



FORSYTH COUNTY
DRUG AWARENESS COUNCIL

EDUCATE.
ADVOCATE.
EMPOWER.



HAPPY
holiday



Strategizer



Leading the way to a
healthier Forsyth County

December 2023 Volume 3 Issue 8

[DONATE TO THE COUNCIL](#)



JOIN US!

COMING IN FEBRUARY!





WEDNESDAY
FEBRUARY 7
4:30-6 p.m.

PLEASE JOIN US IN THE 3RD ANNUAL

DRUG SUMMIT

Youth Substance Abuse
Education Event

Hosted by FCDAC and The Atlanta Full
Circle Program.

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

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

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

FCDAC AND
FULLCIRCLE'S
PREMIER
EVENT OF
2024!

- Facilitator: Commissioner Cindy Mills
- Panel of Youth in recovery and their parents
- Community Resources

When: February 7th 2024

Where: Full Circle Facility

433 Canton Rd. Suite 301
Cumming, GA 30040

Time: 4:30 pm - 6:00 pm

► Event Is Free.

► Additional Parking at the top of the hill.

✉ RSVP:

rachel@unitedwayforsyth.com

📞 CALL US FOR MORE INFO (336)-706-3131

🌐 <https://www.forsythcountydrugawarenesscouncil.org>

HELP OUR COUNCIL'S SUSTAINABILITY

Be the lifeline.



[CLICK HERE, OR](#)



SCAN THE QR CODE ABOVE!

Kayden's Korner



Happy Holidays Everyone! We are delighted with how our Council has grown and expanded during 2023 and look forward to even better results in 2024.

A big Thank you shout out to our membership, allies in prevention, and all of us working together to make our Council grow and have a more significant community impact than ever. Our greatest accomplishment has been our impact on the schools. Getting vetted by the schools and training our presenters have allowed us to reach more high and middle school students. At the beginning of 2023, we were at Gateway, Forsyth Academy, and North Forsyth, and during 2023, we added South, Central, Lambert, Denmark, and several Middle Schools!

As a result of reaching students, we also impact more parents through PTO meetings and parent information nights.

I have two areas of most significant

concern: **Council Sustainability and Collecting Data.** Our grant will end soon.

We are beginning our 11th year as a Council and must be **self-sustaining**. I am confident our creative and talented Council and Forsyth County will find ways to make this happen.

If you can help in these areas, please reach out to me [HERE](#).

MARK YOUR CALENDAR!



Our next FCDAC Council Meeting is on
Wednesday, January 3, 2024
8 a.m.

United Way Offices

FCDAC Council Meeting, Work and Programs Round-up

Council Meeting Highlights

Director Rachel Kayden opened the 8 a.m. monthly council meeting by Welcoming everyone, introducing attendees, and making announcements. Please take a look at the [Our Partners in Prevention](#) section.

This month, Rachel and Caroline led a year-end review of the Council's activities and had an open discussion, and brainstorming session.

Rachel Kayden: Provided a year-end review and open discussion of maintaining Council Sustainability in the future.

I. Restructure Committees

- A. Sustainability Committee
- B. Data Committee
- C. School Committee
- D. Community Outreach Committee
- E. Youth Committee
- F. Parent Committee

II. **Sustainability-** Our grant is running out. Our organization has been funded by grants from the CDC, which was renewed five years ago for five years. This grant is designated for new organizations involved with drug prevention/awareness. We no longer qualify for this grant since we are now ten years old. We must secure funding sources, or we will not be able to continue as a Council.

III. Current Programs

- 1. School Health Classes (2,500 students reached HS and Middle School; Deputy Ferraro spoke to Health Teachers and Coaches)
- 2. School Support Groups
- 3. School Social Events
- 4. Tabling Events (YMCA, Harmony Grove, Walk for Recovery, FullCircle)
- 5. Drug Summits (FullCircle, Walk for Recovery, Recovery Bus Tour)
- 6. Data Collection
- 7. Council Meetings
- 8. Training, Webinars and Conferences (DFC training, Speaker training, CADCA conference)
- 9. Sustainability
- 10. Youth Projects (Avi Locking Rx Vials, Sharmada Marijuana Campaign)
- 11. Parent Programing (Ashley and Marti speaking at Community Groups and Parent Nite events)
- 12. Community Outreach
- 13. Grant Reporting
- 14. Capacity Building

IV. Goals for 2024

- 1. Build our Religious Leadership Involvement
- 2. Sustainability: get a grant writer

- 3. Continue established programs
- V. Rachel concluded the meeting at 9:15 a.m. The next meeting will be on January 3, 2024, at the United Way Office.

Watch the FCDAC December 6 Meeting!



Community Outreach, Youth, Members, and Partners

FCDAC SUSTAINABILITY



The FCDAC was organized over ten years ago. During this time, the FCDAC has brought our community two to three Drug Summits annually. We have encouraged individual schools to add drug counselors, which are now present in some schools. We have worked with student leaders to help them organize

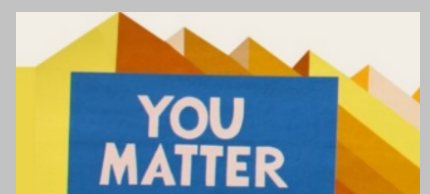


clubs for students who support a drug-free life. We have provided speakers for health classes in some Forsyth County Schools.

Since its inception, our organization has been funded by grants from the CDC, which was renewed five years ago for five years. This grant is designated for new organizations involved with drug prevention/awareness. We no longer qualify for this grant since we are now ten years old.

Unfortunately, there are not many grants for which we can qualify. It is time for our community to fund the support of our council. Do you know of a philanthropist who might want to fund our efforts?

Individuals can help by visiting our website and clicking the "donate" tab. Every donation is an investment in the prevention of drugs, resulting in the quality of life from which we all benefit.





[Donate Here](#)

What Does the Council Mean to You and to the Community?

Our Council, a fantastic group of community leaders and organizations, have come together for one big idea: **Make Forsyth County, GA, a drug-free community where the health of our citizenry, especially our youth, is valued, educated, and empowered to be their best.**

If you agree, please consider what the Council means to you, how the Council has impacted you personally or your organization, and how you believe the Council has benefited the community. Then, please write down these thoughts and comments so we may use them in future newsletters or a public service announcement on a Community board.

[Your Comments](#)

Parent Partners Corner

by Ashley Dickerson and Marti Roveda

Reaching Parents through Social Media

The Parent Partners remains focused on eliminating the stigma and shame of Substance Use Disorder by educating parents and youth leaders on prevention, symptoms, and available resources; **we wanted to shine some light on the power of a simple post.** In order to reduce shame, we must be willing to share our strength, hope, and wisdom openly. Ashley committed a few months ago to share more social media posts regarding substance prevention and support topics on her personal Facebook page. This personal transparency in a public forum shows that she is supportive of our community seeking recovery. Her simple sharing of information on social media is helping others realize that they are not alone, resulting in two inquiries from parents seeking support and more information. There is true power in a simple post. Marti and Ashley are always eager to share their experience with parents at various speaking engagements such as schools, rotary clubs, and large corporate employee engagement events.

They have partnered with the Substance Use Prevention Coaches and have shared their stories with the parents of children who are attending Gateway Academy as a result of a drug-related incident in their base school. In addition, Ashley recently shared the Parents' Program "What to Expect When You Suspect" flyers at the Lambert Parent University event in November. This event



Ashley Dickerson

Ashely currently holds the role of Revenue Accounting Director at AT&T and is an active member of FCDAC.

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

Marti Roveda

Marti is a Strategic Sourcing Manager for Axia Women's Health,



Parent University event in November. This event included all feeder schools and presented an opportunity for parents to learn more about the dangers of the most common substances and some of the signs that may be a problem. The feedback from these engagements has been very positive and has shown that Forsyth County parents are eager to learn when given the opportunity proactively.

Marti and Ashley continue to seek opportunities to share useful information regarding substance use prevention, how to recognize when there might be a problem, and where to find more information and support.

Please feel free to get in touch with us [Here](#) for more information.

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

Youth Outreach

School News

Emily Ennis, Substance Prevention Coach at North Forsyth High School



Gabby Breiten,
Gateway and
Forsyth Academy
Drug Counselor

Gingerbread House Contest



"I held gingerbread house-making contests during the first week back from Thanksgiving break with my groups, and so did Gabby with her groups," Emily Ennis told the *Strategizer*. "And, of course, hot cocoa was served to the kids as they worked!"

"The number of students attending our group sessions is increasing at North Forsyth, Gateway, and Forsyth Academy! I am so encouraged," she said. "We collect data through "Half Sheets." Half Sheets are a half sheet of paper, a small questionnaire, asking students things like, "How old were you when you first used substances? What substances have you tried? How often do you use it/ did you use it? How many times have you tried to quit?" " Emily explained.

In the group session, we teach the recovery tool of "accountability." Having an **accountability partner** is essential for success, and the students are establishing a partner from their peers using all the recovery tools they have learned this year," Emily told me. "This will prepare them for the Christmas break when being at home so long with family can be hard when someone is

just getting sober. It can be hard to know where to place any feelings that may come up without using substances. Accountability and a person they trust is vital when trying to get sober," she said.



Emily's
Gingerbread
House Building

Contests!



Forsyth Central High School In February 2024



SAVE THE DATE

Forsyth Central High School
GRAND CENTRAL
Grand Opening

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

Ribbon Cutting Ceremony at 3:30

GRAND CENTRAL PRESENTS
2nd ANNUAL

Dress for Success


Free Thrifting Extravaganza

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

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

A competition between clubs, teams, and groups!
Winner of the competition gets a pizza party!

Donations due Thursday 2/22 at the FCHS Front Office



Youth Guard: Locking Prescription Vial Project



Avi Locking Rx Vial Project

Avi Karamchandani

FCDAC Youth Council Member, Avi Karamchandani, is a Lambert High School Junior passionate about STEM, youth mental health, and advocating

Avi tells the *Strategizer*, "We have made significant strides in several key areas of the Youth Guard project:

1) **Partnership with Safe-Rx:** We have successfully finalized our partnership with Safe-Rx for the utilization of their Locking Prescription Vials (LPVs). We now have 200 LPVs at

the United Way ready for distribution.

2) **Engagement with Community Leaders:** I have initiated outreach to community leaders and am pleased to report a positive response from



for health awareness. He founded an online platform, **FitToday**, focusing on youth mental and physical health awareness.

positive response from South Forsyth High School. I am currently in discussions with the School Principal and the Assistant Principal, who oversee drug safety initiatives. Furthermore, efforts are being made to engage with Lambert High School and Central High School. My goal is to establish a working committee with the safety leaders from these institutions to tackle youth drug misuse collaboratively.



3) **Outreach to Local Authorities:** We have reached out to the Forsyth County Board of Commissioners and the Forsyth Department of Health, among others. I am planning on following up with them in the next few days to further our collaboration."

MARIJUANA AWARENESS CAMPAIGN

BY: SHARMADA VENKATARAMANI



Sharmada Venkataramani

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

pharmaceuticals and the opioid epidemic.

With a strong passion for drug awareness and prevention, Sharmada is implementing a county-wide **THC social media campaign**. She hopes to educate her peers and combat

"We are making great progress on the **Marijuana Awareness Campaign**," Sharmada told the *Strategizer*. "The goal of the marijuana awareness campaign is to inform and do prevention work targeted at parents, kids, and other members of our community," Sharmada said.

"There are three parts to the campaign: the **social media campaign**, **ground-based prevention work in schools**, and **educating parents to reduce the stigma attached to addiction**," Sharmada explained.

Social Media Campaign

"**Testimonies about marijuana use have been filmed**, featuring **Gabby Brieten**, Drug Counselor at Gateway, and **Emily Ennis**, Substance Prevention Coach at North Forsyth. I have a few more testimonies lined up to film with other Council Members. Still, I want to include testimonies from every committee, especially healthcare practitioners, law enforcement, administrators, youth, and parents in recovery. If you can help with this endeavor, **Contact me [Here](#) and [Here](#)**," she said.

"I am developing informational posts and am excited about partnering with the **National Youth Tobacco Study**. I plan to disseminate information on vaping and its consequences. These posts will appear on Instagram, Facebook, and Twitter (X)," Sharmada said.

educate her peers and combat drug usage among youth. By serving on the FCDAC Youth Council she is shaping a drug-free future.

Prevention in Schools

"I will complete the speaker training after the first of the year so I can begin educational talks in the Middle Schools," she said.

Members teaching Members

IT TAKES A VILLAGE

By Dana Bryan



As they say, "It takes a village" to accomplish some of the most worthwhile aspects of our children's lives, such as protecting them from the influence and self-destruction of getting involved with drugs. Our Forsyth County Drug Awareness Council (FCDAC) is an integral part of the "village" that works tirelessly to help parents become aware of the presence of drugs in our community and our schools and also to educate students about the danger of becoming a part of the world of drugs. In addition, the Council is a resource for available services and programs for those who are involved with drugs and seek help to become clean and sober.

The FCDAC consists of over 200 members. One reason for our success is that we are a composite of every component of drug awareness, education, prevention, and treatment. Our membership includes the following categories: law enforcement officers; drug counselors who are trained in treating addiction; educators; members of the school board; directors of programs designed to help drug users get and stay sober; ministers; student leaders; representatives of the medical community; a County Commissioner; parents of children who have been/are involved with drugs; parents of children who have died because of drugs; volunteers from the community who want to learn about addiction and ways to prevent it from taking over the lives of children in Forsyth. **Everyone in Forsyth County fits into one of these categories, and we will welcome anyone who would like to join our organization. Our**

meetings are on the first Wednesday of each month at 8:00 A.M. at the United Way Building on Elm Street.

The FCDAC was organized over ten years ago. During this time, the FCDAC has brought our community two to three Drug Summits annually. We have encouraged individual schools to add drug counselors, which are now present in some schools. We have worked with student leaders to help them organize clubs for students who support a drug-free life. We have provided speakers for health classes in some Forsyth County Schools.



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!

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Remember that "it takes a village." You, too, can be a part of our village by donating your time, expertise, or money.

Our Partners in Prevention

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



EVENT TONIGHT!

THE CONNECTION
THE CONNECTION IS A DIVISION OF THE RECOVERY COMMUNITY FOUNDATION OF FORSYTH.

WE ARE GRATEFUL FOR YOUR UNFLINCHING SUPPORT OF THE CONNECTION. THANK YOU FOR HELPING US TO PROVIDE RECOVERY SERVICES FOR FORSYTH FAMILIES.

PLEASE JOIN US FOR A HOLIDAY RECEPTION, LIGHT BITE AND HOT CHOCOLATE

FRIDAY, DECEMBER 15, 2023
5:00 PM TO 7:30 PM
608 VETERANS MEMORIAL BLVD.
CUMMING, GA

404-253-8564
THECONNECTIONFORSYTH.ORG

Toys for Tots & The Connection
Toy Drive

Donations of NEW, unwrapped toys for children of all ages, can be dropped off by December 19, 2023 at:
The Connection
608 Veterans Memorial Blvd.
Cumming, GA

THE CONNECTION

The Connection is a division of the Recovery Community Foundation of Forsyth. It is a nonprofit organization that helps individuals and families to recover from substance abuse and achieve wellness.

404-253-8564
theconnectionforsyth.org



Join us in Gratitude
as The Connection
Rings in ...

THE CONNECTION

Ring in the New Year Around a Firepit; Bring Your Guitar!

SUNDAY, DECEMBER 31, 2023, 7:00 PM



SUNDAY, DECEMBER 31, 2023, 7:00 PM
PIZZA, HOT CHOCOLATE & S'MORES

608 VETERANS MEMORIAL BLVD.
CUMMING, GA
470-253-8564
THECONNECTIONFORSYTH.ORG



From The Connection!



Adult Children of Alcoholics and Dysfunctional Families (ACA) is a national 12-step program that focuses on **emotional sobriety**. We were all profoundly affected by the dysfunction in our families of origin, whether alcohol was present in the home or not. Consequently, we developed similar coping mechanisms we call our "laundry list" of traits.

Attending ACA meetings and working on the Twelve Steps Program can often lead to an exciting healing journey. The Steps are not meant to be performed in isolation, so we work with a twelve-step group and our "fellow travelers." We share our experience, strength, and hope.


The Connection is seeking volunteers to assist in starting an ACA meeting.
For more information, contact [Jill Baldwin Here](#) or [Call Here](#).



A Laundry List of Common Traits of ACAs

- We became isolated and afraid of people and authority figures.
- We seek approval, and we lose our identity in the process.
- We are frightened by angry people and become defensive when criticized.
- We tend toward alcoholism, marrying alcoholics, or both. Or we use other compulsive behaviors such as becoming workaholics.
- We live life as victims, and in relationships, we are attracted to weakness in others.
- We have overdeveloped senses of responsibility for the happiness of others, finding it easier to be concerned with others than to attend to our faults.
- We give in to others' wishes and needs instead of expressing our wishes and needs.
- We are addicted to excitement. We confuse "pity" with "love" and tend toward relationships with those we can "pity" and "rescue."
- We stuff down feelings from past childhood trauma and have difficulty expressing emotions because of our denial.
- We judge ourselves harshly and have low self-esteem.
- We fear abandonment in our relationships, making poor choices to hold on to those relationships at a significant personal loss.
- We become reactive rather than proactive problem-resolving actors.
- We become para-alcoholics exhibiting

We become paid alcoholics exhibiting characteristics of the disease.



SPECIAL INVITE TO YOUTH GROUPS

8:00 AM
JANUARY
20
SATURDAY
2024

HARMONY GROVE BAPTIST BROTHERHOOD
Hosts the
**18TH ANNUAL
DRUG & ALCOHOL AWARENESS
Breakfast**

Guest speaker
VICTORIA TAYLOR
Certified Addiction & Recovery Empowerment
Specialist sharing her story of her own recovery journey

BREAKFAST IS FREE!

5470 KEITH BRIDGE RD
CUMMING, GA 30041

INFORMATION ON HOW TO FIND HELP!

SIGN UP BY WEDS, JAN 17TH
CONTACT: TRAVIS WAREHAM (678) 410-5804 OR
JEREMY MARTIN 770-654-5283 * JRMART654@GMAIL.COM

A Breakfast you won't want to miss!

Returning Member of FCDAC, **Victoria (Ray) Taylor**, will be the featured speaker at this year's breakfast.

Ms. Taylor is the former Director of the FullCircle Program in Cumming. She is currently working on the Sustainability Committee for FCDAC.



NEWS FOR YOU

Local /State News

New Funding Opportunity Announced by The Division of Family and Children Services

News from: **Brooke C Benson**



The Division of Family and Children Services announced on November 3, 2023, a funding opportunity for agencies and organizations to support the development, implementation, and/or monitoring of **Plans of Safe Care** for substance-affected infants and their caregivers. Awards of up to \$200,000 will be available through Georgia's CAPTA State Grant. This funding opportunity is not open to for-profit organizations.

Proposals should be developed in partnership with the local health care system, child welfare agency, and other family support providers. Applicants are encouraged to include a statement of support from the county or regional DECS



Brooke C Benson (Keeter)
 Region 2 C3 Coordinator
 Division of Family and Children
 Services
 970 McEver Rd
 Gainesville, GA, 30506
 (770) 713-5015 (O) | (470) 814-
 8841 (M)

statement of support from the county or Regional Director leadership in their application, demonstrating an observed need for the proposed activity.

To obtain a unique proposal ID and submit a proposal:

1. **Go to: theproposalsolution.com**
2. **Select “Request Password and Proposal ID#”**
3. **Enter the Authorization Code for the project FY2025 CAPTA Plan of Safe Care Authorization Code: 628511561**
4. **Complete registration using Applicant legal name, organization status, contact information, fiscal agent information (if applicable)**

If an applicant plans on submitting multiple proposals, multiple requests using the same authorization code should be submitted.

FY2025 FOA and all proposal or compliance forms and templates are available on the site after logging in as instructed above.

Interested applicants must attend an informational session (Dec 14 or Dec 20). Proposals must be submitted by February 1, 2024. Awarded contracts will begin on July 1, 2024.

Feel free to contact Ms. Benson if you have any questions or concerns. [Click Here.](#)

To Read the Grant details, [Click Here](#)

National News

The opioid crisis has gotten much worse

Lawmakers missed the deadline on September 30 to renew a law supporting treatment and recovery.

Politico reporter, Carmen Paun's article on October 22, 2023 reveals the failures of our Government to protect its citizens.

In 2018, Republicans, Democrats, and then-President Donald Trump united around legislation that threw \$20 billion into treatment, prevention and recovery. But five years later, under the Biden administration, the SUPPORT Act has lapsed, and the number of Americans dying from overdoses has grown more than 60 percent, driven by illicit fentanyl.

Even though 105,000 Americans died last year, Congress is showing little urgency about reupping the law since it expired on Sept. 30. When asked, Chair Bernie Sanders (I-Vt.) of the Senate committee with responsibility for the law said other priorities had precedence. “We’re working on a myriad of

problems," he said after listing his efforts to shore up the primary care system and lower drug prices."

[Click Here to Read More](#)

Call for Advocacy

CADCA's 34th Annual National Leadership Forum

January 29, 2024 - February 1, 2024
Gaylord National- National Harbor, MD

CADCA's National Leadership Forum is the premiere training event for prevention professionals, community leaders, advocates, and experts to convene, share insights, and collaborate on innovative strategies to drive lasting and impactful community change. An important part of the event includes member coalitions letting their voices be heard during Capitol Hill Day when they meet with their members of Congress.

[CLICK HERE TO REGISTER](#)

FYI

December is Impaired Driver Awareness Month

Impaired Driving: Talk with Your Kids.*

Knowing the facts can help you talk with your kids about the dangers of driving under the influence of alcohol or other drugs:

- About one in four teen car crashes involve an underage drinking driver.
- Every day, about 800 people are injured in a drunk-driving crash.
- Every day in America, another 29 people die as a result of drunk-driving crashes. That's one person every 50 minutes.
- Marijuana use is increasing, and 13 percent of weekend nighttime drivers have marijuana in their system. Marijuana users were about 25 percent more likely to be involved in a crash than drivers with no evidence of marijuana use.



Keeping Your Kids Safe

Don't Wait for the "Right" Time—It's always a good time to talk to your kids about the dangers of impaired driving. Here are some everyday situations you can take advantage of to discuss drunk and drug-impaired driving:

- When your child asks to borrow the car,
- When you're at the dinner table together,
- When your child asks if they can ride with a friend to school/a concert/a party,
- When you're running weekend errands,
- When you're at the grocery store and
- When you and your child are in the car together.

Reinforce Expectations—Make sure your children know what you expect from them regarding impaired driving. Let them know it's never okay to get behind the wheel of a motor vehicle while under the influence or get a ride with someone who is impaired by alcohol or drugs.

Help Them Build an Exit Plan— If an impaired friend or family member offers them a ride, explain to your child that **it's okay to say no**. **Help them think through an exit strategy**.

- Let your child know **you are always available to pick them up**. Set up a code word they can use to let you know they need a ride.
- Calling a rideshare service or taxi; Set up the app on their phone and **practice using it**.
- Calling a relative or friend for a ride home;
- Staying the night at their current location
- Convincing the person under the influence not to drive and suggest they find another way home.

Show Them You Care—Kids are more likely to listen when they know you're on their side. Make sure they know that you're talking to them about impaired driving **because you care about their safety, not because you assume they would ever drive drunk or drug-impaired driving**.

*The Substance Abuse and Mental Health Services Administration's **"Talk. They Hear You."**® Campaign aims to equip parents and caregivers with the knowledge and resources they need to talk with their children under the age of 21 about alcohol and other drugs. [Click Here for More.](#)

Holidays and Alcohol

Holiday Parties and family get-togethers!

These are the days we look forward to all year. They become great **opportunities for short conversations** about your family's expectations about alcohol use. We know alcohol plays a part in many holiday events witnessed by our youth. So, it is a natural opportunity to discuss your family values and expectations toward youth experimentation with alcohol. Let's make it clear! Underage drinking is not acceptable. Saying, "It's not for me," empowers youth. Parents and caregivers who talk with children early and often about alcohol and other drug use help their children make good choices.

[Click Here](#) for more tips!



Above is a "Discussion Starter" from SAMHSA's "Talk, They Hear You." Using natural events to reinforce the family's expectations of youth not using alcohol.

On the Calendar



December

- National Drunk and Drugged Driving Prevention Month
- Central High School Thrifting Extravaganza, December 11-13
- Georgia Prescription Drug Abuse Prevention Collaborative (GPDAPC) meeting, December 13, 10-2 pm, AC-

January 2024

- Happy New Year, January 1
- FCDAC Council Meeting
Wednesday, January 3, 2024, 8 a.m. United Way.
- Harmony Grove Drug and Alcohol Awareness Breakfast Saturday, January 20.



HIDTA Training Center in Norcross

-
- First Day of Winter, December 21
- **Christmas, December 25**



2024. RSVP [Here.](#)

COMING IN FEBRUARY 2024

Drug Summit: Youth Substance Abuse
Education Event
February 7, 2024, 4:30-6 pm
FullCircle
433 Canton Rd Suite 301
Cumming, GA

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

[Unsubscribe tammy@unitedwayforsyth.com](#)

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Notice](#)

Sent by fcdac1@unitedwayforsyth.com