

"Pass It On"

Prevention Newsletter

December 2012

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"KEEP KIDS DRUG FREE" receives a portion of the revenues from the sale of the State of Florida **KEEP KIDS DRUG FREE** specialty license plate. These funds assist alcohol, tobacco, and other drug abuse prevention programs throughout Florida. The goal is to support families and communities in their goal to be healthy and dynamic.

Click tag below for info, and to order



Click below to RENEW
www.GoRenew.com

www.KKDF.org

GATEWAY COMMUNITY SERVICES, INC.



The new Prevention Newsletter, "Pass It On", will update readers on timely prevention news, statistical information, upcoming events, and articles of interest for adults and adolescents. We hope you will find it informative and interesting.

By Supporting National Health Observances, you can:

- Educate the public about health risks
- Organize successful health promotion events and campaigns
- Get new ideas, information and resources on health topics of interest

Hanukkah

Dec. 8th through the 16th

<http://en.wikipedia.org/wiki/Hanukkah>

Christmas Day—Dec. 25th

Teaching kids the meaning of Christmas.

<http://www.more4kids.info/578/the-meaning-of-christmas/>

18th Annual Tuba Christmas—Free

Dec. 8th, 2pm — At the Landing

More than 100 Tubas join together to play some favorite holiday classics

Chanukah Celebration Dec. 9th,

11am—1:30 pm

Seawalk Pavilion, Jacksonville Beach

<http://www.chabadbeaches.com/>

Local Events/Meetings

Children's Christmas Party of Jax

Dec. 15th, 9am—12:30 pm

Prime F. Osborn III Convention Center
1000 Water St.

Children 12 years of age or younger

<http://www.jaxsymphony.org/concerts/Salvation-Army-Toy-Drive-at-the-Symphony.html>

Yappy Hour Christmas "Paw"ty

Dec. 16th, 2pm—5pm

At the Landing

Free pooch photos with Santa with any pet food or treat donation, or \$5 contribution. Holiday outfit contest.

First Annual ZOOLights

Dec. 14th—31st

Cost: \$9/Non-Members; \$7/Members

Thousands of lights will transform the Zoo into a winter wonderland.

http://www.jacksonvillezoo.org/index.php/event_s/event_details/first_annual_zoolights

Florida Blue Free Health Fair

Dec. 8th, 10am—4pm

At the Town Center

4855 Town Center Parkway

FREE screenings for blood pressure, cholesterol, glucose, BMI measurement, health coaching and massages!

Riverside YPG (Young People's Group)

AA group for young people

Every Tues. 7—8:30 pm

Methodist Church, 16511 Talbot Ave.

For more info. call Intergroup—399-8535 or Shane—345-9294

Celebrate Recovery of Greater Jacksonville

A Christian Based 12 Step

Recovery Program. Visit website for Events and Meeting Schedule.

<http://crjacksonville.com/>

Opana ER

For nearly 15 years, public safety and rehabilitation communities have focused their enforcement and prevention efforts on stemming the abuse of the prescription pain medication Oxycontin. Adding to this effort, Purdue Pharma has updated their formulation to include an abuse-resistant polymer that has decreased the recreational value of Oxycontin. The time release cannot be broken so easily which should lead to less abuse of the drug.

This development has spawned interest in the abuse of a sister pain management drug called Opana ER (ER for "extended release"), prescribed to treat moderate to severe pain. In the past few years, it has become a secret addiction issue. Few people have even heard of the drug and even fewer recognize it for its dangerous potential. Unfortunately, this lack of awareness has led to many becoming unwitting victims of Opana addiction and Opana overdose. In some cases, the results are deadly. This drug is a sustained release variant of oxymorphone, a powerful morphine derivative. Like Oxycontin, Opana ER has been susceptible to manipulation by substance abusers seeking to alter it for the purposes of I.V. injection. Opana ER can be crushed and injected; it can also be altered to be smoked like crack cocaine. If crushed, chewed, snorted, dissolved or injected (or any of the other creative ways that people have devised to abuse such drugs), the result will be a release of too much oxymorphone too quickly and could easily lead to a lethal overdose. In addition, a lethal overdose may even result from a normal Opana ER dosage (taken by mouth) if an individual is unaccustomed to the effects of opioids.

Manufacturers of Opana ER have begun following the lead of Purdue Pharma in implementing formula changes to minimize the potential for its alteration and abuse. Where this is welcomed news, we should remain diligent as people will always be motivated to find a way to abuse medications like Opana ER and oxycotin.

Some of the dangers of abusing Opana ER:

- Breathing problems
- Extreme drowsiness
- Coma
- Death

Some of the Content of this article was adapted from the following site locations.:

http://www.emedicinehealth.com/drug-oxymorphone/article_em.htm

<http://pain.emedtv.com/opana-er/opana-er-abuse.html>



Opana ER Oral 5 mg



Opana ER Oral 10 mg



Opana ER Oral 30 mg



Opana ER Oral 40 mg



Vodka Eyeballing

College students have been known to binge drink to excess. While binge drinking has serious risks, permanent loss of eyesight is not one of them. The same can not be said for a new method of drinking, vodka eyeballing, which actually puts the person's vision at permanent risk.

Dr. Elise Brisco of the Hollywood Vision Center, states: "The practice creates an almost instant buzz because it's going into the central nervous system into the brain. The alcohol can damage the optic nerve, creating spotty vision and even complete blindness. If it's severe enough and there's a lot of optic nerve damage, your vision may not return." Vodka is 40% pure ethanol. It is caustic when poured into the eye, burning, creating inflammation and scarring of the cornea and sclera.

Some Experts are saying that this theory of getting drunk at break-neck speeds is flawed. Professor Robin Touquet, a consultant in emergency medicine at a London hospital states: "At 40 percent pure ethanol, vodka in the eye would create inflammation... such that very little alcohol would be absorbed."

There are some that even question the validity of this story and call the whole thing a hoax. We are not sure to what extend this "new trend" is being spread but, we have found where some college students have proudly posted their antics on Youtube which could certainly encourage this practice. As a preventative measure, the community needs to be informed.

Youtube submissions of vodka eyeballing:

<http://www.youtube.com/watch?v=-EVII91zvDU>

<http://www.youtube.com/watch?v=cJ6LZTJ2UXk>

<http://www.washingtoncitypaper.com/blogs/youngandhungry/2010/05/21/vodka-eyeballing-gives-new-meaning-to-stupid-drunk/>

<http://www.youtube.com/watch?v=fqIVqWTuQuU>

Some of the Content of this article was adapted from the following site locations.:

<http://theweek.com/article/index/203092/what-is-vodka-eyeballing>

<http://www.ktla.com/news/landing/ktla-vodka-eyeballing,0,7984143.story>



Gateway's Northeast Florida
Keep Kids Drug Free (KKDF)
Prevention Center:

- Hand-out material and resource information
 - Supports and houses Gateway's Prevention Team
 - Implements evaluated and effective programming
 - grant and training coordination
 - innovative universal services.
- ⇒ Project Success
⇒ Life Skills
⇒ Celebrating Families
⇒ Second Step
⇒ Older Adult Puppet Skits
⇒ September Recovery Month

to name a few...

*The Northeast Florida
Keep Kids Drug Free
Resource Prevention
Center Coordinator:
Freda Colley
904.387.3749 ext. 1601
Fax – 904.388.1918*

fcolley@gatewaycommunity.com

Florida's Keep Kids Drug Free (KKDF) Regional Prevention Centers,

- Regional Prevention Centers were established in 2000 as a response to the increasing need to put the best resources directly in the hands of Florida's prevention professionals.
- Modeled after the *Federal Centers for the Application of Prevention Technology (CAPPT)* and the *Texas Prevention Resource Centers (TPRC)*.
- Directly provides statewide coverage of Prevention/Outreach services, training, technical assistance, grants and funding guidance.
- Meets Governor's Drug Strategy Objectives.

Keep Kids Drug Free Foundation's Mission Statement

To enhance the quality of life for residents of the State of Florida. Our flexible grant making resources allow us to respond to current and emerging community needs and opportunities. We approach our grant making not solely in terms of Program categories, but rather with a focus on community building. We have committed our resources to trying to prevent substance abuse and strengthen the fabric of our community. We consider all grant proposals in the context of this commitment. Within our mission, the *Keep Kids Drug Free Foundation* makes grants in the broad program area of substance abuse prevention. Although the *Keep Kids Drug Free Foundation* has not established a minimum size of grants, our discretionary grants average \$5000 per award.



GATEWAY COMMUNITY SERVICES, INC.

*Primary Business Address
555 Stockton Street
Jacksonville, Florida 32204*



www.gatewaycommunity.com
www.gatewayconnect.org/

Gateway Community Services, Inc. takes action against addiction through a wide variety of programs and services. From prevention to transitional housing and clinical research, we have the understanding, care, facilities and know-how to help with every facet of the recovery process.

Gateway Connect is your complete online and phone counseling service, bringing technology to treatment.

If you, or someone you know, suffers from alcohol or drug addiction and related mental health issues, Gateway can help. Call us toll-free at **1.877.389.9966**. Call us today and together we will take action against your addiction.