

UPCOMING EVENTS

June Potluck

June's Potluck will be provided by Residential on June 17th. It will be held in the large group room from 12-1 pm.

Somerfest Parade

Somerfest parade will be held July 15th starting at 7 pm. If you are interested in participating with TLC let Jess know by June 15th.

Know anyone in 7th-12th grade looking for a little adventure this summer? **Adventure Camp** June 20 -24th is a perfect match for them! Contact the prevention department

Happy Birthday!!!

Heidi Fleegle

Judy Mickey

Max Baer

Nicole Reese

Next Staff Meeting

July 20th at 12:00 pm

DO YOU KNOW.. Why does draft beer increase the absorption of alcohol into the blood more than bottled beer?

*Submit your answer to **Becca** by phone ext. 277 email or in person. First one with the answer receives a prize!

**DIFFICULT ROADS
OFTEN LEAD TO
BEAUTIFUL
DESTINATIONS.**

Stepping It Up

VOLUME 4, ISSUE 11

BY: JESSICA PUGH

We are ALL drug users

Can we honestly tell ourselves that we don't use drugs? Not necessarily talking about illegal drugs. Alcohol, nicotine, caffeine and aspirin are all examples of drugs we use. There are drugs that help us stay awake, drugs that help us fall asleep, drugs that heal our pain and cure our illnesses. It's hard to watch television without seeing tons of commercials for drugs. Some drugs have been around for thousands of years while new ones are being discovered and created all the time! Yet most people don't see themselves as a drug user. Drugs are a part of life, but the way we talk about drugs in our society is problematic. We make distinctions based on a drug's legal status, and most people never question why only certain drugs are illegal.

Legal drugs are often looked at as "medicines" and illegal drugs are "dangerous substances." But legal drugs like tobacco and alcohol are responsible for WAY more deaths than illegal drugs each year. And most illegal drugs were actually legal at one point. If you or your parents are old enough, going to the pharmacy might even be known as going to the "drug store" in your house.

Dr. Carl Hart, from Columbia University, states that we can have compassion for people who use legal drugs but turn our backs on people who use illegal drugs. I just saw a new commercial that opened my eyes to this. Opioid painkillers are being prescribed so often there is now a market for people who want another drug to treat their opioid-induced constipation. So people who have access to legal opioids are offered other medications to deal

with the side effects of their opioid use. Meanwhile, people who use heroin are stigmatized and persecuted for their opioid use and it's such a struggle to convince lawmakers just to expand access to the life-saving drug naloxone and syringe access programs. Why are we treating these people differently? Doesn't anyone realize that a huge portion of people who use heroin are doing so because of an addiction that started with legal prescription opioids?

But this should make readers reflect and think – "What if the drugs I depend on were made illegal?" If we all begin to see ourselves as drug users, then we'll have more compassion for those who struggle with drug misuse. We'll see why it doesn't make sense to arrest people simply for using or possessing drugs, and why we need to end the decades-old failed war on drugs.

Men's Health Awareness Week

National Men's Health Week is June 13-19th. The purpose of this week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This year, one in four men will develop a mental health problem. This year's theme is: It matters because if we don't release stress, it can turn into something more serious. Mental health problems are more likely to happen sooner or later if we let stress build. There are things we can do to beat stress: **Exercise, Sing, Dance, Laugh, Play or Listen to Music, Paint, Write, Volunteer or Learning something new.** Talk about what causes stress and what you can do to beat it. Developing a mental health problem not only affects the individual developing it, but their whole family.