



MCFARLAND RADAR (Relevant Alcohol & Drug Awareness Resources) COALITION

AODA PREVENTION SPECIAL EDITION NEWSLETTER

OCTOBER 2023

National Substance Misuse Prevention Month

In 2011, the US Government designated October as National Substance Misuse Prevention Month. The purpose of this prevention month is to highlight the vital role of prevention in both individual and community health and to remember those who have lost their lives to substance misuse. According to the Center for Disease Control from January 2022 to January of 2023, more than 109,000 people have lost their lives due to substance misuse. It is also a time to acknowledge those in recovery, as well as children, parents, family, and friends supporting them.

October Is National Substance Abuse Prevention Month

Early intervention and education work.



Tips for talking with Youth:

- Pick a good time for the conversation when time is less limited, and you are all calm
- Ask youth and young adults to share what they've been told about the subject and what they believe
- Discuss reasons to avoid drugs with education if needed, especially about the importance of delaying the age of initiation to reduce the likelihood of addiction
- Brainstorm ways to resist peer pressure if that is a challenge
- Share your own experiences if asked, and if you've been successful at living drug-free explain why and how. If you've experimented or misused substances, share what you've learned and any advice you have to offer.

Spectrum of Prevention



Red Ribbon Week

Red Ribbon Week, which is celebrated annually from October 23rd to the 31st, is the nation's oldest and largest drug prevention awareness program.

The origins of Red Ribbon week started after the death of a DEA Agent named Enrique "Kiki" Camarena, who in 1985 was killed by drug traffickers that he was investigating in Mexico. As a tribute to the agent, his high school friend, Henry Lozano and Congressman Duncan Hunter, asked for people to wear red ribbons to show oppositions to drugs. In 1988, the National Family Partnership coordinated the first National Red Ribbon Week with President and Mrs. Reagan serving as honorary Chairpersons. Since then, the Red Ribbon campaign has taken on national significance, and NFP continues to coordinate the campaign for families, schools and communities across the nation each year.

The theme for this year: Be Kind to Your Mind. Live Drug Free. This theme encourages everyone to use their voice to make a difference no matter who they are, where they're from or what they do. The possibilities are endless when the community works together.



Prescription Drug Take-Back Day

During Red Ribbon Week, participating law enforcement agencies host a Prescription Drug Take-Back Day, that occurs on October 28th. The goal of this day is to provide a safe, convenient, and responsible means of disposing prescription medication, while also educating the general public about the potential misuse of these medications. Unused prescription medications in homes can create a safety concern, because they can be accidentally ingested, stolen and misused.

- Bring: Prescription (controlled and non-controlled) and over-the-counter medications, ointments, patches, non-aerosol sprays, inhalers, creams, vials and pet medications.
- Do Not Bring: Illegal drugs, needles/sharps, aerosol cans, bio-hazardous materials (anything containing a bodily fluid or blood), mercury thermometers, personal care products (shampoo, soaps, lotions, sunscreens, etc...), household hazardous waste (paint, pesticides, oil, gas).



How to Contribute to Red Ribbon Week

Communities can:

- Display a basket of red ribbons in the reception area of your organization for visitors to take.
- Sponsor a special drug abuse prevention seminar for the community. Invite a speaker who is an expert on drug prevention and invite the community to attend.
- Sponsor an in-service educational program for your employees and community leaders.
- Organize a drug prevention awareness fair. Invite local nonprofit organizations to participate by staffing exhibit booths, disseminating educational materials, offering free health screenings, and much more.
- Post fact sheets and Red Ribbon Week event notices and other materials on community webpages, and on bulletin boards in libraries, hospitals, local churches, synagogues, gymnasiums, grocery stores, parks and recreation departments, health clinics, universities, and other public places.



Schools can:

- Wear red ribbons and distribute them to your friends, family, volunteers, staff, and employees.
- Sponsor a Red Ribbon Week activity (e.g., fun run; bike-a-thon; bookmark, poster, or essay contest; classroom door decorating contest).
- Incorporate drug prevention facts and tips in your school-wide announcements and websites throughout Red Ribbon Week. Create a bulletin board display about Red Ribbon Week and post it in a high traffic area of your school.
- Have a school assembly (everyone can wear red) and invite a law enforcement officer to speak about the dangers of drug abuse.
- Do a drug prevention and refusal skills presentation for your classmates.
- Promote Red Ribbon Week at your school's sporting events by handing out red ribbons, providing information about Red Ribbon Week, and having parents and students take a drug-free pledge.

In the Workplace:

- Have employees wear red
- Display red ribbon posters
- Support local school Red Ribbon activities
- Display a basket of Red Ribbons in your reception area for visitors
- Post fact sheets and Red Ribbon Week event notices throughout your building/office

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



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

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/>

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.