



The Jeff Davis Substance Abuse Coalition

September 2021 Newsletter

About Our Coalition

The purpose of the Jeff Davis Substance Abuse Coalition (JDSAC) is to promote interagency, community-wide collaboration to develop and implement programs and services to reduce morbidity and mortality related to substance misuse in Jeff Davis County. The JDSAC tackles the opioid crisis through a collaborative, community-wide approach aimed at recognition, education, prevention, and treatment in order to improve the quality of life for citizens of Jeff Davis County.

Tips to eliminate the spread of COVID-19



COVID-19 vaccine registration hotline for the Southeast Health District: 1-855-473-4374
OR visit their website: <https://www.sehdph.org/>

**GET THE COVID-19
VACCINATION
TODAY!**



Community Events:

GUIDE will host their annual prevention training in October and November of 2021 via ZOOM.

Upcoming trainings include:

- October 12, 2021 - Cultural Competency for the Prevention Professional
- October 28, 2021 - Ethics in the Prevention Field
- November 2, 2021 - Communication Skills for the Prevention Professional
- November 9 & 18, 2021 - Fundamentals of Prevention

Registration information will be forthcoming on the GUIDE website.

To sign up for their newsletters, visit guideinc.org

Training Opportunity

Share Health Southeast Georgia, in concert with the Jeff Davis Substance Abuse Coalition, is hosting a 2-day training on strategic prevention planning, community change strategies and programmatic strategies to increase local collaboration and reduce youth substance mis-use. The training will be held on October 4-5, 2021.

For more information, contact Ms. Tanesha Slocumb, Share Health Special Projects Manager, at t.slocumb@sharehealthsega.org.

Georgia School of Addiction Studies - Conference Update

The annual Georgia School of Addiction Studies conference was held from August 28th - September 1st. This training offered a unique opportunity for professional development, information exchange, and networking. It was designed to address the need for knowledge and skill development through an advanced training. This event promoted a broader understanding of response to, and acceptance of the process of addiction and its impact in the areas of health, family, community, crime and the workplace. Those in attendance were, Tanesha Slocumb with Share Health Southeast Georgia, Kaleidra Brown with the Clinch Memorial Hospital, Jamayla Morehead with Greenleaf Hospital, Denise Darley, Karon Swanger, and Kristy Bennett from Jeff Davis Substance Abuse Coalition, Renee Bolin, and Amy Wilkerson from the Wayne County Recovery Coalition.





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Language Matters

Language is powerful - especially when talking about addictions. Stigmatizing language perpetuates negative perceptions. "Person first" language focuses on the person, not the disorder.

SAY THIS	NOT THIS
Person with substance use disorder	Addict, junkie, druggie
Person living in recovery	Ex-addict
Person living with an addiction	Battling/suffering from an addiction
Person arrested for drug violation	Drug offender
Chooses not to at this point	Non-compliant/bombed out
Medication is a treatment tool	Medication is a crutch
Had a setback	Relapsed
Maintained recovery	Stayed clean
Positive drug screen	Dirty drug screen



National Suicide Prevention Month

"September is Suicide Prevention Awareness Month — a time to raise awareness on this stigmatized, and often taboo, topic. Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength around a difficult topic. The truth is, we can all benefit from honest conversations about mental health conditions and suicide, because just one conversation can change a life" (NAMI, 2021).

For more information regarding Suicide Prevention Awareness Month, please visit: <https://www.nami.org/get-involved/awareness-events/suicide-prevention-awareness-month>

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911 immediately.



Kitchen Therapy for Those in Recovery

Cooking therapy (also known as kitchen therapy or culinary therapy) has been praised for not only the way it gives those in recovery something to do with their hands and minds, but also for how the creative application engages them on a very personal and imaginative level. The goal of cooking therapy is not to create the most perfect dishes, but to give people a new way they can express themselves creatively. Cooking therapy also relieves stress, and allows you to concentrate on something positive. Those who are in recovery can take pride in their culinary creations, and use the exercise to fill the void of harmful substances. Even if you are not the best cook, you can still express your creative side while using the kitchen as a tool for healing and growth.



American Addiction Centers (2021, July 26). Health and wellness in recovery. American Addiction Centers. Retrieved September 10, 2021, from <https://americanaddictioncenters.org/rehab-guide/wellness-recovery>.

Local Treatment Services

Pineland Behavioral Health and Developmental Disabilities (BHDD) is now 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.**



Check out our website and follow us on Facebook!



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



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