



MCFARLAND RADAR (Relevant Alcohol & Drug Awareness Resources) COALITION

AODA PREVENTION NEWSLETTER

JUNE 2023

Psychedelic Drugs

Psychedelic drugs are a group of substances that change or enhance sensory perceptions, thought processes, and energy levels. These drugs are sometimes used to facilitate spiritual experiences.

Types of Psychedelic Drugs:

- Acid (LSD)
 - Lysergic acid diethylamide (LSD) is a chemically synthesized hallucinogen, developed from ergot, a kind of mold that grows on the rye grain. Also known simply as acid, LSD was widely used in the 1960s until it was made illegal. Use of LSD has continued, despite being a controlled substance, although its use has gone through phases of greater or lesser popularity.
- Dimethyltryptamine (DMT)
 - Dimethyltryptamine (DMT) is a naturally occurring plant-based psychedelic found in the bark and nuts of certain trees from Central and South America. The effects of DMT are much shorter than those of other psychedelics, typically lasting only an hour. This has led to DMT trips being referred to as "businessman's trip" or "businessman's lunch."
- Psilocybin
 - Magic mushrooms contain a naturally occurring type of hallucinogen, called psilocybin, which is found in certain fungi. There is a wide variety of hallucinogenic mushrooms, and their legal status is somewhat ambiguous, as they can be found growing wild in many parts of the world.
 - The natural origins can make them appealing to young people, keen to experiment with these "free drugs." But mushrooms carry particularly high risks given the toxicity of some varieties, which can even be lethal.
- Ecstasy
 - Ecstasy, or MDMA, is more difficult to categorize as a psychedelic because the hallucinogenic effects are less pronounced, and the mood-enhancing and stimulant effects are more noticeable to the user than some other psychedelics. However, ecstasy can induce hallucinations and delusions.



Effects of Psychedelic Drugs: Altered perception of time, Difficulty communicating clearly with others, Heightened awareness or understanding, Increased energy, Lack of ability to think rationally, Nausea, Vivid sensory experiences

Summer and Alcohol Consumption

Summer is typically a wonderful season for outdoor activities and spending additional time with family and friends. For some people, these activities include drinking alcohol beverages.

Swimming

Alcohol impairs judgment and increases risk-taking, a dangerous combination for swimmers. Studies show that as blood alcohol consumption increases person's likelihood of drowning. In fact, it has been found that alcohol is in the blood of 30%-70% of people who drown during recreational water activities. Alcohol is one of the most common determinants in both drownings and near-drownings in adults.

There are a few other reasons why drinking and swimming is so dangerous:

- **Impaired Judgment:** Alcohol may loosen inhibitions, but that's because it affects the part of the brain that gauges risk. This can be quite dangerous when it comes to pool safety.
- **Impaired Reactions:** Alcohol seriously impairs motor skills and reduces one's ability to react quickly.
- **Reduced Coordination:** Along with lowered and loosened inhibitions and reduced motor skills, alcohol also decreases one's ability to stay coordinated. This can contribute to potentially deadly slips and falls.
- **Lowers the Effectiveness of CPR:** Because alcohol causes blood to thin, it can lower how effective CPR is if resuscitation is necessary.



Alcohol and Hydration

Many people see the summer months as a time to enjoy warmer weather. They do this at outdoor events like barbecues, pool parties, beach vacations, concerts and baseball games, to name a few. It's not uncommon for alcohol to accompany some of these festivities. Summer is typically the time of year when people drink the most alcohol (excluding December, due to the holiday season), and also a time when people face heat-related health risks. The risk of dehydration only multiplies when you combine the summer's high temperatures with drinking alcohol. When people drink alcohol in extreme heat, their body is either losing fluid through urine or losing fluid through sweat. Alcohol has diuretic properties, so it makes your body urinate more than usual. In addition, excessive alcohol consumption clouds judgment and can cause you to forget to drink water to stay hydrated.

Summer and Teen Drinking

Summer is a time for kids to experience freedom from school and spend time with friends and family. However, extra free time, lenient rules and oversight also increases underage drinking. On an average day in June or July, more than 11,000 youth start drinking alcohol. For other months, the average is between 5,000 and 9,000 new users per day, according to the Substance Abuse and Mental Health Services Administration.



There are many reasons first-time users choose to experiment with alcohol in the summer:

Boredom:

Many teens are able to relax their brains during the summer, but idle time often gets kids into trouble. Approximately 11,000 teens use alcohol for the first time during the summer. A summer job or internship can keep teens busy all summer and away from alcohol.

Relaxed Rules:

School guidelines provide some structure during the fall, winter, and spring, but summer means less pressure and fewer responsibilities. Teens who are home all summer without adult supervision are more likely to abuse alcohol simply because there's no one to stop them.

Peer Pressure:

Summer is a teen's time to hang out with friends they might not see as often during the school year. However, this can open up relationships that might not be healthy for your teen. A friend's drinking might make it easier for a teen to pick up the habit, no matter the age. Studies show that teens who started drinking at a younger age tended to abuse alcohol more than teens who waited.

Mental Changes:

You might think that a break from school also means a break from the school drama, but teens are constantly undergoing mental, physical, and emotional changes that can be frustrating and scary. Teens may experiment with alcohol because they're stressed, scared, curious, desperate, or for fun. Their impulse control may not be strong enough to say no.

Effects of Underage Drinking

Youth who drink alcohol are more likely to experience: School problems, such as higher rates of absences or lower grades, Social Problems (such as fighting or lack of participation in youth activities), Legal Problems (such as arrest for driving or physical hurting someone while drunk), Memory problems, Misuse of other substances, Changes in brain development that may have life-long effects, Alcohol Poisoning.



Alcohol Free Summer Activities

- Host a Backyard Movie Night:

- A great get-together idea for all ages is to organize a sober movie night right in your backyard. Invite all your friends and neighbors. You can have a fun theme for the movie night, like “Old Hollywood” or “Comedy Night”. If you’re feeling fancy, you can even ask guests to come in costumes.
- Make sure you’re stocked up with popcorn, snacks, and of course, non-alcoholic cocktails.



- Join a Local Sports Team:

- Joining a local sports team is fun, challenging and will make you feel like a part of the community. The benefits of being in a sports team are too many to count! Not only do you develop skills like teamwork and self-confidence, but this is also an opportunity for friends who share similar interests.

- Go Fishing

- Another calming activity that is almost meditative is fishing. Many people underestimate fishing as a boring activity. But if you think about it, fishing teaches you the value of patience. You also have to be observant and mindful of the environment.

- Have a Barbecue

- Take some time to plan and host your own alcohol-free barbeque. Invite your family, friends and neighbors to eat some delicious food and help you cook.

- Explore Your State and National Parks

- Find out where your county, state, and national parks are located and make some plans for day trips or even a weekend away.

- Give Back (Volunteer)

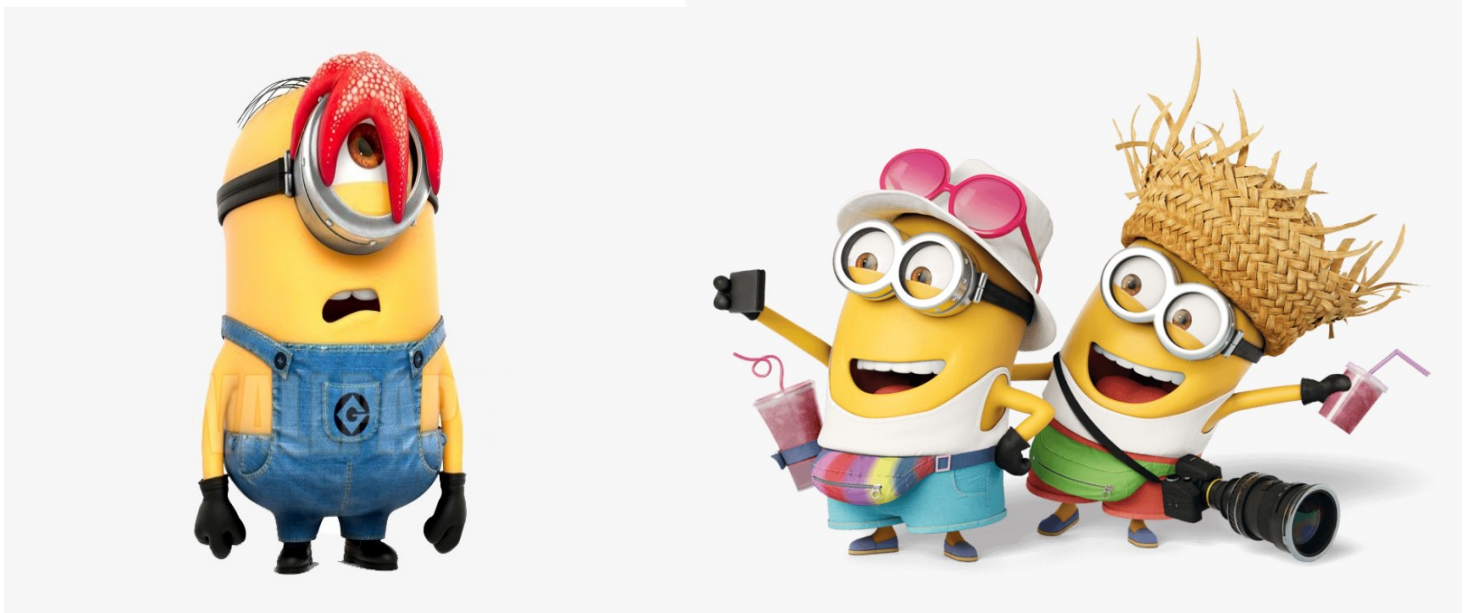
- Volunteering can be especially beneficial as it can help you combat boredom and give you an opportunity to try something new.
- Volunteering can carry a variety of benefits. It can increase your social skills which helps mitigate feelings of stress, anger, anxiety, and depression. Whether you are working with animals, children, or the less fortunate, it simply feels good to help others and give back to the community.



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 CANOEING COCONUT COTTAGE FAMILY FATHERSDAY FESTIVAL FIREFLIES FLIPFLOPS FRIENDS
 FUN FUNTIMES GARDENING GOLF GRADUATE ICECREAM INSECTS LADYBUG LEMONADE
 LIFEGUARD MEMORIES OCEAN PATIO PICNIC POOL RELAXATION SAILBOAT SAND SANDBAG
 SMORES SOLSTICE SPEARFISH STRAWBERRIES SUMMER SUNGLASSES SUNSCREEN SWIMMING
 TENNIS TOWEL TRIP VACATION WAVES

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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.