

# "Pass It On"

## Prevention Newsletter

March 2013

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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](http://www.GoRenew.com)

[www.KKDF.org](http://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

#### National Problem Gambling Awareness Week, March 3rd—9th

(800) 522-4700  
Materials available  
Contact: Keith Whyte  
[keithw@ncpgambling.org](mailto:keithw@ncpgambling.org)  
[www.npgaw.org](http://www.npgaw.org)

#### National Youth Violence Prevention Week, March 18—22

(866) 343-SAVE (7283)  
Materials available  
Contact: None designated  
[www.nationalsave.org/event/national-youth-violence-prevention-week](http://www.nationalsave.org/event/national-youth-violence-prevention-week)

#### National Kidney Month March 1—31

National Kidney Foundation  
(800) 622-9010  
[www.kidney.org](http://www.kidney.org)

#### National Nutrition Month March 1—31

Academy of Nutrition and Dietetics  
[www.eatright.org/nnm](http://www.eatright.org/nnm)

### Local Events/Meetings

#### 8th Annual Dog Lover's Day March 9th, 11am—3pm

Free outdoor event to create awareness of the ongoing problem of the overpopulation of pets, and provide many homeless pets a permanent home through the Pet Adoption Fair. Activities include: pet adoption fair, vendor fair, frisbee dog show, bounce house, games, face painting and more. Val-U-Vet will be providing pet vaccinations. Stop by and get your pet up-to-date. There is a fee for pet vaccinations. Plus, if you bring in a 5lb bag of dog or cat food to any of the 3 area locations, you will get a free Game of Mini Golf. All donations will go to First Coast No More Homeless Pets, Pet Food Bank.  
[www.adventurelanding.com](http://www.adventurelanding.com)

#### National Pet Adoption Weekend March 9th—10th

[Petco Stores](http://www.petco.com)  
904-997-8441 / 11900 Atlantic Blvd.  
904-273-0964 / 950 Marsh Landing Pkwy.  
904-260-3225 / 11111 San Jose Blvd.  
904-215-7498 / 1514 Country Road 220  
904-225-0014 / 463713 State Road 200, Yulee  
904-824-8520 / 430 Cbl Drive, St. Augustine  
[www.petco.com](http://www.petco.com)

**Students Working Against Tobacco—Annual Kick Butts Day**  
**March 23rd, 10am to 2pm Music, Games, Prizes, Tobacco Awareness, Community Wide Kickball!!....and more.**  
**Come by Riverside Park...for more info.—Sahara Soliman @ 253-2312**

## Online Pillbox

If you found a pill on the carpet in your child's room, could you tell if it was a harmless vitamin, an off the shelf pain reliever, or a prescription drug that was prescribed for someone other than your child? You don't want to make assumptions, but you don't want to ignore possible warning signs either. When an adolescent is challenged regarding suspicions of risky behavior, many teens will deflect the topic and avoid a "heart to heart." You may also hear... "it's nothing, just a harmless aspirin my friend gave me when I had a headache." Prior to any confrontation, you can do a little research to determine the next best steps. You need to be able to identify what you're dealing with first.

The *National Library of Medicine* offers an online site called *Pillbox* that may help you to quickly identify anything suspicious. There is also a video tour that can help you in navigating the site. Visiting this site could put your fears to rest or alert you to a possible problem.

<http://pillbox.nlm.nih.gov/bin-release/PillBox.php#>

Another site called *Get Smart About Drugs* can also improve your *recognition skills*. This site also offers additional information regarding today's social networks where many young people receive from their peers, their first educational experience regarding the current trends in drugs. And more often than not, this education promotes the use of legal and illegal drugs. You can also learn about signs of drug use and consequences of drug abuse. This is a very informative site and can arm our parents and adult care givers with tools that will help prevent drug use/abuse by youth.

<http://www.getsmartaboutdrugs.com/content/identify.html>



pillbox.nlm.nih.gov

Pillbox

## Meet Molly

Molly is the nickname for the purest form of MDMA, or Ecstasy. A highly popular drug in the 1990s rave scene, MDMA, an amphetamine, is reemerging as a common party drug. Some have attributed this reemergence to the referencing of “Molly” by pop star Madonna at a 2012 music festival. While on stage, Madonna shouted to the crowd, “how many people in the crowd have seen Molly?” The crowd erupted with cheers. Later, when approached by several news outlets, Madonna stated that she was talking about the song “Have You Seen Molly?” by Cedric Gervais. When celebrities are in the spotlight, everything they do is sensationalized and amplified to the point of turning into a sort of idolization. And teens, at this vulnerable point in time, are very likely to be influenced by this. Pop culture idols need to be aware of their influence on their young fans and other people who may look up to them.

<http://teens.drugabuse.gov/blog/post/meet-molly-truth-about-ecstasy>

The limited research on the drug’s long-term effects, combined with the euphoric feeling it induces, has led some young people to perceive it as a safer alternative to other hard drugs. But the myths about Molly being pure and safe are definitely not true.

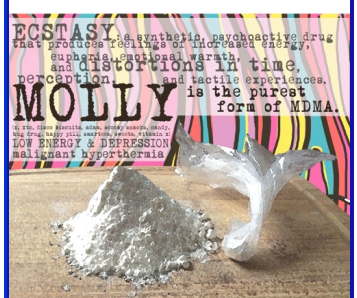
Potential side effects include feelings of sadness, anxiety, depression, and memory difficulties. These can last for several days, a week, or longer in people who use it regularly. High doses increase the risk of seizures and compromises the heart’s ability to maintain its normal rhythms. A study in animals showed that exposure in high doses for 4 days produced brain damage that could still be seen 6 to 7 years later.

Molly comes in two forms. A powder or a capsule. Alachua County Sheriff’s deputies reported that, in some cases, Tylenol capsules are being used, making it even less detectable. *Lieutenant Matt Nechodom*, of the *Alachua County Drug Task Force*, reported in May of 2012 that he was seeing Molly use on the rise by local college students.

<http://www.wcjb.com/local-news-state-news/2012/05/drug-known-asmolly-makes-its-way-gainesville>

For more information on Molly, view the youtube video below...

<http://www.youtube.com/watch?v=90xMmuQtV1M>



# Help Us Prevent Alcohol, Prescription Drug Misuse and Other Drug Abuse by Our Youth!

When your License Plate is due for renewal, Please consider purchasing the "Keep Kids Drug Free (KKDF)" Specialty License plate.



Click on tag to visit [KKDF.org](http://KKDF.org) for more prevention information

A portion of the tag fees goes towards funding Substance Abuse Prevention efforts for young people in Florida.

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

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

*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](mailto:fcolley@gatewaycommunity.com)

## *Florida's Keep Kids Drug Free (KKDF) Regional Prevention Centers, in Partnership with NCI Systems, Inc.*

- \* Northeast Florida
- \* Central Florida
- \* Big Bend

- \* East Central Florida
- \* South Florida

- 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

The *Keep Kids Drug Free* Foundation's mission is to enhance the quality of life for Florida residents by investing in prevention to build healthier communities and families



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[www.gatewaycommunity.com](http://www.gatewaycommunity.com)  
[www.gatewayconnect.org/](http://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.