

"Pass It On"

Prevention Newsletter

June 2012

In This Issue:

- National Observances
- Local Events in Duval County
- Children, Domestic Violence & Premature Aging
- Prescription Drugs—Statistical Info.
- Marijuana Infused Wine
- Gateway's Northeast Florida KKDF Prevention Center



National Alcohol
& Drug Addiction
Recovery Month



Keep Kids Drug Free

Your purchase of the Keep Kids Drug Free specialty License tag supports prevention and recovery initiatives.



www.KKDF.org

GATEWAY COMMUNITY SERVICES, INC.



The 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

National Cancer Survivors Day

June 3 rd
(615) 794-3006
info@ncsd.org
www.ncsd.org

Men's Health Week

June 11—17
(202) 543-6461 x101
info@menshealthweek.org
<http://www.menshealthmonth.org/week/index.html>

World Sickle Cell Day

June 19th
(323) 750-1087
aa4scdawareness@aol.com
aablooddriveandmarrowregistry4sicklecellawareness.webs.com/worldsicklecellday.htm

National HIV Testing Day

June 27th
(866) 846-9366
(240) 247-0880
info@napwa.org
www.napwa.org

LOCAL EVENTS IN DUVAL COUNTY

Intercoastal Kids

June 11—Aug. 16
Summer Camp Program, Ages 4-10
904-220-3993
www.intercoastalkids.com

MOSH

A T.Rex Named Sue
(Dinosaur Exhibit)
May 26—Sept. 23
<http://themosh.org/sue.html>

Childbirth Education Class

June 12th
Shands Jacksonville
<https://jax.shands.org/calendar/event.asp?id=783>

Celebrate Recovery of Greater Jacksonville

A Christian Based 12 Step Recovery Program. Visit website for Events and Meeting Schedule.
<http://crjacksonville.com/>

Children, Domestic Violence & Premature Aging

Children are exposed to violence everyday in their homes, schools and communities. Childhood exposure to domestic violence is associated with increased aggression, depression and anxiety, lower levels of social competence, poorer academic functioning and long-term effects that can last well into adulthood. Next to alcohol and drug issues, "Family violence threatens child" is the alleged maltreatment most reported to the Florida Abuse Hotline every year. Childhood exposure to family violence significantly increases the likelihood of either perpetrating or being the victim of violence as an adult.

Children who are exposed to violence experience wear and tear to their DNA that is similar to that seen in aging. Telomeres are strands of protective DNA that cap the tips of chromosomes inside the cell. Each time a cell divides, the telomeres get a little bit shorter. After about 50 to 60 cell divisions, the telomeres become so small that the cell begins to shut itself down. A Team of *Duke University* researchers measured telomeres in tens of thousands of cells from a group of children involved in a British Environmental Risk Study to establish an average telomere length. Through interviews with primary caregivers, the team also assessed the subjects' exposure to violence at ages 5, 7 and 10. Telomere length declined in all the children as they got older but, it plummeted in the children who had experienced multiple types of violence. The results was a rough estimate that these children had perhaps lost 7 to 10 years of their lives compared to children who had lived a more tranquil life.

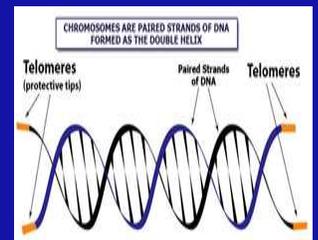
Scientists have also demonstrated a link between shortened telomeres and susceptibility to disease. "Kids who are raised in poverty and hardship have more disease. This might explain why," said *Dr. Owen Wolkowitz*, a psychiatrist at the *University of California, San Francisco* who has studied the link between depression and telomere length in adults.

The Duke team has not yet evaluated whether the British children had developed health issues. The children that participated in this study are now 18 years of age. More DNA is being collected and monitored to determine if there might be evidence of incipient health problems such as increased blood pressure or diabetes.

Article was adapted from the following sources:

http://www.bostonherald.com/business/healthcare/view/20120425exposure_to_violence_in_children_harms_dna_study_says/srvc=business&position=recent_bullet

<http://www.dcf.state.fl.us/programs/domesticviolence/whatisdv.shtml>



Prescription Drugs—Statistical Info.



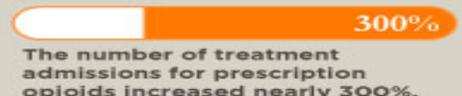
It's illegal

to take prescription drugs that are not prescribed to you, or taking them in any way other than directed by a doctor, is considered abuse and can be as dangerous as taking an illegal drug, such as cocaine or heroin.

Between 1983 and 2004

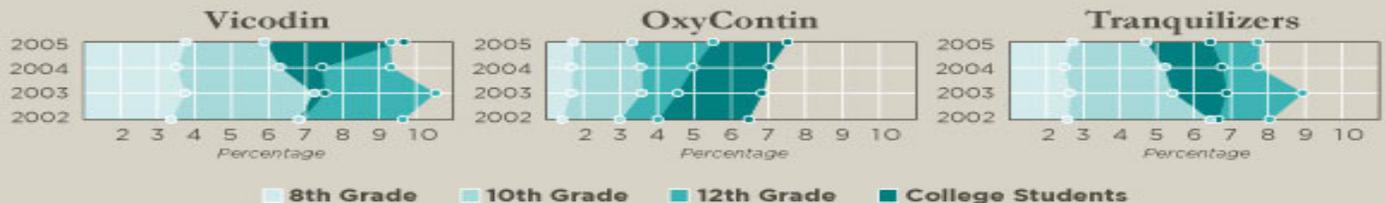
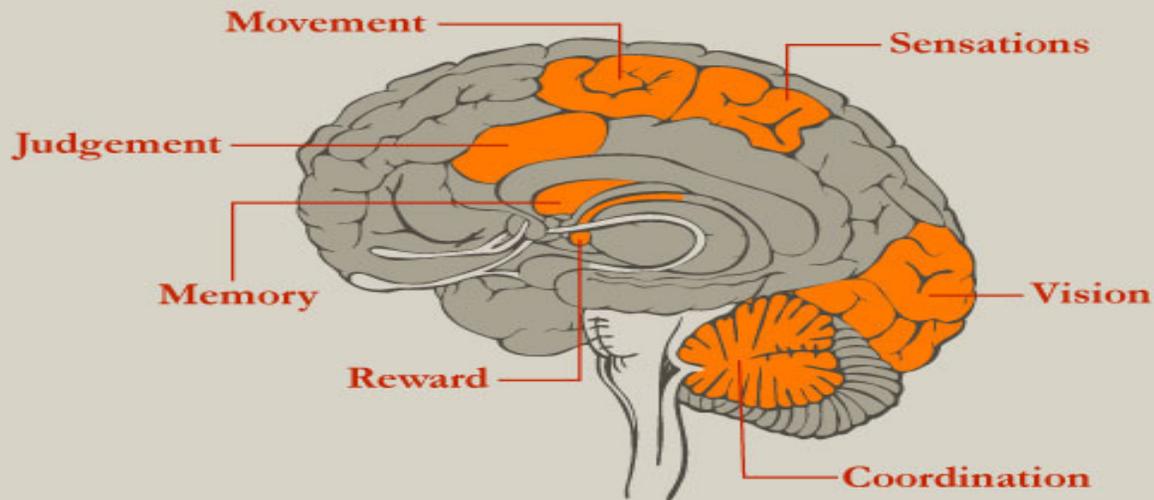
there has been a 3,196% increase in deaths at home from combining prescription drugs with alcohol and/or street drugs.

Over the Last Decade:



Accidental overdose deaths caused by prescription drugs now exceed the number of suicides and motor vehicle deaths in some U.S. states.

Parts of the Brain Damaged by Prescription Drugs



Any Questions?

SOURCES:
<http://www.fda.nh.gov/research/reports/prescription/prescription8.html>
<http://mrkhealth.pbworks.com/w/page/11953131/YOUR-BRAIN-AZ>
<http://www.abovethainfluence.com/>
<http://www.newsweek.com/2010/08/06/prescription-nation.html>
<http://prescription-drug-abuse.com/>

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 oBizMedia.com

Marijuana Infused Wine

As far back as the early 1980s, northern *California* wine growers were experimenting with infusing traditional wines with leaves from *cannabis sativa* (marijuana). This cultivating technique is once again becoming a trend. The end result is called pot wine.

The production of pot wine is relatively easy. One pound of leafy marijuana is placed into a 60 gallon wine barrel of fermenting grape juice. The THC in the marijuana leeches into the fermenting mix of wine. The process of fermentation forms alcohol; the alcohol is a solvent that separates the THC from the leaf. In the final preparation, each bottle of finished wine will contain approximately 1.5 grams of marijuana. A traditional 60 gallon vat can produce nearly 300 bottles of 750 millimeters of wine.

Just as “normal” wines do, marijuana wines vary widely in terms of flavor and style, as well as the intensity of the high, reports Matthew Kronsberg of *Gourmet Live*. Kronsberg quotes one chef who says he knows a winemaker who “takes a couple of barrels a year and puts a ton of weed in it and lets it steep, and that wine is super potent.” The chef asked that he not be named for obvious reasons.

These wines have stirred some curiosity among the locals in Napa and Sonoma Valleys but, there really isn’t any commercial value to this blending operation. Pot wines are more of a novelty item, exchanged among growers and locals in California. Rarely do these blends find their way to wine auctions and shows.

So, if you pull the cork on what you expect to be a good fragrant bottle of wine and are put-off by a strong pungent odor, a bottle of pot wine has found it’s way to your home. There is no doubt what it is as it smells very much like marijuana. This article was intended to merely inform the reader and possibly bring some light-heartedness to our usual hard-hitting announcements and threat updates.

This article was adapted from:

<http://www.thedailybeast.com/articles/2012/04/14/marijuana-laced-wine-grows-more-fashionable-in-california-wine-country.html>

<http://www.foodchannel.com/articles/article/new-one-wine-list-marijuana/>



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

904.387.4661 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**. We're open 24 hours a day, seven days a week. Call us today and together we will take action against your addiction.