



**BELLEVILLE AREA CARES
COALITION**
AODA PREVENTION
NEWSLETTER
MAY 2023

Prescription Medication Misuse

Prescription Medication Misuse is the use of prescription medicine in a way not intended by the prescriber. Prescription drugs are only safe for the people who have prescriptions for them. That's because a doctor has examined these people and prescribed the right dose of medicine for their medical condition. The doctor has told them exactly how they should be taken, including things to avoid while taking the drug. They also are aware of side effects and can watch patients closely for these. It is estimated that 14.3 million Americans over the age of 12 misuse prescriptions in the past year.



Prescription drugs that are often abused are Opioids such as Oxycodone, Vicodin and Demerol, Depressants like Valium and Xanax and Stimulants (Ritalin and Adderall).

Risk Factors

- Past or present addictions to other substances, including alcohol and tobacco
- Family history of substance abuse problems
- Certain preexisting mental health conditions
- Peer pressure or a social environment where there's drug use
- Easier access to prescription drugs, such as having prescription medicines in the home medicine cabinet
- Lack of knowledge about prescription drugs and their potential harm



Prescription Misuse and the Brain:

Prescription opioids activate opioid receptors in the brain and, in doing so, decrease the perception of pain signaling. This receptor interaction is also associated with a release of dopamine in the brain's mesolimbic reward center, which can result in feelings of euphoria, elation, or pleasure. When dopamine is released, other areas of the brain react, creating a memory and associating it with the pleasurable circumstances in which it occurred.

Effects of prescription opioids:

- Mood changes.
- Depression.
- Drowsiness.
- Impaired memory, judgment, and attention.

Effects of prescription depressants:

- Mood swings.
- Inappropriate aggressive or sexual behavior.
- Memory and attention problems.
- Disorientation.
- Impaired coordination.
- Drowsiness or stupor.
- Coma.

Effects of prescription stimulants:

- Psychosis
- Anger
- Paranoia



The Body and Prescription Drug Misuse:

Effects of prescription opioids:

- Constipation
- Nausea
- Feeling high
- Slowed breathing rate
- Drowsiness
- Confusion
- Poor coordination

Effects of prescription depressants:

- Drowsiness
- Confusion
- Unsteady walking
- Slurred speech
- Poor concentration
- Dizziness
- Problems with memory

Effects of prescription Stimulants:

- Increased alertness
- Feeling high
- Irregular heartbeat
- High blood pressure
- High body temperature
- Reduced appetite
- Insomnia
- Agitation

Memorial Day Weekend

Memorial Day is a time for solemn observation as we honor and remember those who sacrificed their lives defending hearth and home on faraway shores. But the Memorial Day weekend has also become an occasion for revelry and celebration. This three-day holiday gives us the perfect excuse to kick back and relax with family and friends as we welcome the unofficial arrival of summer. When holidays come around, the situation becomes even worse, as excessive, and irresponsible drinking in particular is routine and seemingly taken for



granted. The highest increases in rates of alcohol consumption (for all ages) occur on New Year's Day and on the Fourth of July, but these are the only holidays that outrank Memorial Day weekend.

Another concern during Memorial Day weekend is driving while under the influence. Between 2011 and 2015, the average number of fatal accidents on Memorial Day was 312. 40% of accidents on Memorial Day weekend involve drunk driving. To compare, on a normal three-day weekend, just over 29% of accidents involve intoxication. Since a lot of people tend to travel on or around Memorial Day weekend, there is a higher chance for accidents to occur. During the 2020 Memorial Day period, 41% of fatalities involved an alcohol-impaired driver.

Boating Under the Influence

Drinking and operating a boat are similar to those associated with driving a car and drinking, regardless of whether or not the boat has a motor on it. The legal limit for drinking and driving is a blood alcohol concentration (BAC) of 0.08% g/dL, and the same is true for operating a boat. This applies to any boat, including a canoe, kayak, or rowboat.

In Wisconsin, while a conviction for boating while intoxicated normally won't result in the loss of driving privileges, the penalties are still significant. Just like in operating a motor vehicle while intoxicated cases, the severity of the penalties for boating while intoxicated (BWI) depend on whether you have previous convictions, and they increase based on the number of those convictions.

Penalties for a BWI in Wisconsin include:

- First-offense: Fine of \$150 to \$300.
- Second-offense (if within 5 years of prior conviction): Fine of \$300 to \$1,000; Minimum of five days to six months in jail.
- Third offense (if within 5 years of prior convictions): Fine of \$600 to \$2,000; Minimum of 30 days to one year in jail.
- BWI causing injury: Fine of \$300 to \$2,000; Minimum 30 days to one year in jail.
- Homicide by intoxicated use of motor vehicle: Class D felony; Up to 15 years initial confinement and 10 years extended supervision for a total of 25 years prison, and/or up to \$100,000 fine.

What to do on Memorial Weekend:

- **Hit the Beach:** Memorial Day arrives just when the weather starts to warm up, so it is the perfect day to hit the beach. Whether it be looking to lay out and relax with a good book or play some beach volleyball with friends, the beach is the place to spend the day.
- **Bake Fun Desserts with Friends:** Nothing is more exciting than trying out new recipes. With endless options of fun Memorial Day themed dessert recipes available on websites like Pinterest, there is plenty of choices in terms of fun new recipes to try. Whether baking to contribute to a potluck or just you and your close friends, baking fun desserts is a great activity for Memorial Day.
- **Picnic at the Park:** Sometimes the park can be underrated location. While the beach is a fun place on Memorial Day weekend, it can often be incredibly crowded. Having a peaceful picnic with friends and family is another option.
- **Host a Barbecue:** Hosting Barbecue is a great activity that does not require a lot of planning or preparation and are a great way to bring friends and family together.
- **Watch a Parade:** Most cities and small towns hold a parade to bring attention to and honor the veterans who lost their lives serving our country. All this requires is a bit of planning to find the time and location of the nearest parade. This may require some more time and planning but it is a great way to get out during the weekend.
- **End the Night with a Bonfire:** Bonfires are fun on any occasion, but they are the prime way to end Memorial Day Weekend. Whether on the beach or in the backyard, this is the perfect way to end the day with great conversation, good music, and amazing friend.
- **Go on a Bike Ride:** Going on a bike ride can often be overlooked as a fun way to spend the day. Whether you live in a small town or near the beach, going on a bike ride will allow you to get a bit of exercise while admiring the beautiful day.
- **Plan a Hike:** Gather a group of people to go on a hike and it is a great way to get some exercise while enjoying beautiful views.
- **Visit a Veterans' Cemetery:** Visiting a Veterans' Cemetery is a great way to commemorate the real meaning of the holiday. Simply bringing flowers to the nearest veterans' cemetery or just visiting to show love and appreciation for the individuals who lost their lives fighting for our country
- **Spend Quality Time with Friends/Family:** The overall most important thing to do on Memorial Day is to spend quality time with friends and family.



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BASEBALL	CREATIVITY	HAPPINESS	POOLPORCH	SOLUTIONS	
BIKES	CRICKETS	HARVEYSLAKE	QUARANTINE	SPIDERS	
BOATS	FAITH	HEALTHY	RECRUIT	SUNSCREEN	
BONFIRE	FRANCESSLOCUM	HOTDOGS	RESULTS	SUNSHINE	
BUGS	FROGS	ICECREAM	REVENUE	TANKTOPS	
CHERRYBLOSSOM	FRUIT	INSECTS	RICKETS	GLEN	TEAM
CORNONTHECOB	FUTURE	JOGGING	RISE		
CHERRY BLOSSOM TREES	GRADUATIONS	LOVE	SERVICE		
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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.