

September is National Alcohol and Drug
Addiction Recovery Month



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CAMPBELL COUNTY, TN ANTI-DRUG COALITION

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STUDENT-ATHLETE PRESCRIPTION DRUG MISUSE AND ABUSE

NCAA NATIONAL STUDY

Student-athletes face excessive pressure related to academic and athletic life. These pressures are key factors that influence prescription misuse within the student-athlete experience. Stressors faced more often and to a greater degree than their peers include: time demands, sleep deprivation, relationships with coaches and scheduling missed class/exams. Other pressures stem from self-imposed and coaching expectations regarding academic and athletic performance. According to Mind, Body and Sport, an NCAA publication seeking to provide insight and support for student-athlete mental wellness, student-athletes appear to be less likely to seek help or receive mental health services when dealing with these stressors.

Additionally, a higher percentage of student-athletes are prescribed narcotics for pain management than the general student body. Research indicates increasing trends of

ADHD and pain medication use both with and without a prescription with almost 25% of NCAA student-athletes reporting prescription pain medication use. Add in the mental health factors associated with injury and recovery, and the potential for misuse is plain. The tough question is: How Do We Address It?

Laura Farleman is a second year Cedarville University School of Pharmacy student, and a Division II student-athlete. She also serves as the Great-Midwest Athletic Conference National Student-Athlete Advisory Committee Representative and the Division II student-athlete representative to the Committee of Competitive Safeguards and Medical Aspects of Sports. She offers these three simple steps:

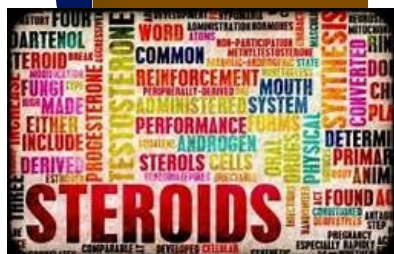
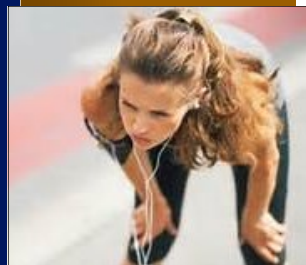
I. Change the Environment We need to change the attitudes we have towards prescription misuse/abuse. The impact of prescription drug abuse goes beyond the individual. Its

ripple effects can be traced to the team, the campus, and the community. It is everyone's problem.

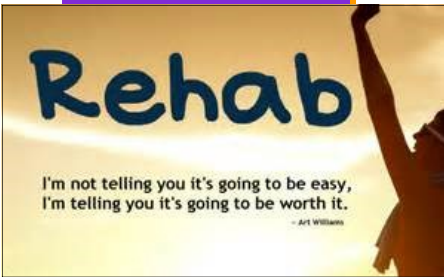
II. Address the Misconception Student-athletes need more than just "don't do it" Education regarding what prescription misuse and abuse entails and the health impacts misusing or abusing prescription medications can have, is critical. Student-athletes are held legally responsible for what they ingest at age 18.

III. Develop a Proactive Plan Institutions and athletic departments should focus on designing a proactive plan to address key factors influencing student-athlete prescription misuse, including student-athlete access to academic and mental health services. Those student-athletes need to have a voice when that plan is developed to address prescription drug abuse.

[A Generation Rx Toolkit is currently in development for student-athletes, and will be shared as soon as it is available]



SEPTEMBER IS NATIONAL ALCOHOL AND DRUG ABUSE RECOVERY MONTH SAMHSA



Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA) within the U. S. Department of Health and Human Services (HHS), sponsors National Recovery Month to increase awareness of behavioral health conditions. This observance promotes the belief that behavioral health is essential to health, prevention works, treatment is effective, and people recover from mental and/or substance use disorders.

The 2016 **Recovery Month** theme, *“Join the Voices for Recovery: Our Families, Our Stories, Our*

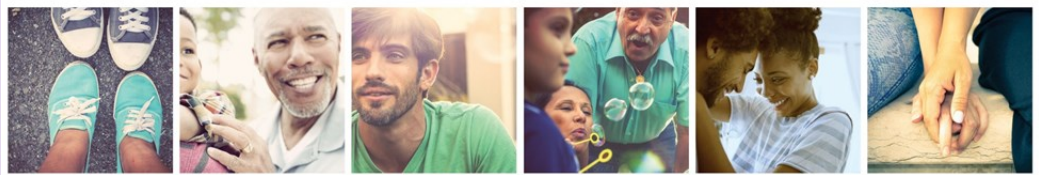
Recovery!” highlights the value of peer support by educating, mentoring, and helping others. It invites individuals in recovery and their support systems to be change agents in communities, and in civic and advocacy engagements.

The Eighth Judicial District Recovery Court wants to bring people together to share real life experiences of the power of recovery from mental and/or substance use disorders. Recovery Court has partnered with the Campbell County Anti-Drug Coalition, in an effort to provide prevention education and testi-

monies to the youth of Campbell County. Recovery Court participants have told their stories of how they have destroyed their lives, and have cautioned the youth to NOT DO DRUGS, as part of their recovery processes.*

Did you know that among people aged 12 or older, 21.5 million people (8.1%) were classified with substance dependence or abuse in the past year (2014 National Survey on Drug Use and Health)? We need to support individuals in recovery, and provide support systems that can be **change agents in our communities.**

* See page 4 for more information regarding Recovery Court/participants



THE ROAD TO RECOVERY 2016:



PREVENTING AND ADDRESSING OPIOID MISUSE AND ABUSE: OUR NATION'S CHALLENGE



More than one third of young adults aged 18 to 25 were binge alcohol users (37.7%). An estimated 8.7 million (22%) of under-age persons (aged 12 to 20) were current drinkers in 2014. [2014 National Survey on Drug Use and Health]

SEPTEMBER HOLIDAYS AND SPECIAL OBSERVATIONS

National Alcohol and Drug Abuse Recovery Month; Backpack Awareness Month

Sept. 5th - Labor Day Holiday - no school



Sept. 9th - 1st 9 Weeks Mid Term Ends



Sept. 11th - Patriot Day

Sept. 12th - Anti-Drug Coalition Meeting at 11:30 to 1:30 at JMS (?)*

Sept. 13th - Community Advisory Board Meeting and Health Council at the Campbell County Board of Education

Sept. 19th - 23rd - Parent Conference Week: Monday - Elementary; Tuesday - Middle; Thursday - High School

Sept. 22nd - Autumn begins

Sept. 26th/27th - Lousie Bluie Festival at Cove Lake State Park



**Anti Drug Coalition Meetings will be the second Monday of every other month*



DID YOU KNOW??? There are over 2,000 backpack related injuries reported every year. That does not include the minor backaches children might not mention or that does not seem serious enough to treat. Why so many injuries, you ask? About 55% of students carry a backpack that is heavier than the recommended guidelines found below. But that is not their fault, because they are required to have all those books. Schools are starting to educate students and parents on how to properly load and carry their backpacks.

SEPTEMBER IS BACKPACK AWARENESS MONTH



If you have children, then you know how heavy a backpack can get during the school year. Backpacks are always packed full with heavy books, binders and school supplies. When children first start school, their backpacks were lighter and carrying them was a breeze (primary school). But once they hit middle or high school, it is a whole different story.

Karen Jacobs, an Occupational Therapist, suggests that selecting the right backpack, and loading and wearing it

- correctly can really make a difference. She suggests:
- A child’s backpack should weigh no more than 10% of his or her body weight This means a student weighing 100 pounds should wear a backpack that is no heavier than ten pounds
 - Load heaviest items closest to the child’s back (the back of the pack).
 - Arrange books and materials so they won’t slide around.
 - Check what your child is

- carrying and make sure the items are necessary for the day’s activities.
- If the backpack is too heavy or tightly packed, your child can carry some item(s) in his or her hands.
- Distribute weight evenly by wearing both straps
- Find a backpack with padded shoulder straps
- The bottom of the pack should rest in the curve of the lower back, never more than 4 inches below the child’s waistline.



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The Voices for Recovery: Our Families, Our Stories, Our Recovery...
Eighth Judicial Drug Court Participants Statements



Ms. Sandy Webber, the Coordinator for the Eighth Judicial Drug Court, has approached the participants with our request to hear from them. The

Anti-Drug Coalition would like to share some of the statements and short testimonies the participants have documented for our Recovery

Month Awareness Campaign.

Please read and share the following statements from Recovery Court: participants:

Recovery, to me, is

simply "A life worth living". I started using at a young age, and most of my young adulthood. I didn't care about me, who I hurt, or what anyone thought, during my addiction. With the help of some of my friends, and the Eighth Judicial District Recovery Court - they opened my eyes to a brand new life, the kind of life where people look up to you, respect you, and you actually respect yourself. Recovery has taught me so much, and how to have fun, be clean and have a responsible life.

J.S. ***

Recovery to me is getting my life back and at the same time, starting a new one, as well. This is a better life, where I do not inflict pain and

hurt upon myself, as well as my loved ones. It's looking around and seeing that my friends are living a clean and sober life, and I won't be having to go see them at the funeral home anytime soon.

J. C. ***

Recovery means everything to me: a close honest relationship with my Heavenly Father; healthy mental stability, a true, genuine happiness for life, good health, a bright future with my husband - full of prosperity, honesty, happiness and love. I have a relationship with my family that I could never have had while I was using... Jails, institutions, and death are no longer inevitable for me... I am a strong woman who made it through addiction...D.M.***

