringuel, MA, RBF, TPNCPC, ICPS, Prevention / Intervention Program Manager The Council on Alcohol and DrugsA direct and compelling headline



Collaborative (GPDAPIC) meeting.
September 25th, 10-2 p.m. lunch provided
AC-HIDTA Training Center in Norcross (3587 Parkway Ln, Peachtree Corners, GA 30092)

Guest Speaker Commissioner Kevin Tanner shares his vision for prevention and another special guest speaker, TBA. You will experience great comfort at the AC-HIDTA location, be fed well, have plenty of time to network and leave with the usual renewed energy that comes with collaborating.

To register to attend in person or virtually
please click [HERE](#)

Virtual attendees will receive the Zoom link on September 24th via email.

I look forward to seeing all of you. If after you RSVP and need anything, please email or call me. Please invite others who can benefit from working with this group.

SHATTERPROOF

How to test for fentanyl



Shot



Pills or Powder

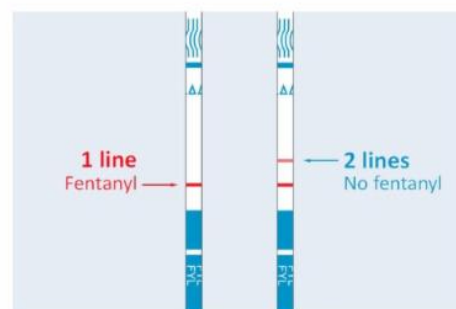
Prepare

After preparing a shot, add water to what's left. For powder or pills, crush in a bag and add water.



Test

Mix the water and the drugs well, and then dip the test strip in water up to the wavy lines.



Results

Wait 2 minutes. One red line means the drugs have fentanyl. Two red lines mean the test is negative.

What should you do after you test the drugs?

If the drugs test positive for fentanyl, anyone using them should have naloxone with them and should use with someone who isn't using at the same time. That way, if there's an overdose, someone can call 911 and give naloxone.

Start slow. Use a little bit and wait to see how strong it is. If it feels off, consider not using or taking less. Even if the test is negative, be careful. The drugs may still be mixed with fentanyl or something

else the strips can't find.

Where can you get fentanyl test strips?

Each test strip costs about a dollar, but they're often available for free at local health departments, needle exchange programs, or other community-based organizations. They also can be purchased online at dancesafe.org, bunkpolice.com, and even amazon.com.

Are fentanyl test strips legal where you live?

In the past, many states didn't allow people to own — or distribute — drug testing materials. Now, state laws are catching up to the fentanyl crisis. In 33 states, and the District of Columbia, it's legal to

have fentanyl test strips, distribute them, or both. And even in states where it's not strictly legal, people are rarely punished for using test strips. Test Strips are **LEGAL IN GEORGIA**.

Members teaching Members

September is Suicide Awareness Month

By Dana Bryan



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!

September is National Suicide Prevention Awareness Month. Suicide is a major public health concern and a leading cause of death in the U.S. We can help raise awareness by sharing resources that help others recognize the risk factors and warning signs for suicide and know how to get help. [NAMI](#) (National Alliance on Mental Illness) has many resources and the images here NAMI makes available for anyone to use.

The thought of suicide (especially teen suicide) always makes me think of an experience I had many years ago when my daughter was in rehab for drug abuse. Although this occurred a long time ago, the memory is as vivid as though it had occurred last week.

I was attending one of the regularly scheduled parent meetings at the rehabilitation center, where my daughter was an inpatient. The parents and teens usually met simultaneously but in separate rooms. This was unusual because the teens and their parents were combined for the first half of the meeting. Together, we watched an instructional movie about teen suicide. As parents, we realized the seriousness of the subject and how final the act of suicide is. We were shocked by the apparent disrespect many of the teens showed as we watched this serious film together. Many laughed, and we were certain they were not paying attention.

Our judgment was far too quick and also incorrect. Following the movie, several parents told the teens how upset they were by their apparent lack of understanding when they talked and laughed during such a serious film. Their explanation for the laughter showed how wrong we had judged them and jumped to conclusions. Without knowing some relevant facts, we decided that the laughter and fidgeting indicated they were not mature enough to realize the seriousness of suicide. Nothing could have been farther from the truth.

Those who had laughed and talked the most explained that they had either attempted suicide or knew someone who had died from suicide. They were both emotional and self-conscious during the film and expressed these feelings by talking, laughing, and fidgeting. Most of the parents were speechless because we had interpreted their behavior through the eyes of adults, especially adults who had not experienced suicide or attempted suicide by a loved one. I was impressed by those teens' maturity in realizing the cause for their behavior and in their ability to put their feelings into words. Instead of being confrontational, they taught us something we needed to realize.

I took away several important lessons that I try to apply to interactions with others. Remembering that a particular behavior



(for example, laughing) can have many different causes. Our reaction to any situation can be an emotional response and appear inappropriate. A person's reaction to a situation can mean that they have experienced something much worse than anything some of us can imagine.

NAMI tells us that suicidal thoughts are common among teens and young adults. In fact, about 11% of young adults (ages 18-25) report that they've had serious thoughts about suicide, and about 1-2% report a suicide attempt during the prior year. These numbers are higher among high school students — nearly 20% report serious thoughts about suicide, and 9% report a suicide attempt. Among young adults 15-24 years old in the U.S., the rate of death by suicide in 2019 was about 14 per 100,000 people — slightly higher than one suicide for every 10,000 people in this age group.

Suicide awareness, knowing the risks warning signs, and being aware of resources available could save a life.

Risk Factors for Suicide

- Age. Suicide is the 2nd leading cause of death for people aged 10-34
- A family history of suicide
- A history of trauma or abuse
- Gender. Although more women than men attempt suicide, men are nearly 4x more likely to die by suicide
- A serious or chronic medical illness
- Prolonged stress
- A recent tragedy or loss
- Access to firearms
- Substance misuse or overuse. Drugs and alcohol can result in mental highs and lows that exacerbate suicidal thoughts
- Intoxication. More than 1 in 3 people who die by suicide are found to be under the influence of alcohol

Warning Signs

About Warning Signs

Comments or thoughts about suicide — also known as suicidal ideation — can begin small like “I wish I wasn't here” or “nothing matters.” But over time, they can become more explicit and dangerous.

Knowing the risk factors and warning signs can assist you in finding help for yourself, a loved one or a friend.

Warning Signs

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior

Is There Immediate Danger?

Suicidal behaviors are a psychiatric emergency. If you or a loved one starts to take any of these steps, seek immediate help from a health care provider or call 988:

- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family

See nami.org/suicideprevention for more information.

NEWS FOR YOU

Local News

9/11 Survivors Chance Meeting in Local Coffee Shop

FCDAC Council member and Connection Executive Director, Kayla Bergeron is also a survivor of that fateful and awful day on **September 11, 2001**, when the World Trade Center in NYC was attacked. In 2019, Kayla was introduced to another survivor, **Kenneth Marchello** a retired NYC police officer who now lives in Forsyth County. The meeting was reported by Jay Plyburn on Atlanta's *Channel 11Alive*, September 11, 2019.

In the Cumming's Community Cup Coffeehouse meeting, Marchello said, "It was nice because you have a different perspective talking about it," Marchello said. "It's hard to talk to someone about it that maybe doesn't have a personal attachment to what happened, especially living here now. There's not many people you're going to run into. Running into her was like a diamond in the rough."

Bergeron says she was surprised to meet Marchello. "I was stunned, but I was very happy and relieved because I have been trying to find people who went through similar experiences," she said. "There are no World Trade Center survivor groups in Georgia, and so I started talking to veterans, but that wasn't exactly the same thing. We were able to go through, unexpectedly, a lot of details - where he was, where I was. We were able to go through details and we understood what the other was saying."

Both say they don't watch 9/11 anniversary coverage, choosing instead to spend time with loved ones, remembering the tremendous rescue efforts and the solid people who did a lot of good work. I just want to thank them.

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

America, we pay tribute to all those who survived and those who died on September 11th.
Let's Never Forget the High Price of FREEDOM

State News

BE THE LIGHT- PREVENTION RALLY

JOIN HUNDREDS OF PREVENTION SPECIALISTS, COMMUNITY LEADERS, TEACHERS, SOCIAL WORKERS, AND YOUTH FOR A RALLY LIKE YOU'VE NEVER SEEN BEFORE. COME ENJOY SPECIAL GUEST SPEAKERS, BREAKOUT GROUPS, NETWORKING OPPORTUNITIES AND PRIZES. LUNCH WILL BE PROVIDED.

Click [HERE](#) to Register

SEE BELOW FOR ART CONTEST INFORMATION AND REGISTRATION



SEPTEMBER 14, 2023 9:00A – 2:30P
HILTON MARIETTA CONF. CENTER
500 POWDER SPRINGS ROAD
MARIETTA, GA 30064

Visit our Website

Keynote Speaker: Damon West





[Click Here for Details](#)

National News

Chinese Chemical Companies Charged by DOJ

In a June 23, 2023 article, Reuters reported that "The U.S. Justice Department on Friday filed criminal charges against four Chinese chemical manufacturing companies and eight individuals over allegations they illegally trafficked the chemicals used to make fentanyl - a highly addictive painkiller that has fueled the opioid crisis in the United States.

The indictments mark the first time the U.S. has sought to prosecute any of the Chinese companies responsible for manufacturing precursor chemicals used to make the painkiller. The move came after Antony Blinken made the first visit to China by a U.S. Secretary of State in five years and said he had made clear that Washington needs much greater Chinese cooperation to stem the flow of fentanyl. During his visit, the two sides agreed to stabilize their intense rivalry so that it did not veer into conflict, but failed to produce any breakthrough, and the mood quickly soured again after U.S. President Joe Biden on Tuesday referred to Chinese leader Xi Jinping as a dictator.

The companies at the heart of the three separate indictments are accused of selling precursor chemicals to the Sinaloa Cartel in Mexico, which has flooded the U.S. with the drug."

[Click Here](#) to read more of the article.

FYI



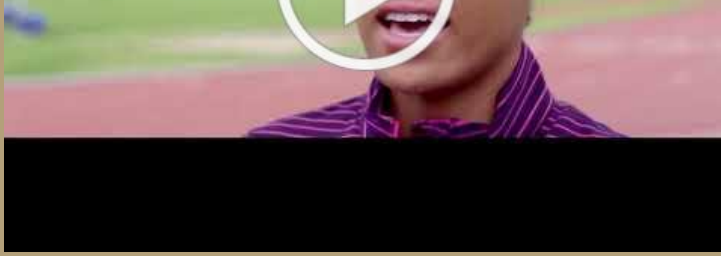
Natural High is a drug prevention nonprofit that inspires and empowers youth to find their natural high and develop the skills and courage to live life well. We engage influencers, educators, and peer groups to help young people discover those core activities in their lives that uplift, inspire, and motivate them — to find their 'Natural High' rather than use alcohol or drugs. **Summer is a great time to use Natural High's tools with the young people in your life to connect and encourage their healthiest life and their Natural High.**

[Click Here](#) to check out all NH resources!

This is just one of many short videos that can be used to open up conversations with young people presented by Natural High.



Queen Harrison, USA Olympic runner and gold medalist in the Pan American Games, shares why she lives a drug-free life and pursues track and field. Queen Harrison, a world-class track and hurdler, set her goal for track and field at an early age. Her grit and passion for the sport she loved earned her a highly-coveted Bowerman trophy in 2010, a spot in the 2012 Olympic trials and



2010, a spot in the 2012 Olympic trials and most recently, a gold medal in the 2015 Pan American Games.

Are Some Kids Especially Vulnerable to Substance Abuse?*

Personality Types That Make Kids More Susceptible to Drug Use

A Canadian research team led by **Dr. Patricia Conrod** says their research shows that personality factors can be highly predictive of who develops problems with alcohol and substance misuse. There are four personality types, particularly, that seem to have a higher correlation with struggles, and there's a personality profile that can be administered to students to help them better understand themselves.

The 4 Personality Types

Impulsivity

An impulsive person acts with their gut on the spur of the moment without thinking much about the consequences of their actions.

Sensation Seeking

A sensation seeker craves excitement and often acts without thinking clearly about the consequences.

Anxiety Sensitivity

The assessment describes someone with this type as having stressful physical sensations and worrying about anxious feelings.

Negative Thinking

A person who often feels sad, guilty, and irritable is susceptible to negative thinking. This is usually a more complex personality since thinking happens underneath the surface.

What does this mean for parents and concerned adults?

First, it's helpful to consider who the kids are in our lives and how best to care for them. Also, it speaks to the importance of providing opportunities for kids to **grow in self-awareness**.

Second, it's important to carve out time daily for **thoughtful self-reflection**. A great habit for all of us!

Third, caring adults can commit to engaging in honest discussions with young people about their personality tendencies, acting as neutral mirrors to help them understand themselves. In many ways, knowledge leads to power and self-awareness as a foundation for healthy choices.

[CLICK HERE](#) TO READ THE ARTICLE

* These excerpts are from an article that appears on the Natural High website, Published on: September 17, 2021, Last updated on: December 12, 2022



Brain Changes Among Teen Weed Users

According to Delaney Ruston, MD, founder, creator, and producer of the *Screenagers*, in her recent blog post, Neuroscientist Dr. Yasmin Hurd, and her cutting-edge research, explains what's happening in a young person's brain that has been exposed to THC in a calm, direct, convincing way.

Watch Dr. Hurd explain the most current research on brain development and the effects of exposure

to the chemical THC, the psychoactive component of weed. Watch alone or, better yet, with teens.

[WATCH THE CLIP AND READ THE FULL BLOG HERE](#)

On the Calendar



September

- Labor Day, September 4
- Patriot Day, September 11.
- Mobilize Recovery Across GA Bus Tour September 23rd Final Event Center City, Cumming.
- Suicide Prevention Awareness Month.
- National Recovery Month.
- Childhood Cancer Awareness Month.

October



- National Substance Abuse Prevention Month
- Health Literacy Month
- National Bullying Prevention Month
- Mental Illness Awareness Week, October 1-7
- Columbus Day, October 10
- Red Ribbon Week October 23-31
- National Prescription Drug Take Back Day, October 28 10-2.
- Halloween October 31

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

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

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Sent by byfcdac1@unitedwayforsyth.com