



**MCFARLAND RADAR (Relevant Alcohol & Drug Awareness Resources) COALITION**

**AODA PREVENTION**

**NEWSLETTER**

**JUNE 2023**

## June is Pride Month

Pride Month is considered to be an important holiday, one that details the history of the LGBTQ+ community finding acceptance in the world. While it's more widely accepted today than ever before, history is able to tell long stories of why this was not the case for a very long time. Pride Month is a time for each individual to be proud of who they are and the unique offerings they have to bring to the world. There is an estimated 20 million US adults that identify with the LGBTQ+ community and more than 2 million of them identify as transgender.



### History

The concept of Pride Month began with the Stonewall riots, a series of riots for gay liberation that took place over several days beginning on June 28, 1969. The riots began after a police raid at the Stonewall Inn, a gay bar located within Lower Manhattan in New York City. The year after the riots, the first pride marches were held in several US cities. Fred Sargeant, an organizer of some of the first marches, said that the goal was to commemorate the Stonewall riots and further push for liberation. He noted that while the first marches were more akin to a protest than a celebration, it helped to remind people of LGBTQ+ communities and how they may include one's family and friends. In June 1999, US President Bill Clinton declared "the anniversary of [the] Stonewall [riots] every June in America as Gay and Lesbian Pride Month." In 2011, President Barack Obama expanded the officially recognized Pride Month to include the whole of the LGBTQ+ community.

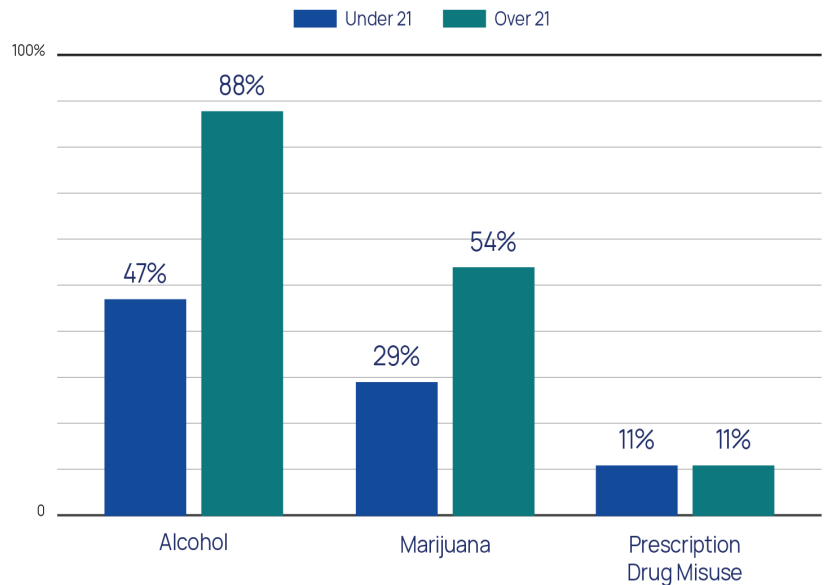


# LGBTQ+ and Substance Use

## Quick Facts:

- In 2020, approximately 41.3% of LGBTQ+ adults 18 and older reported past-year marijuana use, compared to 18.7% of the overall adult population
- Approximately 6.7% of LGBTQ adults in 2020 misused opioids (prescription opioids or heroin use) in the past year, compared to 3.6% of the overall adult population
- In 2020, approximately 21.8% of LGBTQ+ adults had an alcohol use disorder in the past year, compared to 11.0% in the overall population
- Gay and bisexual men also have a much higher propensity to abuse methamphetamine than heterosexual men.
- Among LGBTQ+ individuals, bisexual women have tried e-cigarettes at a higher rate than heterosexual women. They are also more likely to use tobacco cigarettes and e-cigarettes when compared to both lesbian and heterosexual women
- 25% of the gay and transgender population abuses alcohol, and only 5% to 10% of the general population abuses alcohol

Substance Use in the Last Year Among LGBTQ Youth



## Risk Factors:

- **Discrimination:** People who identify as LGBTQ+ often experience discrimination in every aspect of life. Whether discrimination presents itself in systematic ways or comes from specific people, it can lead to significantly more challenges to overcome.
- **Trauma:** There is a strong connection between traumatic events leading to a substance use disorder, and the LGBTQ+ community is exposed to traumatic situations through bullying, harassment and violence.
- **Stress:** Because LGBTQ+ people are in a constant state of stress — often from worrying about violence or prejudice — this anxiety can lead to self-medication with different substances, sometimes forming an addiction.
- **Housing and employment:** Having a stable job or housing situation is a crucial part of being economically and financially sufficient. However, because LGBTQ+ individuals frequently experience discrimination in every form, it may be significantly more difficult to find a job or place to live.



# How to Support LGBTQ+ throughout the year

- **Set Up Recurring Donations:**

- Organizations continue to do crucial work to support the LGBTQ+ community year-round and donations are instrumental in supporting the work that they do. When you find the right organization to donate to, set up recurring donations to support these groups on a monthly or weekly basis.

- **Support LGBTQ+ owned businesses:**

- When shopping, opt to solely support groups that are supportive of the LGBTQ+ community, and avoid groups that have a history of homophobia or anti-gay practices.

- **Allocate time every month to attend an event:**

- Search for events in your area (or online) that you can attend to join discussions, hear from queer speakers, and a variety of other activities.



- **Stay Informed:**

- If you don't know the difference between sex and gender or current LGBTQ+ -related news and issues, educate yourself. Ask questions, do research, and don't be afraid to be honest about what you don't know.

- **Be Open:**

- Speak openly about family members, friends, and colleagues who are LGBTQ+ , if they are out and are comfortable with you discussing it with others. People often assume they will offend others or make them uncomfortable if they mention LGBTQ+ topics. Also, remember that occasional disagreement is normal and healthy!

- **Support Equality:**

- Support policies at school, work, or other places that help protect LGBTQ+ people from discrimination. Even if the issues seem small, they can have a big impact on people's lives. If you see or hear of an unfair rule or policy, talk to a peer or trusted adult about your concerns and what you can do to make a change.

- **Come Out as an Ally:**

- Anyone can be an ally, regardless of their sexual orientation and/or gender identity. Be proud to support the LGBTQ+ community.

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](mailto: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.