

COMMUNITY ACTION  
FOR CAPABLE YOUTH,  
INC. (CACY)  
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# CACY COMMUNICATOR

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## 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.

## Street Smart Training

CACY, the Richland Co. Mental Health and Recovery Services Board and Foundations For Living will host Operation Street Smart presented by the Franklin County Sheriff's Dept. on October 3, 2014 from 9:00am to 3:00pm. Please see the attached registration form with more information. The registration deadline is September 26th. Questions contact [andersont@cacyohio.org](mailto:andersont@cacyohio.org).



## Dangerous Trend: Powdered Caffeine

When thinking about harmful drugs, we often do not think of caffeine; however, caffeine can be very dangerous when consumed in large amounts. Caffeine now comes in powdered form. The white, soft, powdery substance is unregulated by the FDA and can be sprinkled on food or mixed into a liquid.

These products are 100 percent caffeine. A single teaspoon is about the same amount of caffeine that is in 25 cups of coffee. Consumer reviews on sale sites are quick to warn of how easy it is to mistakenly use too much of the powder. The serving size is 1/16 of a teaspoon, which requires mini-measuring spoons and a scale to measure. Simply mixing two regular spoonfuls of

the powder into a drink is the same as drinking 70 Red Bulls at once, which could kill you.

Excessive caffeine use can cause:

- Increased heart rate
- Uneven heart rhythm
- Headaches
- Dizziness
- Nausea
- Dehydration
- Anxiety/ depression
- Difficulty sleeping
- Tremors and seizures

Although it is very rare, cases of fatalities have been reported due to caffeine overdose, including an Ohio

teen who recently died after an unintentional powdered caffeine overdose.

It is important to monitor how much caffeine you consume. Moderate use for adults is somewhere between 100-300 mg each day. Teens are recommended to consume no more than 100 mg daily and younger children should have even less.

The FDA recommends staying away from powdered caffeine and to take charge of your health by reducing the caffeine in your diet and helping children do the same.



## Inhalant Abuse Prevention

Inhalant abuse refers to the deliberate inhalation of fumes, vapors or gases from common household products for the purpose of getting high. Inhalation can involve huffing, sniffing, dusting or bagging. Some even place inhalants on sleeves, collars or other pieces of clothing to sniff over a period of time. Inhalant abuse is often an overlooked form of substance abuse, but it is no less dangerous than abusing drugs or alcohol.

Abusing inhalants can kill by causing brain, liver, kidney damage or lead to the use of illegal drugs or alcohol for a high.

### Warning signs of inhalant use:

- Slurred speech
- Drunk, dizzy or dazed appearance

- Unusual breath odor
- Loss of appetite, lethargy
- Chemical smell on clothing
- Paint stains on body or face
- Red eyes
- Runny nose

### Tips for talking to children ages 6-11:

- Discuss what fumes are and what effects they may have on the healthy body.
- Play a question game, "Is it safe to smell or touch?"
- Teach by example— show your child that you use household products according to the directions.

- Monitor your child's activities and friends.

### Tips for talking with teens:

- Ask what they know about inhalants. Give them updated info.
- Tell them that the consequences of abusing products are as dangerous as those from abusing alcohol or using illegal drugs.
- Help them address peer pressure.
- Monitor their activities and set limits. Also be a good listener.
- Be absolutely clear— emphasize that unsafe actions have serious consequences.

# 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>

## **Medicines in My Home**

<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm092139.htm>

## **Caffeine in the Diet**

<http://www.nlm.nih.gov/medlineplus/ency/article/002445.htm>

## **Inhalant Abuse Prevention Kit**

<http://www.inhalant.org/resources/inhalant-abuse-prevention-kit/>

## “Operation Street Smart” Adult Drug Education Program

**Friday October 3, 2014; 9:00am-3:00pm (8:30am Registration)**

Richland County Longview Center

1495 West Longview Avenue Mansfield, OH 44906

Lunch and refreshments provided



**Operation Street Smart presented by Franklin County Sheriff’s Department**

The goal of Street Smart is to provide current and up-to-date narcotics information on trends, terminology, paraphernalia and physiological effects to those individuals who deal with today’s youth on a daily basis. The target audience for street smart includes teachers, school resource officers, probation officers, youth service workers, school administrators and school board members, youth pastors and parents.

Please complete the bottom portion of registration and mail to CACY, 1495 West Longview Avenue, Suite 104, Mansfield, Ohio 44906 with payment no later than September 26, 2014. No registrations accepted day of training.



Operation: Street Smart Training

Friday, October 3, 2014

9:00am to 3:00pm (5.0 CEU/ RCH credits)

Richland County Longview Center, 1495 West Longview Avenue, Mansfield, Ohio 44906

\*Complete separate registration for each participant\*

Name:	Agency/Business:
Telephone Number:	Fax:
Email:	Occupation:
Address:	City:
State:	Zip Code:
Lunch Preference: _____ Regular    _____ Vegetarian    _____ Gluten Free	

Please check appropriate continuing education credit:    \_\_\_ CEU    \_\_\_ RCH    \_\_\_ None

Professional License Number: \_\_\_\_\_

CEU hours provided by: **CATALYST**, 741 Scholl Road, Mansfield, Ohio 44907, RCH hours provided by the Richland County Mental Health & Recovery Services Board

Payment (made payable to CACY, Inc. and returned to 1495 W. Longview Avenue, Mansfield, Ohio 44906 by 9/26/14):

\$20.00 per person X \_\_\_\_\_ (number of people)= \$ \_\_\_\_\_

\_\_\_\_\_ check or money order

\_\_\_\_\_ purchase order # \_\_\_\_\_

Questions contact [andersont@cacyohio.org](mailto:andersont@cacyohio.org)