

FEBRUARY 2022

RCYSUC NEWSLETTER



Richland County Youth Substance Use Coalition

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Dear Coalition Members,

Thank you for reading the February 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. As a reminder, the next RCYSUC meeting will be held via Zoom on **February 28th, 2022 @ 3pm**. The next Committee meetings will also be on Zoom:

Data & Evaluation - Feb 14th @ 12pm

Prescription Drugs - Feb 14th @ 3pm

Alcohol - Feb 16th @ 12pm

Thanks for your dedication + support!



drugfreerc.org



facebook.com/RCYSUC

DRUG & ALCOHOL PREVENTION CONTEST - VOTE!!



A big thank you to everyone who participated in the prevention contest! If you are in elementary school, middle school, or high school, the **voting period is now open**. Everyone else, please spread the word so that students may vote. Top vote getters will win prizes. EVERYONE will have their great work shared. Vote at drugfreerc.org/contestvoting.

NEWS + RESOURCES

[Comprehensive Marijuana Research, Evidence, And Recommendations](#)

This article published in the International Journal of Drug Policy summarizes research on marijuana use from hundreds of articles published since 2016. It is quite long, but a few takeaways:

- There is no universally safe level of marijuana use.
- While the recommendation is to not use, it is much safer if you wait until at least late adolescence. Marijuana interferes with youth development.
- If you must use, stay away from high potency THC.
- Refrain from using daily or intense binges. This is associated with adverse outcomes in mental and physical health, neuro-cognitive deficits, and dependence.
- Avoid driving or operating machinery. Marijuana use greatly increases the risk of crashes and other preventable injuries.
- Frequent use can lead to cannabis use disorder and may require treatment.

[Protect Your Brain Campaign](#)

The Addiction Policy Forum partnered with the DEA Educational Foundation and has created 3 short (roughly 90-second) educational videos. The videos help teens learn about and protect themselves from substance use disorder by providing key strategies for youth. The videos discuss your brain, genetics, and the importance of age. Click [HERE](#) to learn more and watch the videos.

UPCOMING TRAININGS AND WEBINARS

Framing Fundamentals Workshop 3 - Framing Prevention Messages

Wednesday, February 16th, 2022 from 2:30-4PM

[Register Now](#)

Exploring The Link Between Substance Use Prevention And Structural Racism

Wednesday, February 23rd, 2022 from 1-2:30PM

[Register Now](#)

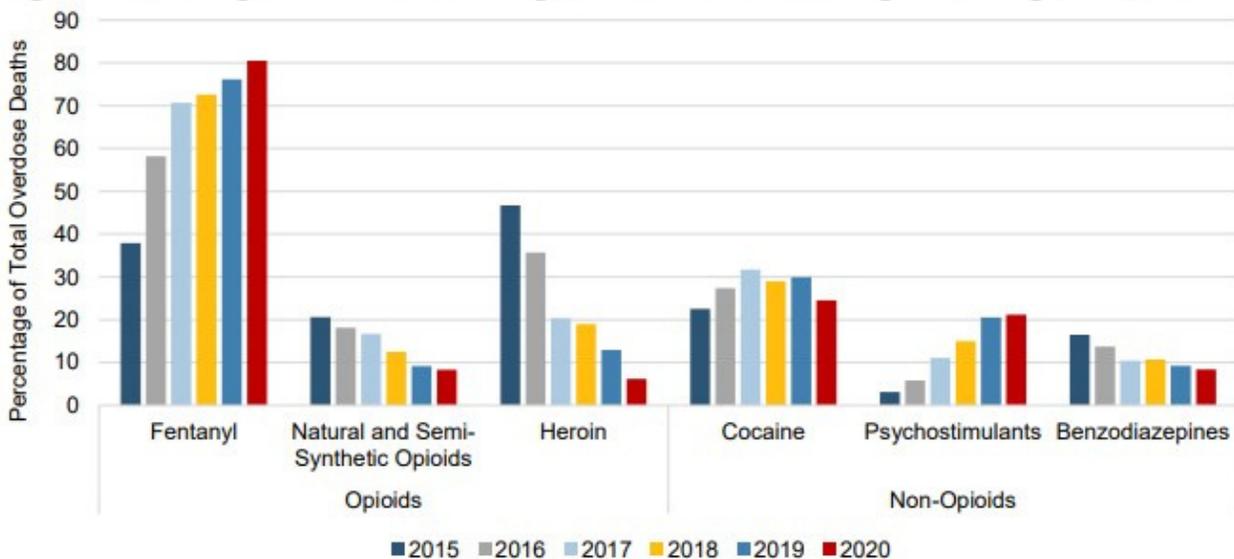
Catching Up On Cannabis Science: Public Health & Prevention Opportunities

Friday, February 25th, 2022 from 11AM-1PM

[Register Now](#)

2020 OHIO DRUG OVERDOSE DATA

Figure 4. Percentage of Unintentional Drug Overdose Deaths Involving Select Drugs, Ohio, 2015-2020



The Ohio Department of Health has released findings from drug overdoses in 2020. Click [HERE](#) to view the report. Highlighted above is one of the figures. Notice the incredible rise in deaths involving fentanyl and psychostimulants. You never know what substance will be mixed with a batch of drugs. It is not worth your life. The drug trade does not care about you, only your money. Be educated and stay safe.

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.

