



RESEARCH SOLUTIONS

August 2025 Newsletter

Region 4 - Prevention Professionals| Research Solutions Inc.

"Building safer, stronger communities through education and prevention."

📍 *Serving Clay, Craighead, Greene, Lawrence, Mississippi, Poinsett & Randolph Counties*

Why Prevention Matters: Effective prevention efforts focus on reducing risk factors while strengthening protective factors.

According to the 2024 Region 4 Executive Summary from the Arkansas Prevention Needs Assessment, during the time students took the assessment, 32% of 10th graders reported using alcohol in the past 30 days. 25% of 12th graders reported vaping nicotine in the past 30 days. 28% of 8th graders indicated having easy access to prescription drugs not prescribed to them. Youth who reported feeling connected to their schools and families had significantly lower rates of substance use. These numbers demonstrate why early prevention, school involvement, and community action are essential. Together, we can reduce access and increase protective factors to build a healthier Region 4.

💡 Protective factors are conditions or attributes in individuals, families, communities, or larger societies that decrease the risk of substance use and support healthy development and well-being.

Examples of Protective Factors: Strong bonds with family, school, and community; positive peer relationships; clear rules and consistent consequences at home or school; engagement in school or extracurricular activities; access to mental health and support services; high self-esteem and good coping skills.

⚠️ Risk factors are conditions or influences that increase the likelihood that an individual will engage in substance use or other problem behaviors.

Examples of Risk Factors: Family history of substance use, Poor parental supervision or inconsistent discipline, Peer pressure or association with substance-using peers,

Academic failure or school disengagement, Poverty or community disorganization,
Exposure to trauma or mental health issues

Region 4 risk factors identified in the recent Arkansas Prevention Needs Assessment 2024 provide insight into areas that, as a community, we can cultivate to promote more protective factors.


Find the detailed report here and select to view Region 4
<https://arkansas.isadata.com/regions.php?year=2024>

Drug Take-Back & Medication Safety: What You Should Know & How to Dispose of Unused Medications Safely

There is a safe and responsible way to dispose of unused or expired medications in Northeast Arkansas. Proper disposal helps prevent prescription drug misuse, accidental poisoning or overdose, and environmental harm. In response to these concerns, drug take-back programs have become a widely recommended strategy for communities across the United States, including Northeast Arkansas.

If you have unwanted or unneeded prescriptions in your home, you have several safe and environmentally friendly options.

- Most police departments and other locations in the state have drug drop boxes. To locate a drop box near you, you can check <https://ardrugtakeback.org/take-back/collection-sites/>
- Many pharmacies also allow for returns of unneeded drugs. Call your local pharmacy to ask if they offer this service.
- Free At-Home Option: Research Solutions (2224 A Conrad Drive, Jonesboro, AR) offers free Detera Drug Deactivation System pouches. These allow you to safely neutralize medications at home using water-activated carbon technology. For more information or to request a pouch, contact Research Solutions at (870) 275-7989.

 Do NOT flush medications. Protect our water systems and reduce drug diversion risks by using these safe options.

According to the CDC, more recent data on overdose rates in Arkansas have decreased close to 26%. And as youth advocates and community leaders continue to work hard to keep that percentage down. Understanding that bringing Awareness is essential to the work we all do. The International Overdose Awareness Day is a global event held on August 31 to raise awareness of overdose, reduce the stigma of drug-related deaths, and acknowledge the grief of families and friends left behind. This day is a reminder that overdose is

preventable. We encourage community members to educate themselves, speak up about substance use, and connect with resources that can save lives. Ways to get involved this year: Wear purple or silver to show support and share your selfie with us on Facebook or Instagram (@Prevent AndSave). You can host or participate in a candlelight vigil or remembrance event. Promote harm reduction tools like the ReviveAR App and Naloxone access, also available free of charge at the NEA CommUnity Resource Center.

Region 4 Prevention Highlight

AUGUST 18, 2025 @ 9 am- 3 pm at Food Bank of Northeast Arkansas (3414 One Place, Jonesboro): Join us as we spend the day focusing on data-driven discussions, collaborative planning, and strategies to realign and rebuild supportive environments to help our youth thrive.

Please use the QR Code to register!

Stay Connected for more information or to get involved: Check out all of our newsletters, feel free to share with others, and stay updated on future events and prevention resources.

www.researchsolutionsinc.org



*follow us on Social Media at
<https://www.facebook.com/Region4PreventionRepresentative/>*

Remember: BACK 2 School, we urge everyone to:

Plan: Be aware: Look out for others: Effective prevention efforts focus on reducing risk factors while strengthening protective factors.

Let's work together to keep our communities safe. Don't let alcohol or drugs turn joyful moments into a lifelong tragedy. Our choices matter — protect yourself, your loved ones, and everyone sharing spaces.

Stay safe. Have fun. Drug Free