



FOUNDATION FOR A
DRUG-FREE WORLD
SOUTHERN CALIFORNIA CHAPTER

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APRIL NEWSLETTER



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As we are getting into the beautiful season of Spring, I hope you are all doing well and are experiencing life going back to some semblance of normalcy!!!

I know you are probably all tired of hearing and talking about the pandemic and its negative affects but I read an article the other day that I thought would be worth sharing with you. I also thought to include some simple steps which can help us not only through these times but in any other situation where we seem to have lost our grips and control over our lives.

Unfortunately, one of the lasting effects of the pandemic is the increase in addiction. Below are the statistics based on the survey recently done that is worth knowing:

The Recovery Village® recently conducted a [survey](#) on past-month drug and alcohol use to better understand how the pandemic is currently affecting substance use in the United States.

Results of The Recovery Village® Survey

The survey asked 1,000 American adults (ages 18 and older) about their use of drugs and alcohol in the past month.

The survey respondents most commonly used:

- *Alcohol (88%)*
- *Marijuana (37%)*
- *Prescription opioids (15%)*
- *Benzodiazepines, such as Xanax (11%)*
- *Prescription stimulants, such as Adderall (10%)*
- *Cocaine (9%)*

Additionally, many respondents displayed higher rates of drug and alcohol use. Of the respondents:

- *55% reported an increase in past-month alcohol consumption, with 18% reporting a significant increase*
- *36% reported an increase in illicit drug use*

The participants were asked why they were prompted to use substances within the last month. Of the respondents:

- *53% were trying to cope with stress*
- *39% were trying to relieve boredom*
- *32% were trying to cope with mental health symptoms, such as anxiety or depression*

Survey Courtesy: The Recovery Village®

These statistics are frightening. And, while I say “statistics”, let’s not forget that there are people behind these numbers who are getting addicted.

As you can see, people are turning to drugs mainly to deal with the emotional impacts brought on by the pandemic because they feel helpless and that there is no other solution. It means people are picking up a dangerous and deadly habit to deal with a situation that is temporary – yes it is temporary no matter how “permanent” it seems to be.

Here is where again education and knowing what is happening and how to deal with it becomes extremely important and life-saving.

There are many simple things we can do to help us through anything like this pandemic or any situation where we feel we have lost control and are the total effect of outside ‘forces’:

- Set a schedule: assign times to your daily tasks and stick to it.

For example: 7-8 AM is breakfast. 8:30-11:30 kids do school. 12-1 is lunch, 1-3 more schooling. 3-5 physical activity. 6-7 dinner.

- Limit your exposure and your kids' exposure to social media and news. If you must watch the news, again assign a certain time to watch it and only watch it at that time and pick one station you trust and that is that.
- Try to do at least 30 mins of walking a day and while you do that, look outside at the environment and not get caught up in your thoughts.
- Try to eat a healthy, balanced diet and plenty of water to stay hydrated. Many studies have shown how a bad diet of junk food will have an adverse effect on our moods, and the extra weight gained won't help the situation either!
- Have a set time for your family dinners and during that time have the rule of no devices at the table. Talk to each other but don't target one another.

Again these are just some simple advices that can give us some control over our lives at times we may feel we have none.

Stay aware and educated and know that nothing will last forever, so do not start a habit or an activity that in the long run will be more harmful than its immediate apparent "benefit".

All the best to you,

Koko



Myth Buster

Myth: I have high tolerance for alcohol so it means it is not affecting me and my body.

Truth: As soon as alcohol enters the bloodstream, it begins to impair brain function, slow down cognitive thought, slow reaction time, inhibit judgment, reduce memory, etc. The more one drinks, the more these effects will become apparent.

But the truth is, these effects begin to occur **even after just one drink.**

Remember, the human body does not digest alcohol. [Alcohol passes quickly through the bloodstream](#), traveling through every part of the

body.

Alcohol arrives first in the brain, then the kidneys, lungs, and finally the liver. Once in the liver, the liver processes alcohol and removes it from the bloodstream. Furthermore, the liver has a relatively low tolerance for alcohol. The more one drinks, the more they will be affected by it, as the liver can only process so much alcohol at any one time.

TRUTH ABOUT DRUGS
CURRICULUM SUCCESS!

“The resources provided by the Drug-Free World Foundation have helped our agency raise awareness in the community regarding the dangers, health risks and consequences surrounded by substance use and abuse. The receiving students and faculty have been very impressed with the quality, professionalism and content of the videos and curriculum. The information has been very well received by the participating youth, especially, because they can relate to the current issues addressed in the videos and PSAs.”

JF, Prevention Program Supervisor, New Jersey



WHY DRUG EDUCATION IS IMPORTANT

By Cindy Bamforth

As a new advisory board member of Drug Free World Los Angeles, I was asked to write a guest article for

this newsletter on why drug education is important to me personally.

The only drug education available to me while growing up was the “just say no” campaign, which did not make any impact whatsoever. When I turned 13, I began experimenting with drugs and alcohol, due to good old-fashioned peer pressure and curiosity. The kids in my neighborhood would get high and hang out at night laughing and acting like they did not have a care in the world, and I wanted in.

Even after I witnessed a serious drug overdose a few years later, I was not deterred. My friends and I were at a free concert in Central Park. We had pushed our way toward the front of the stage and had just started to relax and enjoy ourselves when a young woman sitting on a blanket next to us began thrashing around

on the ground. She seemed to be fighting for her life, but I could not confront what I was seeing. When security guards swarmed around her and then carried her off, I decided to block out the incident. I tried to make myself believe she was fine and that it was just an odd offhand encounter – like someone experiencing food poisoning or a severe allergic reaction.

At age 21, however, I quit everything cold turkey, which was one of the hardest things I've ever done. Although I escaped relatively unscathed, others have not been so fortunate.

In my mid-20s I became friends with a lovely and brilliant woman whom I'll refer to as "Joelle." At the time I met her, Joelle had been clean for about six years. She had a nice home, loving husband, and a beautiful baby girl. After she successfully applied to

law school, I felt inspired to do the same. As I became more immersed in my own legal studies, I lost touch with her. Several years later I was sickened to learn from a mutual friend that Joelle had started using again and had died of an overdose.

Later still, I became a correspondence course supervisor for prison inmates. The curriculum included a course on the harmful effects of drugs. One of my first students divulged that he had been sentenced to life in prison because, while inebriated, he had shot and killed another man. I soon discovered that most of my students were incarcerated due to crimes committed either while on drugs or to obtain more drugs.

As a result of the prevalence of substance abuse in the legal profession, practicing attorneys must periodically

take educational courses on substance abuse. During one such lecture, the speaker shared how years ago he had been studying around the clock to get an A on an upcoming law school exam. A classmate offered him some drugs to help him pull an all-nighter. Without any idea of what the drug was or its highly addictive attributes, he swallowed it and soon became addicted. His habit got to the point where he dropped out of law school, stole money and valuables from his family to support his habit, and ended up homeless sleeping under the leaves in an outdoor playground. Much later he somehow managed to wean himself off the drugs and he now devotes his life to sharing his cautionary tale in the hopes of sparing others from the gruesome path he walked.

I am certain that this former law student, my correspondence course students, my friend Joelle, the

young woman at the outdoor concert, and many, many others who have struggled with drug and alcohol addiction never intended for such tragic events to occur.

Let's face it. Our country's educational system does not provide real or effective drug education. From *The Breakfast Club* to *The Hangover*, decade after decade, our popular culture bombards us with images and messages portraying drug use as cool and fun. If we happen to consistently lose brilliant and talented artists along the way (John Belushi to Chris Farley and Janis Joplin to Amy Winehouse), oh well, that just somehow perversely adds to the appeal. And with today's social media "influencers" widely promoting the use of all sorts of exotic drugs and alcohol to their followers, we desperately need quality drug education programs now more than ever.

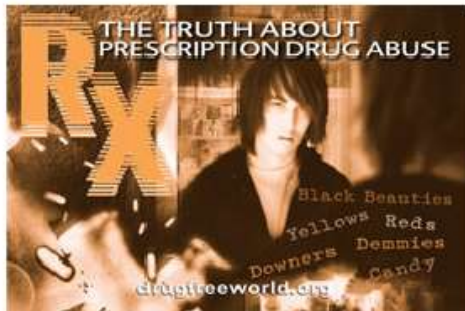
We all need to have the facts so that we can make our own educated choices. Merely telling others not to experiment with drugs “because I said so” almost guarantees they will do the opposite. Providing them with straightforward, factual medical information and true stories from ex-drug addicts using materials from the Drug Free World Los Angeles program is far more likely to make a positive, effective impact.

Pop Quiz

According to a recent poll which drug is an increasing threat to impairment on our roadways?

(answer at the end of newsletter)

TRUTH ABOUT DRUGS E-COURSES



The Truth About Prescription Drug Abuse

Through this interactive course you will learn the truth about prescription drug abuse. You'll hear it from former addicts who know the consequences and give you a first-hand experience of the dangers of prescription drugs.

[Start This Free Course](#) 

 Beginner

 58 min

 5 Lessons

START AN ONLINE CLASSROOM


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WELCOME TO THE DRUG-FREE WORLD ONLINE EDUCATION

THE FULL CURRICULUM ONLINE


 No one questions the severity of the drug problem and its devastating impact on youth. Academic results suffer and, even worse, drugs undermine health and destroy young lives.

The best solution is to reach young people with effective, fact-based drug education—before they start experimenting with drugs.


The Truth About Drugs education curriculum is the ideal supplemental aid for teachers, instructors and drug prevention specialists. This curriculum is now available online, providing lesson plans and resources ready for download and use anywhere and everywhere.

[learn more >](#)

IPAD DRUG EDUCATION APP

 The full Truth About Drugs curriculum is now available on the iPad, with full access to the education curriculum right at your fingertips.

Download it now from the App Store.

 **UPDATE:** Translations pending approval from Apple. [More Info »](#)

FREE SIGN UP

[SIGN UP AS TEACHER](#) | [ENROLL AS STUDENT](#)

E-mail Address

Password

Retype Password

First name

Last name

Country

Language

Enter Class Name

[Continue >>](#)

Pop Quiz Answer

Question: According to a recent poll which drug is an increasing threat to impairment on our roadways?

Answer:

Cannabis / THC - 56%

Alcohol - 17%

Prescription Drugs / Opioids - 11%

Legal OTC Drugs - 8%

Others - 8%

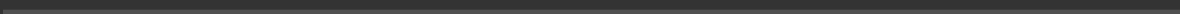
Interested in volunteering?

We'd love to work with you.

Have questions?

We'd love to hear from you.

Simply respond to this newsletter!



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