

MAY 2021

# RCYSUC NEWSLETTER



## Richland County Youth Substance Use Coalition

### IN THIS ISSUE

**MAY IS MENTAL HEALTH  
AWARENESS MONTH**

**NEWS + RESOURCES**

**FDA ACTION: MENTHOL  
CIGARETTES/FLAVORED  
CIGARS**

**UPCOMING TRAININGS  
AND WEBINARS**

**PRESCRIPTION DRUG  
TAKE BACK DAY RESULTS**

**SPOTLIGHT**

Dear Coalition Members,

Thank you for reading the May 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 **May 24th, 2021** via Zoom. The next Committee meetings will also be on Zoom:

Data & Evaluation - May 10th @12pm

Prescription Drugs - May 10th @2:30pm

Alcohol - May 12th @12pm

Thanks for your dedication + support!

## MAY IS MENTAL HEALTH AWARENESS MONTH



May is Mental Health Awareness Month. The theme for Richland County this year is **RESILIENCE**. Some ways to boost resilience in tough times is writing down good things each day and showing kindness to others and yourself. See more tips [HERE](#). Help is always available in Richland County. Visit [knowitb4unedit.com](http://knowitb4unedit.com). If you feel alone and need someone to talk to, call **419-522-5300**. If you are in crisis, call **419-522-4357**.

## NEWS + RESOURCES

### [Young Users More Likely To Develop Addiction. Luckily, There Is An Alternative](#)

The younger you are, the more likely it is you can become addicted. 11% of adolescents (ages 12-17) become addicted to marijuana within the 1st year. Early exposure to substances may prime your brains to desire them, which is harmful for developing brains. Your brain continues to develop well into your 20s! There are tons of alternative activities and things to do in Richland County. Click [HERE](#) to learn more about them.

### [Breathing Exercises](#)

Check out helpful breathing exercises to relieve stress, strengthen lungs, and overcome urges to smoke or vape.

### [CATCH My Breath + Be Vape Free](#)

Helpful resources for parents/guardians. Visit the links to learn more.

## FDA ACTION: MENTHOL CIGARETTES/FLAVORED CIGARS

The FDA announced on April 29th that it will propose new rules to ban menthol flavor in cigarettes and ALL flavors in cigars. The science has been clear for some time that this will save lives, reduce youth initiation, address health disparities and groups that have been targeted by the tobacco industry, and help people quit. This has been a long awaited move by the FDA. Click [HERE](#) to read more.

## UPCOMING TRAININGS AND WEBINARS

End Vaping The Way It Starts: A Social Cessation Solution For Teens

May 5th, 2021 from 1-2PM

[Register Now](#)

Persuasive Messaging Strategies in Substance Use Prevention

May 6th, 2021 from 2:30-4PM

[Register Now](#)

## PRESCRIPTION DRUG TAKE BACK DAY RESULTS

National Prescription Drug Take Back Day for Richland County was a success! Third Street Family Health Services, CACY, Richland Public Health, Mansfield Police Department, Richland County Sheriff's Office, Richland County Solid Waste, and Shelby Police Department worked together to collect more than 142 pounds of unused or expired medications on Saturday, April 24th.

## SPOTLIGHT

For this month's spotlight, the highlight is on the vacant leadership positions for the Coalition. The Coalition should focus on getting these roles filled and voted on during the month of May. Each Committee and the full Coalition will have a Chair and a Co-Chair. The Chairs + Co-Chairs will be the leadership team and serve on the Executive Committee. Consider nominating yourself or someone else!

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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.

