

Welcome To Our



Coalition Newsletter

**Mission: To mobilize our community partners to develop comprehensive strategies focused on drug education, prevention, treatment and enforcement**



## June Observances

JUNE 26TH

The United Nations observes June 26th as the International Day against Drug Abuse and Illicit Trafficking (World Drug Day) as an expression of its determination to strengthen action and cooperation to achieve the goal of an international society free of drug abuse. This year's theme: "People first: stop stigma and discrimination, strengthen prevention."



## July Observances

National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. Racial and ethnic minorities often suffer from poor mental health outcomes due to the cultural stigma and lack of access to mental health care services.

## Free Narcan Training

Free Virtual NARCAN® Training

Thursday, June 22, 2023

10 a.m. – 11 a.m. or 2 p.m. – 3 p.m.

Register for the June 22, 2023 training at 10 a.m. – 11 a.m.

<https://zoom.us/meeting/register/tJMvduiurDgjHdxFwshJluFyx6MuGMNQTvV>

Register for the June 22, 2023 training at 2 p.m. – 3 p.m.

<https://zoom.us/meeting/register/tJlftu2urz0pHdcqCbsjpiuvc64d3kAnSPub>

For more information email [SR-Narcan@chestnut.org](mailto:SR-Narcan@chestnut.org) or call (618)512-1781

Learn How to Save a Life



# Mental Health Disorder and Addiction

Mental health disorders and addiction are connected with each other. According to SAMHSA, 19 million Americans live with both substance use and a mental health disorder.

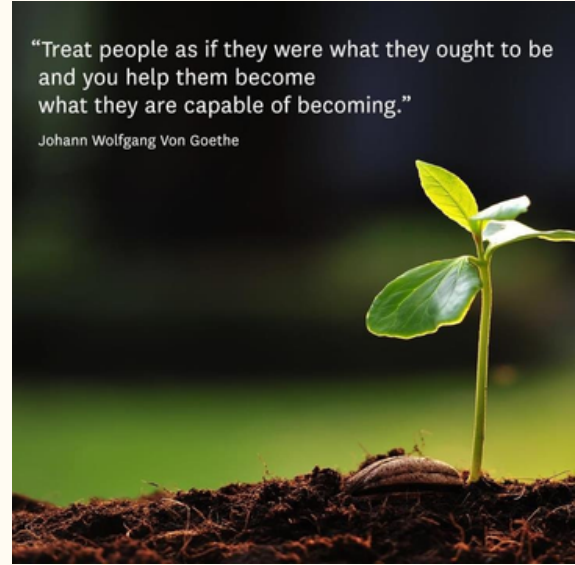
Research suggests three possibilities that could explain why SUDs and other mental disorders may occur together:

- Common risk factors can contribute to both SUDs and other mental disorders. Both SUDs and other mental disorders can run in families, meaning certain genes may be a risk factor.
- Mental disorders can contribute to substance use and SUDs. Studies found that people with a mental disorder, such as anxiety, depression, or post-traumatic stress disorder (PTSD), may use drugs or alcohol as a form of self-medication.
- Substance use and SUDs can contribute to the development of other mental disorders. Substance use may trigger changes in brain structure and function that make a person more likely to develop a mental disorder. (nih.gov)

# Little corner of Inspiration

“Treat people as if they were what they ought to be and you help them become what they are capable of becoming.”

Johann Wolfgang Von Goethe



## Trending Topic

### Is state legalization of marijuana lowering the perception of risk?

Despite being illegal federally, the state of Illinois legalized the use of medical marijuana in 2014 and recreational marijuana in 2020. Marijuana Dispensaries have been popping up all over the metro east area providing access to anyone 21 years of age or older. The U.S. Drug Enforcement Administration classifies Marijuana (Cannabis) as a schedule I substance under the Controlled Substances Act, which means it has a high potential for abuse. State legalization continues to lower the perception of risk to users and potential users. According to the 2022 Monitoring the Future Survey 30.7% of high school seniors used cannabis(marijuana) in the past year. This is an increase from the previous years.

Below are just a few of the health affects of Marijuana use you may want to know:

1 in 10 marijuana users will become addicted

Negatively affects the parts of the brain responsible for memory, learning, and attention.

Breathing problems risk of bronchitis, cough, and phlegm production.

Increased risk of heart attack and strokes

Users are likely to develop a mental illness

## Resources

Illinois Help Line 1(833)-234-6343

Illinois Warm Line 1(866)359-7953

Illinois Tobacco Quit Line  
1(866) 784-8937

United Way  
2-1-1

Madison County Health Department  
(618)692-8954

St. Clair County Health Department  
(618)233-7703

Next Meeting June 28, 2023 at 10am

Website: <http://partnershipdrugfree.org>

Email: [PartnershipDrugFreeCommunities@gmail.com](mailto:PartnershipDrugFreeCommunities@gmail.com)