

JANUARY 2024

# RCYSUC NEWSLETTER

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

## Richland County Youth Substance Use Coalition

### IN THIS ISSUE

**2023 MONITORING THE  
FUTURE SURVEY**

**NEWS + RESOURCES**

**UPCOMING TRAININGS  
AND WEBINARS**

**3RD ANNUAL  
DRUG/ALCOHOL  
PREVENTION CONTEST**

**WIN \$5,000!! - FENTANYL  
AWARENESS CHALLENGE**

Hi everyone,

Welcome to 2024!! Thank you for reading the January 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. Read about two contests where students can win some money! Our next Coalition meeting will be **January 22nd, 2024 at 3pm**. You can join us in person at Richland Public Health.

Thanks for your dedication and support!



[drugfreerc.org](http://drugfreerc.org)



[facebook.com/RCYSUC](https://facebook.com/RCYSUC)

## 2023 MONITORING THE FUTURE SURVEY



### **a continuing study of American youth**

The Monitoring The Future survey is done every year with 8th, 10th, and 12th graders. There was concern that substance use levels would go back up after the big declines during COVID-19. However, the 2023 results showed overall teen substance use continues to decline. In 2023 e-cig use decreased in 10th and 12th graders, with 8th graders staying roughly the same. Risk perception for nicotine increased for 10th and 12th graders, but sadly decreased for 8th graders. The most commonly used substances were alcohol, nicotine, and cannabis. More details on this year's survey can be found [HERE](#) and data tables can be found [HERE](#).

## NEWS + RESOURCES

### [E-cigarette Use And Sleep-Related Complaints Among Youth](#)

This study followed 9,588 U.S. adolescents from 2013 to 2015. Results showed that e-cigarette use alone and e-cigarette and combustible cigarette use together were significantly associated with higher odds of sleep-related complaints compared to using neither product. More research needs to be done to see if this association is causal. Read more about this study [HERE](#). People who have used the Truth Initiative's "This is Quitting" program to help them quit vaping say they sleep better. Learn more [HERE](#).

### [Driving Under The Influence Of Cannabis And Alcohol: Evidence From A National Sample Of Young Drivers](#)

In this study, 12,863 drivers between the ages of 16-20 were looked at to see who has used alcohol or marijuana in the past year, and who has driven a vehicle while under the influence of either substance. 24.5% of those who reported using marijuana in the past year said they drove under the influence of marijuana. 6.1% of those who reported drinking alcohol in the past year said they drove under the influence of alcohol. This sample was nationally representative. It is estimated that over 1 million young drivers are driving under the influence of cannabis and/or alcohol. Read more [HERE](#).

## UPCOMING TRAININGS AND WEBINARS

### Risk Factors For Youth Substance Misuse

Tuesday, January 9th, 2024 from 11AM-12PM

[Register Now](#)

### Everyday Sustainability: Building A Foundation For Sustainable Prevention Throughout The SPF

Thursday, January 25th, 2024 from 11:30AM-1PM

[Register Now](#)

## 3RD ANNUAL DRUG/ALCOHOL PREVENTION CONTEST

The prevention contest is live for its 3rd year! Visit [drugfreerc.org/contest](http://drugfreerc.org/contest) to learn more. Youth can submit work for the chance to win gift cards and have submissions shared throughout Richland County. Open until February 5th.

## WIN \$5,000!! - FENTANYL AWARENESS CHALLENGE

The Substance Abuse and Mental Health Services Administration has put out a challenge with a total of \$80,000 in cash prizes available to youth ages 14-18. The challenge is to pitch an idea on a community strategy to “increase youth awareness, education, and prevention around the dangers of fentanyl, especially the hidden dangers of fake pills and other contaminants that can lead to drug overdose deaths.” You may enter individually, or as a team. Learn more about the challenge [HERE](#). Open until February 26th.



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/](http://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.

