



Celebrating Independence Through Prevention

Community Care in the Peak of Summer

We hope you all had a safe, restful, and happy Fourth of July! As the fireworks fade and we settle into the heart of the summer season, communities across the country are continuing to gather for cookouts, block parties, and long-awaited time spent with family and friends. While these summer traditions create lasting memories, they also serve as a timely reminder of the importance of making safe, healthy choices that protect ourselves and those around us all season long.

Prevention doesn't stop when the holiday ends; it begins long before a crisis occurs and continues through our daily routines. It starts with planning ahead, looking out for one another, and creating environments where everyone can thrive safely. Whether that means keeping an eye out for friends at summer gatherings, staying hydrated during the intense July heat, or intentionally checking in on a neighbor or loved one who may be struggling with their mental health, every small action contributes to a healthier community.

Prevention is more than a program—it's a commitment to caring for one another and strengthening the places we call home.

The middle of summer is an excellent time to celebrate our shared freedom to make positive, daily choices. Choosing not to drive impaired, encouraging responsible choices among adults, keeping medications secured during family visits, and modeling healthy behaviors for children and youth are all ways we can help reduce preventable injuries and promote lifelong wellness.

At Research Solutions, Inc., we believe prevention is a shared, year-round responsibility. Together, families, neighbors, schools, businesses, healthcare providers, and community organizations all play a role in creating environments where individuals can truly flourish.

As you enjoy the rest of your summer, remember that the greatest seasons are built on connection, safety, and mutual support. From all of us at Research Solutions, Inc., we wish you and your family a vibrant, healthy, and safe summer!



BIPOC Mental Health Month: Breaking Barriers, Building Hope

July is BIPOC (Black, Indigenous, and People of Color) Mental Health Month, a time dedicated to raising awareness about the unique mental health challenges experienced by historically marginalized communities while celebrating the strength, resilience, and cultural richness that support healing.

Mental health affects everyone, yet many individuals within BIPOC communities face additional barriers to receiving care. Stigma surrounding mental health, limited access to culturally responsive providers, financial obstacles, historical trauma, and systemic inequities can make seeking support feel difficult or even impossible. As a result, many people delay treatment or suffer in silence.

The good news is that healing begins with conversation. Checking in with a friend, creating safe spaces to talk openly, and reminding one another that seeking help is a sign of strength—not weakness—can make a lasting difference.

As prevention professionals and community members, we all have a role to play. We can:

- Encourage open conversations about mental health.
- Learn about culturally responsive mental health resources.
- Challenge stigma and misconceptions.
- Support organizations that promote health equity.
- Reach out to someone who may simply need to know they are not alone.

No one should have to choose between their culture and their well-being. By fostering understanding, compassion, and connection, we help create communities where every individual feels seen, heard, and supported.

This July, let's commit to building stronger, healthier communities—one conversation at a time.

If you or someone you know is struggling, remember that help is available and healing is possible.

- Call or text 988 to reach the 988 Suicide & Crisis Lifeline for free, confidential support 24 hours a day, 7 days a week.
- If you or someone else is in immediate danger or experiencing a medical emergency, call 911 immediately.
- Reach out to a trusted friend, family member, healthcare provider, counselor, or faith leader. Asking for help is a sign of strength.

No one should face life's challenges alone. Every conversation, every act of compassion, and every connection can make a difference.



National Marijuana Facts Week: Promoting Awareness Through Prevention

National Marijuana Facts Week runs from July 4–10 and focuses on educating young people and families about the risks associated with marijuana use, particularly products containing high levels of THC. Established in 2021 by Johnny's Ambassadors, the observance aims to increase awareness of marijuana's potential impact on brain development, academic performance, and overall health.

The adolescent brain continues developing into the mid-twenties, making young people especially vulnerable to the effects of marijuana use. Research has found that early marijuana use can affect memory, learning, attention, and decision-making. Studies also indicate that nearly 30% of marijuana users may develop a cannabis use disorder, with the risk increasing for those who begin using during adolescence.

Vaping marijuana has become increasingly common among youth, and many vaping products contain highly concentrated levels of THC. These high-potency products may increase the likelihood of dependence and other negative health outcomes. Additionally, heavy use of high-potency marijuana has been linked to Cannabis Hyperemesis Syndrome, a condition characterized by recurring episodes of severe nausea and vomiting.

Marijuana remains one of the most used substances in the United States. Health experts also advise against marijuana use during pregnancy because of potential risks to fetal development. Evidence suggests that high-potency marijuana products may be associated with cognitive challenges and mental health concerns for some individuals.

National Marijuana Facts Week highlights the importance of prevention through education. By providing accurate, science-based information, communities, families, schools, and prevention professionals can help young people make informed decisions about their health and future. This observance serves as a reminder that awareness and early prevention are powerful tools for reducing substance misuse and supporting healthier communities.



RESEARCH SOLUTIONS

Upcoming Training & Prevention Events

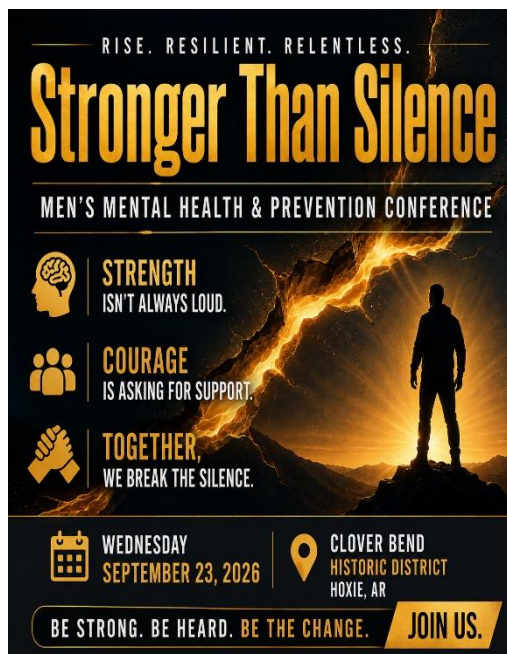
July 21, 2026 | More Than a Habit: The Hidden Cost of Nicotine

Join us for an engaging webinar focused on the hidden cost of nicotine. Discover the hidden physical, mental, and emotional tolls of nicotine use that go far beyond the price tag. Join us for an eye-opening session designed specifically for women ready to understand the true impact on their health and wellbeing.

Time: 10:00 AM – 1:00 AM

Location: Webinar – Register at:

https://rsitraining.thinkific.com/products/live_events/nicotine-costs-women



September 23, 2026 | Stronger Than Silence: Men's Mental Health & Prevention Conference

This powerful conference will bring together community leaders, professionals, and individuals with lived experience to address men's mental health, substance use prevention, resilience, and recovery. Through keynote presentations, panel discussions, and community engagement, participants will be encouraged to break the stigma surrounding mental health and seek support when needed.

Time: 10:00 AM – 4:00 PM

Location: Clover Bend Historic District, Hoxie, AR



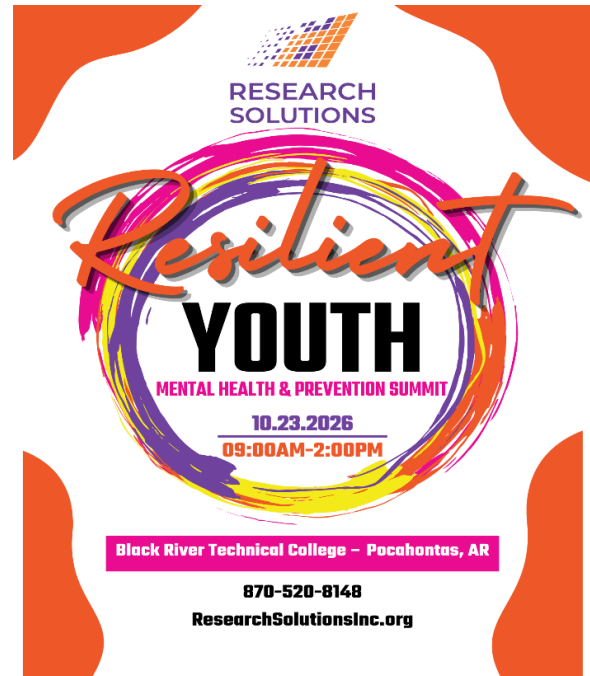
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October 23, 2026 | Resilient Youth Mental Health & Prevention Summit

Designed specifically for youth, this summit will provide interactive learning opportunities focused on mental health, substance use prevention, resilience, leadership, and healthy decision-making. Attendees will hear from inspiring speakers, participate in engaging sessions, and connect with resources that empower them to build a strong and healthy future.

Time: 9:00 AM – 2:00 PM

Location: Black River Technical College,
Pocahontas, AR



For event registration, updates, and additional information, visit Research Solutions, Inc. Linktree and connect with us on social media to stay informed about upcoming prevention initiatives across Region 4.

♥ Did You Know?

- **1 in 5 U.S. adults** experiences a mental illness each year, yet many never receive treatment.
- Individuals from **Black, Indigenous, and People of Color (BIPOC)** communities often face barriers to mental health care, including stigma, lack of culturally responsive providers, financial challenges, and systemic inequities.
- **Mental health conditions are treatable**, and recovery is possible. Seeking help is a sign of strength—not weakness.
- Simple acts of kindness, checking in with a friend, and listening without judgment can have a meaningful impact on someone's well-being.
- Communities thrive when we normalize conversations about mental health and ensure that everyone has access to support, regardless of their background or circumstances.

Remember: Every conversation has the power to reduce stigma, build connection, and inspire hope.



RESEARCH SOLUTIONS

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