



# BELLEVILLE AREA CARES COALITION AODA PREVENTION NEWSLETTER JULY 2022

## MDMA/Ecstasy

MDMA is a synthetic (man-made) drug that alters mood and perception (awareness of surrounding objects and conditions). It is chemically similar to both stimulants and hallucinogens, producing feelings of increased energy, pleasure, emotional warmth, and distorted sensory and time perception. This drug was initially popular in the nightclub scene and at all-night dance parties (“raves”), but the drug now affects a broader range of people who more commonly call the drug Ecstasy or Molly.



MDMA is a Schedule 1 drug under the Controlled Substances Act, meaning it has a high potential for abuse and there is no accepted medical use in treatment in the US, and that there is a lack of accepted safety for use under medical supervision. Most of the MDMA that is seized in the US is primarily manufactured in, and smuggled across US board from laboratories in Canada and, to a lesser extent, the Netherlands.

### How MDMA is Used?

MDMA is most often available in tablet or capsule form and is usually ingested by mouth or crushed and snorted. Traffickers consistently use brand names, colors and logos as marketing tools and to distinguish their product from that of competitors. Among the more popular logos are butterflies, lighting bolts, and four-lead clovers. It is also available as a powder and is sometimes snorted, taken as a liquid, and it is occasionally smoked but rarely injected. The drug’s effects generally last from 3 to 6 hours



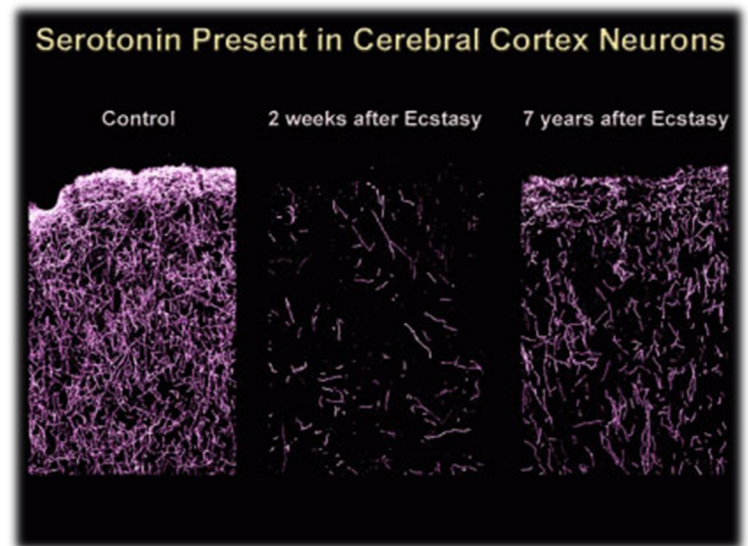
**Common Street names:** Adam, Beans, Clarity, Disco Biscuit, E, Ecstasy, Eve, Go, Hug Drug, Lover’s Speed, MDMA, Peace, STP, X, and XTC

# MDMA Effect on the Brain

MDMA mainly affects brain cells that use the chemical serotonin to communicate with each other.

Serotonin helps to regulate mood, aggression, sexual activity, sleep and sensitivity to pain. Several studies have suggested that MDMA may increase the risk of long-term, perhaps, permanent, problems with memory and learning. Outside of potential damage to memory and learning, MDMA causes changes in perception, including euphoria and increased sensitivity to touch, energy, sensual and sexual arousal, need to be touched, and need for stimulation.

Additional effects can include: Confusion, Anxiety, Depression, Paranoia, Sleep Problems, Drug Craving



## Short-Term Effects:

- Impaired Judgement
- False Sense of affection
- Confusion
- Depression
- Sleep Problems
- Severe Anxiety
- Paranoia
- Drug Cravings
- Muscle Tension
- Faintness and chills or swelling
- Involuntary teeth clenching
- Blurred vision

## Long-Term Effects:

- Degenerated nerve branches and nerve endings
- Depression, anxiety, memory loss
- Cardiac arrest
- Stroke
- Kidney failure
- Overheating (hyperthermia) and dehydration
- Dilutional hyponatremia – when the user 'drowns' their brain by drinking too much water.
- Death

## MDMA with other Drugs

The effects of taking MDMA with other drugs (including over-the-counter or prescribed medications) can be dangerous and unpredictable. When MDMA is taken with alcohol can increase the risk of dehydration and consequently drinking too much water. MDMA when mixed with a substance like Cocaine can increase the risk of anxiety and reduced brain function due to dopamine depletion. It can also put an enormous strain on the heart and other parts of your body, thus increasing the risk of stroke.

# Summer Break and Teen Drug Use

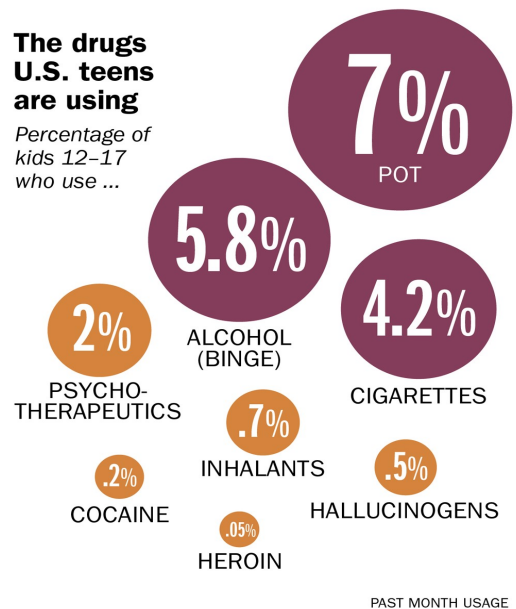
Summer time for a lot of teenagers is the chance for them to spend long days by the pool, hanging with friends and enjoying the nice warm weather. Having this free time and less adult supervision can make summer an exciting time for many young teens. Unfortunately, summer time also is the time when teenagers may first become exposed to various different drugs.

According to a study, on a summer day, approximately 4,500 youth will smoke cigarettes or marijuana for the first time. Compare that to the academic year when between 3,000-4,000 teens would smoke for the first time.

Outside of traditional cigarettes and marijuana, there is also an increase use of hallucinogens and inhalants. More than 1,500 youths per day, used hallucinogens for the first time compared with averages of about 1,100 to 1,400 per day in other months. First-time use of inhalants also peaked in July more than 1,800 new users on average per day compared with about 1,100 to 1,700 new users each day in other months.

## The drugs U.S. teens are using

Percentage of kids 12-17 who use ...



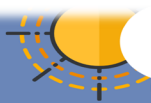
## Factors in Summer Substance Misuse:

- Free Time:
  - The simplest explanation is that kids have more free time and less supervision during the summer. Youth are becoming more independent, and they tend to spend more time unsupervised as they get older.
- Social Pressure
  - For many youth, summer is all about spending time with friends. This is usually a natural and healthy thing to do, but if a teen is hanging out with people who are doing drugs and drinking, they may feel pressured to join.
- Events and Availability
  - Summers are packed full of events like festivals and concerts, where strangers may be more willing to share drugs or alcohol. When there is a substance around and easy to obtain, teens are more likely to give in to the temptation of a new experience.



## What can Parents do:

- Plan family time that's non-negotiable.
  - Every day or a few times a week, plan family time that is non-negotiable for your teen.
  - Of course, there is always a chance your teen just won't show up.
  - When the whole family is involved, however, your teen might be more inspired to show up.
  - Rather than schedule the regular family dinner, make it something worthwhile to the teen like family outings, cooking together, movie nights, or doing a fun activity.
- Enroll kids in summer activities.
  - Summer camps need counselors and counselors in training when adolescents and teens get too old to be campers
  - There is a summer camp for just about every kind of activity a kid would want to spend all summer doing.
  - Camps can be rambunctious and full of mischief, but there is healthy structure and responsibility in addition to making lifetime memories.
- Encourage them to get jobs.
  - States have different laws about the youngest ages to start working. If your adolescent or teen is old enough to start working, encourage them to get a job.
  - Making their own money and filling their time with employment is better than being bored.
  - They'll develop a work ethic, gain life skills, and have a schedule.
- If they can't get a job, encourage an entrepreneurial spirit
  - If they can't find a job, encourage them to create a job instead.
  - Take the "lemonade" stand approach and ask them to come up with ideas for what they want to contribute to their community.



## What Can Parents Do?

### **KEEP CONTROL:**

During the summer, teens continue to need supervision, structure, and responsibility. Maintain control even as your teen's schedule changes.

### **TALK:**

Talk to your teens about not using alcohol and other drugs. Use scientific information and family values to drive the conversation. Talk frequently.

### **DELAY:**

The longer you can keep your teens from trying alcohol or other drugs, the less likely they are to have life long issues with substances.

### **BE ALERT:**

Don't ignore changes you see in your teens. Monitor their phone and social media use, and get help if you see a problem. All kids can have issues.

# What Teens can do this Summer?

- Hike in a local park
  - Try a new trail, let them guide the way, or bring a friend a let them explore. Check local parks, state parks, arboretums, and botanical gardens for ideas.
- Stargaze
  - Watch the weather for a clear night when the moon is waning and the stars shine brightly, then head away from as much light pollution as you can to watch the stars. Bring blankets and cozy up as you lay back and search for constellations. Or, check with your local observatories and see if they are offering any public stargazing events!
- Go paddling
  - Pick your paddle — canoe, kayak, or stand up paddleboard and head out on the water.
- Swim
  - Head to a nearby beach, lake, or pool for a swim day. The nice thing is that teens can now carry their own stuff.
- Take a bike ride
  - Jump on a local bike path and see how many miles you can clock.
- Watch a movie outdoors
  - Visit a local drive in or concoct an outdoor movie “theater” in your backyard.
- Visit a farmers’ market
  - Farmers’ markets are a fun place to buy local produce, meats, fish, dairy, baked goods, and other prepared items. It is even more fun consuming all the goodies you buy!
- Learn a new skill
  - Want to learn to play an instrument, speak a new language, take an elective you can’t get at school? Now is the time to explore your interests and figure out what paths you want to pursue.
- Host a sleep over
  - Once school is out, teens appreciate the opportunity to stay up late, sleep in, and spend quality time with friends
- Research colleges
  - It isn’t too early to start narrowing down a list of schools you may want to check out and attending virtual college tours. Think about size, location, majors, activities, sports, and other factors important to you

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Adams	Country	Franklin	July	Sherman
America	Coconut	Freedom	Kite	Sovereign
Barbeque	Declaration	Government	Liberty	Spoiler
Baseball	Democracy	Generations	Music	Stars
Cancer	Fate	Hammok	Parage	Swim
Bowtie	Family	History	Party	Summer
Carnical	Federal	Holiday	Patriotic	Taxation
Celebration	Flag	Honor	Philadelphia	Tradition
Colonies	Fireworks	Independence	Picnic	Uncle Sam
Concert	Fourth	Jefferson	Revolution	Unified



Belleville is a small community southwest of Madison in Dane and Green Counties. Belleville is a special place to visit because of its natural beauty, recreational activities and friendly people and atmosphere. Belleville is a great community for families seeking a solid educational system along with the natural amenities of the community.

The Belleville Area Cares Coalition came into existence following a town hall meeting in April of 2014.



**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**

**More information can be found at : <https://www.bellevillewicare.org/>**

**BACC meetings are held on the 4th Tuesday of each month at 4:45 pm in the Belleville Village Hall.**

#### **BACC Mission Statement**

***“The mission of Belleville’s Area Cares Coalition is to promote a healthy community for youth and young adults, free of alcohol and other drug abuse.”***

***The Belleville Area Cares 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 Belleville area a safer and healthier place, brightening the future of our children, youth and families.***

#### **HOW CAN YOU HELP?**

The BAAC asks 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 Belleville area.