

MARCH 2021

RCYSUC NEWSLETTER

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

Richland County Youth Substance Use Coalition

IN THIS ISSUE

**MENTAL HEALTH FOR
KIDS**

NEWS + RESOURCES

**UPCOMING TRAININGS
AND WEBINARS**

**COMMUNITY
SPOTLIGHT**

Dear Coalition Members,

Thank you for reading the March 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 **March 29th, 2021** via Zoom. The next Committee meetings will also be on Zoom:

Data & Evaluation - Mar. 15th @12pm

Prescription Drugs - Mar. 15th @2:30pm

Alcohol - Mar. 17th @12pm

Thanks for your dedication + support!

MENTAL HEALTH FOR KIDS



Screen time has likely risen for most since the pandemic began. For kids, it's been a way to stay in touch with friends and stay engaged. For them, the pandemic has caused a huge shift during a time in their lives when socialization is crucial. It is important to give empathy and to let them be heard. There's a fine line between quarantine blues and something more. Don't hesitate to get help if you need it and talk to your kids! Click [HERE](#) to read more

NEWS + RESOURCES

[Many Teens And Young Adults Misuse Prescribed Psychoactive Drugs](#)

A new [study](#) in *Family Medicine and Community Health* of a nationally representative sample of 12-25 year old youth and young adults had some interesting findings. Among those prescribed psychoactive medications, the percentage of misuse is 40.1% for tranquilizers, 24.2% for stimulants, 17.6% for opioids, and 14.2% for sedatives.

[Drinking Too Much During The Pandemic?](#)

Alcohol use has risen during the pandemic. The University of Arizona followed a group of 6,000 adults from all 50 states to see how behavior was changing. For those under lockdown, hazardous alcohol use, likelihood of alcohol dependence, and severe dependence all rose considerably from April 2020 to September 2020. We must be aware of the negative effects this can have on families, especially children. Click [HERE](#) to read more.

UPCOMING TRAININGS AND WEBINARS

Follows, Retweets, and Likes: Social Media Strategy - Mar. 3rd, 2021 from 1-2:30PM

[Register Now](#)

CBD 101 for Prevention Professionals - Mar. 9th, 2021 from 1-2PM

[Register Now](#)

Advancing Substance Use Prevention through DFC & HIDTA Program Partnerships
Mar. 18th, 2021 from 2:30-4PM

[Register Now](#)

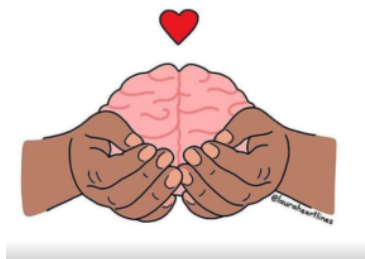
Stimulants 2021: Epidemiology, Effects and Treatments - Mar. 26th, 2021 from
1-2PM

[Register Now](#)

COMMUNITY SPOTLIGHT

Major Joe Masi is the Chief Deputy of the Richland County Sheriff's Office. He has been in law enforcement for 41 years! He oversees the operations of the Law Enforcement, Corrections and Support Bureaus. He stays involved in the community through different boards and organizations. Thank you Major Masi for your service and your commitment to the community, we are grateful to have you with us!

* BE KIND TO YOUR MIND *



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.

