



The Jeff Davis Substance Abuse Coalition

February 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 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**



Fentanyl and Youth

What is Fentanyl?

"Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. It is a major contributor to fatal and nonfatal overdoses in the U.S. Most recent cases of fentanyl-related overdose are linked to illegally made fentanyl, which is distributed through illegal drug markets for its heroin-like effect. It is often added to other drugs because of its extreme potency, which makes drugs cheaper, more powerful, more addictive, and more dangerous." (CDC, 2023).

Source: <https://www.cdc.gov/stopoverdose/fentanyl/index.html>

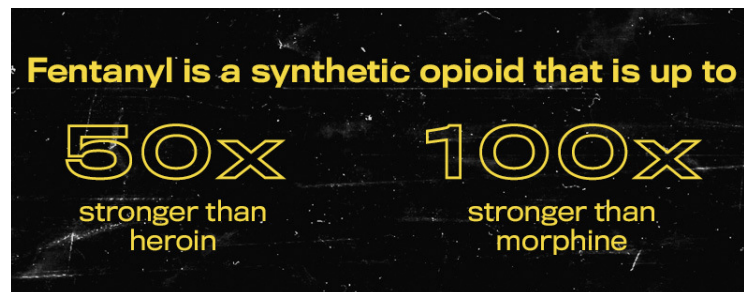
How Does Fentanyl Affect Youth?

Between 2020 and 2021, drug overdose deaths among youth aged 14-18 increased by 20%, with fentanyl identified as the primary cause. In 2021, 77% of teen drug overdose deaths were linked to fentanyl, often due to fake pills resembling prescription opioids.

It is suggested that you encourage open communication about substances and discuss what young people see online. Additionally, speak with your youth to clarify misconceptions about drug overdoses, especially related to fentanyl, and raise awareness among youth about its presence and risks.

- An overdose can happen to anyone. Fentanyl is a leading cause of overdose and it is frequently encountered as an unknown additive.
- Never take pills or other drugs that were not prescribed to you from your doctor and picked up a pharmacy.
- No substance bought online is safe. It is difficult to know what is in substances sold illegally; however, fentanyl has been found in almost every illegal drug.
- Always carry naloxone. When given in time, it can reverse an opioid overdose.

Source: <https://www.thenationalcouncil.org/wp-content/uploads/2023/01/Fentanyl-Fact-Sheet-23.01.24-v1.pdf>



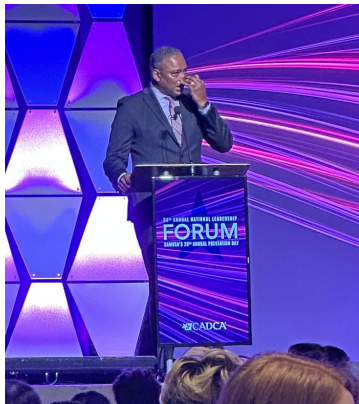


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CADCA's National Leadership Forum

CADCA is the Community-based, Advocacy-focused, Data-driven, Coalition-building Association that aims to strengthen the capacity of community coalitions to create and maintain safe, healthy and drug-free communities globally. JDSAC's Project Coordinator, Ivey Grace, attended the CADCA National Leadership Forum from January 29th to February 1st. This is the premiere training event for prevention professionals, community leaders, advocates, and experts to convene, share insights, and collaborate on innovative strategies to drive lasting and impactful community change. During the forum, Ivey Grace attended several breakout sessions from which she gained a world full of knowledge to take JDSAC DFC to the next level as it continues to grow in this ever-changing field of prevention.



Catherine Tootle, Freedom through Recovery

Catherine delivered a poignant account of her personal journey and experiences during the January JDSAC meeting. She underscored that her path to recovery commenced within Jeff Davis County. Her narrative emphasized the significance of partner collaboration in community initiatives aimed at raising awareness for prevention, highlighting the pivotal role of coalitions in every locality.



February is American Heart Month

American Heart Month serves as a reminder of the significance of heart health, in addition to the need for advancing research and advocating for healthier lifestyles to ensure that millions of people can lead longer, healthier lives.

Heart disease is the primary cause of death in the United States. However, there are measures you can take to safeguard your heart. Prioritizing your cardiovascular health can help you steer clear of severe illnesses. Individuals with compromised cardiovascular health are at higher risk of severe illness related to COVID-19.

Self-care is an integral component of maintaining a healthy heart. A balanced diet, sufficient sleep, and adopting healthy stress-reduction techniques are crucial steps in preventing heart disease. By taking care of our hearts, we set a positive example for others to follow.

A Step Towards Enhanced Heart Health: *Quit Smoking*

Quitting smoking is a challenging process, but it's achievable, and many have succeeded in doing so. You can too!

Consider seeking support from your family and friends to help you through the process. To aid your effort, consider the following steps:

- Choose a quit date and inform those close to you of your decision. They can help keep you accountable.
- To keep yourself occupied, consider joining an activity group like sewing, knitting, woodworking, or a similar pastime.
- If you require additional support, consider joining a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking.

Source: <https://www.nhlbi.nih.gov/education/heart-month/about>

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Check out our website and follow us on Facebook!



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



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