

April 2015

"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.

Click tag below for info. and to order



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

Alcohol Awareness Month

April 1—30

National Council on Alcoholism and
Drug Dependence, Inc.

(212) 269-7797

www.ncadd.org

Materials available

Contact: None designated

National Child Abuse Prevention Month

April 1—30

Child Welfare Information Gateway
Children's Bureau

(800) 394-3366

www.childwelfare.gov/topics/preventing/preventionmonth/

Materials available

Contact: None designated

Sexual Assault Awareness and Prevention Month

April 1—30

Rape, Abuse & Incest National Network
(RAINN)

(800) 656-4673

(202) 544-1034

www.rainn.org

Materials available

Contact: None designated

STI Awareness Month

April 1—30

American Social Health
(919) 361-8400

www.ashastd.org

Materials available

Contact: ASHA Media Relations Office

Local Happenings

One Sparks Festival April 7th—12th

Live entertainment, Art projects, something for the whole family. Four blocks of food trucks. Bring the kids to experience "Frozen", the epic animated hit from Walt Disney. They can relive the magic and majesty of this sparkling masterpiece as they sing along to all the favorite "Frozen" songs. It's pure enchantment – and full of fun for the entire family! Four shows to choose from and is free:

April 9, 7:00 pm—April 10, 7:00 pm—April 11, 4:00 pm—April 11, 7:00 pm. Costumes are encouraged.

<https://www.onespark.com/festival/2015>

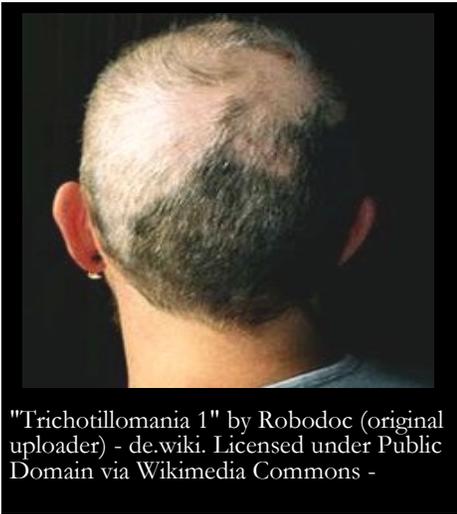
<http://www.jaxcommunityevents.com/event/frozen-movie-sing-a-long-at-one-spark-presented-by-the-jacksonville-childrens-chorus/>

Keep Kids Drug Free—Like us on Facebook

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

Trichotillomania

Trichotillomania is a type of impulse control disorder characterized by the compulsive urge to pull out one's own hair. People with trichotillomania pull hair out at the root from places like the scalp, eyebrows, eyelashes, or pubic area. Some people pull large handfuls of hair while others pull one strand at a time. The scalp is the most common pulling site, followed by the eyebrows, eyelashes, face, arms, and legs.



"Trichotillomania 1" by Robodoc (original uploader) - de.wiki. Licensed under Public Domain via Wikimedia Commons -

For some people, trichotillomania may be mild and generally manageable. For others, the compulsive urge to pull hair is overwhelming. Trichotillomania is usually developed during adolescence but can start in children as young as 1 year old. It is more common among females.

The exact cause of trichotillomania isn't known. It may be related to abnormalities in brain pathways that link areas involved in emotional regulation, movement, habit formation, and impulse control. Some people with trichotillomania may also have depression or anxiety. Trichotillomania is slightly more likely if it runs in your family.

Trichotillomania is often not a focused act and may occur in a trance-like or unconscious state hence, trichotillomania is subdivided into "automatic" versus "focused" hair pulling. Children are more often in the automatic, or unconscious subtype and may not consciously remember pulling their hair.

Other individuals may have focused, or conscious rituals associated with hair pulling, including seeking specific types of hairs to pull, pulling until the hair feels "just right", or pulling in response to a specific sensation. Knowledge of the subtype is helpful in determining treatment strategies.

People with trichotillomania may feel embarrassment, frustration, shame, or depression about the condition. They may worry about what others will think or say. They may feel nagged by people who don't understand that they're not doing this on purpose. They usually try to hide the behavior from others — even their families. This can make it difficult to get help.

It's not something that most people who have can just stop doing when they feel like it. They usually need help from medical and behavioral specialists. With the right help, most overcome their hair-pulling urges and may involve a specific type of talk therapy called CBT (cognitive behavioral therapy), medication, or a combination of both. Medication may also be part of the treatment program. A type of antidepressant called a selective serotonin reuptake inhibitor (SSRI) might be useful in helping to curb very intense urges. Atypical antipsychotics such as olanzapine or aripiprazole also may sometimes be used, either alone or in combination with an SSRI.

Local and online support groups are available for those suffering with trichotillomania. The official "Why Do I Pull" support group is on Facebook. For a link to join, visit <http://whydoipull.com/resources/> and scroll to the bottom of the page. Other groups and resources can be found at: <http://www.healthpolicycoach.org/topics/category/15073-trichotillomania-support-groups>.

For additional information on trichotillomania, please visit:

<http://www.webmd.com/anxiety-panic/guide/trichotillomania>

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

Some information from the listed websites was used in the producing of this article which allowed us to educate and inform our readers.

New Emerging Designer Drugs—Flakka and Budder

Law enforcement in the southern part of Florida have sounded the alarm that new synthetic drugs are hitting the street. Despite a concentrated government crackdown on fake marijuana, bath salts and other designer drugs, the emergence of *Flakka and Budder* signify that “supply and demand” is very much alive. Both are relatively inexpensive and are being used in e-cigarettes.



Public Domain:

http://commons.wikimedia.org/wiki/File:Crystal_Meth_Rock.jpg

Flakka is the latest street version of bath salts, a form of crystal meth, and is created in labs overseas. It's sold over the internet as well as on the street. It's rock candy appearance is similar to crystal meth and the high the user gets is similar — paranoia, psychosis, combativeness, hallucinations. Users crave the drug after only a few uses and oftentimes have psychotic breaks because of its powerful effects on the human mind. Law enforcement is especially worried about *Flakka* because those who are addicted to the drug tend to be extremely violent and dangerous. One man hallucinating on *Flakka* was caught on video while attempting to kick in the door of a Ft. Lauderdale Police Station. <http://www.nbcmiami.com/news/local/Police-Doctors-Warn-Against-New-Synthetic-Drug-Flakka--296148661.html>

Budder is a drug that is derived from marijuana, and therefore not necessarily synthetic. Street names include Marijuana wax, butane hash oil and ear wax hash. Manufacturers of the drug soak stems and leaves from the marijuana plant in butane to extract the oil that produces an intense high to users. One hit of *Budder* is supposedly equal to 1 – 2 full marijuana cigarettes.

Budder can resemble peanut butter in color and consistency or a wax-like paste. Sometimes the wax is put in marijuana joints or cigarettes. It's also heated up and smoked in e-cigarettes or vapes. Anyway fumes can be heated and inhaled can be a way to use *Budder*. The absence of the traditional marijuana smell when vaped, increases interest in this new drug. Side effects of *Budder* use include, psychosis, severe hallucinations, paranoia, anxiety, and heart problems.

Recent reports state that an explosion occurred involving a home in Boca Raton where the windows were blown out and the house sustained major damage. Butane is highly flammable and the process of making *Budder* is extremely dangerous.

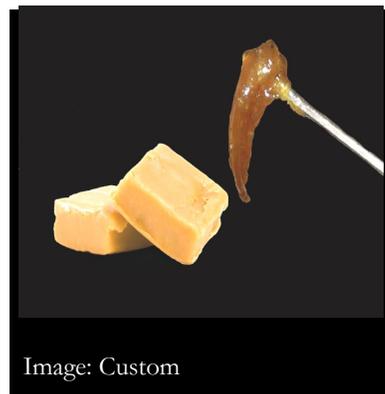


Image: Custom

For additional information on *Flakka* and *Budder*, visit:

Video offered by WPBF 25 news. <http://www.wpbfl.com/news/dangerous-new-street-drug-surfaces-on-treasure-coast/30685480>

<http://www.news4jax.com/news/new-highly-addictive-drug-targets-teens/31773916>

<http://tsnnews.com/new-drugs-street-budder-flakka/>

<http://www.wptv.com/news/region-c-palm-beach-county/drug-rehab-center-sees-more-cases-of-new-designer-drugs-flakka-and-budder-becoming-more-popular>

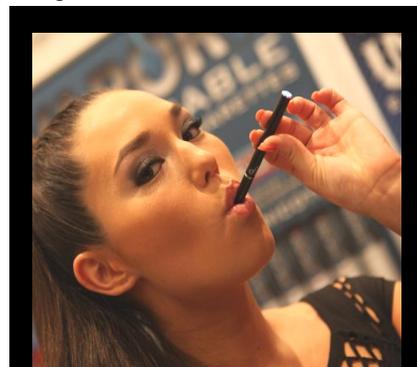


Image courtesy of Michael Dorausch
<http://michaeldorausch.com/>

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http://commons.wikimedia.org/wiki/File:Electronic_Cigarette_Inhalation.jpg

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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:
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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.