



RESEARCH SOLUTIONS

December 2025 Prevention Newsletter

Happy Holidays from the team at Research Solutions. We wish you and yours a joy-filled season filled with family, friends, and love.

While many of us thrive on the holiday season, some struggle with loss, depression, and other issues. Seasonal Affective Disorder (SAD) is common and often shows up during this time of year. Common triggers include reduced hours of daylight and less exposure to fresh air and sun. It can be compounded for those who have lost loved ones and are facing holidays alone or without critical members of their family or friends groups. These feelings can lead to depression, suicidality, and increased use of alcohol or drugs as coping mechanisms. Please be aware of those around you and be willing to lend support to those who are struggling. And, if you are the one struggling, please ask for help. Whether you ask other family or friends, faith leaders, or mental health professionals, it is important to talk with someone. There are resources to help manage the struggle. The National Institute of Mental Health (NIMH) has more information and resources about SAD at <https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>.

A Word About Holiday Drinking

December is National Impaired Driving Prevention Month, offering an important reminder that prevention science provides effective, evidence-based strategies to reduce risks and save lives during the holiday season. The Strategic Prevention Framework (SPF) guides communities through five key steps—assessment, capacity building, planning, implementation, and evaluation—that can be applied directly to impaired driving prevention.

Through assessment, communities identify local risk factors such as increased alcohol consumption at holiday gatherings or limited transportation options in rural areas. Capacity building then strengthens partnerships with law enforcement, schools, health agencies, and local businesses to support coordinated prevention efforts. Planning involves tailoring evidence-based campaigns like Drive Sober or Get Pulled Over to reach high-risk groups, while implementation includes actions such as increasing sobriety checkpoints, promoting ride-share services, and encouraging the use of designated drivers. Evaluation completes the cycle by tracking DUI incidents and gathering community feedback to refine strategies year after year. Holiday safety practices—such as planning ahead for a sober ride, using public

transit or ride-share apps when drinking, hosting responsibly with non-alcoholic beverage options, and supporting visible DUI enforcement—further enhance community protection. By applying prevention science and the SPF, communities can develop sustainable, data-driven approaches that reduce impaired driving during the holidays and help build a long-term culture of safety, ensuring celebrations remain joyful and that every traveler arrives home safely.

World Aids Day Recognition

Every year on December 1, people around the world come together to observe World AIDS Day. On this day, we're reminded to educate ourselves about HIV and AIDS, offer support to individuals affected by it, and make smart health decisions that benefit both us and the people around us.

For decades, World AIDS Day has encouraged communities to grow in empathy, understanding, and knowledge. HIV is a virus that weakens the immune system — the part of the body that keeps us well. And while there is no current cure, with ongoing care and effective treatment, those living with HIV can thrive and enjoy long, meaningful lives.

Everyone living with HIV should be treated with compassion and dignity. Judgment or bullying only creates more hardship. By trusting reliable information rather than myths, such as how the disease is transmitted (through bodily fluids like blood and semen), symptoms of it (similar to the flu such as mouth ulcers, chills, and fever), and how to prevent it (by not sharing needles and using condoms), we can ensure that those living with HIV aren't stigmatized and made to be feared.

This day serves as a powerful reminder that people living with HIV continue to lead rich and meaningful lives, and they benefit greatly from our compassion and respect. By embracing understanding, promoting inclusion, and staying informed, we can help build welcoming environments where every person feels seen and supported.



Resources Available

Research Solutions, Inc. has many resources available for the Northeast Arkansas region. Please contact us any time if we can help your organization, school, business, or community. Some of the things we offer include:

- Prevention Resources (brochures, other materials)
- Speakers/Presenters
- Narcan training, distribution
- Prevention programs for youth/schools
- Mental Health First Aid training

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