



MCFARLAND RADAR (Relevant Alcohol & Drug Awareness Resources) COALITION
AODA PREVENTION
NEWSLETTER
OCTOBER 2021

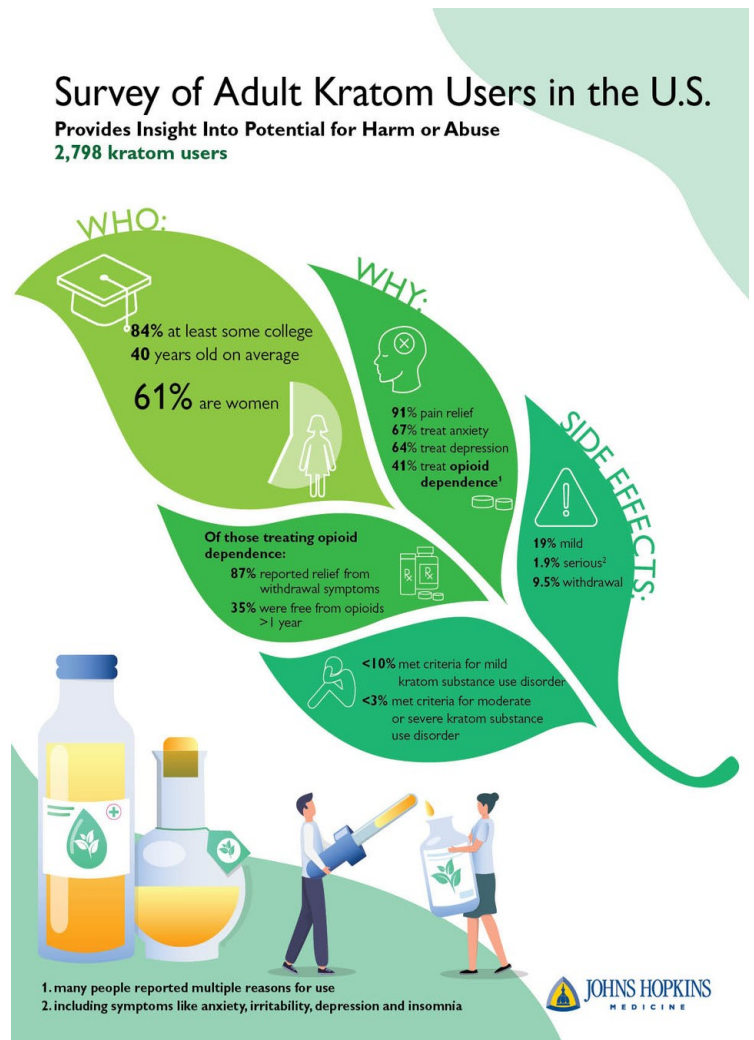
Kratom

Mitragyna speciosa or Kratom, is a tree in the coffee family that is found in Thailand and other tropical countries. Traditionally, in Southeast Asia, people have chewed its leaves or made them into a tea that's used to fight fatigue and improve work productivity. It has also been used during religious ceremonies and to treat medical conditions such as pain and diarrhea, sometimes as a substitute for opium.

The two compounds in Kratom leaves are mitragynine and 7-hydroxymitragynine that interact with the opioid receptors in the brain, producing sedation, pleasure, and decreased pain when taken in high doses. Lower doses cause alertness instead of sedation. Some people in Western countries use kratom to manage opioid withdrawal symptoms.

Is it safe?

Although people who take Kratom believe in its value, researchers have actually found that the side effects and safety problems more than offset any potential benefits. Between 2011 and 2017, poison control centers in the US received about 1,800 reports involving Kratom. About half of these exposures resulted in serious negative outcomes such as seizures and high blood pressure.



How is Kratom taken?



Powder



Capsules



Extract

Reported Health

Effects of Kratom Use:

- Nausea
- Itching
- Sweating
- Dry Mouth
- Constipation
- Increased Urination
- Loss of appetite
- Seizures
- Hallucinations

Long Term Effects of Kratom:

- Weight Loss
- Insomnia (difficulty falling asleep or difficulty staying asleep)
- Dark Spots (hyperpigmentation) on the skin, especially on the cheeks
- Fatigue
- Constipation
- Nausea
- Appetite loss
- Frequent urination
- Tremors or shaking
- Seizures
- Psychosis (seeing or hearing things that other do not see or hear)

Can a person OD on Kratom?

A 2019 report analyzed data from the National Poison Data System and found that between 2011-2017, there were 11 deaths associated with Kratom. Nine of the 11 deaths reported involved Kratom plus other drugs and medicines, such as alcohol, caffeine, fentanyl, and cocaine. Yet there was one report in 2017, that one death was associated with use of pure Kratom.



Legality of Kratom

Kratom, similar to Delta-8, is not federally regulated. This means that no government body checks or guarantees the quality and safety of kratom products that are purchased within the US, both in-person and online. In 2017, the Drug Enforcement Agency wanted to classify kratom as a Schedule I Controlled substance. However, advocate groups like the American Kratom Association, as well as thousands of kratom supporters came together and presented the DEA with a petition with over 145,000 signatures. And they even sent over 6,000 letters to the White House voicing their opposition of making kratom illegal. Thus the DEA never went through with a nationwide ban.

While legal at the federal level, several states have chose to ban the substance, making it illegal to sell, possess, grow, or use it (Wisconsin is one of those states). While some other places have passed the Kratom Consumer Protection Act (KCPA). There are several things that are included in this bill, including age restrictions (you have to over 18 to purchase), disclose if any food item contains kratom, prohibits kratom from being mixed with an illicit drug, and it must be properly labeled.

So, why isn't kratom legal everywhere?

Despite the medicinal use in some areas of the world, kratom is widely recognized as being addictive. The Food and Drug Administration (FDA) has found no evidence that kratom has any therapeutic benefits, further damaging the substance's credibility as a medicinal product.



Halloween

While Halloween is a time for people to get into a costume and enjoy a night of ghouls and goblins, it also is a time where alcohol use is at an all time high. About 86% of adults bring alcohol to Halloween parties and many don't just consume one or two drinks. Binge drinking is very high during this holiday. For men, binge drinking is consuming five or more drinks in a two hour period and for women it is four drinks in a two hour period.



Similar to the Fourth of July, drunk driving is a common occurrence. During the Halloween

nights from 2013-2017, there were 158 people killed in drunk-driving crashes. Drunk driving accounts for almost half of traffic fatalities on Halloween night and there is more likely to be a fatal drunk driving crash on Halloween night than on New Year's Eve. Additionally, children are more than two times as likely to be

killed by a car while walking on Halloween night.

Too many of these treats will trick you.

Buzzed driving is drunk driving.

Designate a sober driver.

Don't be the real monster this Halloween.



How to stop someone from driving and drunk?

- Take their keys away: If you haven't been drinking, offer to drive them home yourself
- Call them a cab: With apps like Uber and Lyft, safely getting home has never been easier
- Let them stay: If they party is at your place, let your intoxicated friend sleep over
- Get others involved: May not be able to stop them on your own, but a group of people might be able to convince them that driving drunk is a bad idea

ON HALLOWEEN...



College students reported drinking 6.3 drinks



Men reported drinking 4 drinks



Women reported drinking 3 drinks

The Truth Behind Laced Halloween Candy

There is little evidence to suggest that your neighbor down the street is a real Halloween threat. From 2008 to 2019, there were only four cases of tampered candy reported but none resulted in injury or death. And there has been no cases of strangers killing or permanently injuring children this way. In Wisconsin, in 2019, the Sheriff of Grant County warned parents about meth and THC laced candy that was in the area, but no injuries or deaths were reported.

However, checking Halloween candy that a child brings home is still a good idea.



What to look for?

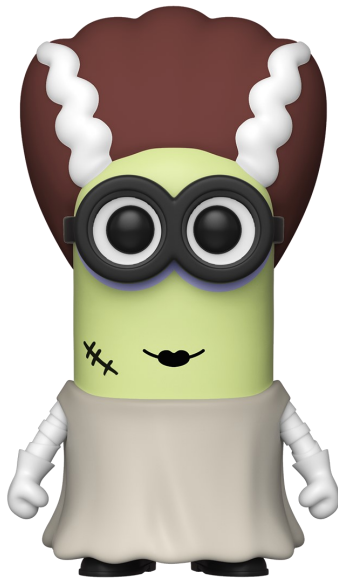
- Be aware of discoloration or any sign of package tampering
- Upwrapped items should be avoided, as should baked goods unless you know and trust the person who made them
- If any piece of candy makes you doubt whether or not it is any good, get rid of it
- All fruit should be cut and examined
- Look for the tell-tale signs that a candy is laced with marijuana:
 - The packaging may look like a commercial brandy candy but might have green packaging, a marijuana leaf emblem or the word “medicinal” somewhere on it
 - Common marijuana laced candies are in gummy form



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Acorn	Cool	Harvest	October	Squirrel
Apples	Cornstalks	Hayride	Orange	Sweater
Autumn	Costume	Jacket	Picking	Trails
Backpack	Crow	Learning	Pumpkin	Trees
Bonfire	Fall	Leaves	Rake	Vegetables
Brown	Farmer	Lessons	Rice	Wagon
Candy	Fields	Maize	Scarecrow	Witches
Cider	Full Moon	Maple	Scenic	Woods
Cobwebs	Gourds	Mushrooms	School	Yardwork
Colorful	Halloween	Oak	Spice	Yellow

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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.