



MCFARLAND RADAR (Relevant Alcohol & Drug Awareness Resources) COALITION
AODA PREVENTION
NEWSLETTER
JANUARY 2022

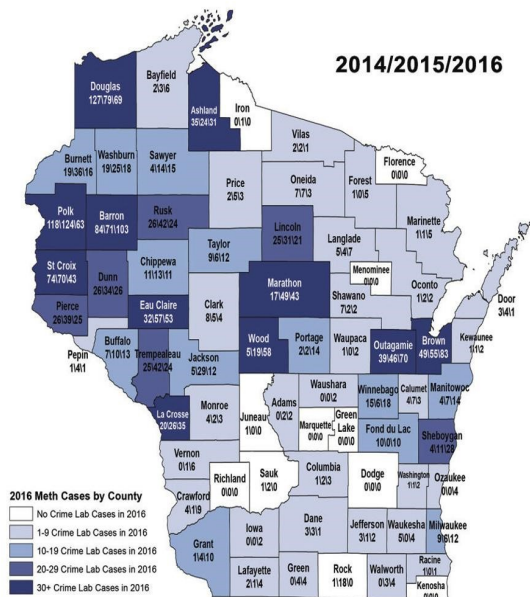
Stimulants

(Meth/Cocaine/Prescription Stimulants)

Methamphetamine

Methamphetamine, also known as meth, crystal meth, crystal, Tina, or crank, is a stimulant that affects the central nervous system, producing feelings of euphoria and increased energy. Common methods of Meth use include ingestion via pill form, injection, smoking via meth pipe and/or snorted. From 2013 to 2017, there was an estimated 167% increase in people testing positive for meth as part of job-related screenings throughout the Midwest, including Wisconsin.

Meth submissions to state crimb lab



Short-Term Effects:

- Increased attention and decreased fatigue
- Increased activity and wakefulness
- Decreased appetite
- Euphoria and rush
- Increased respiration
- Rapid/irregular heartbeat
- Hyperthermia

In 2015, meth use cost Wisconsin \$424 million:

- Drug Treatment – \$9.9 million
- Health Care – \$6.4 million
- Intangibles/premature death – \$301.5 million
- Productivity – \$12.5 million
- Crime and criminal justice – \$76.3 million
- Child endangerment – \$16.4 million
- Production/environment – \$1.1 million

Long-Term Effects:

- Addiction
- Psychosis, including:
 - Paranoia
 - Hallucinations
- Repetitive motor activity
- Changes in brain structure and function
- Deficits in thinking and motor skills
- Increased distractibility
- Memory loss
- Aggressive or violent behavior
- Mood disturbances
- Severe dental problems
- Weight loss

Cocaine

Cocaine comes from the coca plant, which originated in the Andean highlands of South America. The pure chemical of cocaine hydrochloride was first extracted in the mid 1900s, and it was popular for both medical and legal recreational use for decades after. Medical professionals then realized the negative health effects and addictive nature of Cocaine and its recreational use became illegal in 1914.



Short-Term Effects

- Restlessness
- Irritability
- Anxiety
- Paranoia
- Hallucinations
- Unpredictable violent/aggressive behavior
- Dry mouth
- Reduced appetite

Long-Term Effects

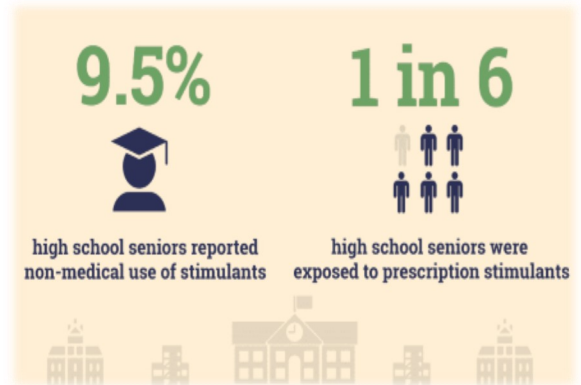
- Irregular heartbeat
- Chest pain
- Hypertension
- Abdominal pain and nausea
- Seizures
- Headaches
- Insomnia and exhaustion
- Depression
- Anxiety
- Paranoia
- Psychosis
- Hallucinations
- Light and sound sensitivity
- Weight loss and eating disorders
- Sexual dysfunction
- Cerebral atrophy and impaired thinking
- Bizarre, aggressive or violent behavior
- Heart attack
- Stroke

Prescription Stimulants

Prescription stimulants are medicines generally used to treat attention-deficit hyperactivity disorder (ADHD) and narcolepsy—uncontrollable episodes of deep sleep. They increase alertness, attention, and energy.

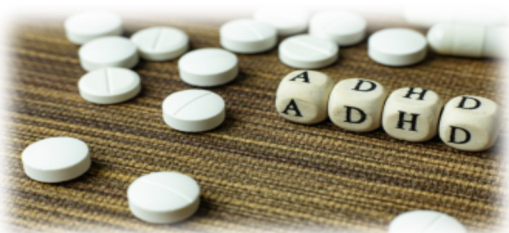
Common Prescription Stimulants include:

- Dextroamphetamine (Dexedrine)
- Dextroamphetamine/amphetamine combination product (Adderall)
- Methylphenidate (Ritalin, Concerta)



Short-Term Effects

- Increased blood pressure and heart rate
- Increased breathing
- Decreased blood flow
- Increased blood sugar
- Opened-up breathing passages



Long-Term Effects

- Permanent damage to blood vessels of heart and brain, high blood pressure leading to heart attacks, strokes and death
- Liver, kidney and lung damage
- Destruction of tissues in nose if sniffed
- Infectious diseases and abscesses if injected
- Malnutrition, weight loss
- Disorientation, apathy, confused exhaustion
- Strong psychological dependence
- Psychosis
- Depression
- Damage to the brain including strokes and possibly epilepsy

Vaping (E-Cigs/Juul)

Quick History

The first e-cigarette was introduced in the US in 2007. The thought was that individuals who smoke cigarettes and wanted to quit that this could be a tool assist with that. The popularity of this device rose over the years, In 2011 there were about 7 million adult e-cigarette users globally, rising to 68 million in 2020.

Teens and Juul

In 2015 JUUL introduced their E-cigarette and their main target audience was youth.

How do we know this:

- Offering Scholarships
 - Several e-cigarette companies are offering scholarships, ranging from \$250 to \$5,000, that involve asking students to write essays on topics like whether vaping could have potential benefits
- Creating a buzz on social media
 - For its launch in 2015, JUUL spent more than \$1 million to market the product on the internet, according to one research study. The brand has paid for campaigns on Twitter, Instagram and YouTube to promote images and company-sponsored ads that associate JUUL with being cool, having fun, relaxation, freedom and sex appeal.
 - Advertisements pulled in 2019
- Sponsoring Musical Festivals and Events
 - In 2013, Blu eCigs sponsored the Sasquatch! Music Festival in Washington, which featured a vapor lounge with surprise guest appearances from top performers, device charging stations, an interactive social media photo booth and samples of blu eCigs.
 - More recently, JUUL sponsored a “Music in Film Summit” at the 2018 Sundance Film Festival in Utah.
- Introducing appealing flavors
 - E-cigarette companies capitalize on this gap in regulation by offering kid-friendly flavors, such as cotton candy and gummy bear, and packaging e-liquids to look like common food items.
 - In 2020 the FDA announced a ban on almost all flavored vaping cartridges and pods (including mint and fruity or sweet flavors)

Common Side Effects

Burning or scratchy feeling in mouth,

lips and throat

Cough

Dizziness

Dry/sore mouth and throat

Headache

Heart palpitations

Shortness of breath

Sleepiness

Weakened taste

Long-Term Effects

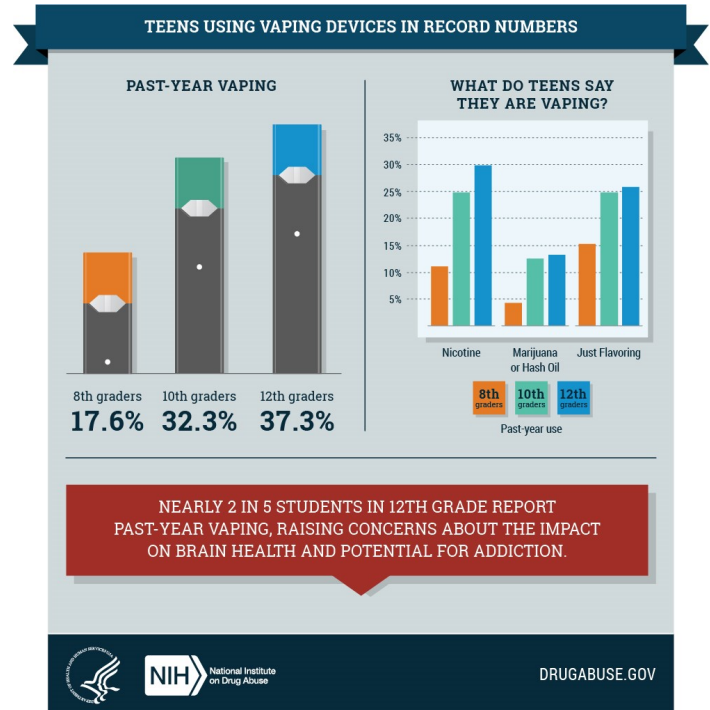
While the long-term side effects of vaping aren't well

known, Juul and other e-

cigarettes have been linked

to serious health problems,

such as severe lung injuries, seizures, nicotine addiction and poisoning, and an increased risk of heart attacks and strokes.



SAY NO TO VAPING

New Year. New Me.

New Year's Resolutions

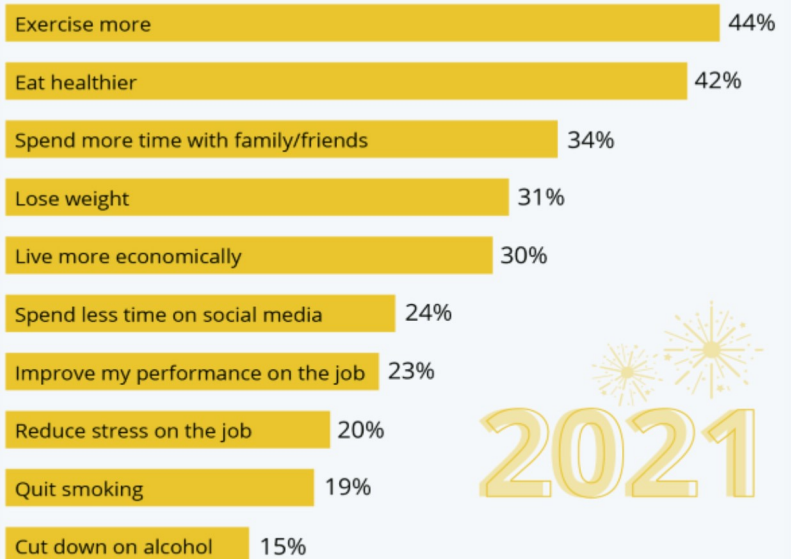
A New Year's resolution is a way for a person to continue good practices, change an undesired trait or behavior, accomplish a personal goal, or otherwise improve their life at the start of a new year. Resolutions are a way for us to quantify what we wish for ourselves and help us catalogue our personal dissatisfactions. Perhaps most importantly, they are a method of erasing errors of the past year. At least 40% of people in the United States set New Year's resolutions.

Why do people make New Year's resolutions?

- It is a tradition/most common practice in the United States
- Hit the proverbial "reset button"
- A resolution is like a promise to us to improve our lives and to make the New Year a better one for ourselves and others.

America's Top New Year's Resolutions for 2021

Most popular new year's resolutions among those planning to make one or several



Survey of 531 US adults, November 2020
Source: Statista Global Consumer Survey



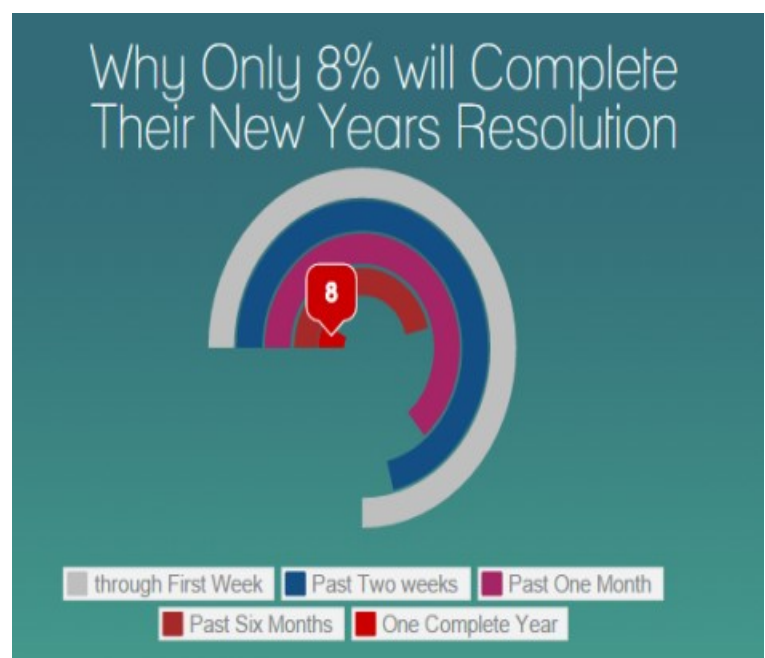
statista

Fail to Maintain...

Studies show that 8% of Americans who make a New Year's resolution actually keep them all year and 80% have failed by the start of February.

Why is this:

- Treating a marathon like a sprint: Immediately wanting is all and wanting it now.
- Not believing in oneself: If you've tried (and failed) to set a New Year's resolution (or several) in the past, you may have doubt of completing one in the New Year
- Too much thinking, not enough doing
- Don't track your progress
- Trying too hard
- No Social Support
- Knowing what you want but not knowing why



How to stay true to New Year's Resolutions

- Be Realistic
 - Strive for a goal that is attainable, such as avoiding it more often than you do now.
- Plan Ahead
 - If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31st arrives.
- Outline Your Plan
 - Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your “bad behavior” will affect your goal.
- Make a “Pros” and “Cons” List
 - It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.
- Talk About It
 - Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year's resolution and motivate each other.
- Reward Yourself
 - Celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with new fitness clothing or by going to a movie with a friend.
- Track Your Progress
 - Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated. Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.
- Don't Beat Yourself Up
 - Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time.
- Stick to it
 - Experts say it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!
- Keep Trying
 - If you have totally run out of steam when it comes to keeping your resolution by mid-February, don't despair. Start over again!
 - Recommit yourself for 24 hours. You can do anything for 24 hours.
 - The 24-hour increments will soon build on each other and, before you know it, you will be back on track.

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Auld Lang Syne	Flurries	Icicles	Quilt	Snowballs
Balloons	Frosty	Igloo	Resolution	Snowflakes
Blizzard	Frozen	January	Runny Nose	Snowman
Blustery	Garnet	Long Johns	Scarf	Sweater
Boots	Gloves	Migrate	Singing	Thaw
Celebration	Hat	Mittens	Shovel	Toboggan
Chilly	Hibernate	Martin Luther King	Skiing	Tradition
Coat	Hockey	Day	Sledding	Vow
Cold	Holidays	New Year	Sniffle	Winter
Earmuffs	Hot Chocolate	New Start	Snow	Year
		Penguin		

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McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>



For time, day and place of meetings, please contact Cathy Kalina at CathyK@fsmad.org

The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.