

COMMUNITY ACTION  
FOR CAPABLE YOUTH,  
INC. (CACY)  
1495 W. LONGVIEW  
AVE, SUITE 104  
MANSFIELD, OH  
419-774-5683  
WWW.CACYOHIO.ORG

# CACY COMMUNICATOR

VOLUME 1, ISSUE 10

JULY 2014

## CACY'S Core

**Purpose:** To provide tobacco, alcohol, violence and drug prevention information, education and coordination by bringing together schools, parents, government, law enforcement, agencies, business and community members who work toward making our county a healthier, safer place to live.

## Town Hall Meeting on Opiate Addiction

Judge Brent Robinson will host a town hall meeting with the team of local officials who attended the Ohio Judicial Symposium on Opiate Addiction in June. They plan to discuss the symposium and answer questions from citizens.

The meeting will take place on Thursday July 17th at 5:00pm in courtroom #1 in the Richland County administration building.



## Overdosing on Supplements and Enhancements

Studies show that as many as 40 percent of all young athletes take protein enhancements. While teens may take supplements in order to improve muscle growth and overall athletic performance, there is no evidence that supplements are any more "enhancing" than a nutritious diet.

According to the American Cancer Society, large doses of some vitamins or minerals have been shown to be dangerous and even toxic. People often make the mistake of assuming that because supplements are sold over the counter, they are completely safe to take even in high doses.

Like drugs, dietary supplements and enhancements have risks and side effects including, weight gain, muscle cramping, high blood pressure and heart problems.

Creatine, which is found in many products, can actually interfere with a growing adolescent's own natural production of creatine, making the body reliant on supplements. Long term use can lead to kidney damage.

Many people assume that dietary supplements are always safe to take along with prescription drugs but this is not true.



Certain supplements can block or speed up the body's absorption of some prescription drugs.

Advertisements for protein enhancements are all over sports magazines and the substances will likely continue to be popular because of the high protein to low carbohydrate and fat ratio.

Parents and coaches should monitor the use of protein enhancements or supplements and encourage a healthy diet for teen athletes. It is also important to stay well informed and talk with your doctor or pharmacist about any known interactions with medicines you may be taking as well as which products are safe.

## Bullying Prevention

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. There are three types of bullying; verbal, social and physical. According to the 2011 Richland County Community Health Assessment, 53% of Richland County youth report being bullied in the past year.

Cyber bullying takes place using electronic technology (cellphones, computers, social media, text messages, etc) to harrass. Kids who are cyberbullied are more likely to use alcohol or other drugs, skip school, receive poor grades, have low self esteem or have health problems.

Parents, school staff and other caring adults have a role to play in preventing bullying. One of the

biggest ways to prevent is by talking.

- First, help kids understand bullying. Talk about what it is and how to stand up to it safely. It is also important to let them know how to get help.
- Second, keep the lines of communication open. Check in with children often by asking them questions and knowing their friends.
- Next, encourage kids to do what they love. Keep them involved in activities that will help boost their confidence and protect them from bullying.
- Last, model for them how to treat others with kindness and respect.

- Ways to prevent cyberbullying include; be aware of what your kids are doing online, establish rules about technology use and talk to kids about cyberbullying.

For more information about bullying and what you can do to help, go to [www.stopbullying.gov](http://www.stopbullying.gov).



# Resources



## **“Start the Talk” Underage Drinking Interactive Tool**

<http://www.samhsa.gov/underagedrinking/>

## **The Partnership at Drugfree.org**

<http://www.drugfree.org/>

## **Drug Free Action Alliance**

<https://www.drugfreeactionalliance.org/>

## **Start Talking**

<http://starttalking.ohio.gov/Parents.aspx>

## **National Institute on Drug Abuse**

<http://www.drugabuse.gov/>

## **Too Smart to Start**

<http://www.toosmarttostart.samhsa.gov/Start.aspx>

## **Smart Bet— Problem Gambling**

<https://www.drugfreeactionalliance.org/smart-bet>

## **Stop Bullying**

<http://www.stopbullying.gov/>

## **Stomp Out Bullying**

[www.stompoutbullying.org](http://www.stompoutbullying.org)