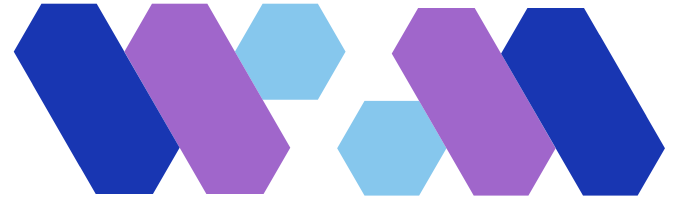
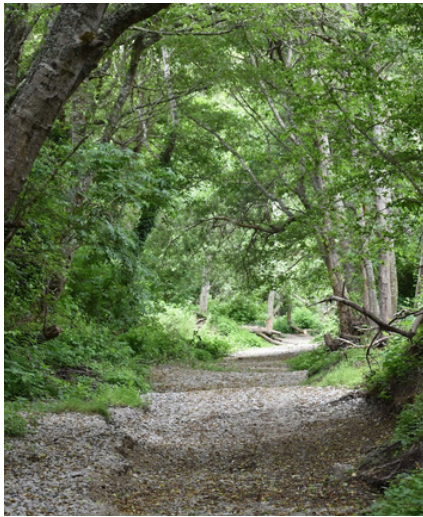


# WELLNESS MONTHLY



RISE Prevention and Wellness  
Monthly Newsletter



VOL. 12

AUGUST 2023

Do you have an original prevention message, graphic or story to share? See the example:

**CREATIVE**  
*Corner*



Second hand smoke  
makes people choke

Email it to [dannybrook734@gmail.com](mailto:dannybrook734@gmail.com) and it could be featured in a future newsletter.

## Vaping Endgame Update

In partnership with RISE, the initiative aimed to deepen the YAT (Youth Advocacy Team) members' understanding of water systems, instilling in them a sense of environmental stewardship and leadership. The project's culmination is the eagerly anticipated "Water Festival," scheduled to take place on August 19, 2023, at Cedarville Park. The students have learned to appreciate the importance of water in sustaining life and have developed a deep sense of gratitude for it. As a result of their involvement in the NTEK (Native Traditional Ecological Knowledge) project at the ocean last month and the preparation for the "Water Festival," the students have become effective advocates for water conservation.

Next month, the Vaping Engame project will be in pilot phase. This will be a culmination of the hard work the YAT performed last year in helping develop the curriculum to be effective, culturally authentic, compassionate, and relatable. The pilot will take place early in September. After the pilot, data will be assessed with the goal of eventually making Vaping Endgame an option for vaping intervention within schools.

## RISE Youth Advocate Team:

### Youth Voices for Healthy Choices



RISE youth and YAT leaders in a Water Protector rola at Pda Hua on the Garcia River in Point Arena, June 25-29

Saige Townsend-Brown

Talise Fernandez

Thomas Anguiano

Lee Anne Craig

Saiya Fernandez

Dream Gali

Eljun Wilson

Hope Gali

Randi Urban

Andrew Anguiano

Berthea Townsend

Haywee Saterstad

Ta-Tsa Preston



# Risky Alcohol Use: An Epidemic Inside the COVID-19 Pandemic

The COVID-19 pandemic brought various stressors, such as illness, grief, isolation, and job loss, leading many to cope by turning to alcohol, resulting in increased alcohol use. Alcohol-related deaths and health issues surged during the pandemic, with a notable rise in deaths among those aged 25-44.

Stress and negative emotions drove alcohol misuse, particularly in individuals who already engaged in risky drinking before the pandemic. Long-term consequences include a higher risk of alcohol use disorder (AUD) and continued risky drinking behaviors.

Healthier coping options include social interaction, exercise, and accessing resources to learn about alcohol and its effects.

For more information and strategies to prevent alcohol abuse, there are resources in the full article. A stealthy form of AUD is "rebound" risk behavior, which can occur after a long period of abstaining from alcohol after frequent misuse. With routines starting to normalize again and more open access to alcohol, this is an important consideration.



[Read More](#)



## THE NEED FOR AN "ENDGAME STRATEGY"

The "Endgame" is a strategy to eliminate commercial tobacco and nicotine use, excluding FDA-approved medications. The approach aims to reduce access, appeal, and addictiveness of products, increase cessation services, and denormalize tobacco use.

The U.S. faces challenges despite progress in reducing smoking, as it remains the leading preventable cause of death and disease. The tobacco industry's introduction of non-combustible products, like e-cigarettes, has altered the landscape. Endgame policies, gaining momentum, seek to address disparities among targeted groups. Recommended near-term actions include flavor restrictions and improved cessation access. Long-term strategies involve capping nicotine levels and phasing out tobacco sales to younger generations. This article has a wealth of further information.



[Read More](#)



**CALL: 1-800-GAMBLER**



### Know the Odds Multi-media Resources

Around 2 million U.S. adults meet the diagnostic criteria for gambling disorder yearly. It affects people of all backgrounds and ages, often remaining hidden until causing severe consequences. Know the Odds offers essential resources to raise awareness, prevent addiction, and aid those impacted by problem gambling. Their ebooks, infographics, and videos educate about problem gambling, its signs, and recovery. The organization aims for a future without problem gambling, providing support and assistance to those in need. With their efforts, they strive to minimize the impact of gambling addiction on individuals' lives and the community.



[Read More](#)



### FRIDAY NIGHT LIVE 2022/23 SCHOOL YEAR REWIND

During the 2022/23 school year, Friday Night Live in Modoc County brought together young people from different communities to create memorable and impactful events. At the start of the year, FNL kickoff meetings set the tone for what was to come. The focus was on building a strong sense of community and promoting kindness through the Platinum Rule - "Do Unto Others as They Would Have Done Unto Them."

As the year progressed, the energy of Friday Night Live interest and membership grew. Youth collaborated on creating public service announcements to raise awareness about the dangers of gambling and substance abuse. Additionally, they engaged in a fun and creative sticker design contest in an effort to discourage alcohol supply to minors.

In the middle of the year, one featured event was the Extravaganza, where young people bonded through games, karaoke, and art projects. It was an evening filled with joy and camaraderie, and it also served as an opportunity to address drug, alcohol, and gambling awareness through interactive activities.

Friday Night Live in Modoc County is an open, safe, and transformational organization that looks at developing relationships, confidence, and healthy decisions. We look forward to kicking off the 2023/24 school year!



[Read More about FNL](#)