

JULY 2023

RCYSUC NEWSLETTER

The logo features a stylized starburst or star shape composed of several overlapping, curved, pointed segments in shades of orange, yellow, and green. The text "Richland County Youth Substance Use Coalition" is centered over this graphic in a bold, black, sans-serif font.

Richland County Youth Substance Use Coalition

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Hi everyone,

Thank you for reading the July issue of the Richland County Youth Substance Use Coalition (RCYSUC) Prevention Newsletter! In this issue you'll find the most recent news, helpful resources, webinars and more. Our next Coalition meeting will be **July 31st, 2023 at 3pm.**

You can join us in person at Richland Public Health, or join us on Zoom. The next Committee meetings will be:

Data & Evaluation - July 11th @ 12pm

Prescription Drugs - July 11th @ TBD

Alcohol - July 12th @ 12pm

Thanks for your dedication and support!



drugfreerc.org



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TALKING WITH FRIENDS ABOUT SUBSTANCE USE



Talking about substance use with friends can be hard. No one wants to be told what to do. Try understanding what your friend is going through and work with them to find healthy alternatives. It is not your job to change someone, but you can support them. As a friend, you can be more relatable than an adult. Try to be self-aware, listen first, and then respond. Check out this [helpful resource](#) of things to listen for and questions to ask. Use open-ended questions instead of simple "yes" or "no" questions. Read more [HERE](#).

NEWS + RESOURCES

[Schools Supporting Students To Quit Tobacco Use As An Alternative To Suspension](#)

Tobacco advertising has been influencing young people to use e-cigarettes. They target young people online and in stores, using fruity and sweet flavors. Due to this, vaping has become a big issue in schools. The U.S. Department of Education recommends using school suspension only as a last resort. Suspension will not help youth quit and negatively affects their education. Suspensions affect students of color, low-income families, and other groups disproportionately. Instead, focus on being supportive, educate, and encourage youth to quit. Check out some resources and read about successful programs you can use [HERE](#).

[Link Between Cannabis Use Disorder And Schizophrenia Highest Among Young Men](#)

Young men with cannabis use disorder are more likely to develop schizophrenia. Past research has looked at marijuana use and the risk of schizophrenia, which increases with the frequency of use. [This study](#) looks at people with cannabis use disorder. Cannabis use disorder increases the risk of schizophrenia and makes the symptoms worse for those who already have it. For young men ages 16-20, the association between cannabis use disorder and schizophrenia is almost 2x higher than young women ages 16-20. For men ages 21-25 it is 1.5x higher than women of the same age. Marijuana's potency has increased a lot over the years and the risk of developing schizophrenia is increasing too. Learn more [HERE](#).

UPCOMING TRAININGS AND WEBINARS

What Does & Does Not Work In Prevention

[View Recording Now](#)

Gamechanger: Shifting From Tobacco Control To Ending The Industry's Influence For Good

Wednesday, July 12th, 2023 from 12-1:30PM

[Register Now](#)

The Mental Health Stigma Revolution Part 1

Wednesday, July 26th, 2023 from 2-3:30PM

[Register Now](#)

U.S. E-CIGARETTE SALES CLIMBED FROM 2020-2022



From January 2020 to December 2022, monthly sales of e-cigarettes increased from 15.5 million to 22.7 million. The number of brands increased as well, from 184 to 269. There is some good news. Total unit sales decreased 12.3% from May 2022

to December 2022. Tobacco and mint flavored sales dropped while other flavors including fruit and candy/sweets increased. There are free and anonymous programs to help you quit like This is Quitting. Text DITCHVAPE to 88709.



The Coalition is looking for additional volunteers! Do you want to be a Chair or Co-chair of a committee? Help with social media? Attend community events? Fundraise? Advocate on behalf of RCYSUC? Or simply learn more? Visit drugfreerc.org/becoming-a-member/

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.

