

Quarterly Newsletter

SUNCOAST INSTITUTE ON
CHEMICAL DEPENDENCY

April 2025



Here's what's been happening on the board and what is to come!

Suncoast Institute on Chemical Dependency's mission is to offer free addiction education programs and recovery resources to families, churches, and communities seeking a better understanding of addiction disease and its many related problems. As a faith-based organization, we call upon God for help, guidance, and purpose in fulfilling our mission.

We kicked off 2025 at Fruitville Library on January 14th with a panel of local professionals, moderated by USF Assistant Professor, Dane Minnick, on the topic of Medication Assisted Treatment. Everyone walked away with a new nugget of knowledge on this topic. Linda Christensen, Director of Education, provides a detailed program recap on page 2 of this newsletter. Go to www.sicd-fl.org (online resources) SICD MAT Assisted Treatment Panel to view the event recording.

Our participation at the Bridge-A-Life Super Hero Run, generated multiple new partnerships with organizations that support foster care families. We look forward to offering free educational programs to our foster care families starting with Responding to Addiction. Many children enter foster care due to addiction in their families. Responding to Addiction explains the science of addiction, and the compassionate engagement strategies highlighting that prevention, treatment, and recovery are possible. See page 3 for more on the run.

We have delivered two Responding to Addiction Training Programs. 2/20/24 at Fruitville Library in Sarasota and 3/22/25 at Hope Recovery Church in Venice. Special thanks to Pastor Lynette McCleard for hosting the March event.

We will offer "Responding to Addiction" training in June and September, 2025. Details on page two.

April is Alcohol Awareness Month. Alcohol is the largest sub-segment of the substance use disorder category. According to the National Survey on Drug Use and Health (NSDUH) in 2023, an estimated 28.9 million Americans aged 12 and older have Alcohol Use Disorder. Alcohol-related deaths rival opioid deaths at 178,000 per year. Of the 178,000 deaths, 20,000 are directly linked to cancer. In January 2025, Surgeon General Vivek Murthy calls for warning labels on alcoholic beverages to include the increased cancer risk. Evidence continues to build linking alcohol to various types of cancer. Article link on page 3.

On April 23, 2025, at Gulf Gate Library in Sarasota, Suncoast Institute on Chemical Dependency will launch the first of three FREE Speaker Events: "The Impact of Alcohol on Your Body – The Cancer Link", led by Florida Cancer Specialist, Dr. Pavan Kumar Tandra. Review his biography on page 4 you will not want to miss this event.

Meet our newest board member on page 3, Denise Cail, Director of Strategic Planning. Denise is spearheading a Tea Party Fundraiser for the second week in November. If you would like to join her team or donate to this event, contact - denisecail@icloud.com.

*Suncoast Institute on
Chemical Dependency Board*

In this
newsletter
you can expect:

SICD Events

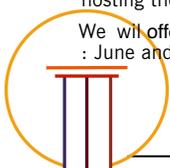
Upcoming
Events

Training
Opportunities

Building Our
Board

Community
News

Meet Our
Speaker





SICD Events - MAT Panel Event

On January 14, at the Fruitville Library in Sarasota, Suncoast Institute on Chemical Dependency hosted a panel discussion on Medication Assisted Treatment: How MAT can support recovery from substance abuse. Dr. Dane Minnick, Assistant Professor and Evelyn Duval Endowed Chair of Family Development at USF, was the moderator who set a very comfortable, fireside chat, tone for the panel discussion. Panelists answered questions that were directed towards them regarding current issues with MAT including treatment protocols, MAT stigma even in recovery circles, pregnancy and MAT, to name a few. The panelists were academic researchers, practitioners, and providers from PAR, Lightsource, NAMI, and outpatient MAT services. During questions to panelists, participants felt comfortable raising questions relevant to the topic. Two women on the panel with MAT lived experiences spoke about their recovery journey, giving the room a personal view of their trials and successes.

There were 25 attendees from various organizations, such as Project 180, Freedom House, the Sheriff's Department, JCS, and Drug-Free Sarasota. The end of the presentation involved questions from the audience, leading to a robust discussion. When it was time to conclude the presentation, conversations continued around the room and out the doors.

On our evaluation, 100 percent of the respondents indicated the presentation scored Excellent in all categories: Program Content, Panel Participation, Met Participant Expectations, and Telling Others About our Programs. The two topics that participants indicated for future SICD are: Living with Grief After a Loved One's Overdose, and Harm Reduction. The input from our presentations are what drive our program selection process.

Go to www.sicd-fl.org (online resources) SICD MAT Assisted Treatment Panel to view the event recording.

Upcoming Events

4/2/2025 - 2025 Duvall Conference

4/23/2025 6:00pm-7:30pm - The Impact of Alcohol on the Body - The Cancer Connection (page 4)

MAT Panel event video can be found at www.sicd-fl.org (online resources)

Responding to Addiction - on Zoom
6/19/2025 9:00am-12:30pm
9/18/2025 1:00pm-3:30 pm

To register for all events email Linda at Lschris10sen@comcast.net

Responding to Addiction

A Comprehensive Training on Addiction

Two Upcoming -Zoom Classes
June 19, 2025 9:00am-12:30pm
September 18, 2025 1:00pm-3:30pm

As the addiction and overdose crisis reaches troubling milestones - **100,000 overdose fatalities last year alone** - all leaders and key stakeholders in the community are needed to address the problem. The Responding to Addiction training is designed to **increase knowledge about addiction and develop skills and strategies to help your community.**

The training and participant manual was developed by the Addiction Policy Forum with an Expert Review Panel composed of prominent researchers and physicians in the addiction field.

WHAT PARTICIPANTS LEARN

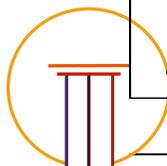
- The Science of Addiction
- The Signs and Symptoms of Addiction
- Evidence-Based Treatment Options
- Medications to Treat Addiction
- Engagement Strategies

emaillschris10sen@comcast.net

To receive the zoom link

WHO SHOULD GET TRAINED?

- Families, Friends, & Caregivers
- Clergy
- First Responders
- Employers
- Educators
- Health Care Providers
- Community-Based Service Providers
- Other Community Members





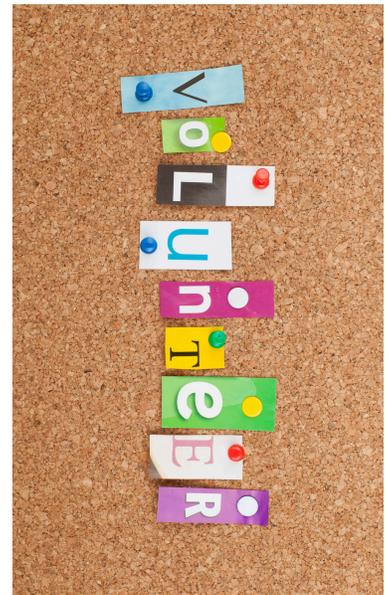
Meet Our Board



Denise Cail, Director of Strategic Planning

I am an experienced businesswoman, former small business owner, and artist. With a degree in Business Administration and decades of experience, I bring valuable insight to strategic planning.

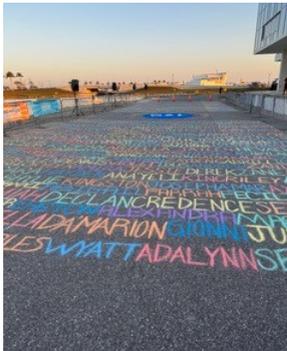
I recently joined the board of SICD to help the team drive the mission of providing free, science-based, quality, anti-stigma education that supports prevention and recovery from addiction.



Interested in Joining the Board?

- We are looking to continue to build our board and our volunteers.
- Positions we are looking to fill:
 - Congressional Outreach
 - Community Outreach - Sober Living Programs
 - Website Management
 - Fundraising
 - Grant Writing
 - Family Support Groups
 - Crossroads Career Program Facilitator
- Volunteers are always welcome to support events in the community!

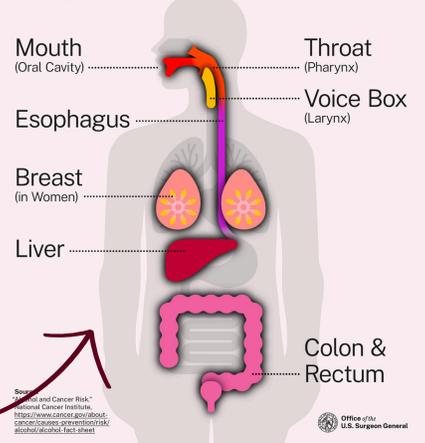
Community News - 14th Annual Bridge-A-Life SuperHero Run



On Saturday, February 8, 2025, Suncoast Institute on Chemical Dependency participated in the 14th Annual Bridge A Life SuperHero Foster Care Awareness event. Before dawn, multiple vendors set up tents, tables, and signage. Brochures, flyers, business cards, and free giveaways filled tabletops in anticipation of the 7:30 time. As the excitement of the young racers filled Bendersen Park energy, we looked over the 500+ names of the children in foster care written in chalk on the sidewalk. A young Mom standing nearby told us her sons' names were on that list last year. She proudly offered that their names were not on the list this year because they were able to reunify with her. She now has full custody. During the day, we met with many organizations that support foster care families. Our hats go off to the foster care families in our community who provide a safe home environment to children separated from their parents due to addiction, mental health, incarceration, abuse, or death. The trauma that brought these foster care parents and children together require compassion and understanding that recovery is possible. SICD-FL.org will offer free "Responding to Addiction" training to foster care families. This program provides the current best practices in science of addition, prevention, treatment and long term recovery support systems of care.



Consuming alcohol increases the risk of developing at least 7 types of cancer



Key Data from the Surgeon General's Statement on Alcohol Consumption and Cancer Risk

www.hhs.gov/surgeongeneral





Meet our Speaker: Dr. Tandra

Dr. Pavan Kumar Tandra is a board-certified in Oncologist and Hematologist for Florida Cancer Specialists & Research Institute (FCS) in Sarasota. After receiving his medical degree from Osmania Medical College in India, Dr. Tandra attended the General Practice Specialist Training Program at Southeast Scotland Deanery in Edinburgh, Scotland and passed his Membership of Royal College of General Practitioners (MRCGP) and Diploma of Royal College of Obstetrics and Gynecology (DRCOG). His passion for Oncology led Dr. Tandra to the U.S. He completed Internal Medicine residency training at St. Joseph Hospital/University of Illinois in Chicago and was named Outstanding Resident in 2012. He later completed a three-year fellowship program in Hematology/Oncology at the University of Nebraska Medical Center in Omaha.

Prior to joining FCS, Dr. Tandra worked as a clinical oncologist and researcher at the Fred and Pamela Buffet Cancer Center, the only National Cancer Institute (NCI)-designated cancer center in Nebraska. There, he helped develop a multi-disciplinary tumor board for breast cancer and served as a principal investigator for multiple clinical trials that included novel cancer drugs. While there, Dr. Tandra served as a member of the National Comprehensive Cancer Network (NCCN) Breast Cancer Risk Reduction Guidelines committee, the Institutional Review Board, Data Safety and Monitoring Committee, and the Pharmacy and Therapeutics Committee of the Cancer Center. As Assistant Professor of Oncology/Hematology, he enjoyed teaching medical students and residents, and received the “Outstanding Teacher” award in 2016.

He has served as a peer reviewer for several scientific national and international journals and was the top 1% peer reviewer for the World of Science in 2018.

Dr. Tandra also contributes his time to community volunteer activities. He has taught Junior Achievement courses for children and successfully led a Destination Imagination team to the International Destination Imagination championship. He and his wife have two children.

Thank you!

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| <p>SUNCOAST INSTITUTE ON CHEMICAL DEPENDENCY</p> | <p>941-479-0520</p> |
| <p>www.sicd-fl.org</p> | <p>Bible Verse of the Quarter: <u>John 13:34</u></p> |