



The FCDAC STRATEGIZER

Leading the way to a
healthier Forsyth County

May 2023 Volume 3 Issue 1

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We did IT!



Not only did we do it, WE ROCKED IT!

Council Member Susan Tanner, about the **Walk for Recovery**, said, "It was an incredible experience working with so many of our county's non-profits and volunteers of all ages and all walks of life at the **Walk for Recovery**. The aura was so positive and energetic as we all came together to make this 1st annual Walk Recovery a big success. I am personally so honored and proud to be a part of our **Drug Awareness Council**.

I was assigned to the Registration Table up front with our awesome Sarah Pedarre. I was also given the position of **leader of the walk carrying the torch!** I was honored to do this, knowing many behind me were thinking of loved ones or friends touched by addiction."

One attendee told me, "As parents of a young recovering addict, we enjoyed the beautiful weather and setting for **The Walk for Recovery**. We were also encouraged and inspired to hear from the many bold and passionate leaders in Forsyth County drug prevention and recovery community."

"Huge thanks to everyone involved, especially our precious **Rachel Kayden and Cindy Mills!**"

Walk For Recovery

Click the play video to listen to the **Walk For Recovery** guest speakers and panelists on recovery, resiliency, ending stigmas, and where to go for help.

Guest speakers:

Commissioner Kevin Tanner, [GA DBHDD](#)

Mayor Troy Brumbalow, Cumming, GA

Jeff Breedlove, [Georgia Council of Recovery](#)

Panel Roundtable moderated by Board of Commissioner
Cindy Jones Mills

Panelists:

Adam Miller, Long term recovery member and
Director of Outreach for [No Longer Bound](#)

Ryan Dickerson, Youth member in recovery

Kate Boccia, CEO of The National Incarceration
Association

Matt Meyer, Professional Interventionist and
Program Director for [The Insight Program](#)

Amy Durham, Mother to a child lost to
alcoholism

Rachel Kayden, Director of Forsyth Co. Drug Awareness
Council, welcomed the guest speakers and the
community members.

She spoke passionately about the multiplication effect-synergy, a multiplication of strength- created when community organizations partner to solve drug and alcohol misuse. "Drugs do not discriminate," she said, "At some point, you or someone you know will be affected negatively by drugs and alcohol. **But Recovery doesn't discriminate either. It takes community coalitions like this to create cultural change.**"



THE WALK FOR RECOVERY MAINSTAGE PRESENTORS AND PANELISTS!





Commissioner Cindy Mills FCDAC Founder leads the charge in Forsyth to expand awareness, reduce stigma, encourage, support and advance ordinances that create protective barriers to the infiltration of synthetic drugs on convenient store shelves. "My own Dad's addiction to alcohol led to his death and gave me a heart to want to help."



Kevin Tanner, Commissioner of the Georgia Department of Behavioral Health and Developmental Disabilities, said, "Stigma prevents people from asking for help, but every time we hold an event like this, stigma decreases and recovery wins."



Cumming Mayor Troy Brumbalow stated, "...we must work together... to break the stigma that accompany substance misuse and addiction. No one in Cumming, Forsyth County should feel they have to suffer alone. Today is a day of hope."



On the main stage, event presenters, L to R Kevin Tanner, Commissioner Mills, and Jeff Breedlove.



Panel participants L to R Amy Durham, Matt Meyer, Kate Boccia, Ryan Dickerson, and Adam Miller.

Ryan said, "Drugs are normalized on social media and promises everything you want. It does, until it doesn't."

The panel discussion facilitated by Commissioner Mills, asked participants, "What are the barriers to seeking help?" Ryan responded, "lack of awareness of resources, fear of rejection." Adam said, "I didn't want to be sober...my life would be boring, but the reality is there are plenty who choose sobriety and plenty of things to do sober that are fun. At first I chose drugs, but very quickly drugs controlled me and I operated out of desperation."



Bubbles Station for the young ones!

Amy Durham and Kate Boccia both said stigma surround SUD holds parents back from seeking help and not knowing where to find it.

Matt Meyer said in the Insight Program which treats youth 13-25, vaping high potency THC oils (THC at 80-90%) is causing extreme reactions both mentally with psychosis and physically with vomiting continuously.

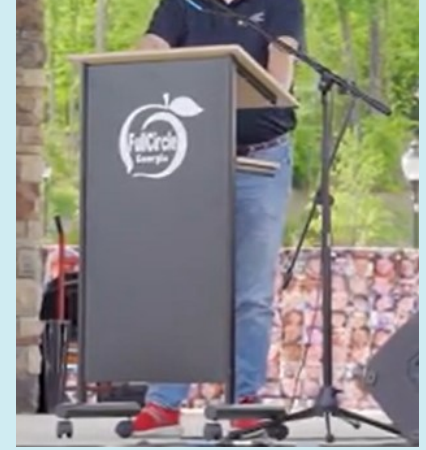


More activities to entertain the kids.





Vendors provided refreshments for Walk participants.



Jeff Breedlove, Chief of Policy and Communications for the Georgia Council for Recovery. Advocate for Recovery at local and state level! We must step up!

FCDAC member, Susan Tanner Torch Bearer, Walk For Recovery 2023!

*photos courtesy of Open Heart Media

We will never forget our loved ones lost to Substance Use Disorder! It is in their memory that we Walk, and we Live to encourage and support those in Recovery because **RECOVERY IS REAL.**



MAY IS MENTAL HEALTH MONTH

TAKE SOME TIME TO

LOOK AROUND, LOOK WITHIN

"Take Some Time to Look Around, Look Within" is Mental Health America's theme for this year's Mental Health Month. Many great resources and articles can be found at Mental Health America. [Click Here](#) to browse their offerings, take a screening, and download a toolkit.

Change. It is one thing in life that is unavoidable. Few like it; others try to avoid it, but since change is inevitable, isn't the wiser approach to make peace with it through coping strategies? Let's **TAKE TIME TO LOOK AROUND, LOOK WITHIN** and make a plan so you can embrace change and thrive.

Change can also mean "pumping up healthy habits" and sticking with a new behavior you have begun. Although it is not easy, **you can do it**, and according to Mental Health America, "60 % of people who do achieve their New Year's resolutions flop once or more before succeeding! The more you stick with a new behavior, the easier it gets. That's because repetition can build pathways in your brain." Check out these strategies for your victory in making successful lifestyle changes, [Here](#).

FCDAC Council Meeting, Work and Programs Round-up



WALK FOR RECOVERY SUCCESS!

Congratulations, and Thank you for your love and support for FCDAC's first Walk For Recovery!

I could not be happier and prouder of our FCDAC membership for the hard work and commitment you put forth to make this event a reality. Forsyth County is better and healthier for it!

Over **300 people** came out for this first annual event to be educated, find community resources, walk, and ENJOY the beautiful day at the gorgeous Center City venue. This event helps to eliminate the stigma often attached to mental health issues and substance use disorders while providing education and support in our community. **RECOVERY IS REAL!**

MARK YOUR CALENDAR! FCDAC GOES "ON THE ROAD!"



Our next FCDAC Council Meeting is on
Wednesday, June 7
8 a.m.

No Longer Bound
2725 Pine Grove Rd
Cumming, GA 30041

Council Meeting Highlights

Director Rachel Kayden opened the 8 a.m. monthly council meeting with words of excitement and gratitude for the Council's membership's dedication and hard work, making the first annual **WALK FOR RECOVERY** a tremendous success!

Introductions of attendees and Announcements: Lauren Hodge, [Realty4Recovery](#), announced that the Teacup Memorial would be held on August 26-27. Adam Miller, No Longer Bound will host the next Council Meeting Wednesday, June 7, at

No Longer Bound
2725 Pine Grove Rd
Cumming, GA 30041

This month's Presenters are Council Members **Lindsey Simpson, Adam Miller, and Cindy Mills** from our Council, who attended the recent **Rx and Illicit Drug Summit** in Atlanta, GA.

Lindsey Simpson said the conference held tremendous information on 4-5 different tracks, each offering 20 sessions over three days. Lindsey attended the Prevention track.

- The conference amped up the urgency concerning the **Fentanyl** explosion and the damage it is doing to the population in the US. While **drug use is in decline, overdose deaths are still increasing.**
- **Border control-** is out of control at the Mexican border and the San Diego port. The Mexican cartels are rich and drive the flood of drugs into the US.
- **Mental Health and Substance Misuse Connection.** The compounding nature of the dual diagnosis. Recommended the Council reach out to Pediatricians.
- **Brain Science-** Recommended a book, ***INTENTIONAL NEUROPLASTICITY*** by Lori L. Desautels, a guide for empathic and trauma-informed teaching. The track session focused on building compassion, self-awareness of feelings and facts for healthy choices, and understanding consequences. This will empower young people.
- **Law Enforcement-** Fentanyl is mixed with "Tranq" horse medication, **xylazine**. Law enforcement is trying to move **fentanyl to a Schedule 1 illicit drug class.**
- Recommended site <https://realdealonfentanyl.com/> **The Real Deal on Fentanyl** is designed to let people know about the dangers of fentanyl. The program has former drug dealers teaching in the high school for a day.
- **Adam Miller** presented on the Illicit Drug track.
- Fentanyl is the number 1 deadliest drug flooding the US
- He learned about the economic factors of the drug cartels. It costs 3 cents per pill to manufacture, and they sell it for \$5 or \$10 per pill. Money payments because of digitalization are impossible to trace by law enforcement

- 67% of overdoses involve fentanyl.
- 2020 pandemic lockdowns led to detrimental mental health results across the population, but especially with young people. **The lack of human connection is locked into the lack of healthy flourishing of the human person.**
- 40% of the Mexican government's GDP comes from Drug Cartels.
- Tijuana, Mexico, is the most violent city in the world.

Commissioner Cindy Mills's takeaway from the Summit was adding **ADVOCACY** to the Council's radar. "We are reactive instead of proactive. Advocacy for grant-funded non-profits is delicate, and our approach must be **EDUCATIONAL, RESEARCH BASED FACTS** to inform our legislators," she said, but added, "We must do it."

- Cindy told about one doctor who bravely talked about cannabis, high THC levels that cause psychosis and increase suicide but are being legalized in states-it is poised for legalization in GA and are coming in under promotion of agriculture farming bills like the current Hemp bill touts. This is dangerous, and we need to work through education and awareness of lawmakers that children's lives are more valuable than economic gain.
- She also reminded us that as **PRIVATE CITIZENS, we could use our voices to contact the government and oppose specific bills when they come up.**
- Dr. Katie Lamberson noted that while THC does brain damage, CBD oil from cannabis shows beneficial properties in medicine.
- Danielle Rietta, LLC Avita shared two websites: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9462911/>

<https://nida.nih.gov/publications/research-reports/marijuana/there-link->

- 2015 saw an explosion of opioid prescriptions in the US. When the government put more significant restrictions on their scripting, people who were addicted turned to street dealers.

[arch-reports/marijuana/there-link-between-marijuana-use-psychiatric-disorders](#)



FCDAC TEAM MEMBERS in Atlanta
Above left to right Lindsey Simpson, Mike Cowan, Matt Meyer, Cindy Mills and Adam Miller.



FCDAC TEAM MEMBERS
Above left to right Mike Cowan, and Matt Meyer.

Community Outreach, Youth, Members, and Partners

COMMUNITY OUTREACH

FCDA At Healthy Kids Event at the Forsyth County Family YMCA



The YMCA invited FCDAC to attend **Healthy Kids**, a festival celebrating healthy kids, families, and communities! 18 YMCA locations across metro Atlanta featured games, activities, inflatables, food, and fun. The event was held on April 29 at the YMCA in Cumming. **Amanda Pruett** tabled the event for the council.

"We spent a fun-filled morning **educating** the community about the Forsyth County Drug Awareness

Council's purpose, bringing awareness to the opioid epidemic, and informing parents how and why to contact the council. Bubbles stations lured and entertained the kids while we educated the parents," Amanda Pruett said. "There were approximately 375 people at the event, and I spoke with over 50 parents and caregivers," she said.

New

Parent Partners Corner

by Ashley Dickerson and Marti Roveda

While the Parent Committee remains focused on eliminating the stigma and shame of Substance Abuse Disorder (SUD), we had a productive April speaking at various events. Here's a brief recap of what we accomplished:

- **Forsyth County Central High School's Spring Fling** – April 12th. Marti and Ashley shared their parent journey with the faculty and provided the FCDAC school program flyers and the Parent Committee Flyers.
- **The Walk for Recovery at The Cumming City Center** – April 23rd. We tabled the event on behalf of FCDAC and were available to stamp the "bingo cards" as participants walked from table to table to learn more about each organization. The FCDAC table had approximately 20 families stop by, where Marti and Ashley shared general information about FCDAC and the Parent Committee flyers "What to expect When you Suspect." As a result, six new people signed up to receive the FCDAC newsletter.
- **Forsyth County Gateway Prevention Program Parent Night** – April 25th. Following the current educational information provided within this program, Marti and Ashley were invited to share our parent journeys with approximately 15 parents. Hearing directly from us, who have been in their shoes, resulted in a very positive response. A few parents stayed after to discuss their stories and learn more. Further correspondence from one of the parents shared how helpful it was to hear another parent's perspective who has gone through something similar. There is a feeling of support and solidarity in knowing you are not alone in this experience.



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, 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*.

School News



Gabby Breiten, Gateway and Forsyth Academy Drug Counselor

The Walk for Recovery was awesome! It had fun entertainment and valuable information; the remembrance part was heavy.

On Tuesday, April 18, I presented my parent education program to about 15 parents. Marti Roveda and Ashley Dickerson from Parents4FCDAC were the guest speakers and shared their experiences. We had an incredible response from parents.

Friday, April 28, I hosted a **Jeopardy** event at Gateway Academy for all the students participating in small groups. This will be our wrap-up session before the students begin testing next week. Emily Ennis, Sophia Cook, Jaxon Savajian, and Mike Cowan will assist in the games.

Forsyth County Schools New Students Registration Appointments are Underway NOW for the 2023-24 School Year!

Appointments for all Kindergarten students and **NEW** to Forsyth County 1st-12th grade students are underway! Don't wait!

[Click Here For Appointments](#)

Our Partners in Prevention



A message from our partner in prevention,

**John Bringuel, MA, RBF, TPNCP, ICPS, Prevention / Intervention Program Manager
The Council on Alcohol and Drugs**

On December 8, 2022, at the **Georgia Prescription Drug Abuse Prevention Initiative (GPDAPI)** Collaborative meeting, our guest presenter was **Cammie Rice, founder of the Christopher Wolf Crusade (CWC)**. CWC is named after her son, who passed after a 14-year battle with opioid misuse and dependency. Like many others, his battle with opioid dependency began with a prescription. The goal of CWC is to provide opioid education and resources as well as mental wellness skills training directly to hospital inpatients and outpatients to ensure they are well supported during recovery. This support is provided by CWC's Life Care Specialist, a Care Coach who personally sees the patient through to recovery.

Cammie spoke about three short videos she wanted to share at our meeting. They are below, ready for you to watch and share. Please share in your network. Also, if you're interested in contacting Cammie, [Click Here](#). Visit the CWC website [HERE](#).

Three New PSA's



Why You Should Care



We All Know One



Life Care Specialist


THE CONNECTION

The Connection's Wellness Series - Mental Health Awareness Month

Horses & Healing, Stacey Edwards
Special Equestrians of GA

Depression. Post-Traumatic Stress Disorder. Anxiety. Trauma.

Equine-assisted psychotherapy is an evidenced-based treatment in which a certified equine therapist utilizes the relationship that develops between humans and horses to create a safe, caring environment and aid in recovery. It is a means to process unresolved pain, to heal, and to find peace.

This approach allows for the modeling of boundaries and connections seen in human-to-human interactions. Horses possess emotions similar to humans and express empathy, care, and understanding needed to create overall and optimal wellness.

Saturday, May 20, 2023, 11:00 am - 4:00 pm
The Connection, 608 Veterans Memorial Blvd., Cumming, Georgia

BY APPOINTMENT ONLY
Confidential, Free, One-on-One
45-Minute Equine Therapy Session



Sign Up: <https://form.jotform.com/230854883294164>
470-253-8564
kayla@theconnectionforsyth.org

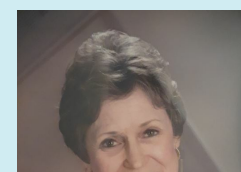
Empowering Wellness For Families Through Recovery

Members teaching Members

What is the opposite of addiction?
Continue reading to find out!

By Dana Bryan

On April 23, 2023, I attended the **Walk for Recovery**, held outdoors at the new Cumming City Center. As soon as I exited my car, I heard the music and couldn't wait to join those there. My overall impression was that there was something for everyone, including families and individuals of all ages. Many were there with their dogs, as seen at any outdoor park or event. People were talking with friends or engaged in conversations with representatives at one of the informative booths. It



Dana Bryan

Dana is a

was apparent to all those who had a significant common interest—their dedication to a life that did not include addiction.



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!



In addition to the Forsyth County Drug Awareness Council, many other organizations were represented by tables that offered both printed information and representatives who could answer questions about their organization's mission. The following were represented: The Connection; Full Circle; Al-Anon; No Longer Bound; Forsyth County Family Connection; 911 Center; AAI DRUG ZERO; Parents 4 Recovery; Realty 4 Recovery; Shatterproof; The Phoenix; Mentor Me North Georgia; Alcoholics Anonymous; Narcotics Anonymous; Insight; Emory

School of Nursing; Caring Angels; Twin Lakes Recovery Center; Sunrise Parent Retreat.

When each person entered the event, they were given a page showing the names of the present organizations. To encourage everyone to stop by each table, a stamp was placed beside the name of that organization on the page. When completed, it was turned in and eligible for a drawing to win a monetary prize. I saw children and people of all ages enthusiastically going from table to table and presenting their sheets to be stamped.

Unfortunately, the Memorial Teacup Lighting could not be held because the winds were too strong. It will be held on August 26-27.

A very qualified group of speakers followed the afternoon activities. The discussion was directed by Commissioner Cindy Mills, who is also one of the founding members of the Forsyth Drug Awareness Council. The speakers shared their own experiences with addiction and how their lives have changed and improved as they achieved sobriety. They included alarming statistics to illustrate the increase in drug-related deaths in our country.

In conclusion, Commissioner Mills asked the final speaker, "What is the opposite of addiction?" I was expecting him to answer "sobriety," but he gave an even better answer. He said that the opposite of addiction for him is "CONNECTION: connection to other people, to his interests and talents, and the world around him and what he can contribute to that world."

Following the panel of speakers, the Walk for Recovery was conducted. From my perspective, after all the fun-filled activities, the head-on reality check of what devastation addiction can bring, and the real promise of recovery that can happen and is available, the Walk for Recovery was a triumphant march of HOPE and VICTORY for Forsyth County.

NEWS FOR YOU

LOCAL NEWS



Out of Darkness Campus Walk



"Families from all over the community attended Forsyth Central High School's 2nd Annual Out of Darkness Campus Walk on Saturday, April 22, raising nearly \$20,000 for the American Foundation for Suicide Prevention," according to an FC News article by Sabrina Kerns on April 22, 2023.

Screenagers Trilogy

Three documentary films about the effects of Digital Screen Time on the Mental Health of Youth

Dr. Delaney Ruston is a Stanford-trained physician, filmmaker, and mom is the producer of **The Screenagers Trilogy**. Did you know that **MRIs show similarities between the brains of those who misuse drugs and those indulging in excessive screen time?** The latest installment of the Screenagers Trilogy, **Screenager Under the Influence**, examines the impact of our digital age on teens' decision-making about substances such as vaping, alcohol, and drugs. All three films interweaves cutting-edge science with personal stories to create an informative and entertaining film experience for young people and adults alike.

Screenagers: Growing Up In the Digital Age FREE COMMUNITY EVENT!

Screenagers: Growing up in the Digital Age, is an award-winning film that probes into the vulnerable corners of family life and depicts messy struggles over social media, video games, and academics. The film offers solutions on how we can help our kids navigate the digital world.

Community Events to Educate and Alleviate

Tuesday, June 6th, 2023 / 10am – 12pm

High Focus Treatment Centers - Boardroom

11138 State Bridge Rd. Suite 100A

Johns Creek, GA 30022

Questions – 404- 796-3460

****FREE TO THE PUBLIC****

[RSVP HERE](#)

"Screenagers: Growing Up In The Digital Age"

"Screenagers: Growing Up In The Digital Age" probes into the vulnerable corners of family life, including the director's own, and depicts messy struggles over social media, video games, academics and internet addiction. Through surprising insights from authors and brain scientists solutions emerge on how we can empower kids to best navigate the digital world.

"Screenagers The Next Chapter"

Dr. Ruston takes the conversation around screens and teens to the next level with **Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience**—a film that examines the science behind teen's emotional challenges, the interplay of social media, and most importantly, what can be done in our schools and homes to help them build crucial skills to navigate stress, anxiety, and

"Screenagers Under the Influence"

New

Just released! Screenagers Under the Influence explores the latest research and examines the impact of our digital age on teens decision making in relation to substances such as vaping, alcohol and drugs. The film highlights the changing landscape of the substances themselves, offering solutions for how we can best empower teens, as they face decisions about

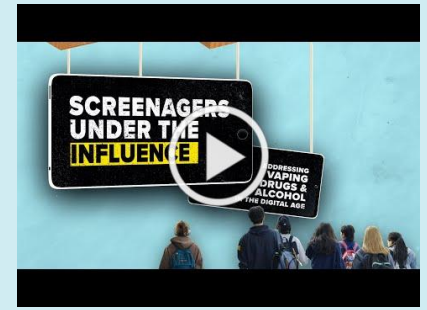
Watch the trailer below.



depression in our digital age. Watch the trailer below.



what they will and will not be influenced by. Watch the trailer below.



STATE NEWS

Sine Die, Last day of the Legislative Session for 2023

Senate Bill 22/House Bill 458

Status

Failed to passed by both chambers.

Action: 2023-02-22 - Senate Recommitted

Summary

A BILL to be entitled an Act to amend Chapter 23 of Title 2 of the Official Code of Georgia Annotated, relating to **hemp farming**, so as to amend a definition; to amend Chapter 12 of Title 16 of the Official Code of Georgia Annotated, relating to offenses against public health and morals, so as to prohibit the purchase of, sale of, and the offering of samples of hemp products by or to any individual under the age of 18 years old; to provide for inspections, enforcement, and penalties for violations; to provide for venue; to provide for rules and regulations; to provide for related matters; to repeal conflicting laws; and for other purposes.

House Bill 196 Medical Marijuana

Status: Engrossed on March 6, 2023 - 50% progression, died in chamber

Action: 2023-03-29 - Senate Disagreed House Amend or Sub

Summary

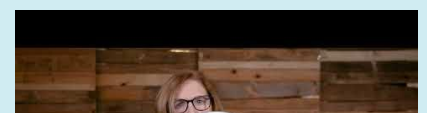
A BILL to be entitled an Act to amend Article 9 of Chapter 12 of Title 16 of the O.C.G.A., relating to access to medical cannabis, so as to provide that the Georgia Access to Medical Cannabis Commission shall be subject to the Administrative Procedure Act and laws governing open meetings and open records; to provide for related matters; to repeal conflicting laws; and for other purposes.

The last day of Georgia's legislative session, was March 29. Known as **Sine Die**, it is the final date for a bill to be passed by both chambers before being sent to the governor's desk for approval or veto. **Bills not passed or signed by the governor by this date, could have a second chance at life when the Legislature returns Jan. 8, 2024.**

We will continue to monitor these bills.

NATIONAL NEWS

FDA approves OTC Narcan of the 4 milligrams (mg) Naloxone hydrochloride Nasal Spray



Learn how to use Naloxone to save a life. If you find an unresponsive person. Send someone to call 911, or after trying to rouse the person unsuccessfully, administer the first dose the Naloxone. Then turn the person on his side, call 911, and follow the operator's directions. Stay with the person. You may need to administer Naloxone more than once.



Support for Cooper Davis Act

Barrye L. Price, Ph.D., President and CEO of CADCA

On April 20, 2023, Barrye L. Price, Ph.D., President and CEO of CADCA (Community Anti-Drug Coalitions of America), sent a letter to Sens. Roger Marshall (R-KS), Jeanne Shaheen (D-NH), Dick Durbin (D-IL), Chuck Grassley (R-IA), Amy Klobuchar (D-MN) and Todd Young (R-IN) in support of the Cooper Davis Act. This important legislation will require social media companies and other communication service providers to take on a more active role in working with federal agencies to combat the sale and distribution of drugs such as fentanyl on their platforms.

[Read full letter HERE.](#)

FYI

Awkward Conversations: Signs Of Drug Use and What To Do If You Find Something Season 2 Episode 6

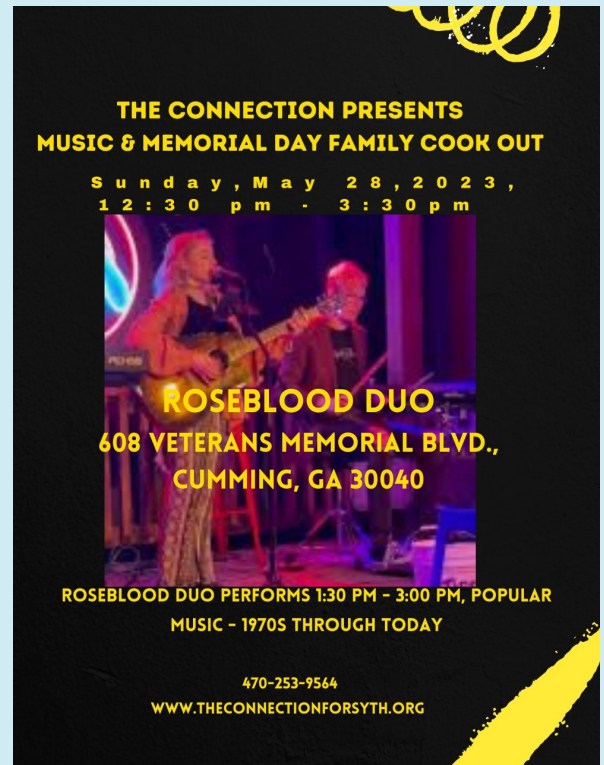
This episode encourages parents to know the signs of possible drug use and what to do. The host, Jodie Sweetin is joined by Timothy P. McMahon whom the DEA has employed since 1998, and Amy McCarthy, Clinical Social Worker at Boston Children's Hospital.

DEA Special Agent McMahon shares common ways kids hide drugs in plain sight and what signs to look for with changes to personality, involvement, or money use.

They also share tips on talking to your child about drugs and responding with love rather than anger if you discover your child is using drugs. This topic can be scary and overwhelming to parents, but they need to remember that the sooner you address it, the better.



The Drug Enforcement Administration collaborating with the Elks Drug Awareness Program announces the next installment of Awkward Conversations. This year's project features the second season of a video podcast series featuring Full House and Fuller House's Jodie Sweetin, guest experts, and celebrity parents. The 20 video podcast episodes cover a variety of subjects to help parents learn how to empower their kids with the tools needed to stay safe, drug-free, and make healthy decisions. Topics include signs of drug use in teens, fake pills, preventing drug misuse among college students, bullying and peer pressure and its consequences, understanding your kids' social media use, and do's and don'ts when discussing drugs.



On the Calendar

May

- Mental Health Awareness Month



- [Children's Mental Health Acceptance Week](#), May 7-13.
- National Prevention Week, May 7-13.
- **Mother's Day**, Sunday, May 14
- **Memorial Day**, Monday, May 29, commemorates all who have died in military service protecting **FREEDOM**.

June

- National Safety Month
- Men's Health Month
- **Flag Day**, June 14.
- **Father's Day**, Sunday, June 18.
- First Day of Summer, June 21.



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