

RCYSUC NEWSLETTER



Richland County Youth Substance Use Coalition

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Dear Coalition Members,

Thank you for reading the November 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. Lots of great free webinars/conferences this month! As a reminder, the next RCYSUC meeting will be held via Zoom on **January 31st, 2021 @ 3pm**. The next Committee meetings will also be on Zoom:

Alcohol - Dec 8th @ 12pm

Prescription Drugs - Dec 13th @ 3pm

Data & Evaluation - Dec 20th @ 12pm

Thanks for your dedication + support!



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WHAT WE KNOW ABOUT MARIJUANA



As marijuana continues to be legalized, there is a misperception that there are no harms associated with its use. However, it has many effects on the body. It interferes with how the brain builds connections for things like attention, memory, and learning. It also can affect reaction time and other skills required for safe driving. It has also been linked to anxiety and depression. Edibles and vaping are a different ball game. There is much that is known and much still to be learned. Click [HERE](#) to learn more.

IS ADDICTION A DISEASE?



Listen to Dr. Nora Volkow, director of the National Institute on Drug Abuse speak about addiction. There is clear evidence that there is dysfunction and damage in various brain circuits when someone is addicted. Click [HERE](#) if the video on the left isn't working.

NEWS + RESOURCES

[FDA's First E-cigarette Authorization: Vuse Solo](#)

In October, the FDA authorized Vuse Solo to be sold in tobacco flavor during its review of close to a million products. It can now be marketed via online sales, TV, digital/social paid advertising, and using influencers at live events (all tactics that are banned for cigarette and smokeless tobacco). Long story short, people will see it. These products are still addictive due to the high nicotine content (more than double what is allowed in the UK, EU, and Canada). Learn more [HERE](#).

[Be Present. Your Mental Health Is Important!](#)

Check out bepresentohio.org for tons of tips and resources. Self-care resources, how to be there for a friend, how to be there for kids, and more. It's ok to not be ok and reach out for help. If you're feeling up to it, take part in the [ONE Challenge](#). Send one text, one call, write one note, send one DM, ask one question to someone to let them know you're thinking about them.

UPCOMING TRAININGS AND WEBINARS

Alcohol Is STILL A Drug: Exploratory Webinar Series

Tuesday, December 7th, 2021 from 11-11:30AM

[Register Now](#)

Getting Candid: Framing The Conversation Around Youth Substance Use Prevention

Thursday, December 9th, 2021 from 2-3PM

[Register Now](#)

Towards Lasting Change: Introduction To Population-Level Strategies To Prevent Underage Drinking

Monday, December 13th, 2021 from 2-4PM

[Register Now](#)

NATIONAL IMPAIRED DRIVING PREVENTION MONTH

December of each year is National Impaired Driving Prevention Month. The top 3 reasons for traffic fatalities are distracted driving, intoxication, and speed. Crashes in Ohio were most likely to occur Friday-Sunday between 10pm-3am. Marijuana is involved in crashes as well. People with THC in their blood are more likely to have a fatal crash, be responsible for a driving incident, and be involved in a collision after use. Use a ride share service, have a designated driver, or use public transportation if you are drinking. Do not drink and drive, it's not worth it. Tracee Anderson from [CACY](#) put together a presentation with more facts, statistics, and strategies to help prevent crashes. Click [HERE](#) to take a look.



Have a safe and healthy November. Reach out to friends and family. Have a great Thanksgiving! See you for the next edition of the newsletter in December!

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.

