



# BELLEVILLE AREA CARES COALITION

## AODA PREVENTION

## NEWSLETTER

FEBRUARY 2022

# Marijuana Edibles

Edibles are food products that have been infused with marijuana and come in a variety of different forms including:

- Baked Goods (Brownies/Cookies)
- Candies
- Gummies
- Chocolates
- Lozenges
- Beverages

Edibles can be homemade or prepared commercially for dispensaries and has quickly become a popular way to take marijuana.

Unfortunately, many people who consume edibles are unaware of the dangers that are associated with their use.



## Risks of Consuming Edibles:

- **Long-Lasting Effects:** The effects of marijuana edibles last much longer than smoking, usually up to several hours depending on the amount of THC consumed, the amount and types of the last food eaten, and other drugs or alcohol used at the same time.
- **Unknown Potency:** Regulations and quality assurance regarding the determination of THC content and product labeling are generally lacking, and as a result the dosage estimation for many edibles is often inaccurate.
- **Delayed onset and high potential for overdose:** The effects of marijuana usually occur within minutes of smoking, it can take between 30 minutes to 2 hours to experience the effects from edibles.
- **Serious Negative Side Effects:**
  - Drowsiness.
  - Confusion.
  - Vomiting.
  - Anxiety and panic attacks.
  - Agitation.
  - Psychotic episodes.
  - Hallucinations.
  - Paranoia.
  - Impaired motor ability.
  - Respiratory depression.
  - Heart problems (ranging from irregular heartbeat to heart attack).

# Risk Taking

Risky behavior is defined as any consciously, or non-consciously controlled behavior with a perceived uncertainty about its outcome, and/or about its possible benefits, or costs for the physical, economic or psycho-social well-being of oneself or others. There are both healthy and unhealthy risks that an individual and/or a group can take. Healthy risk taking is a positive tool in life for discovering, developing, and consolidating a person identity and can include:

- Riding roller coasters and thrill rides or indoor rock climbing
- Running for office at school or trying out for a team or a play
- Trying new activities as a family or with a group
- Meeting new people, joining a club, or volunteering
- Engaging in activities that create excitement without the potential for unhealthy consequences



Unhealthy risk taking includes taking a risk might become a problem if it has a negative effect on your day-to-day life. Often, these are actions can have long-lasting consequences, so it's important to think twice before engaging in them.

## Risk Taking Under the Influence:

Alcohol and drugs affect someone's ability to make sound conscious decisions and may increase the level of risk and the probability of harm for activities that might otherwise be rather low risk. For example, driving a car may be considered low risk to some individuals.

However, under the influence of alcohol and/or drugs it puts this activity at a high risk. This high risk could result in the death of oneself or others and has several legal and personal consequences behind it. Risk taking under the influence could

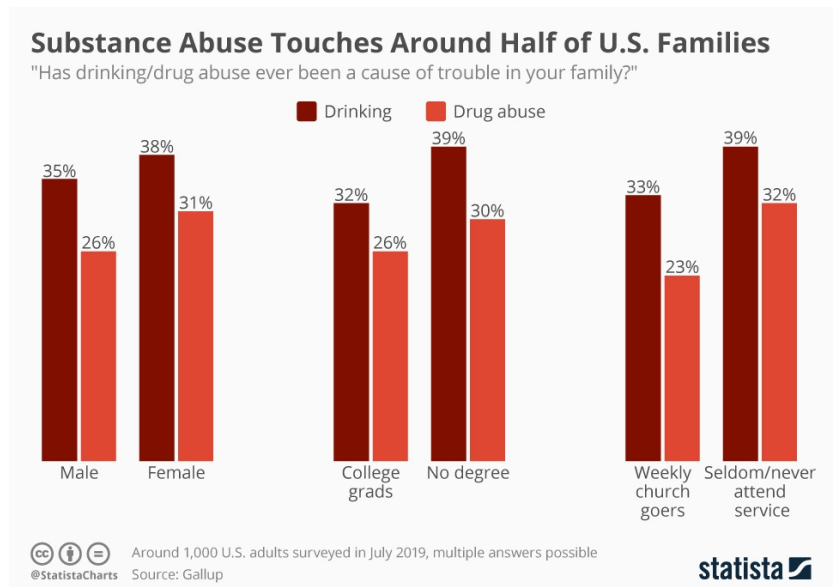
lead individuals to take risks that they would not normally take sober. Some of the those risks maybe The use of illicit drugs that may not be otherwise taken by an individual, physical altercation with someone else and/or getting into a motor vehicle.



# Family and Addiction

## Genetics

Scientists estimate that genetic factors account for 40 to 60 percent of a person's vulnerability to addiction. While there is not a singular gene that is solely responsible for addictive behaviors, there are hundreds of genes in person's DNA that may amplify the risk of developing addictive tendencies. There are behavioral genes that can be passed down that could influence a propensity or addictive behaviors. Mental illnesses, such as depression and schizophrenia, are at a higher risk of turning to substance abuse as a way of coping. While men are more likely to use illicit substances and have higher rates of dependence, women may be in more danger of craving and relapse.



## Dysfunctional Roles Family Members Play In An Active Addiction:

- The Hero:
  - The shining star of the addicted family system
  - They compensate for the shame the family feels around the addict by being the family superstar
  - They may cover for the individual with an Substance Use Disorder, attempting to make the individual look pleasing to everyone
  - They may be in denial, overlooking major problems that require professional intervention
- The Mascot:
  - Provides comic relief for the hyper-stressed family
  - They use humor to minimize the pain in situations and to deflect hurt
- The Scapegoat:
  - The person in the family who is blamed
  - The Scapegoat creates other problems and concerns in order to deflect attention away from the real issue
- The Enabler/Rescuer/Caregiver:
  - The Enabler insulates the addicted individual by excusing their behaviors
  - They are unwilling or unable to hold the addicted individual accountable for their actions
  - They smooth things over and run interference to keep the addict from experiencing the logical consequences of their poor choices
- The Lost Child:
  - The quiet one of the family
  - The one who flies under the radar while other family members play their roles dealing with the addicts behavior.

## Effects of Addiction on a Family:

- Relationships: Family members respond in different ways:
  - Some step back from the family unit to avoid with the addict
  - Some take on the opposite role and try to influence or control the addict into stopping or getting help
  - Others ride the middle line and try their best to blend in
- How Addiction Affects Children :
  - An estimated 1 in 8 children lives with a parent who had an active substance use disorder
  - Children living with a single parent who abuses drugs don't have anyone else to turn to. It's similar for children living in a two-parent household with both parents struggling.
- How Addiction Affects Parents:
  - Parents who have a child with an addiction problem have a unique set of difficulties.
  - They may feel responsible for the path their child chose and wonder where they went wrong. .
  - They're constantly plagued by worry about their safety and wellbeing
- How Addiction Affects Siblings:
  - Oftentimes the other children end up taking the sidelines. Siblings feel a variety of emotions like confusion, frustration, shame, resentment, and more.
  - Some siblings take the path of refusing to follow the path their brother or sister took
  - Others turn to drugs or alcohol as well. They use them either as a way to escape the pain or to draw some of their parents' attention back to them
- Financial Hardship:
  - Families tend to take on financial responsibility for an addicted family member
  - Parents allow children to live with them while trying to get "back on their feet."
  - They pay for lawyers or post bail if legal troubles start.
- Increased Risk of Abuse:
  - There is a higher likelihood that family members may experience violence at the hands of an addict. Whether it's emotional, physical, or sexual abuse, the risk increases
- More Addiction in the Family:
  - Children who grow up with a family member that abuses drugs are more likely to turn to substances. They follow the example set for them.

## Family in Addiction Recovery:

- Educate Yourself: Know the signs and symptoms of addiction and learn about its impact on the users.
- Say Something: Speak up and let your concerns be heard.
- Be Drug and Alcohol Free: It will be hard for you to say something about a person having a substance abuse problem if you have one yourself.
- Don't Expect an Immediate Change: Be realistic about your expectations.
- Be the Support He or She Needs: Once your loved one decides to get treatment, the onus falls on you and others close to him or her to attend meetings, provide a substance free environment and be a shoulder to lean on during rehab and throughout recovery.





# New Year's Resolution Check In

Rank your current success with your New Year's Resolution on a scale from 1-10:

1 2 3 4 5 6 7 8 9 10

1= Unsuccessful/haven't even tried

10= Perfect/nailed it so far

Let's take a second to identify what is it that's holding you back from your resolutions:

- \_\_\_ Time
- \_\_\_ Money/Resources
- \_\_\_ Other People
- \_\_\_ Motivation
- \_\_\_ Not sure where to start
- \_\_\_ Fear of Failure
- \_\_\_ Distractions
- \_\_\_ Other:



## Remember:

- Make it a habit:
  - A resolution's best friend is regularity. If you're not inching your way toward your goal every week or even every day, then it won't ever happen. Mark your calendar, make it official and make it a habit. Go ahead, we'll wait
- Talk it out
  - The more you talk about something, the more real it becomes. Don't be "that guy" who's always chatting about their resolution, but make a point to bring it up once in conversation to a handful of different people. It will hold you accountable not just to yourself but to them too.
- Find the why
  - Having trouble getting started or excited about your resolution? It may sound esoteric, but we want you to find the "why" behind your goal. Spend a few minutes really meditating on why you want to achieve this result — don't think about the result itself. You might find that your "why" leads to an entirely different conclusion with a new set of goals.
- Treat Yourself:
  - Everyone deserves a treat here and there. You'll never reach your goal if you're too entrenched and stressed out by it. Take time for fun and reward yourself for the hard work you've put into your resolutions. Write down how you'll treat yourself and how often.



A	B	R	A	H	A	M	Q	W	E	R	G	R	O	U	N	D	H	O	G	F	J	J	K	L	M	B	N	M	O
H	O	Z	X	C	V	B	N	M	A	S	I	D	F	G	H	J	K	L	Q	W	E	C	A	R	I	N	G	U	I
A	W	J	I	H	G	D	B	N	M	J	V	Q	W	E	R	L	O	V	E	A	S	Q	A	S	W	E	D	C	V
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P	O	L	K	I	U	J	M	N	H	Y	T	F	V	C	D	S	E	W	S	Z	U	A	S	T	F	G	T	O	U
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O	Q	A	Z	X	S	C	W	A	W	D	V	C	M	U	I	L	F	G	T	R	I	R	E	D	F	B	T	B	S
R	X	S	D	C	W	A	S	H	I	N	G	T	O	N	K	D	S	J	D	R	D	W	H	K	N	M	E	A	R
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U	Q	A	Z	X	S	F	B	H	J	U	I	O	J	K	L	A	A	M	N	B	F	R	T	Y	H	J	D	L	B
B	O	U	Q	U	E	T	X	C	V	B	D	W	E	R	T	C	Z	X	C	V	B	N	M	J	K	L	E	U	B
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C	V	B	N	M	J	K	I	U	H	Q	W	E	R	T	Y	U	I	A	M	E	T	H	Y	S	T	J	N	B	N
R	K	I	N	D	N	E	S	S	Z	A	Q	W	S	X	C	D	E	R	F	V	B	G	T	Y	H	N	E	M	S
C	V	B	N	M	H	Y	T	Y	U	F	E	B	R	U	A	R	Y	Z	X	C	V	B	N	M	K	J	S	H	Y
C	A	N	D	Y	D	Z	X	S	D	F	R	E	W	W	S	D	F	G	H	J	K	I	U	Y	T	R	S	E	D
S	D	F	G	U	J	S	A	I	N	T	N	M	O	D	R	T	S	U	P	E	R	B	O	W	L	J	K	L	N
D	F	G	O	Q	A	Z	X	S	W	E	D	R	V	B	F	L	O	W	E	R	S	R	T	Y	H	G	F	D	C
D	F	L	Q	W	S	D	C	X	Z	S	R	E	R	F	V	B	N	J	H	F	R	F	R	I	E	N	D	S	P
V	C	B	N	M	J	H	G	B	L	A	C	K	H	I	S	T	O	R	Y	T	Y	U	G	R	O	S	E	D	B

Abraham	Candles	Give	Presidents	Sweetheart
Admirer	Candy	Greetings	Red	Teddy Bear
Amethyst	Chocolate	Groundhog	Ribbons	Tenderness
Angel	Cloudy	Hearts	Romantic	Valentine's Day
Arrow	Cold	Kindness	Rose	Washington
Black History	Cupid	Kisses	Saint	Winter
Bouquet	Doves	Love	Second	
Bow	February	Partner	Secret	
Burrow	Flowers	Pink	Shadow	
Card	Football	Poem	Snow	
Caring	Friends	Predict	Super Bowl	



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.