

Welcome To Our



Coalition Newsletter

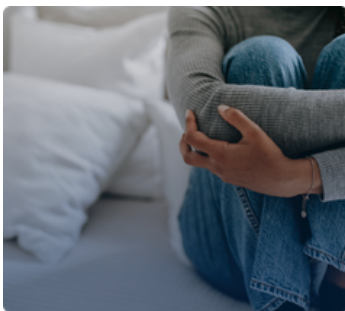
Mission: Mobilize community partners to develop comprehensive strategies focused on drug education, and prevention, harm reduction, justice-focused initiatives, treatment and recovery.

May Observances

Mental Health Awareness Month has been observed in the U.S. since 1949. Every year during the month of May, NAMI joins the national movement to raise awareness about mental health. Together, we fight stigma, provide support, educate the public and advocate for policies that support the millions of people in the U.S. affected by mental illness.

1 in 5 U.S. adults experience mental illness each year, and less than half of them receive treatment.

Common signs of mental illness in adults and adolescents



- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Overuse of substances like alcohol or drugs

www.nami.org

Free Narcan Training

Free Virtual NARCAN® Training

Thursday, May 16, 2024

10 a.m. – 11 a.m. or 2 p.m. – 3 p.m.

Register for the May 16, 2024, training at 10 a.m. – 11 a.m.

<https://zoom.us/join/zoom/register/tJwvcumtpjkoHdPOqBj6DUVlkW4INU9Tjnm>

Register for the May 16, 2024, training at 2 p.m. – 3 p.m.

<https://zoom.us/join/zoom/register/tJYrc-ChrzMuHdNrxesh-OVoyRiUHB9Z9LmS>

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

Learn How to Save a Life



Trending Topic

What is ZYN?



"Smokeless" tobacco products, including oral nicotine pouches are sometimes referred to as a "lip pillow" or "upper decky" because of where they are placed between the lip and gum, often under the upper lip. Oral nicotine pouches are used similarly to snus – an oral pouch containing shredded tobacco leaf – but unlike snus, they contain a nicotine powder instead of tobacco leaf.

Oral nicotine pouches come in an array of youth-friendly flavors, including fruit, mint, and other flavors. Flavors play a significant role in drawing youth to tobacco products – nearly 85% of young e-cigarette users choose a flavored product, according to 2022 NYTS data.

Advertisements for oral nicotine pouches highlight flavors and emphasize the "freedom" of using nicotine pouches anywhere. Nicotine use during adolescence can disrupt the formation of brain circuits that control attention, learning, and susceptibility to addiction.

truthinitiative.org

Little corner of Inspiration

*Make yourself
so happy that
others smile just
by looking at
you.*

WWW.GIRLBOSSVIBES.COM

Mindful Moment

Focus on your breathing.
When you have negative
thoughts, try to sit down,
take a deep breath and
close your eyes.

The Partnership in Action

For DEA take back day, members set out on a mission to distribute 200 medication disposal kits to seniors throughout the St. Clair and Madison County areas. People 65 years old and older take prescribed medications more frequently than any other age group in the United States. It is our hope that with these kits, that we can help educate and promote medication disposal all year.

Thank you to our partners:

- *St. Johns Community Care, Collinsville, IL
- *Main Street Community Center, Edwardsville, IL
- *Senior Services Plus, Alton, IL
- *Programs and Services for Older Persons, Belleville, IL
- *HSHS Illinois Home Care and Hospice



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

Suicide & Crisis Lifeline
9-8-8 (24-hour hotline)

Madison County Health Department
(618)692-8954

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

Next Meeting May 22, 2024 at 10am

Educate ~ Engage ~ Transform

Website: <http://partnershipdrugfree.org>

Email: PartnershipDrugFreeCommunities@gmail.com