

JULY 2021

# RCYSUC NEWSLETTER

The logo features a stylized starburst or star shape composed of several overlapping, curved, leaf-like or feather-like elements in shades of orange, yellow, and green. The text "Richland County Youth Substance Use Coalition" is centered over this graphic.

## Richland County Youth Substance Use Coalition

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Dear Coalition Members,

Thank you for reading the July issue of the Richland County Youth Substance Use Coalition (RCYSUC) Prevention Newsletter! In this newsletter you'll find the latest news, resources, webinars and more. Suggestions on articles, trainings, or webinars are always welcome. As a reminder, the next RCYSUC meeting will be held **July 26th, 2021** both in person and via Zoom!! The next Committee meetings will also follow the same format:

Data & Evaluation - July 12th @12pm

Prescription Drugs - July 12th @2:30pm

Alcohol - July 14th @12pm

Thanks for your dedication + support!

## WOMEN NOW DRINKING AS MUCH AS MEN

### Young Women Now Exceed Men in Alcohol Use

In 2018, for the first time in nearly two decades, a greater percentage of women ages 18 to 25 reported using alcohol in the previous month than their male peers.

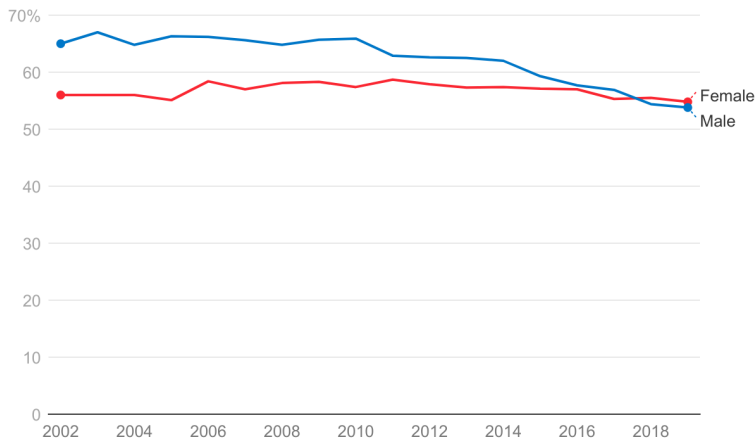


Chart by Aneri Pattani/KHN  
SOURCE: National Survey on Drug Use and Health

KHN

Women are closing the gap with men when it comes to alcohol consumption. They are also more likely to get sicker sooner. There is some good news. Teens and young adults have seen a decline in drinking over the years. However, this decline has gotten much slower for women. Women also suffer health consequences of alcohol (such as liver disease, heart

disease, and cancer) more quickly than men, even with lower levels of consumption. Women can have higher blood alcohol levels than men of the same weight when consuming the same # of drinks. Read more [HERE](#).

## NEWS + RESOURCES

### [Substance Use Disorders Are More Likely When You Use At A Younger Age](#)

A new [study](#) by the National Institute on Drug Abuse ([NIDA](#)) showed that adolescents (ages 12-17) are more likely than young adults (ages 18-25) to have a substance use disorder (SUD) in 12 months once they start using marijuana or prescription drugs (10.7% vs 6.4%). This gap widens to (20.1% vs 10.9%) when you look at the prevalence of SUDs in adolescents and young adults 36 months after their first use. The brain is not fully developed until the age of 25 and is very vulnerable to addiction.

### [Higher Substance Use Rates in Sexual Minorities](#)

Sexual minorities (lesbian, gay, bisexual) have higher rates of past year substance use compared to heterosexuals according to the Journal of Substance Abuse Treatment. This is true for alcohol, cocaine, cannabis, meth, opioids, and more. Although many studies highlight the disparity above, few interventions exist for these higher risk groups. The paper suggests a greater focus on interventions as well as research focused on sexual minority populations. Read more [HERE](#).

## UPCOMING TRAININGS AND WEBINARS

### Teens & Opioids: What Parents Need to Know

July 7th, 2021 from 2-3:30PM

[Register Now](#)

### What Works (And Doesn't Work) In Substance Use Prevention

July 14th, 2021 from 3:30-5PM

[Register Now](#)

### Social Norms Part 1: An Introduction To The Science Of The Positive

July 19th, 2021 from 12-1:30PM

[Register Now](#)

## BRIGHTVIEW COMMUNITY RESOURCE DAY - JULY 21



[Brightview](#) is an addiction treatment center located at 580 Park Avenue W, Mansfield, OH 44906. They are holding a community resource day event on Wednesday, July 21st from 10am-3pm. Come hang out with various community organizations that will be there and learn more about some resources that Richland County has to offer!

## COMMUNITY SPOTLIGHT



Crystal Weese is a Recruitment Coordinator with [NECIC](#). She is a certified career coach, entrepreneur, and busy community advocate. She provides the tools, strategies, and support to help job seekers create meaningful change in their careers. Her positive attitude and tireless energy encourages others both in the workplace and the community. She's inspired by her children, god-grandchildren, and the community. In her free time, she is a volunteer, traveler, novice yogi, sewer, reader, live-music lover and Netflix binger!

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**RCYSUC Mission:** To empower Richland County youth, families, and the community to reduce youth substance use through education, intervention, and participation.

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The RCYSUC is brought to you by [Richland Public Health](#) and funded by the Office of National Drug Control Policy.

