

"Pass It On"

Prevention Newsletter

October 2013

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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

Mental Illness Awareness Week

Oct. 6—12

National Alliance on Mental Illness
(800) 950-6264 Helpline

Materials available

Contact: None designated

www.nami.org

Red Ribbon Week

Oct. 23—31

National Family Partnership
(800) 705-8997

Materials available

Contact: Ileana Reyes

<http://www.nfp.org/>

Domestic Violence Awareness Month

Natl. Coalition Against Domestic Violence
(303) 839-1852

Materials available

Contact: None designated

www.ncadv.org/takeaction/DomesticViolenceAwarenessMonth.php

National Bullying Prevention Month

<http://www.pacer.org/bullying/nbpm/>

New Student Event Toolkit

<http://www.pacer.org/bullying/resources/toolkits/classroom/school-event-guide.asp>

Daylight Savings Time Ends Nov. 3rd

Local Events/Meetings

Blessing of the Pets and Family Pet Fair

Oct. 5th, 10am—2pm

Food, Vendors and Festivities

<http://www.saintfrancisanimalhospital.org/family-pet-fair.php>

Flavor of Jacksonville

Oct. 19th, 6pm—9pm

Latham Plaza, Jacksonville Beach
Great Food, Great Music & Family Fun

For ticket info. or purchase, visit:

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

or call Rosa—904-387-4661 ext. 1031

Jacksonville's Halloween Haunted Houses

<http://www.jacksonvillehauntedhouse.com/jacksonville-haunted-houses.aspx>

Celebrate Recovery of Greater Jacksonville

A Christian Based 12 Step Recovery Program.

Visit website for Events and Meeting Schedule. <http://crjacksonville.com/>

Crazy Clown Warning

We all know that there are some scary clowns out there. *Stephen King's Pennywise*, the dancing clown from the novel *IT* comes to mind. While this child killing clown is evil, we're seeing competition from another source. It's called *Crazy Clown*, a new synthetic cannabinoid (designer marijuana) and is being sold as an incense, just like many of the other designer drugs that have plagued our community in recent years. Although there are package warnings that read "not for human use," this drug is being burned in a small bowl and the smoke inhaled.

The drug's chemicals have a compounding effect of both a stimulant and an opiate which can produce potentially deadly side effects:

- * nausea
- * vomiting
- * increased blood pressure
- * bloodshot eyes
- * feeling of euphoria
- * anxiety, paranoia
- * panic attacks
- * accelerated heart rate
- * tremors, seizures
- * psychotic episodes
- * severe hallucinations
- * numbness and tingling
- * and even paralysis in some cases.



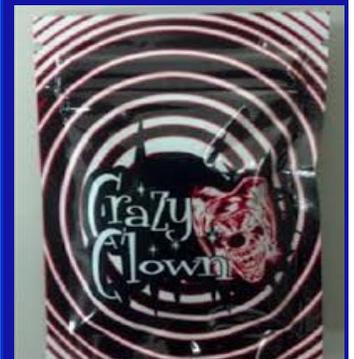
We've seen very little of it in *Duval County* so far but, it nearly proved fatal in *Brunswick Georgia* where several young people who smoked it ended up hospitalized in serious condition.

The active chemical in *Crazy Clown*, E4279, is not one of the components outlawed by the state. This ties the hands of drug agents and all they can do right now is ask store owners who might have it to pull it from their shelves and to ask people not to use it.

The fact that some of these drugs are legally sold as incense and are easily accessible, may make synthetic drugs a choice of many teens. That's why it is important for parents and adult care givers to become aware of what's out there and to try and stay ahead of the problem.

Some of the content for this article was comprised from the following website:

<http://www.walb.com/story/23258482/crazy-clown-warning-issued>



The Attachment Relationship

The bond that develops between a child and his parents in the early years of a child's life, has a lot of impact on the personality development of the child. When a baby is born, it has certain basic needs which have to be fulfilled. These include the need for touch, eye contact, nourishment, smile and movement. If these needs are fulfilled, it leads to the development of a strong bond between the parent and child. The child thus learns to view the world as a good place, learns to interact with others, form proper relationships and has a positive and healthy emotional and mental outlook. In that way, he becomes a proper member of society. But if the child is neglected or abused, or the family is fragmented by death or divorce, then the child learns to view the world as a bad place and it influences his subsequent behavior, his mental state and his adjustment in society. The child begins to believe that he is alone in this world and that there is no one to care for him. He feels that he has to fend for himself and that if he lets people come close to him, they will hurt him or leave him. In that way he learns to detach himself from others and does not allow others into his world. This can form the basis of what is known as an *attachment disorder*.

An *attachment disorder* can manifest itself in the form of several symptoms:

- * As a baby, cries frequently and cannot be consoled easily.
- * Avoids making eye contact.
- * Does not want to be picked up.
- * Does not smile.
- * Prefers to remain aloof.
- * Rejects any efforts that are made to calm and soothe him.
- * Does not allow others to connect with him.
- * As a baby, does not make cooing and other baby sounds.
- * Does not care if he is left alone.
- * Does not mingle and interact with other kids his age. Does not like playing games with other children or playing with toys.
- * Does not follow movement with eyes.
- * Does not display affection, remorse, guilt or empathy.
- * Very affectionate with strangers, but may be completely indifferent towards caregivers.
- * Displays anger, restlessness, is prone to moodiness and violence. All these are signs of trying to be in control.
- * Signs of destructive behavior toward objects and animals is also observed.
- * Tells blatant lies.
- * Has selfish traits like hoarding food.

It is clear that this disorder severely affects the adjustment and normal development of a child. It is important to undertake certain treatment forms to correct this behavior in early childhood. If treatment is denied, as the child grows, he learns and adopts more severe forms of this condition.

In adults, attachment disorder may be characterized by one or more symptoms. It is important to note that in order to identify the presence of the disorder, more



than two to three symptoms should be evident, which ought to be continuously monitored. The presence of just one symptom or a symptom for a short period of time may not be sufficient evidence for the presence of this condition.

- * **Impulsiveness:** Impulsive behavior which they may or may not regret later.
- * **Negative and Provocative Behavior:** A general negative mindset and leads to provocative behavior that angers others along with oneself.
- * **Desire for Control:** May Have a strong desire to control their surroundings and manipulate people and events around them. They may use means like lying, cheating, and even stealing.
- * **Resistance to Love and Guidance:** A lack of ability to connect, empathize or sympathize with anyone. People who suffer from this disorder also face difficulty in giving and receiving love and affection from others. They are unable to develop feelings of closeness. They also refuse to accept general advice and guidance from others.
- * **Lack of Trust:** Along with the lack of ability to empathize, fail to develop trusting relationships with others, irrespective of their closeness with the person in question.
- * **Anger and Agitation:** Are deeply sad and depressed within, and tend to feel isolated. They are overcome by stress and frustration. However, they conceal these traits by showing anger very often, either openly or covertly. Anger is displayed through destructive, cruel, and hostile behavior, and such persons may often argue with those who don't agree with them.
- * **Superficial Positive Traits:** The other side of the coin is that in spite of the above-mentioned symptoms, they may also appear charming and can often easily engage in long and interesting conversations.
- * **Addictions:** Are likely to indulge in substance abuse such as alcohol and drug addiction; they may also suffer from an addiction to gambling, even to work.
- * **Helplessness:** Due to the symptoms of isolation and depression, they may feel helpless and feel like they are being accused by family and friends for various reasons.
- * **Lack of Responsibility:** This means that they refuse to take any responsibility for their negative actions and are unable to handle conflict with others.
- * **Confusion:** Confused, puzzled, and obsessed with finding answers to their queries. This confusion leads to general lack of concentration and a disability to hold their attention towards any activity for long.

Content for this article was comprised from the following websites:

<http://www.ag.ndsu.edu/pubs/yf/famsci/fs617.pdf>

http://en.wikipedia.org/wiki/Attachment_theory#Prevention_and_treatment

<http://psychology.about.com/od/loveandattraction/ss/attachmentstyle.htm>

<http://www.buzzle.com/articles/attachment-disorder-in-children.html>

<http://www.buzzle.com/articles/attachment-disorder-in-adults.html>



Katz 4 Keeps: Florida's Premier Not-For-Profit Rescue Facility for Felines

www.katz4keeps.com

The Organization now has 85 "clean & feed" volunteers as well as a group of 20 young people, the "*Love Em Up Bunch*," who help socialize the kittens and cats by holding and playing with them. As of February, *Katz 4 Keeps, Inc.* has rescued and found homes for almost 600 abandoned and abused kittens and mature cats but, many more are awaiting a new home.

As you look for that precious new addition to your family, carefully consider the following:

- Over \$350 will have been spent on your feline while under the care of *Katz 4 Keeps*.
- Your feline is healthy, all shots current, dewormed, free of disease and flea treated monthly.
- Your feline is micro-chipped.
- Your kitten underwent a complete *Socialization* program.

As a non-profit organization, they depend on the generosity of people like you. *Katz 4 Keeps* has no paid employees and operates with donations of funds and resources. Their volunteers work several hours a day to care for and socialize the cats and kittens, and maintain the facility. If you would like to volunteer or help by donating cash or needed items, it will be greatly appreciated. All donations are tax deductible.

Katz 4 Keeps October Adoption Events!

Saturdays and
Sundays

Oct. 5th & 6th
Oct. 19th & 20th

11am – 3pm

Two
Locations!

Katz4Keeps
935B A1A North
Ponte Vedra Beach
904-834-3223

Petco
950 Marsh Landing Pkwy
Jacksonville
904-273-0964



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
⇒ 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

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

Keep Kids Drug Free

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



www.KKDF.org



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www.gatewaycommunity.com
www.gatewayconnect.org/

Gateway Community Services, Inc., from prevention to transitional housing and clinical research, has 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 toll-free at **1.877.389.9966 from 7am—7pm, Monday through Friday**. Call today and together we will take action against your addiction.