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**Upcoming Events**

- 1/29/14 Coalition meeting
- 3/3/14 Art for Awareness

**DDP Start Dates**

- 1/6/14 Chemung County
- 2/24/14 Chemung County
- 2/26/14 Schuyler County

# Trinity PRIDE

Prevention Resource Information on Drug Education

150 Lake Street, 2nd Floor Elmira, NY 14901 T: (607) 737-5218 F: (607) 846-3239

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## Mental Wellness Month

*Make Yourself a Priority!*

January is Mental Wellness Month! Mental health related issues are actually very common in the United States. Nearly 1 in 5 adults experience mental health issues, 1 in 10 adolescents experience bouts of significant depression, and 1 in 20 Americans live with a serious mental illness. Mental ailments can have serious effects on our health and over all well-being. When individuals have a positive mental state of mind they are more likely to take note of their potential in life, better cope with stress, and have higher productivity. These are things that each of us can do to maintain and develop a positive mental state:

- ◆ Volunteer
- ◆ Avoid isolation
- ◆ Stay positive, and avoid negative self talk
- ◆ Get regular exercise
- ◆ Get enough sleep
- ◆ Improve your diet
- ◆ Develop coping skills
- ◆ Seek Professional help if needed



For more information on Mental wellness visit [www.mentalhealth.gov](http://www.mentalhealth.gov)

## National Drug Facts Week



Shattering the Myths about Drugs and Drug Abuse  
National Institute on Drug Abuse

Monday, January 27th through Sunday, February 2nd is National Drugs Facts Week. National drug facts week was created by the National Institute on Drug Abuse. The purpose of this week is to counteract the common myths that are portrayed in TV, movies, music, and by other people. Some of the most common drug myths include:

Marijuana isn't Addictive

- ◆ Approximately 1 out of 11 people who use marijuana become addicted

It will never happen to me, I have my drinking under control

- ◆ 4 out 10 people who use alcohol before the age of 15 eventually become alcoholics

By informing Teens about the myths, it can help them make better decisions regarding the use of drug and Alcohol.



For more information on National Drug Facts Week,

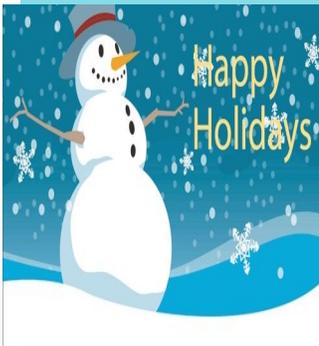
Visit: <http://drugfactsweek.drugabuse.gov>



# P.R.O.U.D

Our next Coalition meeting will be January 29th at 10am. Anyone can attend! Our main topics of discussion will be Social Hosting, Town Hall Meeting, SADD in the schools, and the Art for Awareness Contest.

[www.ProudCoalition.yolasite.com](http://www.ProudCoalition.yolasite.com)



Support our mission



For questions regarding DDP, please call (607) 425-0554.

To enroll in DDP, Participants must sign up at their local



## In The News....



### Biden Announces \$100 million dollar Government Funding For Mental Health

During the week of December 13, 2013 Vice President Joseph Biden announced that a total of \$100 million dollars of government money will be made available to increase public access to mental health services, and also to improve mental health facilities. The funds are made available through the new Affordable Care Act, and are intended to help increase the number of individuals who will be able to receive mental health services. The funds will be available through the Departments Community Facilities and will hopefully initiate a community wide change, by helping people who are underserved get the proper mental health care needed.

(NBC News, 12/10/13)

### Ecstasy-Related Hospital Visits increase 128% Among Young People

The number of emergency room visits among people younger than 21 years old involving the popular, yet dangerous hallucinogenic drugs know as ecstasy. When looking at the number of emergency room visits from 2005 to 2011 we see a 128% rise in the visits that are ecstasy-related. In 2011 alone, there were approximately 1.25 million emergency department visits related to the drug.

The drug ecstasy has properties of a stimulant, while at the same time producing a hallucinogenic effect. This drug can result in a number of effects on the brain, including sever anxiety and confusion. Effects of this drug can be dangerously amplified when it is mixed with alcohol. In the years 2005 to 2011, 33% of the emergency room visits among people younger than 21 years old involved both ecstasy and alcohol.

(CADCA, 12/05/13)