

JUNE 2021

RCYSUC NEWSLETTER

The logo features three stylized, overlapping curved lines in orange, yellow, and green, creating a sense of motion or a starburst effect.

Richland County Youth Substance Use Coalition

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Dear Coalition Members,

Thank you for reading the June 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 **June 28th, 2021** both in person and via Zoom!! The next Committee meetings will likely also follow the same format:
Data & Evaluation - June 14th @12pm
Prescription Drugs - June 14th @2:30pm
Alcohol - June 16th @12pm
Thanks for your dedication + support!

JUNE IS MEN'S HEALTH MONTH





 U.S. Department of Health and Human Services
 Office of Minority Health

#MensHealthMonth



June is Men's Health Month. While it is always a good time to think about your health, COVID-19 has revealed some glaring health issues, while adding many more, emphasizing the importance of taking a look at your own health. A recent "[Stress In America](#)" Poll showed that on average, men gained 37 pounds of undesired weight since the pandemic started through Feb 2021. Spend some time outside, walk 10 more minutes each day, and encourage your friends and family to join you.

NEWS + RESOURCES

This Is Quitting Works - E-cig Quit Rates 40% Higher Among Participants

In a new study, people who used the text message quit program "[This is Quitting](#)" were more successful in quitting compared to a control group. This free program provides tailored advice, cognitive and behavioral coping strategies, and social support to help them quit. Regardless of age, race, ethnicity, gender, sexual orientation, nicotine dependence, social influences to vape, and other substance use, participants in the program had higher quit rates. Text **DITCHVAPE** to **88709** to join.

E-cig Sales Data Brief

This data brief from the [CDC Foundation](#) shares a lot of interesting findings. One concerning finding is that as of March 21, 2021, e-cig sales have exceeded pre-[EVALI](#) outbreak levels. Additionally, since the FDA's flavor enforcement policy (Feb 2020), national e-cig sales increased by 48.8% from Feb 23, 2020 to Mar 21, 2021. Check out the brief for additional facts and helpful graphs.

UPCOMING TRAININGS AND WEBINARS

EQUIP: A Model To Guide You In Constructing Persuasive Messages

June 3rd, 2021 from 3-4:30PM

[Register Now](#)

The Value Of Prevention: Demystifying The Cost-Benefit Analysis

June 15th, 2021 from 2:30-4PM

[Register Now](#)

Using Social Media To Detect Substance Use Trends During The Pandemic

June 17th, 2021 from 12-1PM

[Register Now](#)

COMMUNITIES TALK EVENT - JUNE 2ND

Community Action for Capable Youth (CACY), is holding an event TODAY June 2nd, 2021 from 5:30-6:30pm at 1495 W. Longview Ave, Mansfield, OH 44906. Join CACY and other Richland County agencies to learn about underage drinking trends and prevention. Caregivers and their teens should consider attending. Dinner will be provided, but you must email andersont@cacyohio.com or call 419-774-5683 to register.

SPOTLIGHT

For this month's spotlight, the highlight is on the Coalition's committees. If you or anyone you know (they don't have to currently attend Coalition meetings) might want to get involved, please contact Gurp Deol at gdeol@richlandhealth.org or call 419-774-4754. The Coalition should focus on increasing participation in the committees throughout the month of June.

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

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

