



- CCSAP Partners With Area Health Officials to Conduct a Spotlight Vaping Discussion for Teens - Oct 24th
- Craven County's H.O.P.E October Meeting Featuring CCSAP's Sam Lewis & Brent Baker
- CCSAP Participating in Medication Disposal Event Oct 26th
- Rethink That Drink Tour-Sam Lewis Alcohol/Substance Abuse Prevention Specialist with CCSAP Helping Host Event
- Harmful Tobacco Products Threaten NC Youth Health Article
- Red Ribbon Week 2019

All youth in our area were invited to this CLOSED meeting/discussion about vaping. This Vaping Spotlight Discussion is a youth-driven initiative where local health officials were available to address health concerns that have recently been brought to light about e-cigarettes. CCSAP was very happy to help partner with area health officials on this topic, as it is one of our action plans we are working to address with youth.

CCSAP Partners With Area Health Officials to Conduct a Spotlight Vaping Discussion for Teens-Oct 24th

Spotlight Discussion

Vaping

Social image

Trying to quit smoking

It looks cool

Healthier than cigarettes

Concerned for my friend

Onslow County students, parents, and friends of those who vape are invited to participate in an open discussion about vaping. Local health officials will be available to address health concerns that have recently been brought to light about e-cigarettes.



A mutual partnership event

**Thursday, October 24
6 - 7:30PM**

**Jacksonville Youth Center
804 New Bridge Street**

JacksonvilleNC.gov/Youth



Craven County's H.O.P.E October Meeting Featuring CCSAP's Sam Lewis & Brent Baker



Super excited to report CCSAP's Sam Lewis and Brent Baker presented at Craven County's Hope on Thursday, October 24th.

Sam and Brent shared how to stay sober and not go back into relapse. In addition, Destiny Harbough shared her testimony and road to recovery.

This monthly meeting takes place at the New Bern Mall Police Sub-station 3036 Dr. ML King Blvd New Bern, NC 28562. Everyone is welcome to come and learn how you can help a loved one who is struggling with some form of addiction. All community members and surrounding areas are welcome to attend Craven County's H.O.P.E. meetings.





ONSLow COUNTY

MEDICATION DISPOSAL EVENTS

**Saturday, October 26th
10 am - 2 pm**

| | |
|---------------------------------|--|
| Walgreens 359 Western Blvd | Onslow Memorial Hospital 317 Western Blvd |
| Walgreens 1600 Gumbranch Rd | Walmart 2025 N Marine Blvd |
| Walgreens 3069 Richlands Hwy | Walmart 561 Yopp Rd |

Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose, and abuse. Medication Disposal events provide a safe process for disposing of medications while protecting our communities, children, and environment.

Help keep Onslow County safe by properly disposing of your unused or expired medications!

Logos: Onslow Memorial Hospital, Walmart, Walgreens, Safe Kids Onslow, Onslow County.

CCSAP Participating in Medication Disposal Event October 26th

On Saturday, October 26th, CCSAP in partnership with area stakeholders, will participate in the bi-annual Medication Disposal Event from 10:00 a.m. to 2:00 p.m. There are six area medication drop off areas that are participating. This is a very popular and much needed event, where citizens can safely dispose of their unused or expired medications.



Rethink That Drink Tour at MCCS-Sam Lewis Helping Host Event



RETHINK THAT DRINK TOUR

Cultivating conversations and awareness about the consequences of alcohol misuse and encouraging Marines to make no risk or low risk choices. The Rethink That Drink Tour utilizes local resources and interactive activities to encourage Marines to make better informed decisions that protect their future.

Choices
ADDICTION
DIVORCE
BLACKOUTS
HEALTH PROBLEMS
CRASHES
LEGAL FEES
DUI
JAIL
DEATH

Consequences: REBELLIOUS, INJURY, FALLS, RISK, ALCOHOLISM, SEPARATION, Muddy Thinking, Failed Relationships.

**Date: October 31, 2019
Time: 8:00 a.m. - 3:00 p.m.
Location: MCCS New River Air Station**

4 Hour All Hands Presentation includes:

- 2 Hour Testimonial Portion** - Impactful personal stories of loss due to alcohol and drugs.
- 2 Hour Interactive Hands-on Activities** - Marines will participate in a variety of impaired driving simulations, impaired goggle games, sobriety test demonstrations, and resource table displays.

Bring the Rethink That Drink Tour to your command, please contact: Substance Abuse Prevention Program at 910-451-2805 or contact your SACO to coordinate.

Logos: MARINE & Family, mcslejeune-newriver.com/substanceabuse, MCCS LEJEUNE-NEW RIVER.

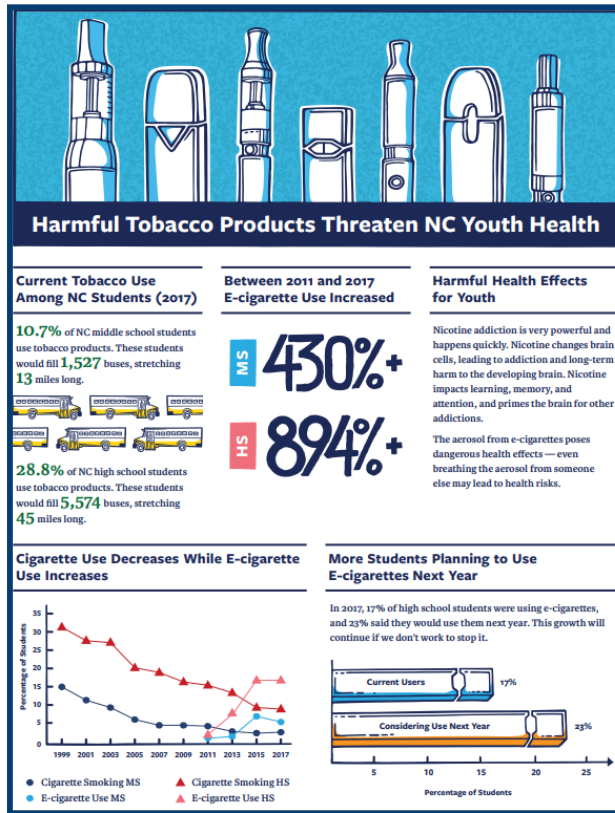
What does this program entail?

Cultivating conversations and awareness about the consequences of alcohol misuse and encouraging Marines to make no risk or low risk choices. The Rethink That Drink Tour utilizes local resources and in-teractive activities to encourage Marines to make better informed decisions that protect their future.

Sam reported, "with 300 Marines and Sailors, the command is very laser focused on DWI and Underage Drinking Prevention. In addition, the program provides solid resources to maintain mental toughness, resiliency, healthy sleep practices, and positive spiritual health.

The event will be held October 31st from 8:00am-3:00pm at the MCCS New River Air Station. If you would like to help with the event, please reach out to Sam.





NC Tobacco Use Prevention Funding Empowers Youth Across the State

Positive Impact Across the State

- 10 regional grantees across NC have laid the ground work for tobacco prevention by working with partners.
- Conducted 530 presentations and educational activities.
- Reached over 6,000 individuals across the state.
- Working to include e-cigarettes in 100% tobacco-free policies at schools, colleges, restaurants, housing communities, and public spaces.
- Providing tools and resources for school staff, including administrators, teachers and health services staff, who are working to address the use of e-cigarettes in schools.
- Partnered with Youth Empowered Solutions (YES!) to train and assist with youth engagement.
- Educated 21 School Health Advisory Councils and schools in 60 different counties.
- Launched the first phase of "Down & Dirty," a targeted digital and social media campaign effective in reducing tobacco use among peer-influenced teens who identify with the "Country" peer group.

Educate and Empower Youth

Many young people do not know the dangers of e-cigarettes, or that these products, which are often sold in youth-friendly flavors, contain nicotine. Youth do not believe using e-cigarettes and products like Juul are the same activity and need to know the truth.

Support is Needed to Continue to Empower Youth to Prevent Tobacco Use

Youth and youth influencers are eager for evidence-based information on e-cigarettes, given that there is so much conflicting information on social media. NC youth are at risk and could benefit from evidence-based social media campaigns. Ongoing support for targeted campaigns as well as education and engagement about the harms of using e-cigarettes are needed.

Treatment is Needed for Tobacco Dependence Among Youth

QuitlineNC provides tobacco cessation coaching services tailored to adolescents and can be reached at 1-800-QuitNow (1-800-784-8669). To better reach and serve middle and high school students addicted to tobacco products, including e-cigarettes, additional youth cessation initiatives need to be identified and developed.

WELCOME TO OUR TOBACCO-FREE SCHOOL

School Policy prohibits the use of tobacco products, including electronic cigarettes. Everywhere, By Everyone, At All Times. Thank you for your cooperation.

For more information, please contact the North Carolina Tobacco Prevention and Control Branch at (919) 707-5400 or visit us online at www.tobaccopreventionandcontrol.ncdhhs.gov.
State of North Carolina | Department of Health and Human Services | Division of Public Health
www.ncdhhs.gov | www.publichealth.nc.gov
THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL

Red Ribbon Week 2019

The Red Ribbon Campaign® is the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week®, October 23rd - October 31st each year.

WHAT IS RED RIBBON WEEK? It is an ideal way for people and communities to unite and take a visible stand against drugs. Show your personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon, October 23 - 31st.

WHY? The Red Ribbon Campaign® was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the Red Ribbon Campaign® is to present a unified and visible commitment towards the creation of a DRUG - FREE AMERICA. **WHO?** National Family Partnership is the sponsor of the National Red Ribbon Week® Celebration. We are helping citizens across the country come together to keep children, families and communities safe, healthy and drug-free, through parent training, networking and sponsoring the National Red Ribbon Campaign®.

WHY SUPPORT THE NATIONAL THEME? A theme unifies each year's campaign and helps to broadcast one message, creating a tipping point to change behavior. **HOW?** Plan a Red Ribbon celebration. Order and display Red Ribbon materials with the National Red Ribbon Theme. Proceeds from the sale of Red Ribbon theme merchandise helps support prevention programs across America. Order for your family, students, staff, patients, employees and customers and encourage them to wear the red ribbon symbol during Red Ribbon Week®, October 23rd - 31st.



CCSAP
COASTAL COALITION FOR SUBSTANCE ABUSE PREVENTION

Contact us: www.ccsap.org or email: director@ccsap.org

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