



# The Jeff Davis Substance Abuse Coalition

## March 2024 Newsletter

### About Our Coalition

The purpose of the Jeff Davis Substance Abuse Coalition (JDSAC) is to address youth and adult substance abuse through a collaborative, community-wide approach that increases recognition, education, prevention, treatment, and recovery to improve the quality of life for individuals and families of Jeff Davis County. JDSAC meets the third Tuesday of each month at the Jeff Davis Library at 12pm. If you're interested in joining JDSAC, meet us at our monthly partner meeting!

### Jeff Davis Local Food Pantries

#### Hazlehurst Church of God

**Address:** 77 S Cromartie St, Hazlehurst, GA 31539

**Contact:** 912-375-7774

#### Distribution Day and Times:

Wednesdays, from 5:30 - until food runs out

**No requirements.** Food is first come, first serve.



#### First Baptist Church - Hazlehurst

**Address:** 30 N Tallahassee Street Hazlehurst, GA 31539

**Distribution Day and Times:** Conducted every 4th Thursday of each month at the FBS Activities Center Parking Lot from 10am-2pm.

### Resources in Jeff Davis County

#### Local Treatment Services:

##### Local Dropbox for Unused Medication

- In the lobby of the Jeff Davis Sheriff's Department, there is a dropbox for expired or unused prescription drugs! Dropboxes are the safest way to dispose of your unused prescription drugs. The address is **15 Public Safety Dr, Hazlehurst, GA 31539**



### Board of Health | Ivey Grace Churchwell



Ivey Grace Churchwell has been appointed by the City to serve on the Board of Health for Jeff Davis County. In this capacity, she will serve as a vital liaison within the community, representing the county's interests, assessing local requirements, scrutinizing available resources, and advocating for the enhancement of public health initiatives. Her eagerness to contribute and support her community in this role is evident.

Her appointment to the Board of Health for Jeff Davis County underscores her dedication to positively influencing the lives of those in her vicinity. With a wealth of knowledge, compassion, and a sincere desire to enhance community well-being, she strives to make a meaningful impact.

Ivey Grace will play a pivotal role in addressing the health concerns of Jeff Davis County, identifying areas that need improvement, and spearheading the implementation of effective public health programs. Her role as a bridge between the community and the county highlights her steadfast commitment to fostering a healthier and more robust environment for all residents.

*Join Anchored, a mental health community organization in Wayne County for their annual "Be Kind to Your Mind 5k" event!*





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### National Drug & Alcohol Facts Week

| **March 18 – 24, 2024** |

Participate in National Drug and Alcohol Facts Week (NDAFW) from March 18th to March 24th to contribute to the dissemination of accurate information regarding drugs, alcohol, and addiction within your local community. NDAFW, observed annually for a week, serves as a platform to foster discussions on the scientific aspects of drug usage and addiction, particularly among young individuals. This event facilitates the collaboration of scientists, students, educators, healthcare professionals, and community stakeholders to promote scientific understanding and tackle issues related to youth substance misuse on a local and national scale. The misuse of alcohol, tobacco, illicit drugs, and prescription medications significantly impacts the health and welfare of numerous Americans.

#### Key Facts

- Underage drinking is a significant public health problem in the U.S. Excessive drinking is responsible for more than 3,900 deaths and 225,000 years of potential life lost among people under age 21 each year.
- About 1 in 5 emergency department visits associated with the misuse of prescription medicines also involved alcohol in 2016.
- One in 7 Americans reports experiencing a substance use disorder.

Young people in the US face risks from alcohol misuse. Raising awareness about underage drinking dangers is crucial to prevent tragedies and promote healthier choices. Combining prescription drugs with alcohol can lead to dangerous consequences, underscoring the need for understanding risks and seeking help for substance use disorders. Society must unite to support those affected and create a safer environment through education, awareness, and resource accessibility to prevent the negative impacts of alcohol misuse.

<https://nida.nih.gov/research-topics/national-drug-alcohol-facts-week>

**NDAFW**  
National Drug & Alcohol  
Facts Week

### 2024 Drug & Alcohol Facts & Statistics

- Teen alcohol misuse can impact brain development as neural connections are forming. Studies suggest alcohol and drugs during adolescence may hinder brain chemical changes, leading to memory and cognitive issues in adulthood, affecting the transition to maturity.
- Approximately 90% of all beverages containing alcohol consumed by youth are consumed by youth who engage in binge drinking.
- Teens who start drinking at age 15 are four times more likely to develop alcohol addiction than those starting at 21. Starting young can lead to addiction before realizing the need to stop.
- Prescription drugs can be as harmful as illegal drugs, with similar mind-altering effects. Misuse or taking more than prescribed can lead to severe consequences.
- Xanax, a benzodiazepine used for anxiety, can be as addictive as opioids despite some misconceptions. Benzodiazepines, like Xanax, are also potentially addictive and overcoming this addiction can be challenging.
- Marijuana is not harmless. While some believe that they are just using a harmless herb, people can become psychologically dependent on marijuana. Smoking marijuana can also lead to many of the same health and breathing problems experienced by cigarette smokers.

<https://nida.nih.gov/research-topics/national-drug-alcohol-facts-week/learn-about-ndafw#topic-1>



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



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