



The Jeff Davis Substance Abuse Coalition

January 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 fourth 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 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.



Local Resources in Jeff Davis County

Local Treatment Services

- Pineland Behavioral Health and Developmental Disabilities (BHDD) is offering mental health and substance use treatment services at its office in Hazlehurst on **Fridays from 8:30am-4:30pm**. Appointments and walk-ins are welcome. The office is located in the Doctor's Office Building, 11 Cross St., Hazlehurst. **To make an appointment, call 912-705-2273.**

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**

Advice for Back-to-School Anxiety

Anxious feelings are normal and expected for youth returning to school. Some tips that can help your child transition back into school after the holidays include: resuming school-year routines, encouraging interactions with familiar peers, helping them organize their book bag and school supplies, and always validating the child(ren)'s worries while reassuring them that starting school will soon become easy and fun.

Encouraging open lines of communication with your child can foster a safe and supportive environment. Regular check-ins and asking open-ended questions can facilitate this process, providing an opportunity for your child to express themselves freely.

Boosting your child's emotional well-being:

To support a child's emotional wellness, be a good listener, pay attention to their physical health, and talk openly about your own emotions. Listen to your child without judgment, repeat back what they said, and limit screen time to improve sleep quality. Share your own emotions and coping mechanisms to show that emotions are normal and that it is okay to talk about them.

Parents can help their children manage their emotions by:

- Giving them the words to describe their feelings
- Teaching coping skills such as yoga, art, or journaling
- Encouraging problem-solving skills by asking for their input on resolving conflicts and giving them the chance to find solutions on their own.

Self-care:

To ensure the emotional well-being of both youth and parents, self-care is important. Prioritizing sleep, stepping away from screens, spending time with loved ones, being physically active, and doing things that bring joy can help reduce stress and offer support.





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Georgia's 911 Medical Amnesty Law

Accidental overdose is the leading cause of accidental death in the US, exceeding even motor vehicle accidents in some age groups. Many of these deaths could have been prevented if emergency medical assistance were sought. However, people using drugs or alcohol illegally often fear arrest if they call 911 for help, even in cases of overdoses. To encourage overdose witnesses to call for medical help, Georgia's 911 Medical Amnesty Law exempts the caller and person experiencing an overdose from arrest and prosecution for minor drug and alcohol law violations.

Not to be mistaken for Georgia's Good Samaritan law, the Georgia 9-1-1 Medical Amnesty Law also allows first responders and others to use Naloxone (Narcan) to save the life of someone overdosing on opioids. The law also offers limited immunity to medical professionals and laypeople who prescribe or administer naloxone, and to minors who seek help during an alcohol overdose. Fear of police involvement is the most common reason why witnesses to an overdose hesitate to call for help.

Warning Signs of Opioid Overdose:

- Unresponsiveness
- Shallow, slow, or stopped breathing
- Lips/fingernails turning blue/gray/white depending on skin tone
- Pale/grayish skin
- A very limp body
- Loud snoring or gurgling sounds
- Slow or stopped heartbeat

Source: <https://stoprxabuseinga.org/good-samaritan-911-fatal-overdose-prevention-law/>



DON'T RUN CALL 911

Underage Drinking and Youth Mental Health

As children and youth mature and develop, experiencing various types of emotional distress is normal. It is common for children to feel anxious about school and for youth to experience transient periods of depression. However, if symptoms persist, seeking professional assistance may be necessary.

Protective and risk factors contribute to improving or worsening the mental health of youth. Promoting positive mental health and preventing or minimizing mental health problems can be achieved through various efforts. Those with mental health disorders may face challenges in their homes, schools, communities, and interpersonal relationships.

However, with treatment, peer and professional support, strong family and social networks, most youth can successfully navigate mental health distress, which is typically periodic, not permanent.

Adolescents may resort to alcohol as a form of self-medication for managing symptoms of anxiety, depression, and other mental health issues. However, such relief is only temporary, and alcohol consumption can potentially worsen these conditions.

Furthermore, teenagers who abuse alcohol are at higher risk of developing mental health disorders, such as psychosis and depression, in their adult life.

Warning Signs that Your Child May be Using Alcohol:

- Drop in grades or uncharacteristic problems in school
- Increasing rebelliousness
- Changes in mood, like irritability, depression, or anger
- Change in friend group

For more information regarding underage drinking, and the effects on mental health visit:

<https://www.talkitoutnc.org/effects-alcohol-on-teens/>



Check out our website and follow us on Facebook!



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



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