



### In this issue:

- Tobacco Companies Packaging to Attract Teens
- CCSAP Board Retreat: August 15, 2018
- Signs of Substance Abuse in Teens
- Locking of Medicines Campaign
- Onslow Task Force National Night Out Participation
- CCSAP Board Members Feature:  
Sarah Lupton Winfrey & Carol Mattocks

## Tobacco Companies Packaging to Attract Teens:

**FLAVORED TOBACCO.  
EASIER TO SMOKE, HARDER TO SPOT.**

The tobacco industry continues to transform a highly addictive drug into the stuff of childhood, and hook the kids we work so hard to protect.

**Not a flash drive.**  
It's a Juul, a flavored tobacco device, holding a staggering 54.6% of the e-cig marketshare.

**Not cookies.**  
It looks like an afterschool snack, but it's e-juice, often containing toxic traces of nickel and lead.

**Not a highlighter.**  
It's a Suorin Drop, a flavored tobacco device that gets past parents and teachers.

**Not game pieces.**  
These are Juul pods. Each contains the nicotine of a pack of cigarettes. Available in six flavors.

**Not candy.**  
A 2009 federal law prohibits tobacco companies from selling flavored cigarettes because of their kid appeal. So now they sell flavored little cigars and cigarillos.

**Not a slushie.**  
It's e-juice. A study found that 75% of tested e-juices use a flavor agent called Diacetyl, known to cause lung disease.

**Flavored tobacco is easier to smoke, harder to spot. Most youth do not realize the damages and danger associated with these products.**

**JUUL.** The recent rapid rise in popularity of this flavored, potent, nicotine based e-cigarette product, particularly among youth and young adults, as well as the apparent ease of access, use, and ability to open and custom-fill its supposedly closed-system cartridges, has alarmed the public health community. To learn more, visit:  
<http://www.publichealthlawcenter.org/sites/default/files/resources/JUUL-and-the-Guinea-Pig-Generation-2018.pdf>

## CCSAP Board Retreat Slated for August 15, 2018

CCSAP's Board retreat will be Aug 15th, 2018 at the Civic Center in Trenton, NC from 10:00 a.m.—2:00 p.m. Join us for a day of collaboration and friendship. For more information, contact Board Chair Kelli Knapp. See you there!



## Signs of Substance Abuse in Teens

### Parents: Learn the Facts To Help Prevent Teen Prescription Drug Misuse

Prescription drug misuse is a growing problem, especially among teens. After alcohol and marijuana, prescription drugs are the most commonly misused substances among Americans ages 14 and older. Teens misuse prescription medications (such as opioids, depressants, or stimulants) for many reasons, including to get high or to help them with schoolwork.



Prescription drug misuse is dangerous. Nearly 30,000 people died from a prescription drug overdose in 2015. Among teens and young adults, prescription drug misuse is increasing at alarming rates: 1 out of 50 youths ages 12 to 17 misused prescription drugs, and among young adults ages 18 to 25, 1.8 million misused prescription drugs.

Misusing [prescription drugs](#) can mean a lot of things, including:

- using someone else's prescribed medication
- taking a medication in a way other than prescribed
- taking a prescription drug to get high
- mixing medications with other drugs.

#### What can parents do?

Many teens get prescription drugs they misuse from friends and relatives, sometimes without the person knowing. An important first step in [preventing prescription drug misuse](#) is to properly dispose of prescription medications that are not being used. Find a [drop-off location](#) near you to properly dispose of unused medications.

Learn the facts about teen prescription drug misuse. If your child's doctor or dentist prescribes an opioid pain reliever, ask if there are other options, and try to use only a minimal amount. Plan to properly dispose of unused prescription medications, and encourage your family and friends to do the same!

Visit: <http://stopeverydaykillers.org/> for more info.

Other great resources:

<https://mailchi.mp/3de6c4f11748/uyqlroat6l-3265361?e=11799a30f2>

<https://teens.drugabuse.gov/parents/helpful-links>



# Lock Your Medicines Campaign



She gets her hair from her mom.

Her eyes from her dad.

And her drugs from her parents' kitchen cabinet.

67% of people who abuse prescription drugs get them from family or friends. Prevent your children, friends and relatives from abusing your own medication by securing your meds in places they cannot access.

**BE AWARE. DON'T SHARE.®**  
**LOCK YOUR MEDS.®**  
[www.lockyourmeds.org/nc](http://www.lockyourmeds.org/nc)



Supported by the N.C. Department of Health and Human Services, Division of Mental Health, Developmental Disabilities and Substance Abuse Services, with funding from the Substance Abuse and Mental Health Services Administration, United States Department of Health and Human Services.

By now you have probably seen several **Lock Your Meds** billboards in Jacksonville, Craven and surrounding counties. CCSAP is a proud partner in this vital campaign.

Lock Your Meds® is a national multi-media campaign designed to reduce prescription drug abuse by making adults aware that they are the “unwitting suppliers” of prescription medications being used in unintended ways, especially by young people. Produced by National Family Partnership®(NFP), the campaign includes a wide array of high-quality advertisements, posters, educational materials, publicity opportunities, interactive games and slide show presentations, and this website, where visitors can learn more and ask questions.

## Onslow Task Force National Night Out Participation

The Onslow Task Force represented CCSAP and its awesome mission at Jacksonville’s annual *National Night Out* on Tues, August 8th, 2018. They had several teens participate in taking surveys, ask important questions, and interacted well with the team! Great job!



## CCSAP Board Members Feature

For July’s CCSAP Board Member feature, we will be learning more about Sarah Lupton Winfrey and Carol Mattocks. Each month we will continue to feature CCSAP’s Board Members so you can learn more about your fellow colleagues!



### Sarah Lupton Winfrey

Sarah Lupton Winfrey a native of Pamlico County, raised in Hobucken and resides in Oriental, NC with her husband Gray Winfrey and their three children. Sarah was co-owner of Village Graphics with her husband for over 20 years. That business was sold in 2013. Since October 2015 she has been owner of ONC Tees in Oriental with her husband. ONC Tees is a “direct to garment apparel printing company, printing t-shirts for the Croaker Festival in Oriental as was as for the Swiss Bear (MumFest) among others.

### Carol Mattocks

Founding Chair of CCSAP in 2007 and current CCSAP Board member; current Craven Community College Trustee and former Board Chair; Former Committee Chair and current Advisor to The Filling Station, a county-wide outreach mission in Pollocksville; Was the Guardian ad Litem District Administrator for Judicial District 3. Served on the Board of United Way of Coastal Carolina, Craven County Juvenile Crime Commission, The Mediation Center of Eastern Carolina, and various state and national boards.



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