

OCTOBER 2019

# AN OUNCE OF PREVENTION

A monthly newsletter brought to you by A.C.T.I.O.N Coalition

**\*Working together to create a community free of substance misuse\***

## Resources available



Naloxone Kits



Medicine Lock Boxes



TIPS Training



Medicine Bottle Timer Caps

## RED RIBBON WEEK-OCTOBER 21-25, 2019

\*This is a week dedicated to helping kids see the value of saying no to drugs and keeping themselves off of them. It is a chance to show our kids & teens that they are so valuable to us & we want to help them stay sober! Roxanne is planning a few events at the schools and will be giving out some small gifts to each child and teacher.

\*We will also be having a **"Stomp Out Bullying"** day at the Middle School on October 7, 2019.

## DRUG TAKE BACK DAY-OCTOBER 26, 2019

\*We will be having our annual Drug Take Back Day on October 26 from 10am-1pm at the Mtn. City Town Hall, Butler Fire Dept & Shady Valley Fire Dept.

Time to clean out your medicine cabinets and safely dispose of expired, unused & unwanted medications!!

## COMMUNITY A.C.T.I.O.N. MEETING-OCTOBER 15, 2019 @ 6PM

**Join A.C.T.I.O.N Coalition for our next community meeting**



**Tuesday, October 15 at 6 PM**  
**First Christian Church Life Center,**  
**401 W. Main Street, Mountain City**

**Vaping, Juuling, E-Cigs**

- What are they?
- How do they affect us?
- What can we do to protect our community from the nationwide vaping outbreak?

**Join us for an informative session on the nationwide vaping and juuling out-break and how it is affecting our community.**

**138 East Main St. • (423) 727-0780**  
**actioncoalition.org • FB @actioncoalitionTN**



\*Also, please put it on your calendar to attend the first "Youth Mental Health First Aid" seminar on November 12, 2019 from 8:30am-5:30pm. We, along with First Christian Church, will be hosting this wonderful & informative event for Frontier Health. There are only 30 spaces available so please call 423.727.9151 or email fccmctn@gmail.com as soon as possible to reserve your spot!!

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