RCYSUC NEWSLETTER

Richland County Youth Substance Use

Coalition

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SEPTEMBER IS NATIONAL RECOVERY MONTH



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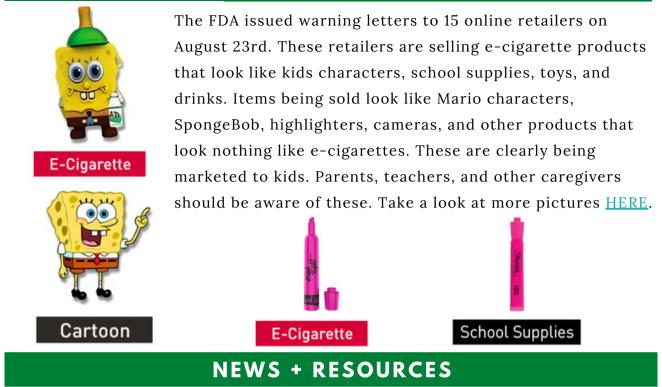
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Hi everyone,

Thank you for reading the September 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 **September 25th, 2023 at 3pm**. You can join us in person at Richland Public Health, or join us on Zoom. The next Committee meetings will be:

<u>Data & Evaluation</u> - Sept 18th @ 12pm <u>Prescription Drugs</u> - Sept 18th @ 3pm <u>Alcohol</u> - Sept 20th @ 12pm Thanks for your dedication and support!

E-CIGS RESEMBLING TOYS + SCHOOL SUPPLIES



Social Media/Technology Use Affects Mental Health

A constant presence on social media can have a negative impact on mental health. Mental Health America has a <u>new toolkit</u> with information, tips, and resources for people of all ages. Social media is here to stay. Learn how to protect youth mental health through it all. Additionally, check out more resources for kids/teens, young adults, parents/caregivers, and schools/teachers <u>HERE</u>.

Cyberbullying Victimization And Substance Use Initiation

According to the <u>Adolescent Brain Cognitive Development (ABCD) Study</u>, being cyberbullied is associated with substance use initiation in adolescents. The ABCD Study is the largest long-term study of brain development and child health in the US. Lifetime history of cyberbullying victimization and past 12-month cyberbullying victimization were significantly associated with over two times higher odds of substance use initiation. The study defines cyberbullying victimization as cyberstalking, dissing, and outing. Read more <u>HERE</u>.

Back To School And Mental Health

Returning back to school is exciting, but stressful. Students need support at home and in the schools to thrive. Things you can do to help include communicating regularly, creating routines, creating safe spaces, and learning how to spot signs of mental health concerns. There are many resources available for students, parents, and teachers <u>HERE</u>.

UPCOMING TRAININGS AND WEBINARS

The Impact Of Recovery Allies In Our Communities And Prevention Work

Tuesday, September 19th, 2023 from 12-1PM

Register Now

Enhancing Harm Reduction Services In Health Departments: Harm Reduction **Vending Machines** Tuesday, September 19th, 2023 from 1:30-3PM

Register Now

Evidence-Based Practices In School Settings Wednesday, September 27th, 2023 from 3-4:30PM

Register Now

SEPTEMBER IS NATIONAL RECOVERY MONTH



The national focus for recovery month this year is "Hope Is Real. Recovery Learn about local events in **Richland County during** recovery month <u>HERE</u>.



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 <u>drugfreerc.org/becoming-a-</u> member/

<u>RCYSUC Mission</u>: 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.



