

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, 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.



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 fundraising activities. Any donation is greatly appreciated.

October: Drug Free Prevention Month

Every October, people across the country mobilize during Red Ribbon Week to promote the importance of living drug free. And this year, there is good news to celebrate. SAMHSA's (Substance Abuse and Mental Health Services Administration) most recent National Survey on Drug Use and Health tells us that the percentage of 12-to-17-year-olds who drink alcohol, use tobacco, or abuse certain drugs is dropping. Of course, our work isn't done. An estimated 27 million Americans aged 12 or older currently use illicit drugs, and marijuana use

continues to rise.

Red Ribbon Week is celebrated October 23-31. CACY held a Red Ribbon Essay Contest for schools in Richland County. Participants wrote essays on what self respect means to them and how self respect can lead to a drug free life. A winner was chosen from each school district at the middle and high school levels.

2015 Essay Contest Winners:

Clear Fork Middle School:
Kobe Metcalfe, 7th grade
Clear Fork High School:
Macy Wade, 10th grade

Ontario Middle School:

Caitlin Fanello, 8th grade
Plymouth– Shiloh Middle School: Abbie Durbin and

Aaron Artrip, 6th grade

Madison Middle School:

Isabel Garcia– Martinez, 7th grade

Futures: Jared Weyhmeller



Important Facts About Marijuana

- Marijuana is the second leading substance for which people receive drug treatment in the United States.
- Among emergency department visits made by patients aged 20 or younger resulting in drug misuse or abuse, marijuana was the most commonly involved illicit drug.
- Studies have found that marijuana use is linked with dropping out of school, subsequent unemployment, social welfare dependence and a lower self-reported quality of life than non-marijuana abusing people.
- If marijuana is legalized in Ohio, there will be 5 times as many pot stores than there are Starbucks, and 3 times as many pot stores than are liquor stores.
- Chronic use of marijuana in childhood may contribute to changes in the brain structure that are associated with having schizophrenia.
- THC potency has risen from an average of 3.96 percent in 1995 to an average of 12.33 percent in 2013.



Richland County Foundation, Richland Gives:

CACY is participating in a Day of Giving, Richland Gives. On December 1, 2015 from 7am to 7pm community members will be able to donate money to the nonprofit organizations registered for Richland Gives.

All funds donated to CACY will go towards purchase of student workbooks and materials used with facilitated prevention lessons.

To donate, please go to:
<https://www.razoo.com/story/Community-Action-For-Capable-Youth-Of-Mansfield-Ohio>

Help Stop the Heroin Epidemic

The following reveals the current status of heroin and its use in the United States.

Heroin deaths continue to rise in number:

Since the new millennium, heroin deaths have quadrupled according to the CDC (Centers for Disease Control and Prevention). Heroin works by causes breathing to become slower. Blood is then unable to carry enough oxygen and results in less than suffi-

cient supplies for the brain's many functions and eventually leads to brain damage. Immediate affects are hallucination and sedation. Ultimately, the user may die because their brain is unable to function and run the body properly. Considering how heroin affects the body, most recent data states drug poisoning/ overdosing was the number one cause of injury – related death in 2013. This statistic causes great concern and calls for ag-

gressive preventative measures to be taken.

Marijuana use is associated with heroin:

Research has concluded 6% of individuals who use marijuana later become dependent on heroin. Current legalization issues surrounding marijuana prove to be even more harmful considering the relationship of marijuana use and other, more harmful drugs.

Resources

The Partnership at Drugfree.org
<http://www.drugfree.org/>

National Institute on Drug Abuse
<http://www.drugabuse.gov/>

Drug Free Action Alliance
<https://www.drugfreeactionalliance.org/>

Too Smart to Start
<http://www.toosmartostart.samhsa.gov/Start.aspx>

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

Smart Bet– Problem Gambling
<https://www.drugfreeactionalliance.org/smart-bet>

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