

July 2014

"Pass It On"

A Prevention Newsletter

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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.

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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



Happy 4th of July

Juvenile Arthritis Awareness Month
July 1—31
 Arthritis Foundation
 (800) 283-7800
 Materials available
 Contact: Carol Galbreath
www.arthritis.org/ja-alliance-main.php

Cord Blood Awareness Month
July 1—31
 Parent's Guide to Cord Blood Foundation
 (301) 774-4915
 Materials available
 Contact: Dr. Frances Verter
www.parentsguidecordblood.org

Local Events/Meetings

City of Jax, 4th of July Celebration
July 4th, 5pm-1:30am
 Join the City of Jacksonville in celebrating Independence Day with live entertainment, fireworks, food and drink specials and more!
<http://www.jacksonvillelanding.com/events/city-of-jacksonville-fourth-of-july-celebration?on=2014-07-04>

Riverside Arts Market
July 5th
 Every Saturday thru December 21st, 10am to 4pm
<http://www.makeascenedowntown.com/Events/Non-COJ-Events/Riverside-Arts-Market-4.aspx>

Museum of Science & History (MOSH)
 A variety of programming of all ages.

- Little Star & My Gym
- Greet A Gator
- Camp-In, Snoozing with Sharks
- Birthdays at MOSH
- And Much More!!!

<http://www.themosh.org/home.html>

Summer Splash Bash
July 26th (Sat.), 10am—2pm
 Jacksonville Landing, 2 Independent Dr.
 Join Jax4Kids.com at the Jacksonville Landing for a Summer Splash Bash! Splash into the Landing for free boat rides, live entertainment, water slides, bounce houses, vendors, food and more. Free and open for all ages.

Keep Kids Drug Free—Like us on Facebook

<http://www.facebook.com/KeepKidsDrugFreeFoundationInc>

Pregnancy and Illegal Drugs



Image courtesy of Stuart Miles/Free Digital Photos.net

http://www.freedigitalphotos.net/images/Family_6212-Mom_With_Teddy_Expecting_A_Baby_p53317.html

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A mother taking illegal drugs during pregnancy increases her risk for anemia, blood and heart infections, skin infections, hepatitis, and other infectious diseases. She also is at greater risk for sexually transmitted diseases. Almost every drug passes from the mother's bloodstream through the placenta to the fetus. This can result in miscarriage, low birth weight, premature labor, placental abruption, and fetal death. Illicit substances that cause drug dependence and addiction in the mother also cause the fetus to become addicted.

A report offered by SAMHSA (*Substance Abuse and Mental Health Services Administration*), show 19 States offering public education campaigns that emphasize the harm done by using alcohol, tobacco, and illicit drugs during pregnancy. Some States have also worked with institutions of higher education to disseminate this message. However, the national rates of use during the first trimester, suggest that the message is not getting through to many women, especially those who are younger.

- Marijuana: Like cigarette smoke, contains toxins that keep the baby from getting the proper supply of oxygen that he or she needs to grow. Smoking marijuana increases the levels of carbon monoxide and carbon dioxide in the blood. Use during pregnancy can increase the chance of miscarriage, low birth weight, premature births, developmental delays, and behavioral and learning problems.
- Cocaine: The elimination of cocaine is slower in a fetus than in an adult. During the early months of pregnancy, cocaine exposure may increase the risk of miscarriage. Later in pregnancy, cocaine use can cause premature detachment of the placenta, which can lead to severe bleeding, preterm delivery of the fetus, and even fetal death. Infants born to cocaine-using mothers are more likely to have low birth weight and may have an increased risk of sudden infant death syndrome (SIDS). The risk of birth defects appears to be greater when the mother has used cocaine frequently during pregnancy. Babies born to mothers who use cocaine throughout their pregnancy may also have a smaller head and be growth restricted. Babies exposed to cocaine later in pregnancy may be born dependent and suffer from withdrawal symptoms such as tremors, sleeplessness, muscle spasms, and feeding difficulties. Some experts believe that learning difficulties may result as the child gets older. Defects of the genitals, kidneys, and brain are also possible.
- Heroin: Increases the chance of premature birth, low birth weight, breathing difficulties, low blood sugar (hypoglycemia), bleeding within the brain (intracranial hemorrhage), and infant death. Babies can also be born addicted to heroin and can suffer from withdrawal symptoms—irritability, convulsions, diarrhea, fever, sleep abnormalities, and joint stiffness.
- PCP & LSD: Both are hallucinogens and users can behave violently, which may harm the baby if the mother hurts herself. Use during pregnancy can lead to low birth weight, poor muscle control, brain damage, and withdrawal if



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http://www.freedigitalphotos.net/images/Babies_g381-New_Born_Infant_p35382.html

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used frequently. Withdrawal symptoms include lethargy, alternating with tremors, and can lead to birth defects if used frequently.

- Methamphetamine: Chemically related to amphetamine, causes increase in the heart rate of the mother and baby. Taking methamphetamine during pregnancy can result in problems similar to those seen with the use of cocaine in pregnancy. The use of speed can cause the baby to get less oxygen, which can lead to low birth weight. Methamphetamine can also increase the likelihood of premature labor, miscarriage, and placental abruption. Babies can be born addicted to methamphetamine and suffer withdrawal symptoms that include tremors, sleeplessness, muscle spasms, and feeding difficulties. Learning difficulties may result as the child gets older. Methamphetamine use during pregnancy affects development of a baby's brain, spinal cord, heart and kidneys. Full-term babies born to mothers who use meth will likely have difficulty sucking and swallowing, much like premature babies. Often, babies born to meth-addicted women cannot tolerate stimuli such as human touch and light. These babies often display tremors and coordination problems. The effects of methamphetamine use on brain development may last for many years. School-aged children whose mothers used methamphetamine while pregnant are more likely to be hyperactive or to have attention deficit disorders, learning disabilities and

Florida's child welfare laws include prenatal substance abuse. Prenatal drug exposure is considered child abuse and/or neglect and can result in the termination of parental rights. Help is available through counseling, support groups, and treatment programs. *Gateway Community Services* offers a program specific to the needs of pregnant women and women with children. In addition to treatment, participants in the program can take advantage of the following services:

- Pregnant and postpartum women's program
- Family housing for women with infants and children
- Parenting skills
- Health and nutrition education
- Daycare in our Child Development Center
- Job coaching
- Case management
- After care

For more information call Gateway's toll-free number—1-877-389-9966. Hours are 8 am - 5 pm, Monday through Friday except holidays.

Content for this article was compiled from the following websites. Please visit for additional information.

<http://americanpregnancy.org/pregnancyhealth/illegaldrugs.html>

www.gatewaycommunity.com



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<http://www.freedigitalphotos.net/images/rehabilitation-medical-message-concept-photo-p187425>

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

- Distribute educational material and resource information
- Supports and houses Gateway's Prevention Team
- 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*

fcolley@gatewaycommunity.com

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www.gatewaycommunity.com
www.gatewayconnect.org/

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

- * Northeast Florida
- * Central Florida
- * Sun Coast
- * East Central Florida
- * South Florida
- * Panhandle

- 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.



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.