



RESEARCH SOLUTIONS

Research Solutions Prevention Crew is building a task force to help address behavioral health issues on local levels. Would you like to join in? We meet on Zoom the second Thursday of each month at 4:00. To be added and get meeting information, opportunities to craft local programs and events, and be part of the solution, please email kpowell@researchsolutionsinc.org or slewis@researchsolutionsinc.org. We would love to have you be part of the efforts to support our communities and youth!

We are currently looking to collaborate on Neighbors Feeding Neighbors and Prevention in the Park type activities throughout Northeast Arkansas, but we can't do it without YOU!

Sossity Lewis

Kenisha Powell

New Year, Fresh Start: Prioritizing Prevention and Mental Wellness

National Drug and Alcohol Facts Week® (NDAFW) runs from March 16 to 22, 2026. It's a chance for communities all over the country to put the spotlight on real, science-backed information about substance use and addiction. NDAFW brings together teens, families, schools, and prevention experts, making it easier to cut through the noise, break down myths, and push for smarter choices. The National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA) both back this week, so you know the info is solid, and the people behind it really care about helping young people get the facts.

Every year, NDAFW invites communities to step up—host events, share educational resources, and actually talk about drug and alcohol prevention in ways that matter. It kicked off back in 2010 and just keeps growing. More groups get on board every year because early, real prevention education works. Moving the week to mid-March means more schools, coalitions, and youth organizations can jump in and get students involved while class is still in session.

This March, as NDAFW rolls around again, we're calling on partners, teachers, and community members to come together. Share what you know, swap resources, and help ramp up prevention efforts. When we team up, we give young people the tools and confidence to make better choices—and that makes our whole community stronger and safer.

Spring Break Safety

With Spring Break right around the corner, students, teachers, and families are looking forward to days without early alarms, time to relax, and opportunities for fun-filled travel and adventure. However you choose to spend your break, making safe and informed decisions is key to protecting yourself and those around you.

If you're traveling, take time to research your destination in advance. Stay aware of current events, weather conditions, and local laws that may impact your trip. It's also wise to carry emergency cash and keep important documentation accessible. Unexpected situations such as flat tires, flight cancellations, or being stranded in an unfamiliar area can happen, and preparation can make all the difference.

For those who are of legal drinking age and plan to consume alcohol, know your limits and prioritize your well-being. Spring Break often encourages spontaneity, but safety should always come first. Always keep a close eye on your drink, as unattended beverages can be tampered with by individuals seeking to take advantage of others. Most importantly, never drink and drive. Use a rideshare service like Uber or Lyft, or plan ahead with a designated driver who will not be drinking. Impaired driving puts not only you at risk, but everyone else on the road.

Spring Break should be a time to recharge, make memories, and enjoy new experiences. By planning ahead and making responsible choices, you can ensure your time off is both fun and safe.