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CCSAP staff, SAPHE youth and task force members brought markers, **I PROMise** CCSAP cups and pledge cards to New Bern High School in April and May as part of their annual prom pledge drive.

I PROMise.

I recognize there are consequences for every decision I make. I promise not to drink alcohol or use drugs, because I know they are both harmful and illegal for me to use. I promise to call my parent/guardian for a ride if I feel unsafe. I commit to living in a safe and healthy way. I promise to always wear a seatbelt, not text while driving and to never ride with an impaired driver.

Signature _____

Date _____

They had an amazing turnout, and many high school students read the pledge and chose to sign it, promising to refrain from taking drugs and drinking alcohol on prom night. A table was set up inside the cafeterias, and students were asked to sign the pledges during lunch time. If they signed the pledge cards and banner, they received a cup and a lollipop. The banners were left at each school for display, and the signed pledges were given to the students as a reminder of the promise they made.



Craven Task Force Outreach at Craven County High Schools Basketball Games



CCSAP's Craven Task Force hit up Craven County High Schools' basketball games in January 2018 in an effort to educate students on the dangers of drugs and how they harm the body.



Onslow County Substance Abuse Prevention Task Force info cards for Law Enforcement

**24 HOURS / 7 DAYS A WEEK
FREE & CONFIDENTIAL**

Mobile Crisis Team Integrated Family Services PLLC
1-866-437-1821
Mobile Crisis Team RHA Health Services 1-844-709-4097 (bilingual)
Alcoholics Anonymous (AA) 910 455-3666
Narcotics Anonymous
(NA) 1-866-321-1631 / 1-800-691-5427 (bilingual)
Suicide Helpline 1-800-273-8255 (bilingual)



CCSAP Onslow Task force has developed an information card containing numerous local substance abuse services which can be provided to individuals to help them find help for substance abuse. The card was developed to support Law Enforcement in their frequent encounters with citizens who need assistance.

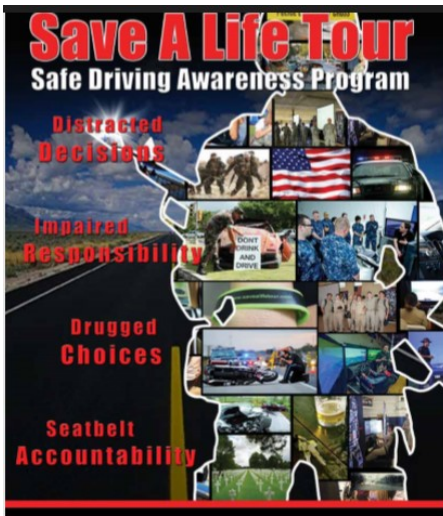
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The information cards were developed as a tool for Law Enforcement and CCSAP will provide more as needed. The project was made possible by the Coalition utilizing its 5th year of the Drug-Free Communities (DFC) grant through the Office of National Drug Control Prevention (ONDCP).

SAVE A LIFE TOUR: Safe Driving Awareness Program



Jeff Sieber and Sam “The Man” Lewis, co-chairs of CCSAP Onslow Task Force helped host the *Save A Life Tour: Safe Driving Awareness Program* at MCCS Camp Lejeune New River. Marines learned about the effects and consequences that are a direct result of poor choices and/or decisions while driving. This was a daylong event and well attended by the Marines.



Right picture: Jeff Sieber and Sam “The Man” Lewis manning the CCSAP table.
Picture below: Marines at the *Save A Life Tour* –great turnout!



Searching for Opioid Alternatives News Article



“A high number of area deaths are tied to this,” said Kelli Knapp, chair of the CCSAP, which covers a five-county area that includes New Bern.



NEWBERNSJ.COM
Searching for opioid alternatives [Sponsored content]
A look at efforts around the country to curb the prescription and use...

CCSAP President Kelli Knapp was featured in a great article in the *New Bern Sun Journal*, April 11, 2018. “**Searching for Opioid Alternatives**”.



Searching for opioid alternatives [Sponsored content]

By Allison Ballard Gatehouse Media
Posted Apr 11, 2018 at 2:04 PM

A look at efforts around the country to curb the prescription and use of pain medications

Abuse of opioids kills 115 Americans each day, and according to the Centers for Disease Control and Prevention, it’s a problem that affects every region and demographic in America. That holds true for Craven County, as well.

“A high number of area deaths are tied to this,” said Kelli Knapp, chair of the Coastal Coalition for Substance Abuse Prevention, or CCSAP, which covers a five county area that includes New Bern. Among the organization’s efforts are initiatives that focus on the abuse of prescription medication.

Knapp has worked in this field for 20 years and has seen how often pain medications are over prescribed. What can happen, she said, is patients may be prescribed more medication than they need and take those pills much longer than anticipated. They then sometimes turn to illegal drugs.

“I don’t think people see the connection between prescriptions and heroin overdoses,” she said. “They have this vision of the ‘80s, and overdoses in back alleys.” In reality, many who overdose begin on prescription pain medication, she said.

Research shows the problem is growing, and this group aims to take action to stop that trend.

“We often start with prescriber training, so we can educate about knowing when and how much pain medication to prescribe.” They also re-enforce rules and guidelines that are already in place to stop abuse of opioids. She’s encouraged by research into other ways to reduce use of these medications. “We have a long way to go,” she said.

What are possible alternatives to opioids?

With this nationwide problem in mind, researchers and health care providers around the country are conducting studies to find solutions. For example, the Journal of the American Medical Association recently published that a small randomized clinical trial of 411 patients in an emergency room setting found that a combination of ibuprofen and acetaminophen could be just as effective as opioids for pain relief. Here is a look at other efforts and studies that hope to solve the opioid problem.

Medicine give back: Prescriptions that stay in medicine cabinets after they're useful is a problem. They can be stolen or used by someone for whom they're not intended. Hospitals and law enforcement offices organize events twice a year where these medicines can be returned no questions asked, or offer drop boxes so people can get them out of the house, Knapp said. The next event is scheduled for the end of April. CCSAP will be posting information on their website, and there's a list of dropbox locations at <http://ccsap.org/dropbox-locations>.

Pain management and education: Knapp said that often, educating the patient about what to expect in terms of pain and recovery can make a difference in their dependence on pain medication. "Pain medication doesn't treat the symptom," she said. "If you have back pain, you'll feel it again when the medicine wears off." Hospitals in Colorado, California and elsewhere are offering education and integrated approaches to help patients with pain management. One provided by Kaiser Permanente is an eight-week course. And other models include behavioral and physical therapy. These coordinated approaches are showing signs of reducing the use of pain medications, according to a report from NPR.

Virtual reality: Drs. Hunter Hoffman and David Patterson, of the University of Washington School of Medicine in Seattle, have been testing immersive virtual reality programs to treat conditions like post-traumatic stress disorder and to divert a patient's attention during painful procedures. One of their first was SnowWorld, an icy game that was specifically designed to help burn patients while their wounds are being treated.

Medical marijuana: Another study published in the Journal of the American Medical Association found that medical cannabis laws were associated with lower opioid prescribing rates. Marijuana products are available in 29 states, and are often used to treat pain. Other news outlets are reporting that pharmaceutical companies are beginning to look at marijuana-based painkillers.

Exercise and meditation: The National Center for Complementary and Integrative Medicine says that many traditional practices can also be used in lieu of pain medication. Exercise and physical therapy can improve conditions that lead to pain and practices such as meditation may be helpful for a variety of conditions, such as high blood pressure, certain psychological disorders, and pain.

More to know: Researchers are also looking at new answers, in our environment and in our bodies, to address the opioid problem. Dr. Bryan Roth, of the University of North Carolina at Chapel Hill, is among the researchers who have been examining a receptor protein that interacts with opioids in the brain, which could lead to alternative solutions in coming years. And the University of Utah Health is the recipient of a \$10 million grant to identify new, natural compounds to develop non-opioid drugs for pain management from ocean organisms.

To read the article online, visit: <http://www.newbernsj.com/news/20180411/searching-for-opioid-alternatives-sponsored-content>

New Face-Meet CCSAP's New Media Coordinator



New Face-Who's That Girl?!

CCSAP is excited to introduce its new Media Coordinator: Catherine Memelli. Catherine is a Public Communications Specialist at the Onslow County Health Department and hails from Lafayette, Indiana (think Purdue Boilermakers!)

Her degree is in Advertising and Communications from Purdue University. Catherine is married to her Albanian sweetie and together they have a precious little boy named Eri. In her spare time she enjoys cooking, traveling and enjoying the local beaches.



PROUDLY SERVING
THE EASTERN NC
COUNTIES OF
CARTERET, CRAVEN
JONES, ONSLOW,
AND PAMLICO