

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

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.

Rise in Rx Drug Abuse in High School Athletes

According to new research published in the Journal of Child & Adolescent Substance Abuse, prescription drug abuse is rising among high school athletes, especially football players.

Boys who participated in baseball, basketball, football, soccer, swimming and track were interviewed. Girls who participated in softball, basketball, soccer, volleyball, swimming and track were also included in the study.

The results found that student athletes use illicit substances more frequently than non-competitors, possibly due to competition among their

peers. Overall, the substance abuse was more common among boys than girls. 12 percent of males surveyed and 8 percent of females reported using painkillers in the past year, an increase from previous surveys. Researchers noted football players used the most illegal drugs.

Student athletes may be more susceptible to use someone else's prescription due to wanting relief from injury pain or performance enhancement. Stimulant use can increase energy levels short term, but could also increase feelings of false confidence, initiative and focus.

Prescription medicine may be easier to obtain and may seem harm-

less, unlike an illegal street drug; however, medication is not safe when used by someone who did not obtain it from a doctor who knows their medical history or when used in combination with other medications.

Communication and approaching the issue in a variety of ways has the most prevention impact. Matt Vogel, health promotion specialist at Southern Oregon University recommends athletic department personnel have an honest conversation with student athletes about what prescription drug abuse is. He also says it is important to discuss the implications of mixing drugs together, especially with alcohol.

Link Between Suicide and Addiction in Teens

One of the dangers of teen drug abuse is a high risk of suicide. Teens who use drugs on a regular basis are more likely to have suicidal thoughts and act upon those thoughts.

Teens are under an enormous amount of pressure dealing with conflicts about themselves, their identity and their place in the world, sometimes leaving them feeling vulnerable and isolated. These factors may lead to both addiction and suicide.

According to the American Psychiatric Association, many teens suffer from depression and in many cases "self medicate" with drugs in order to avoid exposing their problems. Self medicating can lead

to overdosing, one of the easiest and most common methods of suicide.

Drug use affects the chemical balance of the brain, intensifying feelings of sadness, depression and loneliness.

Suicide is the third leading cause of death among young people ages 15-24. Some experts suggest that as many as ninety percent of those teens who commit suicide have abused drugs.

Symptoms of depression include:

- Persistent sadness or anxiety
- Loss of interest or pleasure in activities
- Feelings of hopelessness

- Feelings of guilt, worthlessness or shame
- Changes in sleeping patterns, appetite or weight
- Increased alcohol and/ or drug use
- Restlessness, irritability or increased anger

According to the Substance Abuse and Mental Health Services Administration (SAMHSA) it is important for parents to be informed and actively involved in their child's life. For help, contact the Richland County Crisis Helpline at 419-522-4357 or the National Hopeline Network that helps teens in crisis at 1-800-799-7233.

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>

KnowBullying App

http://store.samhsa.gov/apps/bullying/?WT.mc_id=EB_20140815_KNOWBULLYINGAPP

The Truth— End Smoking

<http://www.thetruth.com/take-action>

Aware Rx Prescription Drug Safety

<http://www.awarerox.org/news/tagged/Prescription%20drug%20abuse>

Substance Abuse and Suicide

http://www.samhsa.gov/samhsanewsletter/Volume_17_Number_1/SubstanceAbuseAndSuicide.aspx



National Prescription Drug Take Back Day

In cooperation with

OPERATION MEDICINE CABINET™

Got Drugs?

Turn in your
unused or expired medication
for safe disposal
Saturday, September 27
10:00 am – 2:00 pm



Operation Medicine Cabinet and other collection programs protect our children, our water and our food supplies, and decrease prescription drug abuse by making it easier for you to properly dispose of unused or expired medication. This is a completely confidential program. No personal information will be collected. Please remove all prescription labels before arriving.

Here's what you **CAN** bring:

- > Prescription pills **ONLY**

Here's what you **CANNOT** bring:

- > Needles, syringes, lancets
- > Thermometers, Aerosol cans
- > IV bags, Hydrogen peroxide
- > Bloody or infectious waste
- > Empty containers
- > Personal products
(non-medicated shampoo, etc.)

RICHLAND COUNTY DROP OFF LOCATIONS

Mansfield Police Department
1125 National Parkway, Mansfield

Shelby Police Department
31 Mack Avenue, Shelby

Bellville Police Department
320 Bell Street, Bellville

Butler Police Department
33 Elm Street, Butler

Richland County Sheriff's Office
597 Park Avenue East, Mansfield



“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