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# CACY COMMUNICATOR

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## CACY'S Core

**Purpose:** To provide tobacco, alcohol, violence, problem gambling 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.



**National Prevention Week: May 17th-23rd**

National Prevention Week is a SAMHSA-supported annual health observance dedicated to increasing public awareness of, and action around, substance abuse and mental health issues. Share photos of how you maintain a healthy lifestyle and what inspires you via Facebook and Twitter using the hashtag #ChoosePrevention. Be creative and inspire others with photos showing the power of prevention!

<http://www.samhsa.gov/prevention-week/choose-project>

## New Designer Drug “Flakka”

The active ingredient in “flakka,” alpha-PVP, has been detected in 2,720 cases in crime labs across the country, including 576 in South Florida.

According to the National Institute on Drug Abuse (NIDA), alpha-PVP is chemically similar to other drugs known as “bath salts,” and is a white or pink crystal that can be eaten, snorted, injected or vaporized in an e-cigarette. Vaporizing sends the drug quickly to the bloodstream making it easy to overdose. Alpha-PVP

can cause a condition called “excited delirium” that involves extreme stimulation, paranoia and hallucinations that can lead to violent aggression and self-injury. Police respond often requiring four or five officers to restrain the user. It can also dangerously raise body temperature and lead to kidney damage or failure. The drug has also been linked to deaths by suicide and heart attack.

The new designer drug is also called “gravel” because it looks like the colorful pebbles used to decorate the bottom of aquariums. It is available for \$5 a vial or

less. Officials say users try to order small quantities of flakka through the mail.

Barbara Carreno, spokesperson from the Drug Enforcement Administration (DEA), said prevention is critical. “Informing kids, knowing who their friends are and spending time with their children, all of these things are so important.”



## Increase in Overdoses From Synthetic Cannabinoids

An increase in hospitalizations and calls to poison control centers linked to consumption of synthetic cannabinoid products are being reported in several southern and north-eastern U.S. states and have prompted officials to issue health warnings.

Nationwide, there have been about 1,000 reports of synthetic cannabinoid-related hospitalizations in April alone, more than double the total number of cases seen in the first three months of 2015 and nearly four times the total recorded by this time last year.

Synthetic cannabinoids are chemically related to THC, the active ingredient in marijuana, and are sometimes called “synthetic marijuana” or “legal marijuana,” but actually the effects can be considerably more powerful and more dangerous than marijuana. Users can experience anxiety and agitation, nausea and vomiting, high blood pressure, shaking and seizures, hallucinations and paranoia, and they may act violently. All 50 states have banned cannabinoids by outlawing specific compounds since 2011, and a federal law in 2012 added certain cannabinoids. They are sold under names such as; “Spice,”

“K2.” “No More Mr. Nice Guy,” “Scooby Snax” and are often labeled as potpourri, which is not for human consumption.

The National Institute on Drug Abuse (NIDA) encourages parents to talk openly with their children and stay actively involved in their lives. They suggest sharing research findings with youth to help them sort our fact from myth.



# Resources



## “Start the Talk” Underage Drinking Interactive Tool

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

## Smart Bet— Problem Gambling

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

## The Partnership at Drugfree.org

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

## KnowBullying App

[http://store.samhsa.gov/apps/bullying/?WT.mc\\_id=EB\\_20140815\\_KNOWBULLYINGAPP](http://store.samhsa.gov/apps/bullying/?WT.mc_id=EB_20140815_KNOWBULLYINGAPP)

## Drug Free Action Alliance

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

## CADCA's Online Toolkit to Reduce Tobacco Use

<http://www.preventtobaccouse.org>

## Start Talking

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

## Parents Who Host Campaign

[www.drugfreeactionalliance.org/parents-who-host](http://www.drugfreeactionalliance.org/parents-who-host)

## National Institute on Drug Abuse

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

## Alcohol Prevention Tips for Parents

<https://ncadd.org/for-parents-overview/prevention-tips>

## Too Smart to Start

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

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<http://www.samhsa.gov/prevention-week/i-choose-project>

CACY is accredited by the Ohio Department of Mental Health and Addiction Services. Funding is received through the Richland County Mental Health and Recovery Services Board, United Way, state and local grants, project sponsorship, private donations and fund-raising activities. Any donation is greatly appreciated.

