

Drug Free Fairfield Coalition

Our Life is... Safe and Drug-Free

November 2010

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Coming Up!

- Next Coalition meeting will be the Annual Retreat! The meeting will be held in January 18, 2011 from 6-8pm at Fairfield High School Community Room in the Performing Arts Building.
- The topic will be medical marijuana and how it could affect our community if legalized. A catered dinner will be served so please make your RSVP as soon as possible with Jen Campbell (513)829-3565 or fairfieldcoalition@gmail.com.

What is K2?

K2, also known as “fake weed” or “spice”, is a drug that Teens are now using to get high that has been around since the 1990’s. It is currently legal and smoked to get a high similar to marijuana.

K2 causes many other effects when used that may lend you in the hospital such as hallucinations, vomiting, agitation, tremors, and seizures. "K2 may be a mixture of herbal and spice plant products, but it is sprayed with a potent psychotropic drug and likely contaminated with an unknown toxic substance that is causing many adverse effects", said Scalzo, who also directs the Missouri Regional Poison Control Center.

The FDA has listed K2 as a "drug of chemical of concern," but it is still not scheduled and that is why it is still legal. Currently K2 is illegal in 11 states including, Alabama, Georgia, Hawaii, Kansas, Kentucky, Louisiana, Michigan, Mississippi, Missouri, North Dakota, and Tennessee. It is illegal to sell, use, or possess K2 in these states.

Fairfield City Police Department is working on a local ordinance to ban K2 in our community. Will keep you posted in next newsletter!



Holiday Underage Drinking Prevention Tips: The holiday season is here. It's time to celebrate with family and friends. For adults, it's also time to help prevent underage drinking. Adults can keep kids safe and alcohol free by: Setting a good example, making nonalcoholic beverages available for

Freshman Youth Summit

- The Freshman Youth Summit was held on October 14, 2010.
- It began with an assembly, the power of acceptance, presented by Ty Sells. The students then learned about CAMP (Community Norms, Access/Availability, Media Awareness, and Policy) through a game show type format.
- After learning about environmental prevention we broke out the 100 freshmen into 8 smaller groups facilitated by 25 high school students and adult community members. The groups worked on the problems they were seeing regarding ATOD.
- They came up with a strategy in each of the CAMP categories within their school and community environments.
- The Coalition will update and ask for your support as the youth roll out their projects.
- Thank you to Fairfield City School District staff, high school youth facilitators, adult volunteers, parents, and especially to the Freshman Youth Summit attendees that made this event a success!





Great American Smoke-Out was November 18th:

- It's not too late! Make your Great American Smoke-Out today : Quit smoking for 24 hours and it could be the first day of a healthier, tobacco free life.
- Nearly three out of four smokers say they want to quit. If you are one of the millions who want to quit, join the Great American Smoke-out. Do the most important thing you can for your health or for someone you love, quit for one day! Just one day can turn into a lifetime, because the ultimate goal is to stop using tobacco permanently and lead a healthier life.
- Smokers often say, "Don't tell me why to quit, tell me how." There is no one right way to quit, but there are some key elements in quitting with success. These 4 factors are key:
 - Making the decision to quit
 - Setting a quit date and choosing a quit plan

Red Ribbon Youth Summit:

- Dealing with withdrawal
 - Staying quit (maintenance)
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- Eleven Fairfield Coalition youth attended Coalition for a Drug-Free Greater Cincinnati's Red Ribbon Week Youth Summit held on October 21, 2010 at Paul Brown Stadium. Over 120 youth from the greater Cincinnati region gathered to talk about alcohol and drugs, and renew their commitment to an alcohol and drug-free lifestyle.
 - As part of the event, youth made videos to proudly express their 24/7 drug and alcohol-free lifestyle. To view the videos please visit redribbon.drugfreecincinnati.org. Thank you to all the Fairfield student participants in doing such a great job representing Fairfield!



Thanksgiving Wishes: To all of our friends and members, the Coalition For A Safe and Drug-Free Fairfield wish you and your families a very **Happy Thanksgiving!**