



The Jeff Davis Substance Abuse Coalition

May 2023 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 last Tuesday of each month. If you're interested in joining JDSAC, meet us at our monthly partner meeting!

Upcoming Events

- All Recovery Meeting

Each Tuesday 6-7pm

15 Yarbrough St. Hazlehurst, GA

Questions? Call Christy at 912-245-7559!

- Jeff Davis Family Connecting Meeting

Thursday, May 18th at 12pm

25 E. Coffee St. Hazlehurst, GA 31539

- JDSAC Partner Meeting

Tuesday, May 30th at 12pm

189 E Jarman St, Hazlehurst, GA 31539



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! The address for the Jeff Davis Sheriff's Department: **15 Public Safety Dr, Hazlehurst, GA 31539**

Youth & Adult Grief Support Groups

- These support group meetings are hosted by Dr. Kwaku Oppong, who is a Psychiatrist with Jeff Davis Hospital. The youth support group is held the 1st Tuesday of each month at 6pm at the Jeff Davis Public Library, 189 East Jarman Street. The adult support group is held every 3rd Thursday of each month at 6pm at the Big House, 25 East Coffee Street. If you have any questions, contact Dr. Oppong by email at koppong@jeffdavishospital.com.

Mental Health Awareness Month

May is Mental Health Awareness Month. The goal is to raise awareness about mental illness and to reduce the stigma that surrounds it. During this month, we strive to educate the community about the importance of mental health and how it affects us all, especially how it affects our youth. A great way to spread awareness about mental health is by engaging in events in your community or online to learn more and connect with others who are willing to share their experiences with mental health conditions.

Seven Things You Can Do to Reduce Stigma Surrounding Mental Health:

- Know the facts. Educate yourself about mental illness and substance use disorders.
- Be aware of your attitudes and behavior. Examine your own judgmental thinking, which may be reinforced by your upbringing and society.
- Choose your words carefully. The way we speak can affect the attitudes of others.
- Educate others. Pass on facts and positive attitudes; challenge myths and stereotypes.
- Focus on the positive. Mental illness and addictions are only a part of the person's larger picture.
- Support people. Treat everyone with dignity and respect; offer support and encouragement.
- Include everyone. It's against the law to deny jobs or services to anyone with these health issues.

Jeff Davis Food Pantries

Hazlehurst Church of God

Address: 77 S Cromartie St, Hazlehurst, GA 31539

Contact: 912-375-7774

Distribution Day and Times: Wednesday 5:30 - until food runs out

No requirements. Food is first come, first serve.

Helping Hands Food Ministry

Address: 61 N Tallahassee St, Hazlehurst, GA 31539 Suite 4

Contact: 912-551-9170

Distribution Days and Times: Tuesdays & Thursdays 10:00 am - 2:00 p.m

Requirements: Must be a resident of Jeff Davis county, have ID present, and verify address.

First Baptist Church - Hazlehurst

Address: 30 N Tallahassee Street Hazlehurst, GA 31539

Distribution Day and Times: The Food Box Distribution will be conducted every 4th Thursday of each month at the FBS Activities Center Parking Lot from 10am-2pm.



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National Prevention Week

May 7th-13th, 2023

National Prevention Week is a national public education platform showcasing the work of communities and organizations across the country dedicated to raising awareness about the importance of substance misuse prevention and positive mental health.

Prevention of Substance Use and Mental Disorders

Prevention activities work to educate and support individuals and communities to prevent the use and misuse of drugs and the development of substance use disorders. Mental and substance use disorders can make daily activities difficult and impair a person's ability to work, interact with family, and fulfill other major life functions. Mental and substance use disorders are among the top conditions that cause disability in the United States. Preventing mental and/or substance use disorders or co-occurring disorders and related problems is critical to good behavioral and physical health.

- **Avoid Temptation and Peer Pressure.** Develop healthy friendships and relationships by avoiding friends or family members who pressure you to use substances.
- **Seek help for mental illness.** Mental illness and substance abuse often go hand in hand. If you are dealing with a mental illness such as anxiety, depression or post-traumatic stress disorder, you should seek professional help from a licensed therapist or counselor. A professional will provide you with healthy coping skills to alleviate your symptoms without turning to drugs and alcohol.
- **Examine the risk factors.** Look at your family history of mental illness and addiction. Several studies have shown that this disease tends to run in the family, but it can be prevented.
- **Keep a well-balanced life.** People often turn to drugs and alcohol when something in their life is missing or not working well. Practicing stress management skills can help you overcome these life stressors and help you live a balanced and healthy life.

Source: <https://www.pvamu.edu/sa/drug-and-alcohol-abuse-prevention-program-daapp/tips-for-preventing-substance-abuse/>

Wellness is Important in Prevention

Wellness is a holistic approach to health that is vital for improving outcomes among people with behavioral health conditions. The wellness approach recognizes that the mind and body are interconnected and that behavioral health is inseparable from physical health.

Why Do We Need a Wellness Approach?

People living with serious mental and/or substance use disorders are dying decades earlier than the general population, mostly from preventable, chronic medical conditions.

Ways to Practice Wellness:

- Develop healthy eating habits
- Establish a set routine
- Make time for yourself
- Meditation
- Journaling
- Stay on top of health screenings
- Connect with other people
- Learn a new skill
- Practice mindfulness
- Dedicate time to self-care



Affordable Connectivity Program

The Affordable Connectivity Program (ACP) is a Federal Communications Commission benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

For more information and to apply to the ACP, please visit:

<https://www.affordableconnectivity.gov/>



Check out our website and follow us on Facebook!



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



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