



The Jeff Davis Substance Abuse Coalition

February 2022 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.

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/>

Charlie's Place Recovery Community Organization

Charlie's Place is a Recovery Community Organization (RCO). A RCO is governed by representatives of local communities of recovery. An independent, non-profit organization, RCOs organize recovery-focused policy advocacy activities and carry out recovery-focused community education and outreach programs. RCOs:

- Provide only non-clinical services which differ from treatment programs
- Respect and support all pathways of recovery
- Have their own governing board
- Are led and governed by people in recovery
- Routinely engage people in recovery, their families and other stakeholders in a participatory process of program decision making and conducting activities
- Are grassroots programs/ organizations and are active in their communities
- Have a mission statement that focuses on addiction recovery

For more information on Charlie's Place and how to get involved, please contact Christy Foskey at:

 912-245-7559

 christy@charliesplacercoco.org

Drug Free Communities Support Program

JDSAC is applying for a federal grant to establish a Drug Free Communities Support Program (DFCSP). DFCSP supports local community coalitions working to prevent and reduce substance abuse among youth ages 18 and younger. JDSAC is looking for adults and youth who are interested in being involved with this coalition. DFCSP requires representatives from 12 community sectors, including a youth (high school student) and parent of a middle and high school student. Youth who serve on the Coalition will receive opportunities for leadership training, including attendance at regional or state conferences. Youth will also have opportunities to develop skills in areas such as public speaking, community advocacy, marketing and health promotion.

If you are interested in becoming involved in the JDSAC's Drug Free Communities Support Program, please contact Tanesha Slocumb at t.slocumb@sharehealthsega.org.

Local Resources in Jeff Davis County

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.**

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





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COVID-19 Vaccines for Children

There are approximately 28 million children between the ages of 5 and 11 years old in the United States, and there have been nearly 2 million cases of COVID-19 within this age group during the pandemic. COVID-19 can make children very sick and cause children to be hospitalized. In some situations, the complications from infection can lead to death. Children are as likely to be infected with COVID-19 as adults and can get very sick from COVID-19. They can develop both short and long-term health complications from COVID-19. As of mid-October 2021, children ages 5 through 11 years have experienced more than 8,300 COVID-19 related hospitalizations and nearly 100 deaths from COVID-19. In fact, COVID-19 ranks as one of the top 10 causes of death for children ages 5 through 11 years.

Are COVID-19 Vaccines Safe for Children?

Before recommending COVID-19 vaccination for children, scientists conducted clinical trials with thousands of children and no serious safety concerns were identified. The FDA gave the Pfizer-BioNTech COVID-19 vaccine emergency authorization to use in children ages 5-15 years old and full approval to use in people ages 16 years and older. Learn more about the process of developing, authorizing, and approving COVID-19 vaccines. (CDC, 2022)

For more information regarding COVID-19 vaccines for children, please visit: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html>



Coping with Stress Related to COVID-19

The COVID-19 pandemic has had a major affect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.



- Eat a healthy diet, get plenty of sleep, and regular exercise can all help reduce stress and anxiety. Activities such as taking a walk, stretching, and deep breathing can help relieve stress.
- Establish and maintain a routine. Try to eat meals at regular times, and put yourself on a sleep schedule to ensure you get enough rest. Include a positive or fun activity in your schedule that you can look forward to each day or week. If possible, schedule exercise into your daily routine. (CDC, 2021)

More information on tips on healthy ways to cope with stress can be found here: <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>



Check out our website and follow us on Facebook!



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



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