

SEPTEMBER 2023

RCYSUC NEWSLETTER



Richland County Youth Substance Use Coalition

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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:

Data & Evaluation - Sept 18th @ 12pm

Prescription Drugs - Sept 18th @ 3pm

Alcohol - Sept 20th @ 12pm

Thanks for your dedication and support!



drugfreerc.org



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E-CIGS RESEMBLING TOYS + SCHOOL SUPPLIES



E-Cigarette



Cartoon

The FDA issued warning letters to 15 online retailers on August 23rd. These retailers are selling e-cigarette products that look like kids characters, school supplies, toys, and drinks. Items being sold look like Mario characters, SpongeBob, highlighters, cameras, and other products that look nothing like e-cigarettes. These are clearly being marketed to kids. Parents, teachers, and other caregivers should be aware of these. Take a look at more pictures [HERE](#).



E-Cigarette



School Supplies

NEWS + RESOURCES

[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 [new toolkit](#) 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 [HERE](#).

[Cyberbullying Victimization And Substance Use Initiation](#)

According to the [Adolescent Brain Cognitive Development \(ABCD\) Study](#), 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 [HERE](#).

[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 [HERE](#).

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 Is Real.” The local focus in Richland County is “Local Hope For Local Recovery.” Learn about local events in Richland County during recovery month [HERE](#).



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.

