

COALITION CORNER

Burlington County Coalition for Healthy Communities & Riverfront Coalition Burlington City

Spring 2018



CADCA Capitol Hill Day



Washington DC – On a very cold and rain soaked Wednesday afternoon in early February, Joe Conlin and Libby Majewski made their way to Capitol Hill to meet with the staff of Congressman Tom MacArthur R-3rd. The visit was part of Capitol Hill Day, an event scheduled as part of the Community Anti-Drug Coalitions of America (CADCA) Leadership Forum. Coalition members from across the country also made the trip to visit with their local representatives. Joe and Libby met with Jayson Schimmenti, a Legislative Assistant and Andrew Fosina a Legislative Correspondent for the Congressman. The meeting focused on several topics, grant funding for

Opioid Prevention for the Burlington County Coalition for Healthy Communities, Drug Free Communities funding for the new Burlington City Riverfront Coalition, the Congressman's position of support for keeping the Office of National Drug Control Policy (ONDCP) fully funded, and our opposition to

the legalization of marijuana in New Jersey. It was a very productive meeting and a great insight into how Washington DC operates.

As a result of the meeting, Congressman MacArthur issued a letter of support for both coalitions in their efforts to obtain Federal funding. The letter states “ *the importance of the proposed grants which would assist these coalitions with drug prevention among youths is abundant and straight forward. It is because of this imperative need for action, that I would like to express my full support for the approval of the financial assistance...*”



The Dangers of Mixing Percocet & Xanax



Percocet Pills

Taking Xanax with other drugs or alcohol can be a deadly mistake. According to the American Journal of Forensic Medicine and Pathology, fatalities from taking Xanax, or alprazolam, on its own, are rare. Out of 178 postmortem studies reviewed by the journal, 87 deaths were caused by mixing drugs, while only two fatalities were caused by taking Xanax alone. Most deadly overdoses occur when the user takes Xanax along with other drugs, a practice known as polydrug abuse. Xanax is categorized as a benzodiazepine. This class of drugs is effective at controlling seizure activity, reducing anxiety, easing muscle spasms, and relieving insomnia. Because Xanax takes effect

quickly to calm the activity of the central nervous system, it should not be taken with other drugs that depress vital functions like respiration. Nevertheless, a large percentage of recreational Xanax users put their health and safety at risk by abusing other substances at the same time.

What Makes Mixing Drugs So Dangerous?

When you read the warning label issued by the U.S. Food and Drug Administration, you'll notice that the FDA strongly advises against taking alprazolam with alcohol or with drugs that you're taking without a prescription. The consequences of combining drugs can be life-threatening, especially if those drugs depress the activity of the central nervous system (the brain and spinal cord).



XANAX Bars

What Happens When You Drink and Take Xanax?

Drinking alcohol while taking Xanax is extremely dangerous. According to Scientific American, both alcohol and Xanax are cleared from the body by the same liver enzymes. Because both drugs are broken down by the same compounds, it takes longer for the body to detoxify itself after you take Xanax and alcohol together. This means that these substances remain in your system longer.

Xanax augments the effects of alcohol, and vice versa. When you take Xanax while you're drinking, both drugs will be more potent than if you used either one of them alone. As a result, your risk of excessive sedation, dangerous accidents, respiratory depression, cardiac problems, and loss of consciousness increases exponentially.

If you continue to abuse Xanax and alcohol together, you could have serious cognitive and psychological consequences. Memory problems, depression, sleeplessness and agitation are a few of the long-term consequences of combining Xanax with alcohol. In addition, you raise the chances of becoming addicted to both drugs if you take them at the same time. Xanax and alcohol can both produce severe withdrawal symptoms if you stop taking these substances all at once, such as:

- Seizures
- Anxiety
- Agitation
- Delirium



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Coalition Meeting Dates and Events

NO MARCH MEETING

April Meeting

April 24th 11am
Burlington County Health
Department, Pioneer Blvd
Westampton NJ

Open to all

**Prevention Plus is
Moving to a new loca-
tion on April 9th.**

**Our new Office will be
located at :**

**5000 Sagemore Drive
Suite 203, Marlton, NJ
08053**



Frequently Used Excuses of Drug Abuse

- I was keeping/holding it for a friend.
- A drink got spilled on me
- I just took a sip - I didn't know it had alcohol in it.
- That smell is my new incense.
- All my friends are doing it.
- It's only alcohol - at least I don't smoke dope.
- It's only marijuana - at least I don't do hard drugs.
- I just tried it once and I'll never do it again.
- It's normal to experiment when you're a teenager.
- My eyes are bothering me - I probably have allergies.
- I'm just tired.
- It's cool to wear sunglasses, even inside.
- At least I don't drink and drive.
- If you think I am bad, you should see what John or Jane does.
- It's not like when you were young - it's a different world.
- They made me do it.

Guide To Today's Drug Terms

Dexing: Abusing cough syrup. Synonyms include robotripping or robodosing because users tend to chug Robitussin or another cough syrup to get high.

Triple C: This stands for Coricidin HBP Cough and Cold., the triple C or CCC

Special K: A medication used as an anesthetic in humans and animals, ketamine is sometimes abused as a "club drug." It can cause hallucinations and euphoria in higher doses. Synonyms include vitamin K, breakfast cereal, cat valium, horse tranquilizer, K, Ket, new ecstasy, psychedelic heroin, and super acid.

Crank: The stimulant methamphetamine. Synonyms include meth, speed, chalk, white cross, fire, and glass. "Crystal methamphetamine is called ice," says Cleveland Clinic's Pollock.

"Crystal meth is smoked, but meth can be injected, snorted, or taken as a pill,
Antifreeze: Heroin. Synonyms include Big H, brown sugar, dope, golden girls, H, horse, junk, poison, skag, smack, sweet dreams, tar, and train,

Crunk: This is a verb that means to get high and drunk at the same time.

Snow: Cocaine. Synonyms include Charlie, crack, coke, dust, flake, freebase, lady, nose candy, powder, rock, rails, snowbirds, toot, white, and yahoo, according to Phoenix House. "After all this time, alcohol and pot are still the most used drugs by teens, but cocaine is really a strong third, especially with females.

Ecstasy or 3,4-Methylenedioxymethamphetamine (MDMA). Synonyms include, Molly, MDMA, X

Georgia Home Boy: This refers to Gamma Hydroxybutyrate (GHB), a central nervous system depressant can produce euphoric, sedative, and body-building effects. Other synonyms include Gamma-OH, Grievous Bodily Harm, Liquid Ecstasy, Liquid E, Liquid X, Organic Quaalude, and Scoop.

Roofies: This refers to rohypnol, a.k.a. the date rape drug. Synonyms include the forget pill, La Rocha, Mexican valium, R-2, rib, roachies, roofenol, rophies, roche (pronounced roe-shay), and rope.

Kibbles and bits: The attention deficit hyperactivity disorder (ADHD) drug called Ritalin. It is sometimes also referred to as pineapple, says Pollock.

Teens and Drugs on the Web

Cheese: This is a hazardous mix of black tar heroin and Tylenol PM or other medicines containing diphenhydramine). It looks like grated parmesan cheese -- thus the name. There were more than 20 teen deaths in Dallas and surrounding neighborhoods that have been attributed to Cheese since it was identified in 2005.

Candy flipping: This term refers to a high that's achieved by combining LSD (lysergic acid diethylamide) or acid with ecstasy.



New Resource for Seniors!

BCCHC Resource Directory For Older Adults Dealing with Acute and Chronic Pain



<u>Type of Community Resource</u>	<u>Name of Organization</u>	<u>Contact Info</u>
Burlington County Agency on Aging	Burlington County Area Agency on Aging / Aging and Disability Resource Connection	(609) 265-5069 www.co.burlington.nj.us/aging
Holistic Healthcare Provider	Next Step Strategies, LLC Siobhan Hutchinson, MA	609-752-1048 www.NextStepStrategiesLLC.com
Pain Management Services	Pain Management Solutions, Inc. Dr. David H. Kim, MD	856-608-1130 Moorestown, NJ www.PainManagementSolutionsInc.com
Holistic Wellness Center: massage therapy, yoga, health coaching	Halo Wellness Center	http://elevateyourhealth.com/ 856-574-4433
Medicine Drop Box Locations	Prevention Plus of Burlington County	www.prevplus.org/dropbox
Senior Fitness / Physical Activity	Office of Aging / YMCA Grant Funded Program	(856) 231-9622
Addiction Support Group / 12 Step Program	ALCOHOLICS ANONYMOUS/ SOUTH JERSEY	(856) 486-4446 http://www.aasj.org/
24 hours, 7 days a week Hotline: Provides Crisis Helpline, Information & Referral	Contact of Burlington County	(856) 234-5484 www.contactburlco.org
Faith-based community service: Provides professional counseling for individuals, marriage, family, group, and information and referral.	Catholic Charities – Family and Community Services	1-(800) 360-7711 www.catholiccharitiestrenton.org
Grief Support	Samaritan Center for Grief Support	(856) 596-8550 www.samaritannj.org
Farmers vouchers to income eligible seniors during the summer months.	Farmers Market Program of Burl County	(609) 265-5069
Online Yoga Subscription (first 15 days free, See Senior Videos)	YogaAnytime	www.yogaanytime.com
Senior Volunteer Program	Retired and Senior Volunteer Program (RSVP) at Rowan College of Burlington County	Rowan College at Burlington County (609) 894-9311, ext. 1498 http://www.rcbc.edu/rsvp
Adult Learning Program	Learning for is Everyone (LIFE) at Rowan College of Burlington County (RCBC)	Rowan College at Burlington County (609) 894-9311, ext. 1498 http://www.rcbc.edu/life
Acupuncture for Pain Management	Marlton Pain Control & Acupuncture Center	Marlton, NJ (856) 596-1005
Information on addiction, rehab centers, and special populations (seniors, women, etc.)	Addicted.org	http://www.addicted.org/types-of-services/drug-rehab-centers-for-seniors.html
Online videos for flexibility, strength, and pain relief	Essentrics Aging Backwards by Miranda Esmonde-White	www.youtube.com search "Aging Backwards Pain Relief"